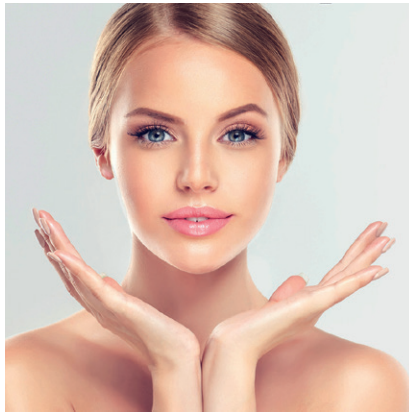




GRANDSPA



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, foundation 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

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GRANDSPA SIGNATURE TREATMENT

Our relaxing and nurturing feel-good experience from head to toe – created just for you.

GRAND alpine trio

Start with the wonderful snow crystal whole body exfoliation. Then immerse yourself in a delicately melting cream wrap with alpine plant extracts to leave your skin feeling soft and smooth.

While the wrap is working, you can enjoy a jade stone massage for your head and face before being pampered with a back, shoulder and neck massage.

Finally, enjoy a delicious cup of herbal tea while taking in the fantastic view of Lake Zell and the surrounding mountains.

75 minutes

€ 125,-



EDELWEISS – THE REGENERATIVE SUBSTANCE!

Edelweiss protects the skin against extreme cold, strong sunlight and adverse environmental conditions thanks to a molecule with a unique self-protection mechanism. With its outstanding antioxidant effect and anti-ageing properties, edelweiss is one of the most important ingredients in the PURE ALTITUDE products.

50 other extracts from selected alpine plants and minerals are also used and offer strong, natural protection against the signs of ageing.



ALPINE MASSAGE RITUALS WITH PURE ALTITUDE

Mountain balsam massage

Soothing massage with a scented mountain balsam to loosen and relax your muscles. Contains exquisite edelweiss extract and raspberry seed oil. Ideal after physical exertion.

25/50 minutes

€ 49,-/89,-

Alpine duo

A combination of relaxation and care. While you're enveloped in your nourishing body wrap, relax and enjoy a soothing head and face massage with jade stones. We'll then pamper you with a back or leg massage.

50 minutes

€ 89,-

Candle balsam massage

The room is filled with the scent of freshly-picked meadow flowers. The calming rhythmical massage with warm candle balsam made from shea butter lets you relax, unwind and enjoy the mountain world. Your skin is ideally nourished, and your body and soul are regenerated.

25/50 minutes

€ 49,-/89,-

Himalayan elixir facial massage

Relaxing facial massage in combination with a regenerating and nourishing serum supported by the power of rose quartz or jade stone.

25 minutes

€ 49,-



CARIBBEAN 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,-

Coconut dream

Cleansing body exfoliator with coconut oil for soft, smooth skin. Follow this with a soothing full body massage with warm coconut oil and the scent of Bourbon vanilla.

75 minutes

€ 125,-

Relaxed, light legs

Soothing leg massage to quickly relieve heavy, swollen legs. Ivy gel and menthol camphor oil unblock, drain and strengthen tissue. Ideal after hikes or on hot days.

25 minutes

€ 49,-

Time out for the whole body

"Triple effect" pampering with exfoliation, wrap and massage. The papaya shower exfoliation with precious avocado oil cleanses deeply. This is followed by a nourishing body wrap for velvet-smooth skin. To round off the treatment enjoy a gentle massage with nourishing avocado and coconut oils.

75 minutes

€ 125,-



MASSAGES FROM AROUND THE WORLD

Lomi Lomi Nui

Hawaiian temple massage – the queen of massages. It is driven by the Huna philosophy that connects the body, spirit and soul in a very clear way that leaves people feeling extremely happy. Lomi Lomi Nui releases stress, fears and blockages from deep within the body – so you can relax and discover a new joy for life.

50/75 minutes € 98,-/129,-

Hot stone massage

The way to your own core – harmony and energy through warming stones. Enjoy the fascinating connection of energy work, massage and the intensive effect of the hot lava stones – a completely holistic experience from within.

50/75 minutes € 98,-/129,-

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

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!

50/75 minutes € 98,-/129,-

Freedom for the head & neck

A relaxing massage for the head, face and neck combined with an ear candle treatment, which originated from the Hopi tribe and stimulates reflex zones in the outer ear canal. A liberating experience, ideal for tackling mental strain and stress.

50 minutes € 89,-

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

Mummy joy

Well-being for future mummies and their babies (from the 3rd pregnancy month). We start by pampering you with a gentle exfoliation. This is followed by a nourishing wrap for the whole body before you relax during a soothing head or foot massage.

50 minutes € 89,-

Happiness for children

A wonderful massage with the scent of coconut and vanilla and a small gift await our young guests (up to age 12).

