

INTERALPEN-HOTEL TYROL

★★★★★S



Spa & Wellness

Welcome to the Interalpen-spa,

The perfect spot to relax, get away from the hustle and bustle of everyday life, recharge your batteries and make the most of your valuable free time.

With more than 5.300 square metres, one of the largest, most beautiful and lavish spa areas in the Alps awaits you. The professional knowledge and warmth of our experts will truly transform your holiday into 'Pure. Alpine. Luxury.'. The heart of our spa landscape is the pool. While you swim your lanes in the indoor pool or in the heated outdoor pool and relax on the underwater lounges, you will enjoy the wonderful view of the Tyrolean mountains. Whether you opt for massage treatments, cosmetic treatments, sauna visits or invigorating fitness courses – nothing is left to be desired.

Special highlights are our exclusive Ladies' spa with sauna and steam bath, the Private spa for relaxing hours as a couple and the varied spa programme for our young guests.

We wish you a particularly relaxing time with many unforgettable moments and hope that you will remember the unique Interalpen experience for a lifetime.

Your

Interalpen-spa team

All information about the Interalpen-spa is also available in our app.

Your advantages:

- * hotel information at a glance
- * current daily programme
- * direct sign-up for activities
- * brochures and menus to download



Download now
for iOS and Android

*The peaceful
oasis in Tyrol*



Indoor pool

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Relaxing area

Our recommendations

Tyrolean sensual delight

135 minutes

This unique special massage was developed exclusively for our guests. What makes it so special? Two therapists attend to your well-being. You will be treated with local ingredients and pampered with selected massage techniques. After a Swiss stone pine bath with its unparalleled scent, you can choose the additions for your Tyrolean scrub between: blossoms, leaves, pine particles or natural roots from the region, whatever you prefer. Experience deep relaxation with a soothing facial and foot massage, while soft singing bowl melodies bring your body and spirit 'in tune' in the truest sense of the word. A four-handed massage completes the Tyrolean pleasure for all of the senses and provides lasting relaxation.

Signature Treatment

Advanced bio lifting face treatment

110 minutes

Our product partner: **TEAM D^R JOSEPH**

The holistic maximum programme using the methods of the Dr. Joseph team: an intensive treatment with a lifting massage tailored to your skin needs. Experience a truly unique beauty treatment with lymph-stimulating massage, scrub, deep cleansing with cups and herbal steam compresses, with warm flower pistil lifting massage, intensive mask and a final individual day treatment. The high-end treatment from nature for a sustained effect, immediately visible and with maximum effect. To optimally prepare your skin and body for treatments, we recommend starting each massage with a soothing cream scrub.

Our treatment recommendation



Private spa

Private spa

1/2 day | 1 day

Look forward to relaxed hours as a couple and spend a relaxing time in our private spa with exclusive well-being treatments. Over an area of 75 metres squared, you can enjoy an undisturbed private sphere in a sophisticated ambience. Forget about time in the Finnish sauna, the steam shower or the spacious bathing tube. On request, we can reserve a relaxing massage for you in your own partner treatment room in our Spa Suite.

- * 1 partner massage (35 minutes)
- * 1 aroma vitality bath
- * 1 beauty care kit for the day
- * 1 bottle of champagne
- * Fresh fruit
- * Coffee, tea and softdrinks from the private bar

Massages

Recharge your energy

75 minutes

Shared pleasure is double pleasure. So we have created the perfect couple pampering package: pure relaxation during a soft massage from the tip of your toes to the top of your head. Both of you will feel reborn.

only available
as a partner
massage

Aroma oil massage

35 minutes | 50 minutes | 75 minutes | 100 minutes

Deep recovery for body and soul: whether calming and harmonising, warming and releasing or refreshing and revitalising. You select the purely natural aroma oil according to your own preferences for these soothing massage rituals and allow yourself to be pampered by this aroma.

also available
as a partner
massage

Interalpen-classic

35 minutes | 50 minutes | 75 minutes | 100 minutes

The classic Interalpen-massage is individually tailored to your wishes. We can put a targeted focus on various points and effects. For example, strong, intensive and activating or soft, harmonizing and relaxing. Choose between different applications for your back, legs and arms or the entire body. Just book your time and discuss the desired focus of your treatment individually with our therapists. You will feel totally great and pampered.

also available
as a partner
massage

Lomi Lomi Nui

two handed: 90 minutes | four handed: 70 minutes

An exotic journey for all of your senses: this Hawaiian massage with flowing movements, gentle stretches and tangible mobilization honours the body as the 'temple of the soul'. Warm oil and Hawaiian tones make this bodywork an impressive experience. Originally used as a preparation for a new beginning in life, Lomi Lomi Nui provides a deep sense of security, valuable energy and opens up new paths.

also available
as a partner
massage

Massages

To best prepare your skin and body for your treatments, we recommend starting each massage with a soothing cream scrub.

