



GRANDSPA



GRAND HOTEL

ZELL AM SEE

THE GREAT LAKESIDE HOLIDAY WORLD

DEAR GUEST!

Unwind. Relax. Simply let yourself go and be at one with yourself.

Dive into a world of relaxation and experience breathtaking views in our GRANDSPA. Surrounded by Lake Zell and the local mountains, you can draw new strength and achieve an inner balance. Come and be pampered by our GRANDSPA team with beauty and spa treatments from all around the world that will leave you feeling beautiful, energised and full of life. Enjoy the comforting warmth of our sauna area with unique views: panoramic Finnish sauna with lake and mountain views, steam room, brine steam bath, herbal sauna, infrared cabin, tepidarium, relaxation rooms, fountain of unhurried life and a terrace with wonderful lake views.

Our qualified GRANDSPA team is available seven days a week, from 9 a.m. - 7.30 p.m. Come by at your convenience for a personal consultation.

We wish you a pleasant stay and look forward to your visit!

Your GRANDSPA team



OVERVIEW OF OUR BEAUTY AND SPA OFFERINGS

| | |
|--|----|
| Certified organic cosmetics using MARÍAS® from Salzburg | 4 |
| GRANDSPA-Signature-Treatment | 5 |
| MARÍAS® organic massages & body treatments | 7 |
| Caribbean pampering rituals with Ligne St Barth | 8 |
| Massages from around the world | 9 |
| Special massages with MARÍAS® organic oil | 10 |
| Traditional massages | 11 |
| Detox | 13 |
| Facial treatment using MARÍAS® organic cosmetics from salzburg | 15 |
| Facial treatments for him & her with Ligne St Barth | 16 |
| Cellcosmet & cellmen facial treatments for him & her | 17 |
| Beauty service | 18 |
| GRANDSPA etiquette | 19 |

CERTIFIED ORGANIC COSMETICS USING MARÍAS® FROM SALZBURG

The Pieper Biocosmetics Company does not have its roots planted only in a business idea, but in a way of life: following the desire for closeness to nature and an authentic way of life.

The highest standards of quality and effectiveness of its products, combined with a responsible approach to nature and its resources, has been an essential feature of MARÍAS® Salzburg, a brand of the Pieper Biocosmetics Company, for more than 30 years.

„The combination of natural raw materials such as plant oils, floral waters, fresh Aloe Vera juice, shea butter, beeswax, clay, and essential oils combined with highly effective substances such as double hyaluronic acid, phytosterols, and vitamins, result in products of the highest quality.“

Nature is the best cosmetics laboratory.

GRANDSPA-SIGNATURE-TREATMENT

*THE SCENT OF A ROSE...
like a smile from nature...
leaves a subtle fragrance.*

**LUXURY FOR THE SENSES - CARE FOR THE SKIN with
MARÍAS® organic cosmetics from Salzburg.
Relax, enjoy, regenerate.**

Rose-Symphony

We begin with a rose water spray for the whole body, followed by a rose full-body scrub, and then a creamy rose body wrap. Your skin will become soft and supple and feel wonderful!

During the exposure time, enjoy a rose quartz massage for your head and face and as the crowning glory, we will pamper you with a soothing back, shoulders and neck massage.

Afterwards, you can complete your feel-good time with a refreshing rose inspired drink, accompanied by the fantastic view of Lake Zell and the surrounding mountains.

75 minutes

€ 125,-





MARIAS® ORGANIC MESSAGES AND BODY TREATMENTS

Healing and a gentle touch, in combination with valuable, natural organic ingredients.
LET YOURSELF SUCCUMB AND ENJOY!

Aroma- and Colour energy massage

To start, choose a colour from our range that particularly appeals to you, then enjoy your massage including the colour mist with your personalized colour oil. Scents and colours are nature's smile.

25/50 minutes € 49,-/89,-

Rose-Balm massage

At the beginning, you will be enveloped in a fine rose fragrant mist, followed by a soothing massage with a nourishing rose body butter, a blend of organic cocoa butter and organic shea butter from a Fair Trade women's project in Burkina Faso. Shea butter has particular healing qualities, due to its high content of allantoin. A blessing, especially for dry and irritated skin!

25/50 minutes € 49,-/89,-

Glacier-massage

Ideal before and after sports to ensure your muscles feel fit again. Specifically for sore muscles, promotes blood circulation for joint pain and helps to prevent cramps. The versatile, light gel contains menthol, camphor, and aloe vera, as well as herbs such as arnica, sage, rosemary, juniper, mint, camphor and wintergreen.

25/50 minutes € 49,-/89,-

Sunshine-treatment

Ideal body wrap, designed for after sunbathing, moisturizes and relieves skin irritation, whether it's summer or winter. Aloe vera cools the skin, sea buckthorn nourishes and stimulates the formation of melanin. During the exposure time, we will pamper you with facial care, specifically for after sunbathing. As a final touch, we will apply after-sun care to your whole body.

