



GRANDSPA



GRAND HOTEL

ZELL AM SEE

THE GREAT LAKESIDE HOLIDAY WORLD

DEAR GUEST!

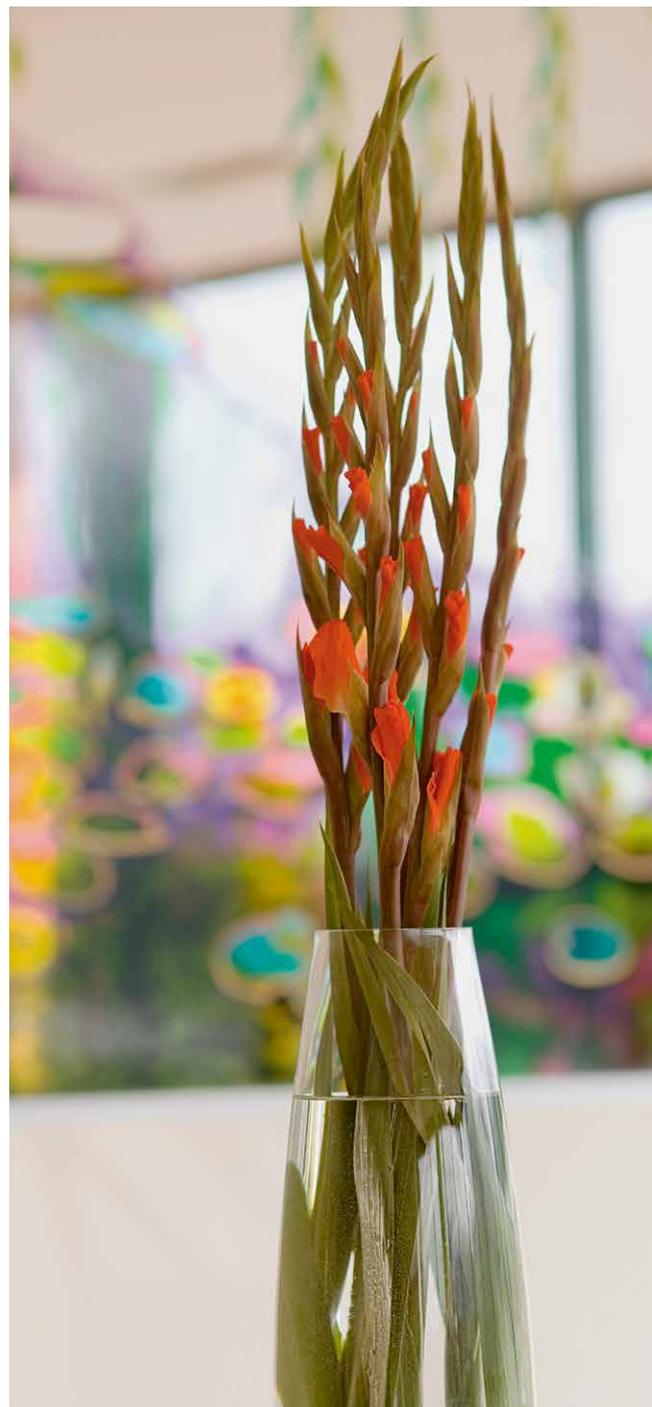
Unwind. Relax. Simply let yourself go and be at one with yourself.

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. Come by at your convenience for a personal consultation.

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

Your GRANDSPA team



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GRANDSPA-SIGNATURE TREATMENT

LUXURY FOR THE SENSES –
CARE FOR YOUR 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

€ 145,-



MARÍAS® ORGANIC MESSAGES AND BODY TREATMENTS

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

Aromatic Lavender Balm massage

A fine lavender scent mist envelops you at the beginning, followed by a soothing massage with nourishing lavender body butter, based on melt-in-your-mouth organic cocoa butter and shea butter from a Fair Trade women's project in Burkina Faso. Lavender from Provence calms and regenerates the skin.