Energising stone massage

90 minutes

This unique massage ritual harmonises the energy centres of your body, releases tensions and encourages the circulation. For this purpose, our therapists combine hot lava stones with cooled marble stones. The soothing, deep and relaxing effect is immediately noticeable.

Shoulder-neck therapy

45 minutes

The effective programme for your tension zones: hard spots as well as tension and pain points in the shoulder-neck area are the focus and sustainably loosened – including the use of a soothing hot neck roller. Together we will decide on the optimal treatment to achieve lasting results.

Indian head massage

45 minutes

Ideal for switching off the day: scalp, neck and shoulders are softly massaged with soothing almond oil. Simply deep relaxation while new energy flows into every fibre of your body.

Foot reflex zone massage

30 minutes

Perfectly in balance: following a soothing foot bath and a little time to relax, this stimulating massage has a holistic effect on the metabolism and organs via the reflex zones of the feet and ankles. Your self-healing power is supported, and your body enters a harmonious state.

Liver detox treatment

80 minutes

The relaxing liver detox treatment: ideal for purification and serves as cleansing support after taking medications and a prophylactic for liver detoxification. We clarify your skin with a creamy, mineral-rich sea salt scrub and at the same time treat your skin with a refreshing high-quality orange oil.

Craniosacral therapy

50 minutes | 75 minutes

Gentle touch, far-reaching effects! The craniosacral therapy is a gentle and nevertheless extremely effective treatment to release blockages, combat stress, activate endogenous strengths and refuel with energy. A true experience. Please wear loose clothing.

Manual lymphatic drainage

35 minutes | 50 minutes | 75 minutes | 100 minutes

Circular, rhythmic movements and gentle pressure carefully activate the tissue metabolism and the immune system. This special massage technique soothes pain, loosens the tissue and helps against swelling. It is especially recommended after operations or injuries.



Wellness moments



Treatment room

For a good body sensation

Anti cellulite booster

65 minutes

Visible smoothing of the skin and tightening of the connective tissue. Through the combination of suction cup massage and ultrasound, metabolism and lymph flow in the skin is stimulated, circulation promoted and the intensive detoxification of the tissue activated. The skin is sustainably tightened. Pick two zones, such as the front and back of the legs, or the back of the legs and buttocks, which can be treated in one session.

Cure body detox

90 minutes

Our product partner: **SALIN de BIOSEL®**

A vital cure for body and spirit consisting of a channelling whole body massage, pack and final relaxation bath. All three of the available detox treatments detoxify and revive the cells. Decide what the focus should be:

- * Sensorial balance: deeply relaxing, slowing down, stress reducing
- * Detox active: metabolism activating, smoothing, improves the texture of the skin
- * Detox drain: detoxifying, firming, lymph activating

Hydrating body experience

90 minutes

Our product partner: **sisley**
PARIS

A full body scrub and the subsequent relaxation treatment with an intensive phyto treatment lend the skin immediate well-being. Particularly dry areas of skin are cared for with anabolic agents for a lasting effect. With this treatment, the skin regains suppleness and softness. Finally, a head and face massage for complete bliss.

Anti cellulite power wraps

35 minutes

Our product partner: **SALIN de BIOSEL®**

Body shaping with power wraps: the wraps are a thermoactive, efficient treatment method. Choose between the invigorating variation (cold) and the metabolism burner (hot).

- * **Lipodraïne Yin Wrap:** the intensive cooling wrap strengthens, tightens and decongests. Optimal for oedema, swelling, loose tissue and heavy legs.
- * **Lipodraïne Yang Wrap:** the intensive warming wrap is effective against cellulite and stimulates fat metabolism. Optimal for hardened, tight tissues.

