



Well-being
for your body,
mind and soul.

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Opening hours

<i>Wellness area</i>	<i>7.00 am to 8.00 pm</i>
<i>Spa & Beauty</i>	<i>10.00 am to 7.00 pm</i>
<i>Fitness & Gym</i>	<i>7.00 am to 8.00 pm</i>

Gertraud Gruber. Experience the fine composition of pure active ingredients from nature. The philosophy is as simple as it is ambitious. We are convinced that beauty – like health – stems from harmony. The balance between body, mind and soul.



Basic

Tailor-made, small facial

We treat you, tailor-made to the needs of your skin. We cleanse deeply and provide all the natural essences to perfectly hydrate your skin. The facial is tailored to you, the skincare products are carefully chosen to guarantee you relaxing and rejuvenating effects.

€90
50 MIN.

Nature

Method Phyto – intensive care

A treatment with highly effective natural essences for radiant, beautiful skin. The combination of naturopathic plant extracts and natural aromas has visible effects, leaving your skin moisturised for a healthy and glowing appearance.

Phyto ANTIAGE

Firms the skin and gives dry, mature skin a velvety appearance

Phyto SENSITIVE

Visibly calms sensitive, irritated skin

Phyto CLEARING

Normalises sebum production and creates a clear complexion

€120
80 MIN.

Invigorating

Method Symphonie

Treat yourself to some luxury with this extraordinary treatment - for there is virtually nothing else that will have a deeper and more lasting effect on your well-being, radiance and beauty. The unique skin-smoothing massage with lifting effect is the highlight of the treatment.

€130
80 MIN.



Hydration

Hydro Wellness Plus Method

The HYDRO WELLNESS PLUS method is an innovative wellness treatment with a lifting effect, based on a special algae energy mask. Accompanied by a gentle relaxation massage, this treatment pampers the skin with a noticeable firming and deeply hydrating effect. A wonderful skincare experience of pure freshness and vitality.

€90

50 MIN.

€120

80 MIN.

Just for Men

menXO Method

An invigorating intensive treatment with visible results. Restore your energy, vitality, and freshness while enjoying perfectly cared-for skin. The menXO treatment method is a well-balanced combination of techniques and products – specifically designed to meet the needs of demanding men's skin

€90

50 MIN.

€120

80 MIN.

Indulgence

Power Peptide Method

More glow for everyday life. Experience an instant feel-good effect. The Power Peptide treatment method strengthens the collagen and elastin support structure of the skin, providing a fresh, radiant complexion while restoring firmness and elasticity to facial contours. POWER PEPTIDE care products, enriched with natural plant extracts and highly effective peptides, help your skin maintain its luminosity and resilience.

€130

80 MIN.



Aroma Talk

A pampering massage with luxurious natural essences nurturing your skin. The use of heat carriers makes the massage even more effective, stimulating your micro-circulation and leaving your body, mind and soul relaxed. The 80-minute treatment also includes the use of singing bowls.

€55

25 MIN.

€100

50 MIN.

€120

80 MIN.

Balance

Vibrations stay in your body for 7 days

The vibrations of the singing bowls touch certain vibrational frequencies in your body and balance your cells. Thereby your stress level is reduced and your physical and mental well-being are improved. For this treatment you can stay dressed.

€90

50 MIN.



Vitality

Partial massage (25 min.), Full body massage (50 min.)

The relaxing massage releases tensions, stimulates blood circulation, muscle recovery and enhances your well-being.

€50

25 MIN.

€90

50 MIN.

Relieving

Massage for the neck, shoulders, head, and face. These body parts are often affected by tensions and are massaged with gentle pressure. The 50-minute massage also includes the entire back.

€50

25 MIN.

€90

50 MIN.

In the Flow

Lymphatic drainage

A relaxing and soothing massage to improve the lymphatic drainage. Excessive water depots in the tissue can be drained better.

€90

50 MIN.

Grounding

Reflexology massage

By stimulating the reflexology points with a gentle massage, we improve the energy flow in your body. The application of pressure activates the connections between the body parts and inner organs.

€90

50 MIN.

Eyes. Hands. Feet.



In the blink of an eye

*Eyebrow
tinting*

€17
15 MIN.

*Eyebrow
shaping*

€17
15 MIN.

*Eyebrow
tinting & shaping*

€30
20 MIN.

*Eyelashes
tinting*

€20
20 MIN.

*Eyelashes & eyebrow tinting
and shaping*

€40
25 MIN.

Hair removal

*Upper lip
Chin*

€17
10 MIN.

*Underarm
Bikini*

€35
20 MIN.

*Arms
Chest
Back
Half leg (lower)*

€50
30 MIN.

*Full leg
Brazilian*

€80
50 MIN.

Manicure

With nail polish or hand massage

€65
50 MIN.

Cosmetic Pedicure

*With nail polish or foot massage
Medical pedicure available upon request*

€65
50 MIN.

Expecting Mums

Kids. Teens.

Widi-Well

For children up to 14 years

A relaxing experience for the little ones. The 40-minute treatment includes the use of singing bowls.

€45

25 MIN.

€60

40 MIN.

Purification

Teenagers up to 16 years

Cleansing treatment for the needs of young skin

The treatment is tailored to suit the unique needs of the young skin for a clear, radiant complexion. If required we start with a deep cleansing and treat the skin with all the necessary active essences.

€90

50 MIN.

Letting Go

A treatment for neck, shoulders and head. These body parts are often affected by tensions and are massaged with gentle pressure.

€50

25 MIN.

Feel Good

Enjoy soothing moments with a gentle salt peeling and a nourishing body wrap that takes you, as an expectant mother, on a deeply relaxing journey. To round off the experience, a soft, caring massage awaits – for your complete sense of well-being.

€100

50 MIN.



Signature Treatments

14

Getaway

Alpine Balance – the holistic detox

The treatment focuses on ridding the body of toxins and other waste products by stimulating the body's lymph glands. With a brush massage, exfoliation with salt and a body wrap we take you on a recreational journey for all your senses. The gentle massage strokes have a balancing effect on the autonomic nervous system, while the soft brushes promote the expulsion of toxins, boosting the detoxifying effect of the massage. Natural essences from selected Alpine flowers like arnica, gentian, yarrow and lady's mantle produce a wonderful holistic feeling of well-being and transport you to a place where you can leave stress, time and the worries of the everyday behind.

€135
80 MIN.

Ayurveda Upper body

AYURASAN® Head, Face and Décolleté – source of beauty

The holistic AYURASAN® method combines Gertraud Gruber's philosophy of 'Preventive Healthcare' with selected Ayurvedic elements. Starting with a warm oil application, the Marma vital points between the forehead and the décolleté are stimulated with gentle pressure. These points are traversed by the body's bioenergetic pathways, or meridians, from which positive energy waves radiate to restore inner harmony.

€125
80 MIN.

15

Ayurveda Full body

AYURASAN® Body – source of beauty

Starting with Garshan, a dry massage preformed with raw silk gloves, the skin becomes receptive to the beneficial ingredients of the AYURASAN® body oil for holistic well-being. The Abhyanga massage stimulates the body's Marma vital points, while the warm Ayurvedic oil, gently massaged into the skin, works from the outside in. The perfume of selected essential oils such as rose, sandalwood and ylang-ylang caresses the senses, making you feel noticeably refreshed, relaxed and re-energised.

€135
80 MIN.

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Time to relax and unwind.