25/50 minutes

€ 56,-/98,-

Aromatic 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

€ 56,-/98,-

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

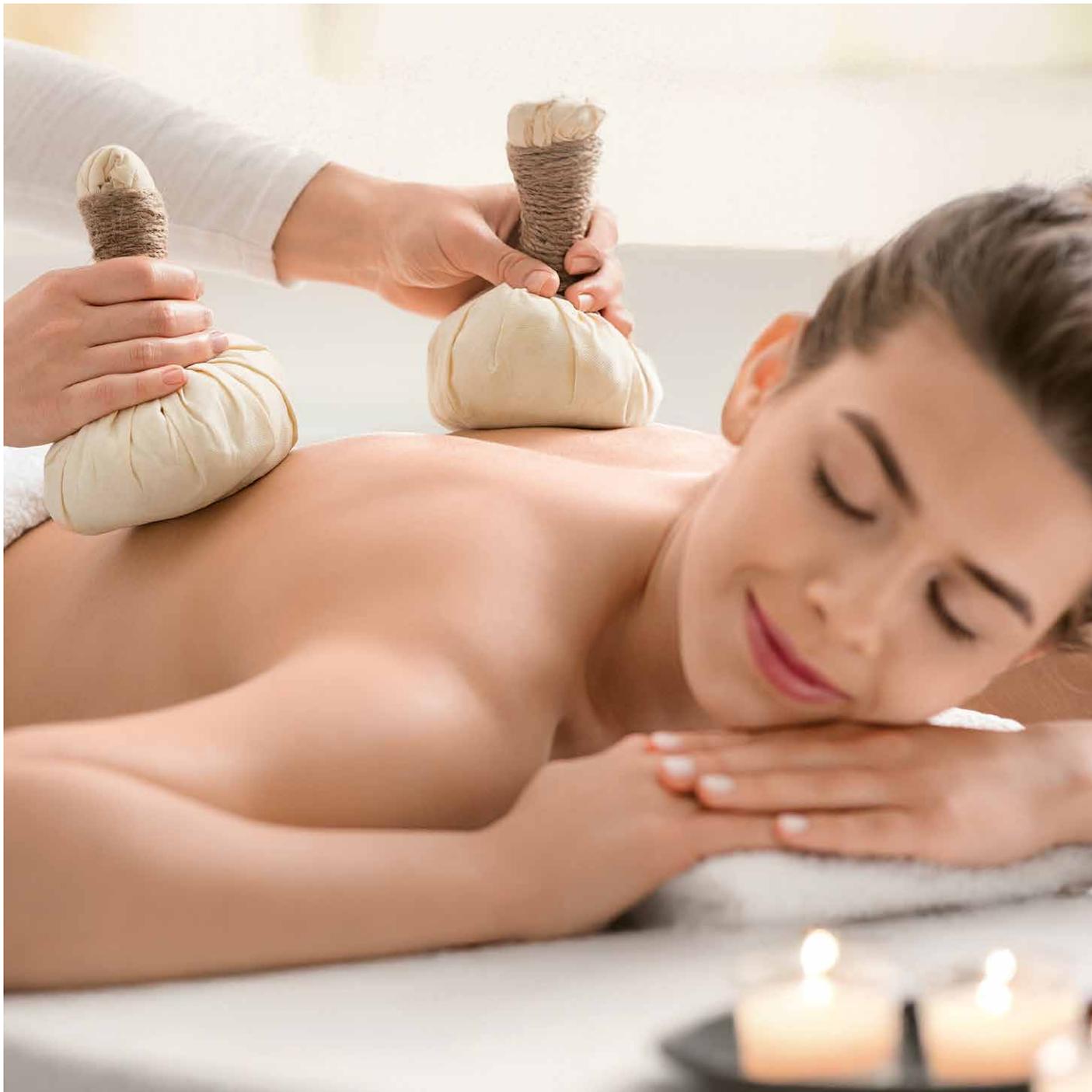
€ 56,-/98,-

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

Pleasure on a higher level. 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

€ 98,-



MASSAGES FROM AROUND THE WORLD

Lomi Lomi Nui with MARÍAS® organic oil

Hawaiian Temple massage - the queen of massages. It is rooted in 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

€ 104,-

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

€ 104,-

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

€ 104,-

Energy massage

Soothing warmth – a journey to inner harmony. A warm neck pillow infused with essential oils relaxes the neck and shoulders, clears the mind and calms the spirit. This massage combines gentle touch with the power of pure natural oils.

50 minutes

€ 104,-

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.

25 minutes

€ 56,-

AYURVEDIC MASSAGES

Muka Abhyanga **Ayurvedic Face and Head massage**

Warm oil and gentle, flowing strokes pamper the face, head and neck. This traditional treatment is deeply relaxing, regenerating and at the same time invigorating. It nourishes the skin, leaves it glowing, softens fine lines and brings clarity of mind as well as a feeling of deep inner calm.

25 minutes

€ 56,-

Padabhyanga **Ayurvedic Foot massage**

Warm, fragrant herbal oils and gentle, harmonious movements soothe the feet, calves and knees. By stimulating vital energy points, the entire organism is supported, tensions are released and body and mind return to their natural balance. A ritual that brings lightness and helps everyday stress melt away.

