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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 &amp; Beauty</i>	<i>10.00 am to 7.00 pm</i>
<i>Fitness &amp; 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.

€ 80  
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

€ 105  
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.

€ 115  
80 MIN.



## Hydration

*Method Hydro – Wellness Plus*

Feel the revitalizing effects and pure freshness of this treatment. Supported by a gentle, relaxing massage, highly concentrated algae-based active ingredients penetrate the skin. Among the herbal ingredients are natural essences from the olive and extracts of lapacho and green tea. They have a revitalising effect and regulate the skin's moisture balance, while evening primrose oil and shea butter increase the tonicity and elasticity of your skin. Relaxation for him and her.

€80

50 MIN.

€110

80 MIN.



## Radiance

*Method Authentique – the power of the Alpine rose*

An innovative method to treat all the visible signs of ageing – redefining the contours of your face. Gentle strokes pamper your complexion, stimulating cell metabolism and your skin's vital functions. Once your skin has been prepared this way, the AUTHENTIQUE care products can start to take effect, increasing the life expectancy of your skin's stem cells. A treatment on the highest level of natural care for your skin.

€120

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.

€50

25 MIN.

€90

50 MIN.

€110

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.

€80

50 MIN.



## Vitality

*Full body massage*

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

€45

25 MIN.

€80

50 MIN.

## Relieving

A treatment for neck, shoulders and head. These body parts are often affected by tensions and are massaged with gentle pressure. The 50-minute massage can also incorporate the back.

€45

25 MIN.

€80

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.*

€80

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.

€80

50 MIN.



# Eyes. Hands. Feet.

## In the blink of an eye

*Eyelash & brow shaping and tinting*

€35  
25 MIN.

## Hair removal

*Upper lip  
Chin*

€15  
10 MIN.

*Underarm  
Bikini*

€30  
20 MIN.

*Arms  
Chest  
Back  
Half leg (lower)*

€45  
30 MIN.

*Full leg  
Brazilian*

€75  
50 MIN.

## Manicure

*With nail polish or hand massage*

€60  
50 MIN.

## Cosmetic Pedicure

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

€60  
50 MIN.

# Expecting Mums

## Kids. Teens.

12

### 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.

€40

25 MIN.

€55

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.

€80

50 MIN.

### Relieving

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

€45

25 MIN.

### Feel Good

*including salt scrub and body wrap*

The invigorating massage, salt scrub and body wrap take you on a relaxing journey. A soothing well-being ritual for expecting mothers.

€90

50 MIN.



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# 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 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.

€130  
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. Dosha creams, selected to match your skin type, make your skin noticeably soft and supple.

€120  
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.

€120  
80 MIN.



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*Time to relax and unwind.*