

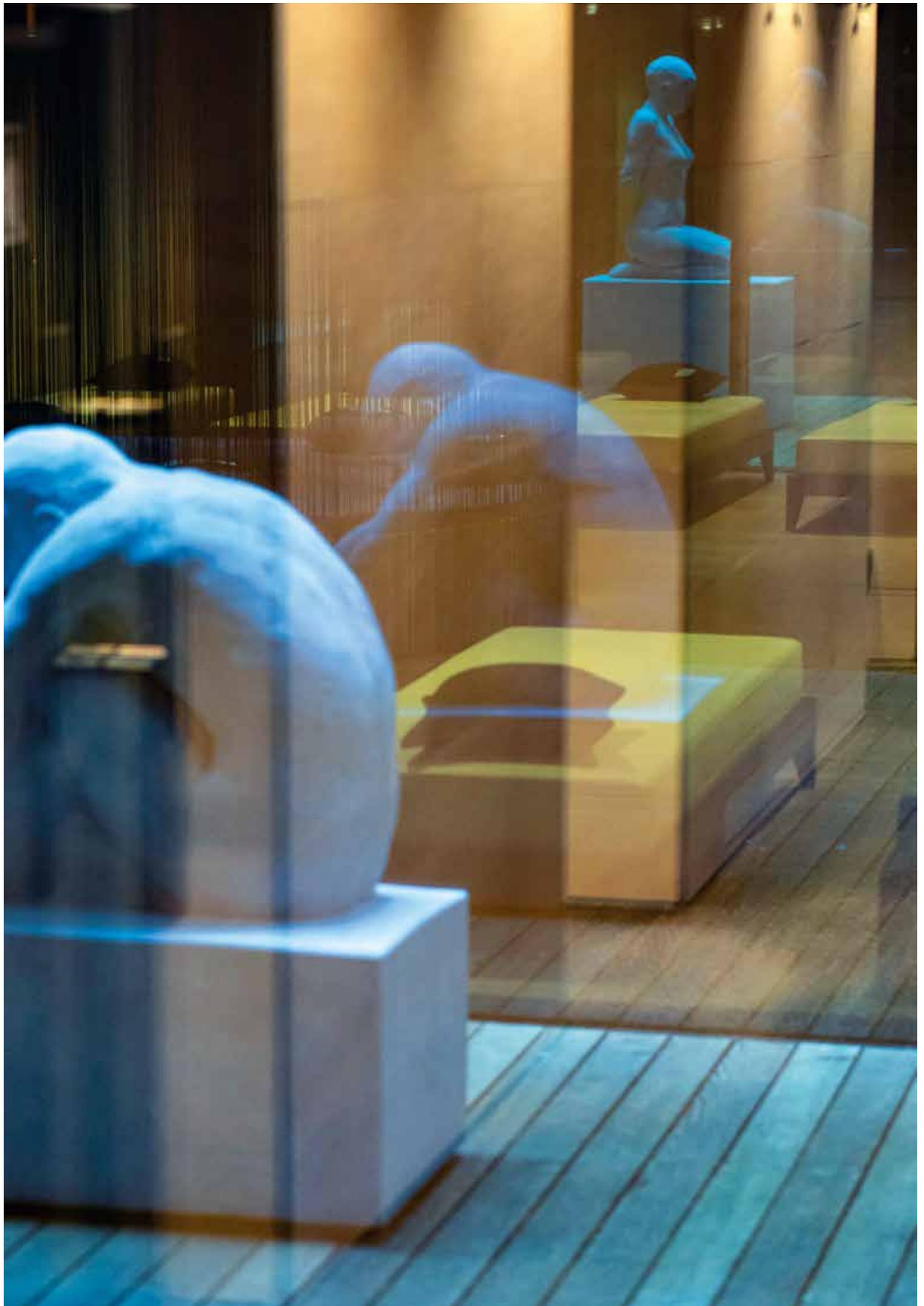
FEEL GOOD

★★★★S

**GRADONNA
MOUNTAIN
RESORT**
KALS
OSTTIROL

WELCOME

You can relax now, take a deep breath and let everything go.



SKIN SENSATION



MAGDALENA'S

MADE IN TYROL

The interplay of relaxation and pleasure is a key priority at Gradonna****S Mountain Resort. The resort at the foot of the Grossglockner Mountain has always focussed on its special connection with nature. This philosophy is also manifested in a new, in-house range of cosmetics.