50 minutes € 89,-

CARRIBEAN PAMPERING RITUALS WITH LIGNE ST BARTH

Aromatic massage

This moisturising full body massage nourishes your skin and soothes your soul.

Choose your favourite scent from Tiaré blossom, Bourbon vanilla, exotic lily or a men's fragrance – all enhanced with nourishing avocado oil.

25/50 minutes € 49,-/89,-

Caribic Duo – massage and facial treatment

We pamper you with a combination of a relaxing massage for your head, neck and shoulders and a moisturizing facial treatment with cleansing, exfoliation, mask and finishing care, including massage.

50 minutes € 89,-

Fruity Break for the whole body

Indulge in „high 3“ with exfoliation, body wrap, and massage. The papaya shower scrub, with valuable avocado oil ensures deep cleansing. Afterwards, we treat you to a nourishing body wrap for velvety soft skin. As a crowning glory, you will enjoy a gentle massage with nourishing avocado and coconut oils.

75 minutes € 125,-



MASSAGES FROM AROUND THE WORLD

Lomi Lomi Nui with MARÍAS® organic oil

Hawaiian Temple Massage - the queen of massages. It's driven by the Huna philosophy, which connects the body, mind, and soul in an uncomplicated way and leaves people feeling extremely happy and with total clarity. Lomi Lomi Nui releases deep layers of the body from stress, anxiety, and blockages - deep relaxation is achieved and a new zest for life is awakened.

50 minutes € 98,-

Hot stone massage with MARÍAS® organic oil

The path to your own core - harmony and energy through warming stones. Enjoy the fascinating combination of energy, massage, and the intense effect of the hot lava stones. A completely holistic, deep experience from within!

50 minutes € 98,-

Sound wave relaxation

You can clearly sense the stimulating effect of the vibration frequencies in the low frequency range. When combined with infrared heat it has a harmonising effect on the immune system, lymphatic system, connective tissue and muscles and can gently release blockages.

25 minutes € 15,-
Combination with liver detox compress/
moor wrap/face mask € 29,-

Herbal pouch massage with MARÍAS® organic oil

East Asian massage technique with fragrant spice and herbal pouches and hot vegetable oil. Thermoreceptors activate a self-healing process in the skin, which triggers effective cell regeneration, has a positive effect on the whole body and releases stress and tensions. A pleasure for all the senses!

50 minutes € 98,-

Abhyanga - Ayurveda full-body massage

Translated loosely, it means „great oiling with loving hands.“ Warm oils and various Asian massage techniques, make this treatment one of the most soothing and beneficial! Abhyanga supports the immune system, cleansing, and relaxing on a physical and mental level.

50 minutes € 98,-

Fascia massage

Hardening and bonding of the fascia are often the cause of back pain and immobility. Pressure stimulation makes the collagen connective tissue that supports and surrounds the muscles smooth again and restores it to its original condition.

25/50 minutes € 49,-/89,-

SPECIAL MESSAGES WITH MARÍAS® ORGANIC OIL

Mummy joy with MARÍAS® organic oil

Well-being for our expectant mums with a baby bump (from the 3rd month of pregnancy). At the beginning, a fine rose-scented mist envelopes you, and your skin is gently exfoliated with a silk glove. This is followed by a full-body wrap with lady's mantle and shea butter, which helps the stressed skin to become more elastic during the pregnancy and thus avoiding stretch marks. During this exposure time, we will pamper you with a soothing head or foot massage.

50 minutes € 89,-

Happiness for children with MARÍAS® organic oil

A wonderfully fragrant massage with a choice of either coconut-vanilla or chocolate-butter, as well as a small gift, awaits our young guests (up to 12 years).

25 minutes € 49,-

Just for men with MARÍAS® organic oil

Wonderfully relaxing full body massage with exquisite Swiss stone pine oil. This is followed by our alpine medicine for within – 1 glass of Swiss stone pine liqueur served in our GRANDSPA lounge.

50 minutes € 89,-



TRADITIONAL MESSAGES


Traditional massages with MARÍAS® organic oil

| | | |
|--------------------|------------|--------|
| Full body | 50 minutes | € 89,- |
| Back and shoulders | 25 minutes | € 49,- |
| Legs or face | 25 minutes | € 49,- |

Back fit with MARÍAS® organic oil

Warm moor wrap followed by a back massage to relax your muscles.


50 minutes € 69,-

 **GRANDSPA recommendation:** Our moor wrap increases the therapeutic effect of each traditional full body massage and can also be booked for a surcharge of only € 15,-!