Energizing body peeling

45 minutes

Our product partner: **sisley**
PARIS

Silky smooth skin from head to toe – with the cleansing and invigorating whole body scrub of rosemary and lavender extract. Valuable phyto extracts create a refined skin texture and a lovely complexion. The scrub prepares the skin perfectly for a treatment. The active ingredients can be absorbed more easily and their full effect unfolds. The energizing body peeling can also be booked in combination with a relaxing massage.

Salt-oil peeling

35 minutes

Pure skin over your entire body: the effective body peeling with a high-quality salt and oil gently removes excess callous material. Your skin feels wonderfully smooth and silky once more.



Cosmetics

dermalogica®

Healthy skin for all

DERMALOGICA stands for effective bespoke skin-care solutions. None of the products are tested on animals; they are all vegan, clean, free of artificial fragrances, dyes and alcohol-based substances that dry out the skin, parabens and mineral oils – for the healthiest skin you have ever had.

sisley PARIS

Floral sense and excellence

SISLEY's research draws inspiration from the heart of the world of flora. The ability of plants to thrive, protect themselves, regenerate and adapt are all harnessed in the service of beauty. SISLEY extracts the very best from each plant, in the most effective concentration, to develop treatment products that guarantee supreme efficiency, tolerance and pleasure.

TEAM D^R JOSEPH

The quintessence of high-tech and nature

TEAM DR. JOSEPH produces certified organic natural cosmetics that have earned several awards and combine complex, highly-concentrated blends of rigorously-selected natural ingredients. This professional, result-orientated skin care helps to counteract signs of aging and is based on 35 years of relevant experience. For a radiant, healthy complexion and maximum benefits.



Spa reception

Deep cleansing

45 minutes

Choose your product partner:

dermalogica sisley TEAM D^R JOSEPH

A facial treatment that concentrates on the essential. Your skin is first scrubbed and manually cleansed, while the subsequent mask has a regenerative effect. The result is a radiant appearance and an even better feeling for your skin.

Deep moisture

45 minutes

Choose your product partner:

dermalogica sisley TEAM D^R JOSEPH

This treatment provides thorough skin invigoration and a radiant complexion. The enlivening facial treatment profoundly moisturises, rehydrates and strengthens the skin. It is an immaculate form of refreshment for the face, neck and chest.

Power treatment

80 minutes

Choose your product partner:

dermalogica sisley TEAM D^R JOSEPH

This all-inclusive facial treatment we adapt to your skin's needs includes manually cleansing your pores and refining your eyebrows for your type. Then we will pamper you with a feel-good mask and a deeply relaxing facial massage. Your complexion immediately has new freshness and radiance.

Our treatment tip:
Advanced bio lifting
face treatment. You
will find it on page 5

Cosmetics



Sisley

Cellular recreation face treatment

80 minutes
Our product partner: **TEAM D^R JOSEPH**

A wonderful natural active ingredient treatment with immediate effect and pampering programme. After skin diagnostics, cleansing, herbal steam compresses and a skin scrub. The subsequent deep cleansing with cupping clarifies, activates and massages the skin at the same time. The special serum and intensive mask calm, nourish and perceptibly pamper. A modulating facial mask and individual day treatment round out the treatment. With highly effective natural active ingredients for healthy and intensively nurtured skin.

Pro bright

60 minutes
Our product partner: **dermalogica**

An intensive, pigment-balancing treatment with fruit acid scrub and highly concentrated vitamin C – one of the most effective ingredients to treat the early signs of aging. Fine lines and wrinkles are minimized and your skin appears visibly more even and fresh. Treat your complexion to this wonderfully fresh radiance. The treatment also includes a post-procedure care set for further care of your skin.

Intense purifying face treatment

50 minutes
Our product partner: **TEAM D^R JOSEPH**

Pure and gentle, clear and full of energy. Your skin is cleansed through to the pores with selective active ingredients. Deposits are gently removed and sebum production is normalized. The treatment ritual is rounded off with a toning facial mask and the peel-off mask for an optimal moisturising effect. For a visibly fresh, cleansed and even complexion.

Pro firm

60 minutes
Our product partner: **dermalogica**

The perfect treatment for a smoother, tighter and firmer skin for face, neck and décolleté – with fruit acids, moisturising hyaluronic acid and plumping apple extract. The firming fascia massage is deeply effective and releases tension.