MAGDALENA'S made in Tyrol uses a fine blend of traditional alpine herbs. This also includes yarrow, with its cleansing and detoxifying properties. Arnica relieves and soothes sensitive skin, yellow clover relaxes even the most stressed, itchy or irritated areas. Meadowsweet has anti-inflammatory and regenerating properties, while St. John's Wort harmonises body and soul. Yellow gentian is a wonderful accompaniment – it is particularly good for the body after sporting activities, but generally strengthens muscles and joints. These products are therefore a wonderful enhancement for people and the environment.

**MAGDALENA'S
POWER OF THE ALPS
FACIAL TREATMENTS** Savour an intensive skincare treatment for face, décolleté and hands. The pleasurable relaxation ritual, premium quality herbal skincare products, warmed herbal compresses and agreeable aroma of stone pine aids deep relaxation. Look forward to a visibly clear, smooth and fresh complexion.

€ 70.00, treatment takes 60 minutes

**MAGDALENA'S
BRIGHT EYES** Feel how signs of stress and fatigue simply disappear. The combination of decongestant and cooling massage techniques followed by special eye compresses, lends sparkle and shine to the eye area.

€ 44.00, treatment takes 35 minutes

**MAGDALENA'S
MOUNTAIN MASSAGE** This classic full-body massage revitalises with relaxing techniques. During this special interplay of massage with special active ingredients from our mountain world, tension is released as muscles are loosened and strengthened.

€ 64.00, treatment takes 50 minutes

**MAGDALENA'S
AROMA OIL MASSAGE** The regional mountain-herb oil makes this relaxing full-body massage beneficial not only for your body, but also refreshes and revitalises the soul – in a completely natural way.

€ 68.00, treatment takes 50 minutes

**MAGDALENA'S
MOUNTAIN FRESH
BODY SCRUB** The holistic exfoliant experience for your skin. A mineralising body scrub enriched with various herbal extracts, followed by the application of high-quality body lotion leaves your skin feeling super smooth.

€ 38.00, treatment takes 30 minutes

BODY TREATMENTS

ALPIENNE MOUNTAIN HERB SCRUB	Soothing body scrub with Tyrolean mountain crystal salt, combined with various herbs such as arnica, St. John's wort or stone pine regenerates the skin and activates blood circulation.
	€ 44.00, treatment takes ca. 30 minutes
ALPIENNE DETOX WRAP	Detoxifying body scrub followed with a body wrap. The active ingredients of wheat bran and birch leaves with juniper wood purify your body, have a diuretic effect and strengthen body tissue.
	€ 86.00, treatment takes ca. 60 minutes
ALPIENNE REPAIR WRAP	This combination of body exfoliation and subsequent wrap promotes not only regeneration of the skin, but also has a beneficial effect on muscles and joints. Perfect after sporting activities, thanks to its high content of marmot oil and gentian extract!
	€ 86.00, treatment takes ca. 60 minutes
ALPIENNE SALT ON MY SKIN	A cleansing and revitalising body treatment with a gentle exfoliating effect. This treatment combines a full-body natural salt scrub and salt stone massage, which has a relaxing, cleansing and nourishing effect.
	€ 106.00, treatment takes ca. 80 minutes
ALPIENNE DETOX TREATMENT	A relaxing foot bath revives the natural detox process, stimulates blood circulation, alkalizes and purifies. The subsequent back treatment with a detox gel, combined with a massage and detoxifying pads for the feet, liver, bile and kidney intensify the metabolism and stimulate the processes of digestion and natural excretion.
	€ 82.00, treatment takes ca. 60 minutes
MAGDALENA'S FASCIA TREATMENT	A dry glove massage with a combination of massage methods stimulates the metabolism, accelerates the removal of toxins and promotes detoxification processes in the body. By massaging specific reflex points, congestion in the connective tissue dissolves.
	€ 72.00, treatment takes ca. 50 minutes € 132.00, treatment takes ca. 80 minutes INCL. CLEANSING RITUAL WITH BODY POWDER AND WRAP

GRADONNA****S SPECIAL TREATMENTS

MOUNTAIN HERB
LOMI MASSAGE

This massage experience with precious herbal oils from the mountains enables not only deep relaxation, but also lasting regeneration on a mental and spiritual level.

