

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.



Facials

Basic

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.

*tailor-made,
small facial*

€75
50 MIN.

Purification

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.

*for teenagers,
purifying the skin*

€65
50 MIN.

Nature

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

*Method Phyto
– intensive care*

€95
80 MIN.

Invigorating

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.

*Method
Symphonie*

€110
80 MIN.

Hydration

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.

*Method Hydro
– Wellness Plus*

€75
50 MIN.

€105
80 MIN.

Radiance

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 in 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.

*Method
Authentique
– the power of
the Alpine rose*

€115
80 MIN.

Signature Treatments

Getaway

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.

*Alpine Balance –
the holistic detox*

€125
80 MIN.

Ayurveda *upper body*

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.

AYURASAN®
*head, face
and décolleté
– source of
beauty*

€115
80 MIN.

Ayurveda *full body*

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.

AYURASAN®
*body – source
of beauty*

€115
80 MIN.

In the blink of an eye

Eyelash & brow shaping and tinting

€30
25 MIN.

Hair removal

Upper lip

€10
10 MIN.

Hair removal

Chin

€10
10 MIN.

Manicure

With Gertraud Gruber Naturell nail polish or hand massage

€55
50 MIN.

Cosmetic Pedicure

With Gertraud Gruber Naturell nail polish or foot massage

€55
50 MIN.

Eyes. Hands. Feet.

Body

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.

€45
25 MIN.

€85
50 MIN.

€105
80 MIN.

Balance

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.

*vibrations stay
in your body
for 7 days*

€75
50 MIN.

Widi-Well

Treating the little ones to a relaxing experience. They can unwind with a pampering massage and essential oil of their choice. The 40-minute treatment also includes the use of singing bowls.

€35
25 MIN.

€50
40 MIN.

Vitality

This relaxing massage is perfect after active days. It releases tensions and stimulates the blood circulation and helps your muscles to recover.

€40
25 MIN.

€75
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.

€40
25 MIN.

€75
50 MIN.

In the Flow

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

*lymphatic
drainage*

€75
50 MIN.

Grounding

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.

*reflexology
massage*

€75
50 MIN.

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Well-being
for your *body,*
mind and *soul.*