Phyto-aromatique expert

60 minutes
Our product partner: **sisley**

Our exclusive beauty-relax treatment. In this feel-good treatment highly potent ingredients from natural plant extracts create lasting care effects. The unique aromatic experience helps the skin to relax, revive or calm – depending on your needs. Treat yourself to this highly effective care and pampering ceremony. The skin gains moisture and firmness. It is stimulated, strengthened and regenerated.

Pro eye flash

20 minutes
Our product partner: **dermalogica**

The fresh kick treatment for your eyes. This innovative scrub especially for the sensitive skin around your eyes is simultaneously smoothing and firming. The concentrated pads of bamboo fleece even pigmentations, provide intensive moisture, minimize mimic wrinkles and make your eyes shine. The pro eye flash can be booked individually or as an upgrade for any facial treatment.



Dermalogica



Team Dr. Joseph

Cosmetics

Microdermabrasion

60 minutes face
80 minutes face, neck and décolleté

A gentle but effective method of skin adornment for the face, neck and décolleté if you like. In microdermabrasion, fine crystals gently remove the uppermost layer of skin. The subsequent massage using suction cups effectively plumps, tightens, detoxifies and releases tension in the facial musculature. Then highly effective active ingredients are infused into the skin with ultrasound.

Ultrasound

40 minutes with Hyapur® ampoule

The synergy of the suction cups and deeply effective ultrasound massage results in immediately visible and measurable results. Active ingredients in a high concentration are infused into the skin in a targeted manner and the cell renewal is stimulated. Ideal in combination with other facial treatments.

Lash lifting

50 minutes

The eyelash lifting lends your lashes a beautiful curl that makes the eyes appear bigger and imparts your gaze more expression. Your lashes achieve an impressive shape that lasts up to six weeks. Lash dyeing is included in this treatment.

JetPeel™

35 minutes face | 3 spa sessions, each 35 minutes |
50 minutes face, neck, décolleté | 3 spa sessions, each 50 minutes

JetPeel™ uses a technique from the aerospace industry: a fresh detox mixture is applied to the skin from microscopic small nozzles and gently removes dead callused skin. The skin undergoes lymph activating massage, scrubbed and deep cleansed while the cooling effect promotes circulation. Then highly-effective substances such as hyaluronic acid, bio-peptides and vitamins are infused into the now very receptive skin. The result is immediately tangible and visible: smaller wrinkles are smoothed, the skin is radiant and appears significantly fresher and younger. With a triple cure, you achieve an impressive long-term effect.

Hyapur® detox facial massage

30 minutes

Enjoy this deeply relaxing facial massage with the purifying, detoxifying algae gel from hyapur®. The result is a radiant complexion, a refined skin texture and a pleasant, fresh feeling.

Enchanting eyes

50 minutes

Perfectly radiant eyes and an eye-opener that mesmerises those opposite you. You will love the effect that the perfect shape and colour of eyebrows and lashes have. A calming eye treatment rounds out this beauty experience.



Hands & feet

Spa manicure

75 minutes | With varnish 85 minutes

Your hands are worth it: this professional manicure is supplemented with a distinguished pampering package for your hands and lower arms. A peeling refines the complexion of your hands and the soothing hand massage gives you additional relaxation and care.

Quick manicure & quick pedicure

50 minutes each | With varnish 70 minutes

A manicure and pedicure which concentrate on the essentials: a classic hand or foot care treatment which leaves your hands and feet smooth and supple.

Spa pedicure*

75 minutes | With varnish 85 minutes

Much more than nail care: the professional pedicure is supplemented with a choice pampering package for your feet and lower legs. A scrub refines the skin of your feet and a feel-good foot massage provides additional relaxation and care.

Nail varnish

20 minutes

Pastel colours, trendy eye-catchers or classic red? Have your favourite colour or colour matching your outfit applied in our Beauty Express area.

*Jump in and
enjoy the view*





Steam bath



Tyrolean Sauna Village



Ladies' spa



Hairdresser

Textile sauna world

Families and international guests love our modern textile sauna world, which you can access directly from the indoor pool. The textile biosauna is ideal for sauna beginners at temperatures between 45 and 60 °C. Guests who prefer warmer temperatures are bound to enjoy sweating in the Finnish textile sauna. In addition, we offer an infrared saltwater cabin, a steam bath and the ice fountain and foot baths for incomparable relaxation.

