

Salt Grotto

HEALTH FACILITIES

WELLNESS FACILITIES

 Klostertalerstraße 66, 6752 Dalaas

Relaxation and recreation is guaranteed in the largest artificial salt cave in Europe.



The Vorarlberg salt grotto is located in massive rock behind the traditional "Gasthof Post" and is open to guests of the stylish inn as well as to those from outside. With 44 tons of Himalayan salt it is the largest artificially created salt cave in Europe. Due to its protected location in the massive rock, the cave always has constant temperatures and a pleasant, health-promoting climate with a high salt concentration.

The sessions take place at 10:30, 14:00 and 17:00. Registration required the day before by e-mail at info@postdalaas.at or by telephone on +43 55 85 72 16

A pleasure - the SALARIUM

The "Gasthof Post" has another attraction for very special applications: the so-called SALARIUM. In the room, which is considerably smaller in size but at 45°C about twice as warm, and which is also lined with Himalayan salt, sea salt brine steam is blown in. This creates an effect similar to that of an infusion in a sauna - but with a health-promoting concentration of salt ions. The visitors lie unclothed on a bath towel directly in the Himalayan salt

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Address

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