WHOLE BODY € 106.00, treatment takes 75 minutes
PARTIAL BODY € 49.00, treatment takes 40 minutes

GLOCKNER STONE
ENERGY MASSAGE

Deep relaxation brought about by the powers of the stones. Your chakras are stimulated and muscles relaxed by the pleasant warmth. A soothing massage experience to relax the entire body.

€ 82.00, treatment takes 60 minutes

ALPIENNE
HERBAL POSY
MASSAGE

A deeply effective massage ritual with powerful alpine herbs. The freshness of the herbs and warming effects of the herb-filled cotton pouch results in a wonderfully fragrant experience. Has a soothing and relaxing effect.

€ 98.00, treatment takes 75 minutes

STONE PINE
MASSAGE

This massage involves the use of various pine woods and manipulation techniques. Muscular tension is eased, while the scent of stone pine ensures a pleasant feeling of well-being.

WHOLE BODY € 72.00, treatment takes 50 minutes
PARTIAL BODY € 42.00, treatment takes 25 minutes

GLOCKNER ENERGY
MASSAGE

Savour this soothing relaxation massage on the 11th floor. Recharge your batteries at breathtaking heights, with fabulous views of the mountains of Kals.

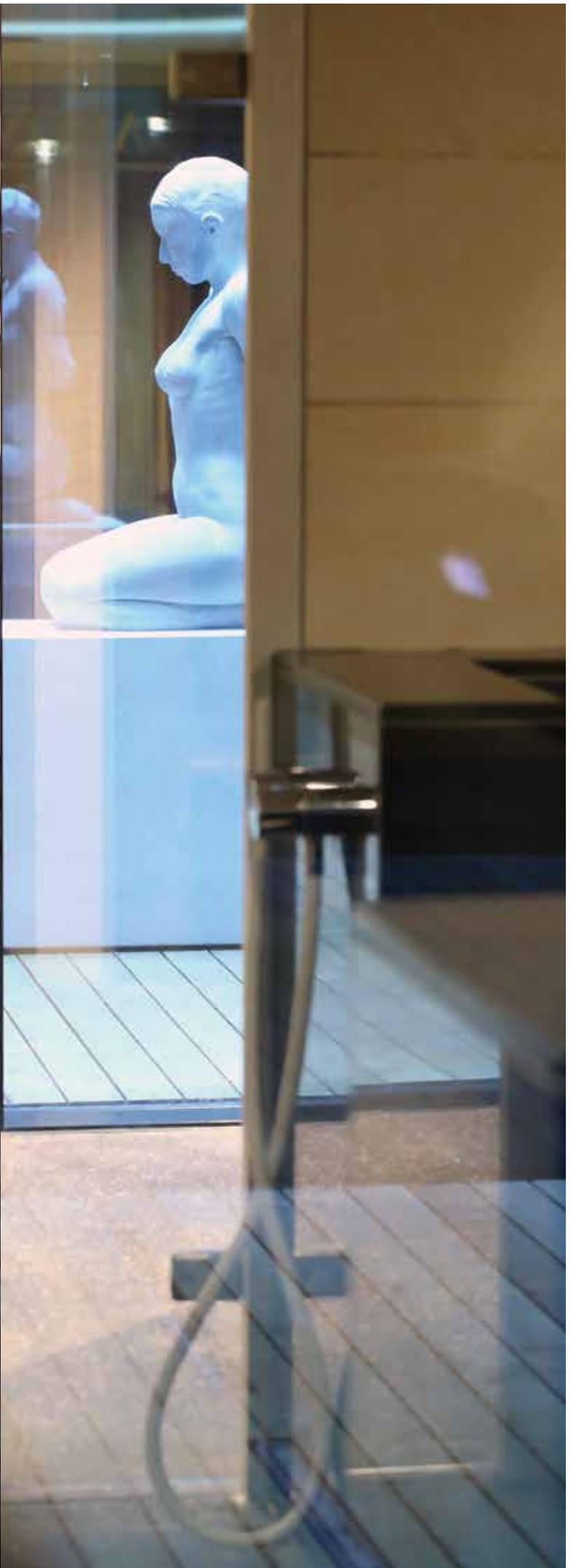
€ 88.00, treatment takes 60 minutes

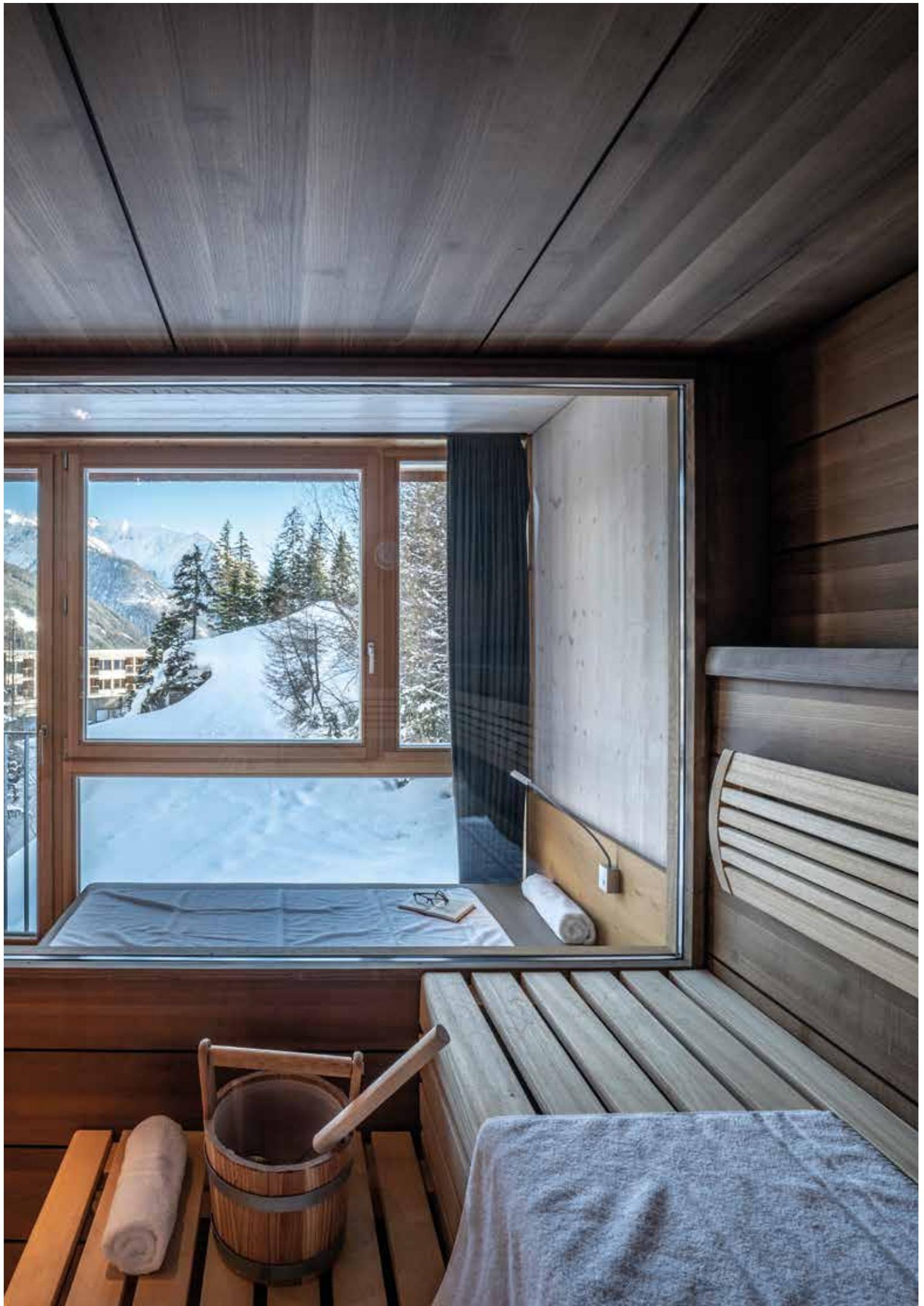
MAGDALENA'S
INNER HARMONY

Recharge flagging energy levels. Special massage techniques using warmed oil and grapeseed bags along the meridians positively stimulate the body's energy channels, leaving you feeling recovered and deeply relaxed.