Tyrolean Sauna Village

For many of our guests, this is one of the most beautiful villages in Tyrol: our Sauna Village. With two Finnish saunas, two steam baths, one Swiss stone pine room with four infrared sunbeds and a biosauna, no spa desires are left unfulfilled. Three times a day, our sauna master delights you with beneficial and fragrant sauna infusions. One of the absolute highlights is the Tyrolean bakery. During the sauna session, fresh bread is baked in a small oven within the sauna, and spreads its wonderful aroma. After the sauna, you can rest in a generously-sized resting area, the relaxing salt water grotto or take an extended walk in our beautiful spa garden. The latest information on our sauna infusions can also be found on the InterAlpen-app.

Ladies' spa

The wellness oasis just for the ladies. In this spacious area, dark materials radiates peace and playful design elements in gold tones are reminiscent of oriental baths. This is where women gather and can chat and indulge themselves to their hearts' content and enjoy a tea, prosecco or fresh juice. There is also the Finnish sauna as well as the nurturing steam bath to enjoy. In addition to an elegant relaxation room, heated benches of natural stone round out the perfect feel-good experience. There is a shower area with ice fountains and wellness shower for cooling off.

Hairdresser

Hairdressing and styles to suit your face, skin and hair, and the time of year. Wear your hair 'up' in an elegant banqueting style, or try out the latest cuts, shapes and colours. Relax in our sophisticated salon and treat your hair – and yourself – to some feel-good pampering. Our specialists ensure you are in the best possible hands.

Kids' spa

Fit feet

25 minutes

For younger feet: a careful foot treatment including small nail corrections and then varnish upon request. Pampers and feels great at any age. Suitable for young feet up to 14 years of age.

Beautiful hands

25 minutes

A benefit and great treatment for young hands: our beauty specialists will make small nail corrections, ensure soft kids' hands and apply varnish upon request. Suitable for young hands up to 14 years of age.

Aroma oil kids' massage

35 minutes

Relaxation is in the air: our younger guests can choose their favourite scented oil and enjoy a gently massage tailored to children's needs. Suitable for children up to 14 years of age and the kids' massage is also available accompanied by parents in a double treatment room.

Soft facial cleansing

50 minutes

This brings radiance to young skin: a cleansing and relaxing facial treatment. Suitable for young skin between 12 and 18 years of age.

For fun and safety in the water

Swimming course

30 minutes | 3 appointments each 30 minutes |
5 appointments each 30 minutes

Whether a beginner, 'seahorse badge' collector or Olympic champion 2032 – our swimming instructors will make fear of the water disappear, help them along to their swimming certificate or teach our young guests a desired swimming style.

ÖWR swimming certificate

30 minutes

Children can earn their 'Swimming License' here with us. And everyone gains something from the Austrian swimming certificate: the little ones have their fun and the parents have a good and secure feeling. Our swimming instructors care for the kids from octopus level to all-around swimmers.





Gym



Golfcourse Seefeld-Wildmoos



Winter

Fitness & gym

Activity programme

Our gym area has a large number of the most modern training devices and a varied course programme. An interactive cardio fleet awaits you with all of the essential classics. In addition to daily courses such as Pilates, body workout, functional circuit, aqua fit, stretch and relax or muscle training, we also organize theme weeks with body and mind, functional and outdoor training or kids' sports courses. Information and registration via our spa-reception or any time in the InterAlpen-app.

Swim training

30 minutes | 3 appointments | 5 appointments

Our swimmers look forward to teaching you to swim, improving your technique or even training with you toward an ambitious goal such as a triathlon.

Personal training

Individual session 30 or 60 minutes |
3 appointments each 30 or 60 minutes |
5 appointments each 30 or 60 minutes

Our personal trainers have a comprehensive and in-depth knowledge of the functions of the human body, the locomotor apparatus, its relaxation ability and also maintaining health. You can choose the focus of your training yourself. Naturally we will also gladly create a "best of" for you from our portfolio.