25 minutes € 49,-

Just for men

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

Full body	50 minutes	€ 85,-
Back and shoulders	25 minutes	€ 49,-
Leg or face	25 minutes	€ 49,-

Back fit

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

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

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

50 minutes € 89,-

Lymphatic drainage


A very gentle massage to activate your lymphatic system and remove excess tissue fluid. It detoxifies, helps to release blockages, stimulates the metabolism and strengthens the immune system. It is also used to calm the nervous system.

Intensive	75 minutes	€ 125,-
Legs	50 minutes	€ 89,-
Face or stomach	25 minutes	€ 49,-

Sports massage

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,-

Ägyptos revitalising bandages

This beauty experience with Egyptian earth and salt from the Dead Sea conjures up impressively taut skin, firms your tissue, purifies, detoxifies, and improves the appearance of cellulite.

50 minutes € 89,-



PURE ALTITUDE FACIAL TREATMENTS FOR HIM & HER



Pure Altitude – concentrated effectiveness with the power of alpine nature

More than 50 different extracts from selected mountain plants are used. Pure Altitude uses unique plant ingredients to guarantee this effectiveness. With its outstanding anti-oxidant and anti-ageing properties, edelweiss is used as the main ingredient and combined with a mixture of alpine plants such as arnica, alpine rose, pear juice and minerals for effective and natural skin care.

Alpine express

This alpine express treatment gives your skin a beautiful appearance and fresh glow in just a short time. Starts with a cleansing, exfoliation and serum elixir. You can then choose between a customised face mask or relaxing face massage.

25 minutes € 49,-

Edelweiss compact traditional facial

The treatment entails cleansing the skin with soft edelweiss mousse, a special exfoliation with grain flakes, deep cleansing and a choice of face massage or face mask. It is rounded off with customised skincare to revitalise your skin.

50 minutes € 89,-

Gentle organic mountain world

An organic facial treatment with cell-protecting blossoms and elixirs to regenerate your skin and restore its natural balance. We'll pamper you with a cleansing treatment, exfoliation, elixirs, a face mask and hand and arm massage. The treatment is rounded off with skincare made from alpine plant extracts and a wonderful face massage with refreshing jade stones.

75 minutes € 119,-

LiftAlpes Alpine anti-ageing

The force of pure Mont Blanc spring water and highly active alpine extracts effectively target the ageing process. After cleansing, exfoliation and a massage with Himalayan elixir, the special lifting mask transports the alpine ingredients deep into your skin while you enjoy a hand and arm massage. To round off the treatment, we'll pamper you with effective LiftAlpes skincare and treat you to a toning face massage with jade stones.

75 minutes € 119,-



CARIBBEAN FACIAL TREATMENTS FOR HIM & HER WITH LIGNE ST BARTH

Ligne St Barth – Caribbean skincare made from natural ingredients

The body and face care products are made using natural ingredients from Caribbean plants and flowers. They are developed using the latest technology and in line with the highest quality standards. The products are manufactured on the island of Saint Barthelemy, which gives them their unmistakeable character. Their secret lies in the harmony between the natural ingredients and mild exotic scents. As well as its exquisite elixirs, Ligne St Barth also stands for outstanding spa treatments that are only offered in selected hotels around the world.

Caribic express

We start by cleansing, exfoliating and toning. You can then choose between a moisturising passion fruit mask or cleansing pineapple mask to achieve a quick result after sunbathing, skiing or hiking – ideal for all skin types.

25 minutes € 49,-

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,-

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,-



cellcosmet  cellmen
Switzerland

The Swiss cosmetics line is specialised in cell revitalisation and has the only products on the cosmetics market anywhere in the world that contain stabilised, bio-integral active cells. This Cellcontrol™ technology counteracts the visible effects of premature skin ageing and effectively nourishes the skin and restores it from within.



CELLCOSMET & CELLMEN FACIAL TREATMENTS FOR HIM & HER

Introduction to Cellcosmet & Cellmen

Enjoy this short introductory treatment including cleansing, toning, exfoliation and a refreshing mask with radiance effect or a relaxing facial massage for a fast result 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

Traditional manicure	
without nail polish / with nail polish	€ 49,- / 69,-
Traditional pedicure	
without nail polish / with nail polish	€ 59,- / 69,-
OPI Infinity polish	€ 35,-
1 nail polish including	
OPI nail varnish as a gift	
OPI gel varnish	€ 49,-
Gel varnish removal	€ 24,-



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 treat-
ment 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 suita-
ble 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 cancel-
led 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. Plea-
se 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 vou-
chers for your loved ones.



GRAND HOTEL

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GRAND HOTEL ZELL AM SEE

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