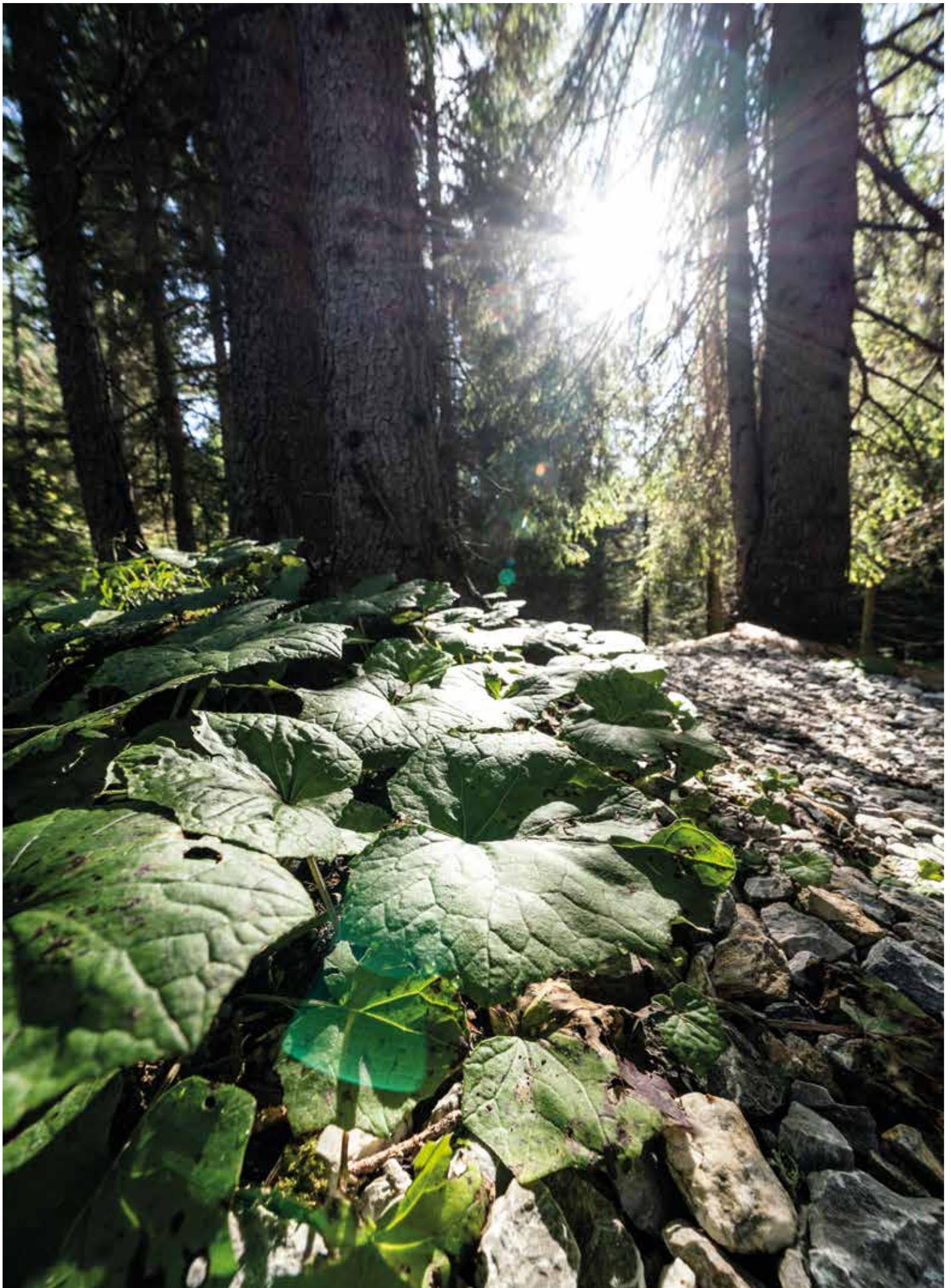
€ 82.00, treatment takes 60 minutes







ENERGY AND BALANCE



GRADONNA FOREST

GRADONNA****S FACIALS

After a short consultation, the skin care products for the Gradonna Facials are individually tailored to your needs. We pamper you with a choice of high-quality skin care products from the Magdalena's and BABOR brands.

CLASSIC FACIAL TREATMENT

A tailor-made treatment for your individual skin type. It offers you a synergy of professional beauty care and effective, beneficial stages of treatment.

€ 72.00, treatment takes ca. 60 minutes

FACIAL TREATMENT SELECTION

The skin care experience for a radiant complexion! Masks and serums that are individually tailored to suit your individual skin-type provide intensive care and lend luminosity to your skin. The integrated eye treatment smoothes away fine lines and lends new energy and freshness. Set your focus on relaxation, moisturising care, balance or radiance, while we pamper you.