25 minutes

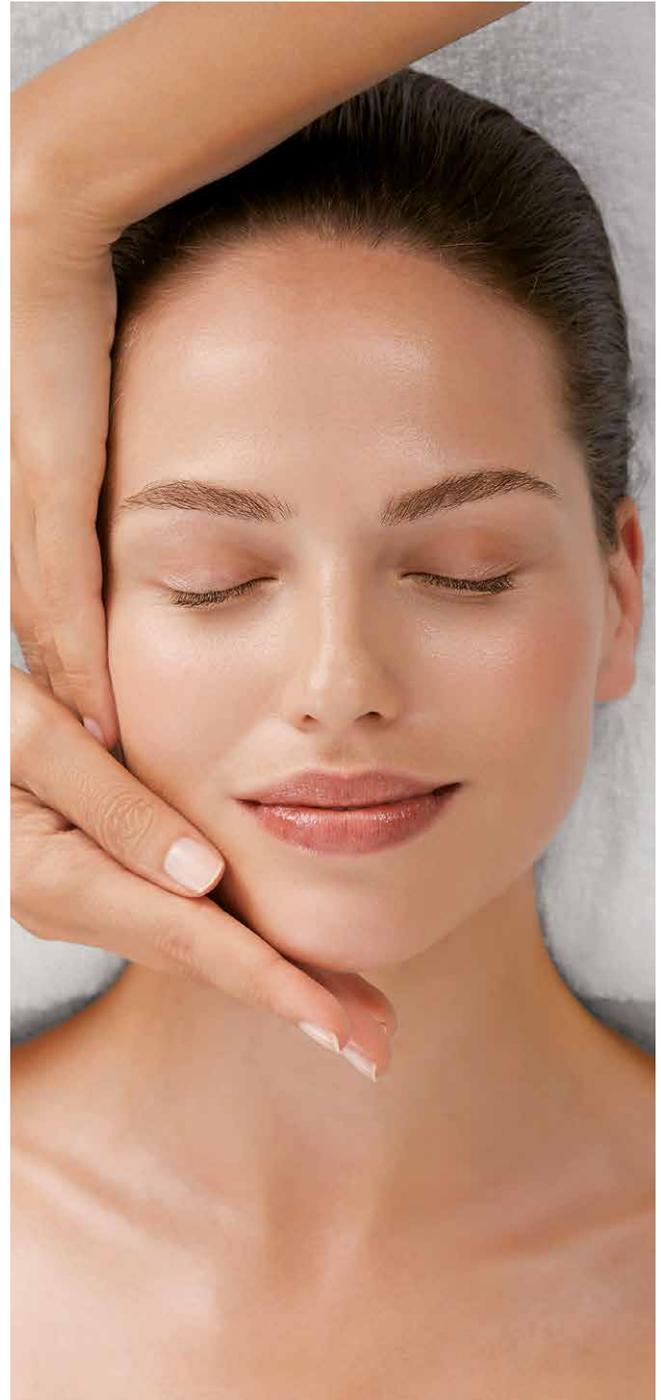
€ 56,-

Abhyanga – Ayurvedic Full-Body massage

Literally meaning “great oiling with loving hands.” Warm oils and traditional Ayurvedic massage techniques make this treatment a true source of well-being. Abhyanga supports the immune system, aids detoxification and brings deep relaxation on both a physical and mental level.

50 minutes

€ 104,-



SPECIAL MESSAGES

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

€ 98,-

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

€ 56,-

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

€ 98,-



TRADITIONAL MASSAGES

Traditional massages with MARÍAS® organic oil

Full body	50 minutes	€ 98,-
Back and shoulders	25 minutes	€ 56,-
Legs or face	25 minutes	€ 56,-

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 € 56,-

 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 € 98,-

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 € 98,-

Sports massage 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 € 56,-/98,-

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

MARÍAS® ORGANIC COSMETICS FROM SALZBURG

MARÍAS facial care line contains everything that demanding skin needs to feel completely comfortable. Natural, organically certified ingredients such as plant oils, floral waters, fresh aloe vera juice, shea butter, beeswax, clay and essential oils, combined with highly effective substances like double hyaluronic acid, phytosterols and vitamins, form the active ingredient spectrum from which MARÍAS has created highly effective, well-tolerated products. Completely free of irritants, suitable for all skin types, and guaranteed 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

€ 56,-

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

€ 145,-

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

€ 98,-

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

€ 145,-

FACIAL TREATMENT BY SKEYNDOR®

Skeyndor's professional cosmetic line combines scientific expertise with visible results: highly effective active ingredients, advanced formulations and targeted care for every skin type – for a radiant, healthy complexion and a unique spa experience.

