



## MOUNTAIN WELLNESS MASSAGES

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The natural ingredients used in our treatments, such as St. Johns Wort, arnica, honey, propolis and marmot oil, are all sourced exclusively from controlled wild collection – allowing you to benefit from the best nature has to offer.

ST. JOHNS WORT	combats exhaustion, insomnia, tension and skin irritations
ARNICA	supports wound healing, aids circulation, relieves aching muscles
MARMOT OIL	powerful natural cortisone, combats skin problems and rheumatism
HONEY & PROPOLIS	acts as a natural antibiotic, strengthens the body's natural defences
SWISS PINE	promotes relaxation, lowers the heart rate

### ALPINE HARMONY HERBAL MASSAGE

A soothing herbal massage with vapour-heated herbal stamps

50 min € 75,-

### ANTI-STRESS AROMATHERAPY MASSAGE

Deeply relaxing feel-good massage to nurture body, mind and soul

50 min € 69,-

### GROSSGLOCKNER INTENSIVE BACK MASSAGE

Highly effective massage, tailor-made to target your specific symptoms. Stimulates the flow of energy throughout the back and improves the flexibility of the spine.

50 min € 66,-

### FOOT REFLEXOLOGY

Via the 'map' on the soles of your feet, this treatment strengthens your internal organs and balances the flow of energy.

25 min € 39,-

### HEAD, NECK AND FACE MASSAGE

Enjoy this relaxing massage to release tension from the head, neck and face area. Optionally with or without essential oils. Works wonders against headaches.

25 min € 39,-

### CLASSIC PARTIAL BODY MASSAGE

Loosens the muscles in specific target areas

25 min € 37,-

### CLASSIC FULL BODY MASSAGE

Releases tension throughout the body, loosens the muscular system and stimulates circulation

50 min € 59,-



### **LYMPHATIC DRAINAGE**

A very gentle massage technique to decongest the body and stimulate the flow of the lymphatic system

50 min € 69,-

### **COMBI MASSAGE**

A combination of back massage and foot reflexology for a fantastic relaxation experience

50 min € 66,-

### **CHILDREN'S MASSAGE** (up to 12 years)

15 min € 20,-

## **SPECIAL GROSSGLOCKNER MESSAGES**

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Nurture, purify and regenerate your whole being with wonderfully fragrant blends of essential oils.

### **GROSSGLOCKNER HONEY MASSAGE**

Honey is a gift of nature which has been applied in the field of natural healing for centuries. The Grossglockner Honey Massage releases tension, promotes detoxification and revitalises the entire system.

50 min € 66,-

### **ALPINE LOMILOMI MASSAGE**

Lomilomi is a Hawaiian term meaning 'to press, knead and soothe'. This nurturing massage uses lots of warm oil and flowing strokes for an experience of deep relaxation and regeneration. A glass of fruit juice is included.

75 min € 102,-

### **GROSSGLOCKNER HOT STONE MASSAGE**

A fascinating technique using warm basalt stones and soothing local herbs for an experience of deep relaxation.

75 min € 102,-

## **BODY PACKS IN OUR VAPOUR COCOON**

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You gently float above warm water, while your body is enveloped in the body pack treatment of your choice. The warm steam relieves the muscular system and opens up the pores, making your whole body especially receptive to the benefits of your selected treatment.

At the same time, the consistent temperature allows the body packs to release their healing properties in the most optimal manner.

For the ultimate pampering experience, we recommend you start with an exfoliation treatment, and finish with a massage.