€ 102.00, treatment takes 80 minutes

ANTI AGING FACIAL TREATMENT

The ultimate rejuvenating treatment! High-quality active ingredients lend your skin a taut and rich appearance. Improve your skin's firmness and elasticity, while combatting signs of ageing skin.

€ 129.00, treatment takes ca. 90 minutes

MINI LIFTING FACIAL TREATMENT

Your face lift without having to go under the knife. Minimises lines and wrinkles with exceptional results.

€ 102.00, treatment takes ca. 60 minutes

AMPOULE CRASH COURSE

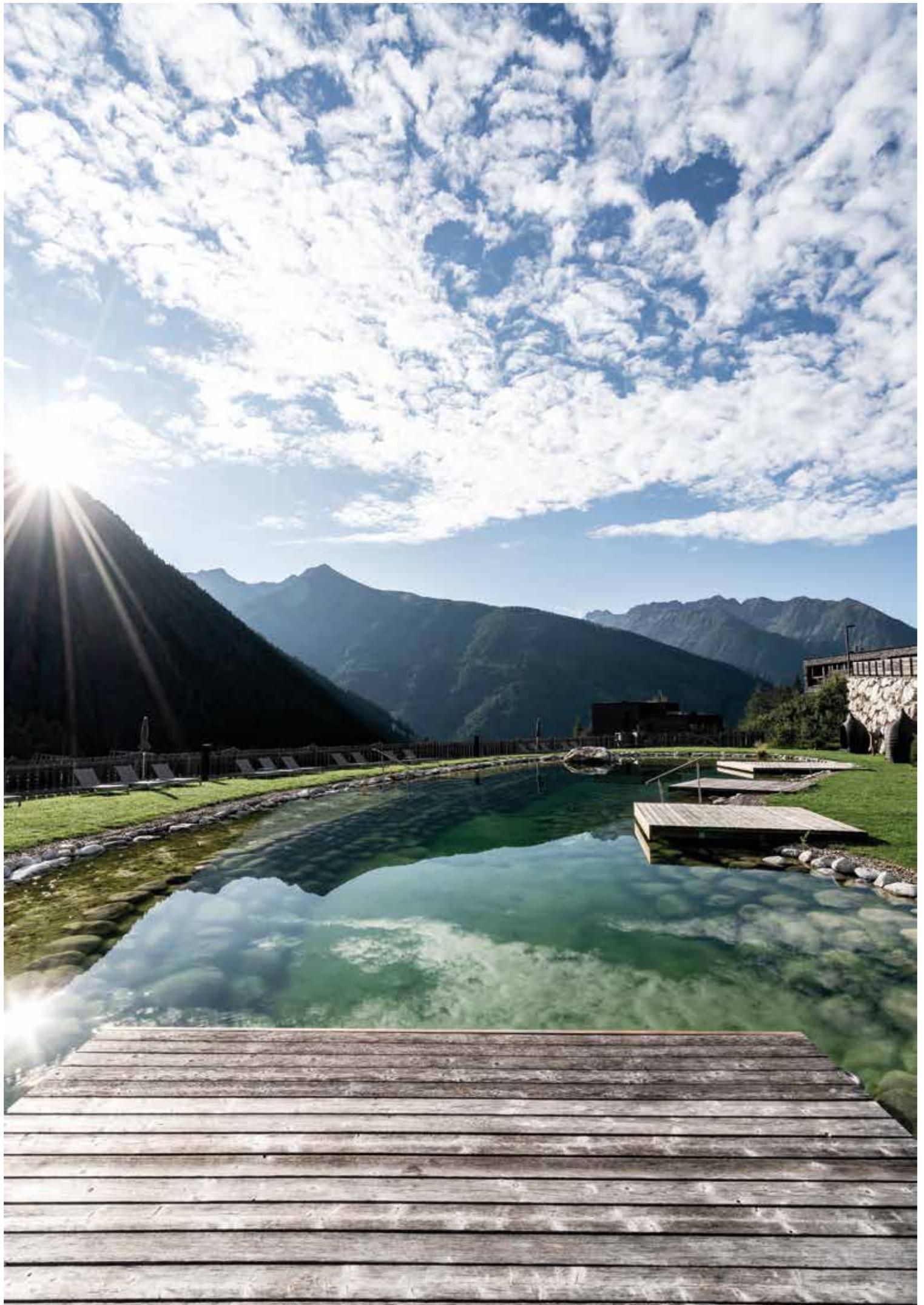
Well-moisturised skin radiates vitality. Feel the outstanding effects of various active ingredients incorporated into your skin. Your skin has never been brighter, fresher or firmer!