Foot reflex zone massage with MARÍAS® organic oil

Treating the reflex zones can release blockages in the spine, muscles and joints, activate the metabolism and balance the internal organs and nervous system.

25 minutes € 49,-

 **GRANDSPA-tip:** You can book a liver detox wrap along with your massage for only € 15,-!

Combination massage with MARÍAS® organic oil

The ideal and healthy combination of a foot reflex zone and back massage.

50 minutes € 89,-

Bio Duo - massage and facial care with MARÍAS® organic oil


Pleasure „high 2“. Let yourself be pampered by the wonderful combination of a head, shoulders, neck massage, and facial care. Including cleansing, exfoliation, mask and finishing care. Relaxation and care at the same time with MARÍAS® organic products.

50 minutes € 89,-

Sportmassage with MARÍAS® organic oil

Ideal before and after sport to get your muscles back in shape and prevent cramps and aching muscles.

25/50 minutes € 49,-/89,-

 **GRANDSPA-tip:** You can book Kinesio taping along with your massage for only € 15,-!



DETOX

Detox & inner health - support for your metabolism

Efficient treatments that relieve and detoxify your entire organism. The collected pollutants are eliminated more easily, and your body is perceptibly freer. Your metabolism and personal well-being are enhanced.

Alkaline foot bath or magnesium foot bath


The warm alkaline foot bath opens up your pores and waste products are transported to the skin surface, where acids and alkalis are balanced. Or you can enjoy a Zechstein magnesium chloride foot bath to prevent a magnesium deficiency and alleviate the associated complaints. We serve some detox drink.

25 minutes € 29,-

Liver detox wrap

The combination of warmth and moisture stimulates increased blood circulation to the liver and thus supports the detoxification performance of the liver and gall bladder. We serve some detox drink.

25 minutes € 29,-

 **GRANDSPA tip:** If you book 4 foot baths or liver detox wraps we'll give you a 5th treatment free of charge and a pack of detox tea to take home as the perfect start to your detox programme.

Cupping treatment

Ideal for relieving and detoxifying your whole body and balancing and stimulating all of your body and organ functions. It also activates the metabolism, stimulates circulation, releases blockages and relaxes massages. You can enjoy some detox tea during the treatment and we'll also give you a pack to take home.

25 minutes € 49,-

Cellulite Detox - wrap and massage

Local, natural rock salt, mixed with plant oils and herbs have a circulation-enhancing, detoxifying, and diuretic effect. This mixture is massaged onto the entire body, and to enhance its effects, the legs and abdomen are bandaged. During the exposure time, we will pamper you with a foot reflexology massage that stimulates the metabolism. Afterwards, we will serve you with a detox drink

50 minutes € 89,-



MARÍAS® ORGANIC COSMETICS FROM SALZBURG

MARÍAS facial care series contains everything that demanding skin needs to feel completely good: natural, organically certified raw materials such as plant oils, floral waters, fresh Aloe Vera plant juice, shea butter, beeswax, clay, and essential oils with highly effective substances such as double hyaluronic acid, phytosterols and vitamins, provide the active ingredient spectrum from which we have developed highly effective, optimally tolerated products. Completely irritation-free, suitable for all skin types and 100% natural. Nature is the best cosmetics laboratory.

Alpin Express facial care

Nourishing short treatment for either in-between care or as an introduction to the product line, includes cleansing, exfoliation, toner and an option of either a mask or a massage, completed by final care tailored to suit you.

25 minutes € 49,-

Pure Deep Cleansing

Clarifying and deep-cleansing facial treatment, specially designed for many impurities and oily skin, including cleansing, exfoliation, toner, deep cleansing with steam, soothing mask, massage, serum and final care.

75 minutes € 119,-

Rose Dream facial treatment

The scent of a rose... like a smile from nature... leaving a subtle fragrance. Classic treatment for mature skin and anyone looking for luxury. With a high content of vitamins, fruit acids, minerals, and trace elements that stimulate skin metabolism and protect against premature skin aging. Cleansing, exfoliation, toner, rose mask, and massage, including final care.

50 minutes € 89,-

Well-Aging-facial treatment

Deluxe pampering treatment for mature skin with smoothing and revitalizing effects. Cleansing, exfoliation, toner, firming peel-off mask, and intensive serum with hyaluronic acid, massage, and final care, also includes intensive eye cream and wild rose intensive oil or cream.

75 minutes € 119,-

FACIAL TREATMENTS FOR HIM & HER WITH LIGNE ST BARTH

The body and face care products made from natural ingredients from the Caribbean plant and flower world are developed using the latest technology and the highest quality standards. The production in the factory on St. Barthelémy gives the products their original Caribbean character.

Caribic classic

The treatment includes cleansing with Frangipani blossom milk, melon tonic, skin analysis, a fruity papaya exfoliation, brief cleansing and a refreshing mask made from pineapple or passion fruit. To round off the treatment, we'll pamper you with nourishing mango lotion and serum.