## HEILIGENBLUT HAY-FLOWER STEAM TREATMENT

After a steam treatment with local alpine hay-flowers, any sense of fatigue has disappeared. Joint and back aches have vanished, and you are left with clear skin and a balanced mood.

with Exfoliation	50 min € 59,-
with Partial Body or Relaxation Massage	50 min € 59,-
with Full Body or Relaxation Massage	75 min € 79,-
with Exfoliation and Partial Body Massage	75 min € 79,-

## WILD THYME STEAM TREATMENT

Has a strengthening and antispasmodic effect on the body's muscular system. Frees the airways and strengthens the immune system.

with Skin Peel treatment	50 min € 59,-
with Partial Body or Relaxation Massage	50 min € 59,-
with Full Body or Relaxation Massage	75 min € 79,-
with Exfoliation and Partial Body Massage	75 min € 79,-

## SWISS PINE STEAM TREATMENT

Enjoy this anti-stress steam treatment with the wonderful fragrance of Swiss pine – renowned for its calming properties and positive effect on the cardiovascular system.

with Exfoliation	50 min € 59,-
with Partial Body or Relaxation Massage	50 min € 59,-
with Full Body or Relaxation Massage	75 min € 79,-
with Exfoliation and Partial Body Massage	75 min € 79,-

## DR. GRANDEL COSMETICS

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### THE SKIN: MIRROR OF THE SOUL

We relax and brighten your features with soothing facial massages and the application of high-quality products. Your pampered body enters into complete harmony with your calm mind, and your face radiates your inherent natural beauty.

### PURIFACE CLEANSING HONEY MASSAGE

This treatment focuses on a thorough deep- cleansing of the skin.

Blemishes won't stand a chance! Treatment process: without massage 50 min € 65,-

### ESSENTIAL BEAUTY TREATMENT

Give your skin the care it needs, and any skin issues will evaporate. This relaxing facial is individually formulated for your specific skin type.

75 min € 79,-



### HYDRO BALANCE – MOISTURE BOOST

An intensely moisturising treatment with superior-quality ingredients. Turns dry skin into a smooth, fresh and delicate complexion. With wonderful fragrances for the ultimate feel-good experience.

80 min € 95,-

### TIMELESS BEAUTY ANTI-AGEING TREATMENT

A unique and highly effective rejuvenating treatment using specially selected anti-ageing products

80 min € 95,-

### RELAXATION TREATMENT FOR MEN

A basic facial treatment formulated specifically for men, with a focus on tightening and moisturising the skin

75 min € 79,-

## BEAUTY TREATMENTS

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Ampoule	€ 19,-
Eyelash tinting	€ 15,-
Eyebrow tinting & shaping	€ 15,-
Manicure	€ 45,-
Pedicure	€ 49,-
Nail Polish	€ 5,-
French Polish	€ 10,-

### HAIR REMOVAL – WAXING

Upper Lip	€ 10,-
Upper Lip and Chin	€ 15,-
Half Leg	€ 25,-
Whole Leg	€ 35,-
Back or Chest for Men	€ 35,-

### PAMPERING HAND-BATH WITH PARAFFIN

Fast-acting treatment for sensitive, rough or very dry hands. Includes a hand massage

€ 30,-

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## YOUR APPOINTMENT

Should you be unable to make it to your appointment, Please let us know at least 12 hours in advance. Appointments that are missed without prior notice will be charged at the full amount.

To help you get the most out of your treatment, we ask that you arrive at our Spa Area (1st Basement Floor) **10 minutes before your appointment starts**. We recommend that you drink a glass of water or herbal tea before every treatment to aid its effectiveness. Every treatment ends with a solitary period of relaxation to further enhance its benefits.

### IMPORTANT NOTICE:

Please be sure to inform us about any chronic or acute symptoms, diabetes, spinal injuries, disc prolapse, heart or cardiovascular conditions, implants, tumours, allergies and intolerances, as well as an existing pregnancy.

We look forward to taking good care of you!

*Your Grobglockner Wellness & Spa Team*

## SKINCARE BRANDS

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### DR. GRANDEL

DR. GRANDEL face and body care recipes are formulated with a focus on gently refining natural ingredients in sophisticated high-tech processes. The results are extremely effective, high-end products suitable even for the most sensitive skin types.

All DR. GRANDEL skincare products are created on-site at the company's premises in Augsburg, Germany. Their most vital, wheat-germ based ingredients also stem from the company's own in-house production.



For the past fifty years, the KURLAND skincare company has been inspired by the words of Cicero – "I follow nature as my surest guide." Based on the philosophy that Mother Earth holds the secret to our wellbeing, the company offers an extensive range of natural face and body products.