Activities

Golf

Golf simulator 60 minutes

We have golfing weather every day throughout the year – thanks to our indoor golf simulator. If you wish to prove your skills outside, we are happy to book teeing-off times on the golf courses in the region. For example, at the beautifully located 18-hole course Seefeld-Wildmoos or at the 27-hole golf park at the foot of the Mieminger mountains.

Tennis

The only backdrop more impressive than the one for our three outside courts can probably be found in Wimbledon. Two granule courts and one sand court are available for you free of charge with a view on the peaks of the Karwendel and the Wetterstein mountain ranges. If the weather outside is unpleasant or if snow covers the Seefeld plateau, there is nothing to stop you holding a tennis match in the hall. We are happy to book a coaching session for those who want to have fun and improve their game.

Outdoor

A diverse range of leisure activities await you throughout the year around the InterAlpen-Hotel Tyrol. In the warmer months you can not only golf on the most beautiful courses in Tyrol but discover the idyllic places in the Tyrolean mountains while hiking or biking. With our modern e-bikes, you can be sporty and comfortable at the same time when you are on the go.

When the snowflakes start to fall, it is time for pure winter pleasure: conquer the ice while skating or playing Bavarian curling, shoosh down the numerous ski slopes in the region, enjoy a snowy fairy tale landscape on snowshoes or click on the Nordic skis and enjoy the 245 kilometre trail network in the Seefeld region – Tirols Hochplateau.

Spa etiquette

Children & adolescents

In order to ensure that our guests have a relaxed stay in the spa, we would like to ask you to consider a few rules:

- * Children under the age of 15 years may only participate in the activities programme, enter the spa area and train using the gym equipment if they are accompanied by an adult.
- * Swim diapers are available at our spa reception so the littlest guests can also have fun splashing around.
- * The Tyrolean Sauna Village is open for adolescents from 15 years of age.

Clothing

Please wear appropriate sports clothing and footwear in the gym as well as swimming attire in the swimming pool. Enjoy our saunas, steam rooms and even the salt-water bath 'as god created you'. You can enjoy in the textile sauna landscape in bathing attire.

Dogs

Please note that dogs are not permitted in the entire spa area (including the indoor and outdoor area as well as the spa restaurant).

Gym

You will find detailed information and the house rules for using our gym at the gym entrance. Please always follow the safety instructions and directions from our spa employees.

Health

If you have health issues or limitations let us know when booking an appointment or tell your therapist directly. It is possible that some treatments may not be recommended for you in these cases. Please note these recommendations are also for personal training and participation in the activities programme.

Pool

Glass containers are prohibited in the entire spa and outdoor spa. Lounge chairs may not be reserved or saved. Dogs are not allowed in the entire pool area.

Preparation

Please come in for your treatment relaxed and not in a rush. We welcome you in advance for a cup of tea. If you would like to participate in the activity programme, we ask that you arrive at the spa reception five minutes before the class starts. Joining is no longer possible after the class starts.

Public spa areas

In order to ensure that you and all other guests of the Interlpen-Hotel Tyrol have a pleasant stay, we ask you to observe the following rules:

- * Please adapt the volume of your conversations to the surrounding and switch your phone to silent.
- * Please observe the basic rules for our swimming pool and our treatment area.
- * Please do not reserve sunbeds with towels, bags etc.

Sauna

For a relaxing stay in our saunas we ask you to consider a few rules:

- * The Tyrolean Sauna Village and the Salt Grotto are reserved for adults as a quiet zone.
- * The Tyrolean Sauna Village is accessible to young people from the age of 15.
- * Children and teenagers up to 15 years can use the textile sauna.