€ 58.00, treatment takes ca. 45 minutes

MAKE-UP FOR DAY/EVENING

Day or evening make-up with exclusive products by BABOR Age ID

€ 20.00 / € 29.00



FLOATING ON CLOUDS

GRADONNA****S DUO TREATMENTS

RELAXATION FOR TWO A relaxing duo back massage is a wonderful experience to savour as a twosome.

€ 84.00, treatment takes 40 minutes

SENSUAL EXPERIENCE FOR TWO Experience a soothing and aromatic bath in a wooden tub, a relaxing whole body duo-massage and enjoy a glass of fine Austrian sparkling wine by candlelight as you savour the after-effects.

€ 162.00, treatment takes 75 minutes

MAGDALENA'S CLASSICS

INDIVIDUAL MASSAGE Book your individual appointment. To relax, revitalise, or after sport? We will focus entirely on your needs.

€ 98.00, treatment takes 80 minutes

€ 74.00, treatment takes 60 minutes

€ 42.00, treatment takes 30 minutes

CLASSIC MESSAGES Foot reflexology
€ 39.00, treatment takes 25 minutes

Feet and calf massage in a wooden tub and rub-down with master wort oil
€ 46.00, treatment takes 40 minutes

Face, neck & head massage
€ 46.00, treatment takes 40 minutes

ALPIENNE SPORT MASSAGE This circulation and metabolism-enhancing massage technique with selected oils promotes regeneration and relaxes tense and strained muscles, resulting in the alleviation of tension and pain and leads to optimal relaxation.

WHOLE BODY € 94.00, treatment takes 80 minutes

BACK/LEGS € 62.00, treatment takes 50 minutes

COMBI MESSAGES Foot reflexology combined with a classic back massage
€ 66.00, treatment takes 50 minutes

Connective tissue massage combined with a classic back massage
€ 66.00, treatment takes 50 minutes

MANUEL LYMPHATIC DRAINAGE A very relaxing and exceptionally gentle form of this massage. The use of special techniques facilitates the removal of congested tissue fluid as well as assisting the venous backflow.

BODY € 56.00, treatment takes 50 minutes

FACE € 36.00, treatment takes 25 minutes

BASICS

We use premium products from the Magdalena's range and Marien Dispensing Chemist by Lukas Schultz for our manicures and pedicures.

HANDS AND FEET

MANICURE € 32.00

MANICURE DE LUXE

Manicure with hand exfoliation and wrap € 48.00

PEDICURE € 39.00

PEDICURE DE LUXE

Pedicure with exfoliation and wrap € 66.00

With polish + € 12.00

BEAUTIFUL EYES

Eyebrow tint € 9.00

Eyebrow shaping € 9.00

Eyelash tint € 9.00

Eyebrow and eyelash tint € 17.00

DEPILATION WITH WARM WAX

Upper lip/chin € 9.00

Underarm € 19.00

Legs to the knee € 32.00

Full leg € 54.00

HAIRDRESSER

The hairdressing salon also uses premium haircare products from Magdalena's. By shampooing with Magdalena's, your hair is treated and nourished with natural and purely herbal ingredients. Pure relaxation from the roots to the tips of your hair. Magdalena's conditioner benefits every hair type.

Please arrange appointments directly at the SPA reception

LADIES

Wash, cut, blow dry	€ 35.00	Incl. consultation, head massage, finish
Wash, blow dry, style	€ 25.00	
Colour, cut, blow dry	€ 55.00	
Colour, blow dry	€ 45.00	
Highlights/lowlights, cut, blow dry	€ 75.00	
Highlights/lowlights, blow dry	€ 60.00	

MEN

Wash, cut, style	€ 29.00	Incl. consultation, head massage, setting lotion, finish
Regular dry cut	€ 22.00	
Cut with clippers	€ 13.00	
Beard trim	€ 10.00	
Short, back and sides	€ 10.00	

KINDER

	GIRLS	BOYS	INFANTS
Wash, cut	€ 25.00	€ 20.00	
Dry cut	€ 20.00	€ 15.00	€ 10.00

An extra charge is made for long hair!