Expert Cleanse Pro – Premium Hygiene

Deep-cleansing care – the perfect start to any skincare routine. This intensive facial treatment thoroughly purifies the skin, gently freeing it from impurities and environmental build-up. It provides a feeling of freshness, purity and new radiance. Through the combination of renewal, cleansing and care, the skin is optimally prepared to better absorb active ingredients.

50/75 minutes

€ 98,-/145,-

Facelift Programme – Anti-Gravity Global Lift

For visibly improved firmness and contour. Over the years, the skin gradually loses elasticity and vitality. This remodeling anti-aging treatment specifically targets sagging and loss of structure, providing renewed firmness. The face appears redefined, contours become clearer and the skin feels noticeably tightened.

75 minutes

€ 145,-





BEAUTY-SERVICE

Eyelashes & eyebrows

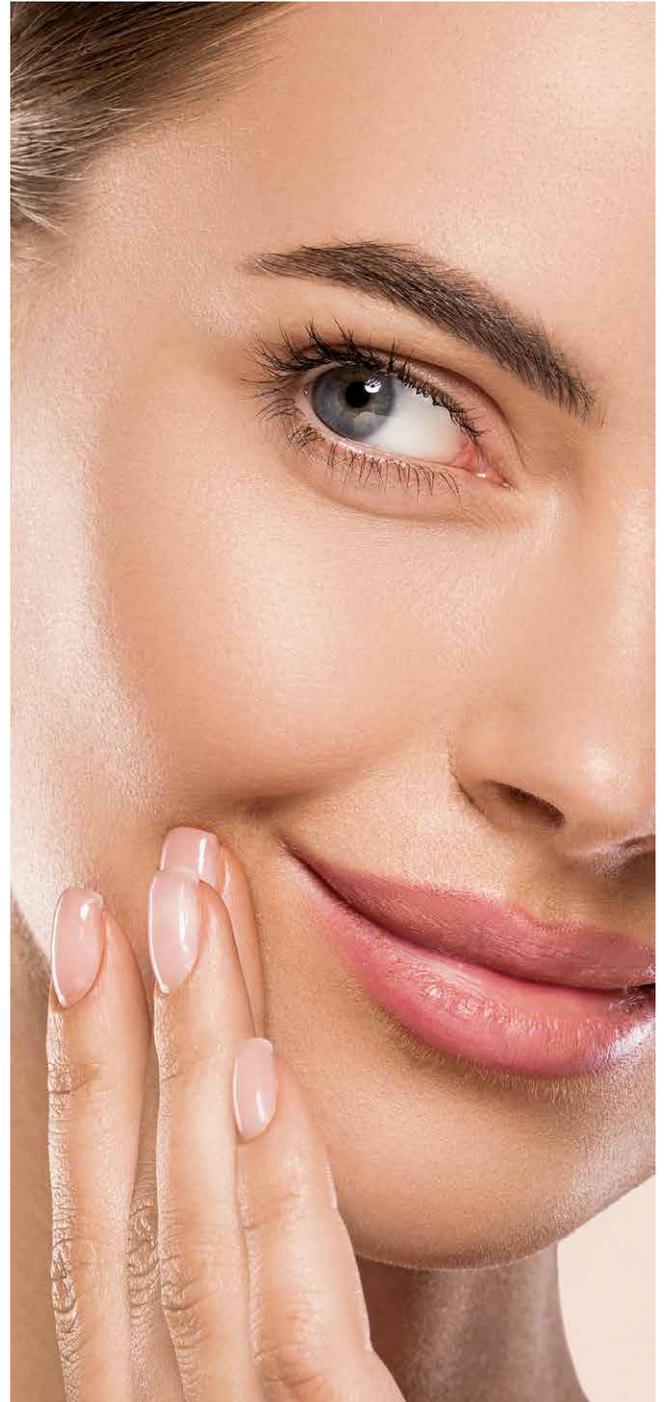
Eyebrow shaping	€ 10,-
Eyebrow tinting	€ 15,-
Eyelash tinting	€ 15,-

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,-



GRANDSPA ETIQUETTE



Daily opening times

In summer: GRANDSPA Reception
11:00 am – 7:30 pm

In winter: GRANDSPA Reception
9:00 am – 7:30 pm



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.



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.



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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