Storms and risk of lightning

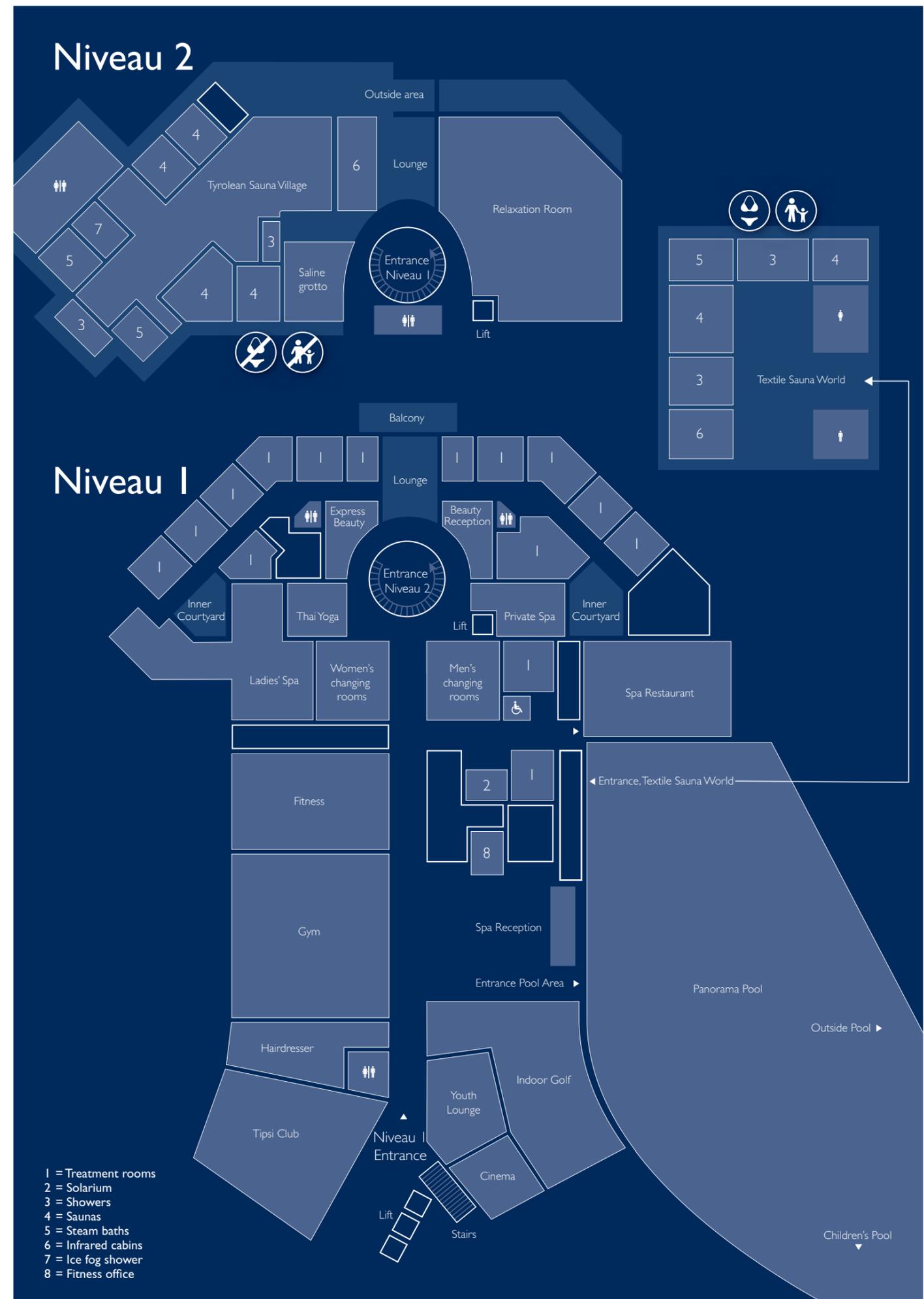
If there is a risk of lightning, the pool area (indoor and outdoor) must be vacated immediately.

Your valuables

You can store your valuables in your room safe. Furthermore, there are lockers in the changing rooms and deposit boxes in the fitness area.

Your desired appointment time

We are happy to take your preferences for appointment times into account when scheduling your treatments. It is best to make bookings prior to arrival, and to coordinate your preferred times and therapists with us. Should you not be able to get to an appointment, please inform us 24 hours beforehand. We ask for your understanding that cancellations made on the same day are charged the full rate.



Opening hours

Spa reception:	07.30 am to 08.00 pm
Swimming pool:	06.00 am to 08.00 pm
Fitness & gym:	06.00 am to 08.00 pm
Cosmetics & massage:	09.00 am to 08.00 pm

Tipsi club:	09.00 am to 07.00 pm
Youth lounge:	09.00 am to 10.00 pm
Indoor golf:	08.00 am to 08.00 pm
Spa restaurant:	08.00 am to 06.00 pm

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* Opening hours are subject to change
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