50 minutes € 89,-

Caribic de luxe

A vitamin kick for your face, neck and décolleté. Includes deep cleanse, papaya mousse, melon tonic, fruit masks, mango lotion and aloe vera serum – all individually tailored to your skin. High-quality natural products create visibly clearer and fresher skin. A wonderfully relaxing hand and foot massage with scented Caribbean oils and intensive wraps round off the experience.

75 minutes € 119,-



CELLCOSMET & CELLMEN FACIAL TREATMENTS FOR HIM & HER

The Swiss cosmetic line specializes in cell revitalization and has the only products on the cosmetic market worldwide that contain stabilized, biointegral active cells. This Cellcontrol™ technology, counteracts the visible signs of premature skin aging and the skin is effectively nourished and built up, from the inside out.

Cellcosmet & Cellmen for discovery

Enjoy this short introductory treatment, including cleansing, exfoliation and toning, as well as a refreshing mask with a radiant effect or a relaxing massage for your face. Provides quick results after sunbathing, hiking, or skiing - suitable for all skin types.

25 minutes € 69,-

Anti-stress

Gently cares for skin under environmental stress and intensively moistures it and gives you a healthy glow. We'll pamper you individually with cleansing milk, toner, exfoliation, a mask and final treatment with serum and lotion for relaxed all-round care. Also ideal after time spent in the sun and for sensitive skin.

50 minutes € 119,-

Anti-age lifting

Luxurious treatment based on cellular therapy. Defines your facial contours, gives you a youthful appearance and intensively revitalises your skin functions. Both the skin's moisture balance and firmness are noticeably improved. Specifically tailored to the physiological age and sensitivity of your skin.

75 minutes € 175,-



BEAUTY-SERVICE

Eyelashes & eyebrows

| | |
|-----------------|--------|
| Eyebrow shaping | € 10,- |
| Eyebrow tinting | € 15,- |
| Eyelash tinting | € 15,- |

Depilation

| | |
|------------------------|--------|
| Upper lip or chin | € 15,- |
| Armpits | € 25,- |
| Bikini zone | € 29,- |
| Legs up to knee | € 39,- |
| Full legs | € 59,- |
| Back (men) | € 59,- |
| Chest or stomach (men) | € 39,- |

Hand & feet

| | |
|----------------------------------|--------|
| Classic manicure without lacquer | € 49,- |
| Classic manicure with lacquer | € 69,- |
| Classic pedicure without lacquer | € 59,- |
| Classic pedicure with lacquer | € 69,- |

| | |
|---|--------|
| OPI Infinite lacquer | € 35,- |
| Lacquering including OPI nail lacquer as a gift for you to take home. | |



GRANDSPA ETIQUETTE



Daily opening times

GRANDSPA reception 9:00 a.m. to 7:30 p.m..
GRANDSPA saunas & relaxation area 2:00 p.m. to 7:30 p.m.



Appointments & reservations

Please book your appointments before travel so that we can cater for your needs. Send an e-mail to grandspa@grandhotel-zellamsee.at or call +43 (0)6542/788-300. If calling from within the hotel use extension number 300. We look forward to your visit.



Male & female therapists

Let us know your preference when making your booking.



Times

All times stated are approximate and the treatment duration may vary slightly.



Medical conditions

Please inform the therapist before the treatment about any medical issues that must be considered.



Preparation for treatment & shaving

We recommend that male guests shave 3 hours before a facial treatment at the latest. We recommend not shaving on the day of a planned salt scrub. Exfoliations should also be avoided in the event of sunburn.



Pregnancy

Certain rules apply during this special time and we'd be happy to advise you about suitable treatments during your pregnancy.



Cancellation

Please let us know in good time if you have to cancel or postpone an appointment so that we can offer the appointment to another guest. Please understand that we will charge you 50% of the costs if an appointment is cancelled on the day before and 100% if you cancel on the actual day.



Late arrival

If you arrive late, please understand that we will have to change or shorten the treatment.



Sauna rules

Access is only permitted to those aged over 16. Please also observe the sauna rules on display.



Mobile phone, tablet & co.

These devices all have a silent function. Please use this out of respect for others and do not take photographs or film anywhere in the sauna area.



Gift vouchers & presents

We'll be happy to provide treatment gift vouchers for your loved ones.



GRAND HOTEL

ZELL AM SEE

THE GREAT LAKESIDE HOLIDAY WORLD



GRAND HOTEL ZELL AM SEE

A-5700 Zell am See · Esplanade 4–6

Tel.: +43 (0) 6542/788-300 · Fax: +43 (0) 6542/788-305

grandspa@grandhotel-zellamsee.at

www.grandhotel-zellamsee.at