SPORT & CO.

Sports and relaxation both in and outdoors are always high on the agenda at Gradonna Mountain Resort****s. We offer a varied active weekly programme which will make you feel healthier and fitter in no time at all.

SPORT IN NATURE

From guided bike tours to summer hiking expeditions, being active takes priority at Gradonna****s. Explore the stunning landscapes around our resort before heading back for a relaxing massage in our SPA.

YOGA AND MEDITATION

Whether a beginner or expert Yogi, you can enjoy a whole new yoga experience with our expert instructors, where you can achieve the kind of deep relaxation that you can still feel and draw inner power from, even weeks after your holiday with us has ended.

PANORAMIC GYM

Our panoramic gym is equipped with the latest TechnoGym apparatus, so you can let off steam after a sports-filled day before heading off to the sanctuary of our SPA area.

PERSONAL TRAINING

If you are hoping to improve your figure and fitness levels, book a personal training session for your favourite sport.

Bums/Tums/Legs | Back Exercise | Dumbbell training

Stamina Training | Stretching | Yoga | Meditation

Mountain Biking | Bouldering | Nordic Walking

€ 70.00, session takes ca. 50 minutes

Information on our training offers is available at the SPA reception





ETTIQUETTE, TIPS, SUGGESTIONS

At Gradonna****s Mountain Spa you will find a sublime sanctuary where you can indulge in the essential pleasures of rest, relaxation and revitalisation. So everyone can enjoy their stay, we have a few guidelines which we kindly request you to observe.

Contribute to the relaxing atmosphere by avoiding loud conversations, making phone calls or any other noisy activities.

There is a sauna for the little ones at the family pool and children's pool, in which users are permitted to wear swimming costumes. Children under the age of 16 are not permitted access to the sauna area or gym.

Fitness equipment users are required to wear sportswear and sports shoes. After use, please wipe down the gym equipment with the disinfectant provided.

Smoking and the consumption of alcohol, food and beverages brought in from outside is not permitted in the entire spa or indoor pool areas. During short breaks, you can order drinks with fresh herbs and dried fruit daily from 14:00 hrs at the Mountain Spa Reception. Drinking fountains with water from Gradonna's own private well can be found in the sauna and pool areas.

Please leave jewellery and valuables in your room safe. In the interests of hygiene, please do not enter the spa wearing street shoes or clothing and leave prams outside.

Please inform us about any medical conditions you may have, because some treatments are not suitable for sufferers of specific disorders.

We strive to begin all treatments on time. If you arrive too late for your booked treatment and the therapist and/or booth is subsequently booked, we will have to shorten the duration of your treatment accordingly.

Please allow enough time to change clothes and walk from reception to the treatment rooms. Any cancellations of agreed treatments must be made no later than 12 hours prior to the agreed appointment, otherwise the treatment will be charged accordingly.

Please ensure you are freshly showered before every therapy. Showers can be found in the pool and sauna areas.

Clients are generally asked to remove their clothes for massages and spa treatments to be performed. During massages, only the area to be massaged is exposed and the rest of the body will be covered. As one would expect, the genital area is always covered and disposal slips are also provided.

Taking a sauna has many positive effects. Please sit on a towel in the Finnish sauna but, for hygiene reasons, not in the steam bath. Special hygienic underlays are provided there. Please place your flip flops in front of the sauna cabin. In order to maintain peace and quiet, we kindly ask you to refrain from making conversation in the sauna cabins.

Towels for use in the spa are provided and can be found in the spa area. Please consider the environment and take only the number of towels you actually need and throw used towels in the appropriate laundry baskets or laundry shaft.

Our spa experts are happy to provide personal consultations or general information on your treatments.

The treatment time includes the duration of the therapy, as well as treatment-related rest periods.

GRADONNA****S MOUNTAIN SPA

OPENING HOURS Swimming pool: daily 7:30—20:00
Sauna area: daily 14:00—19:30
Spa treatments: daily 09:00—19:00
Fitness and boulder room: daily 7:30—20:00

CONTACT +43 4876 82 000
www.gradonna.at
or contact our spa reception





GRADONNA FOREST