

MASSAGES & BODY TREATMENTS

Opening hours Monday - Saturday

CLASSICS

Full Body Massage (50 min) € 75,-

Partial Body Massage (25 min) € 45,-

Relieves tension, strengthens the immune system, improves connective tissue structure and reduces stress – for deep relaxation and well-being.

Aromatherapy Massage (50 min) € 78,-

Aromatherapy Massage (25 min) € 48,-

A massage for the body, mind and soul. In the aromatherapy massage, exclusive oils are combined with a gentle massage. The individual scents can be chosen to either relax or invigorate. (Aroma oil can be individually selected)

Foot Reflexology Massage (25 min) € 45,-

The targeted massage of the foot reflex zones is one of the oldest methods of self-healing and supporting body, mind and inner balance. It promotes blood circulation, stimulates metabolism and relieves pain. Additionally, reflexology therapy on the feet promotes healthy sleep.

- Activate, stimulate & support self-healing powers
- Promote and improve metabolism & blood circulation
- Improve sleep through foot reflexology massage
- Enhance inner peace & well-being

Foot Reflexology Massage with Hay on the Back (50 min) € 85,-

A soothing hay bath in the warm water floating lounge followed by a foot reflexology massage.

GROSSARLER HOF Combination Massage (50 min) € 85,-

A combination of back and foot reflexology massage.

SPECIAL TREATMENTS

Opening hours Monday - Saturday

Pine Vital Massage (25 min)	€ 50,-
Pine Vital Massage (50 min)	€ 82,-
Pine Vital Massage (75 min)	€ 107,-

Using warmed pine sticks and a deeply effective pine oil, this treatment releases energy flow, resolves fascial adhesions, tension and blockages. It has a stress-relieving effect.

Hot Stone Massage (50 min)	€ 85,-
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Deep relaxation and well-being through the power of stones.

Mountain Crystal Massage with Warm Hibiscus Oil (50 min)	€ 85,-
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Full-body massage with warm mountain crystals, stimulates self-healing powers, ensures inner peace, relieves muscle tension and helps with osteoarthritis and rheumatism.

After Work Massage (45 min)	€ 78,-
After Work Massage (25 min)	€ 48,-

Back, head and neck massage. Specifically for the back and neck area strained by intensive computer work.

Intensive Back Treatment with Honey (45 min)	€ 82,-
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A soothing massage combined with honey. The honey massage has an invigorating effect. During the massage, the pores are opened to release toxins from the connective tissue. (Not recommended for heavily haired backs)

Athlete's Massage (25 min)	€ 48,-
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Specifically for stressed legs after skiing, cycling, hiking and other sports. Cooling eucalyptus oil aids faster regeneration.

SPECIAL TREATMENTS

Opening hours Monday - Saturday

Energizer for Tired Legs (50 min)

€ 63,-

Quick help for tired, swollen, or painful legs. The combination of horse chestnut and clay revitalizes tired legs, reduces inflammation and relieves pain.

Alpine Herbal Stamp Massage (50 min)

€ 93,-

100% active local herbs. Smoothing, warming, harmonizing and moisturizing. Relieves rheumatic complaints, tension, inner restlessness and sleep disorders.

Candle Ritual (50 min)

€ 85,-

The calming, rhythmic massage with warm candle balm made of shea butter lets you rest and relax. The skin is nourished and regenerated.

Hunter's Recovery Massage (45 min)

€ 82,-

Massage for deep muscle relaxation to get fit for the "hunt" again.

Marmot Oil Massage (25 min)

€ 49,-

Warms, loosens and relaxes the musculoskeletal system. Marmot oil cares for stressed skin, is re-fattening and moisturizing. Recommended for cramps, muscle soreness, sciatica, rheumatism, osteoarthritis, as well as gout.

BODY WRAPS & PEELINGS

Opening hours Monday - Saturday

Sugar Scrub with Rich Almond Oil (25 min)

€ 45,-

The unique combination of fine sugar crystals and rich oil leaves your skin glowing. Peels and nourishes your skin at the same time.

Sea Salt Oil Scrub (25 min)

€ 45,-

Awaken your body and senses with the perfect cleansing peeling experience. Suitable for psoriasis, neurodermatitis and acne. Stimulates metabolism, smooths skin, moisturizes and reduces inflammation.

Alpine Hay Bath (25 min)

€ 50,-

A soothing hay bath in the warm water floating lounger. Promotes circulation, relaxation, detoxification, drainage and pain relief.

Vitamin Wrap (25 min)

€ 45,-

Deluxe pampering wrap. Enjoy peace and relaxation during a body wrap and look forward to beautiful skin. This wrap is rich in vitamins and nutrients, highly nourishing, regenerating and antioxidant.

Cleopatra Wrap (25 min)

€ 45,-

Cleopatra appreciated the skin-caring properties of goat milk and knew about the regenerative abilities of this natural product. The mineralizing and moisturizing beauty elixir with goat milk cares for and tightens your skin.

Evening Primrose Wrap (25 min)

€ 45,-

The evening primrose oil wrap supports your skin's suppleness and provides intensive moisture. Evening primrose oil also prevents premature skin aging and can be helpful for skin problems like neurodermatitis and psoriasis. Ideal after sun treatment.

COSMETICS & FACIAL TREATMENTS

Opening hours Monday - Saturday

FACIAL TREATMENTS

Erlenreich Visage Harmony (20 min)

Soothing, energizing facial massage.

€ 40,-

Energy Boost (80 min)

A true vitamin cocktail for stressed, tired and restless skin. This special treatment starts with a gentle cleansing and peeling, followed by a rich vitamin ampoule and balanced mask with a harmonizing jade stone massage for perfect well-being. The highlight is a refreshing eye mask and soothing finishing care. Your skin breathes visibly and gains a radiant glow.

€ 135,-

Hydro Marin (60 min)

Pure moisture for your skin through the highly effective Hydro Active line. The skin regains its radiant beauty. A visible hydration, regeneration and smoothing effect is achieved. Following cleansing and a fresh peeling, enjoy a soothing massage with the hyaluronic filler. A real booster for your skin. Relax during a balancing face-head-neck massage and the refreshing splash/mask, which serves as an ideal energizer. The final care provides a fresh kick for special moments. Also ideal for men's skin.

€ 110,-

Alpin de luxe (80 min)

Experience radiant beauty with the unique luxury line. Valuable extracts provide visible contour firming. After cleansing and the deep-acting enzyme peeling, your skin is ideally prepared for the lifting elixir. The firming mask combined with an activating massage for the face, neck and décolleté is the highlight of this luxury line. Special eye pads and final care provide a noticeable rejuvenation.

€ 135,-

COSMETICS & FACIAL TREATMENTS

Opening hours Monday - Saturday

FACIAL TREATMENTS

Radiant Moments (25 min) € 40,-

Ideal for tired, stressed eye areas. Special eye pads provide a cooling and decongestant effect. Combined with a soothing eye mask and a jade stone massage, this treatment relaxes and revitalizes the eye area.

Eyelash Tinting (15 min) € 26,-

Eyebrow Tinting (15 min) € 20,-

Eyebrow Shaping (10 min) € 15,-

Eyelash + Eyebrow Shaping & Tinting (25 min) € 45,-

MANICURE & PEDICURE

Manicure (45 min) € 50,-

with polish (total 55 min) € 55,-

Cosmetic Pedicure (50 min) € 60,-

with polish (total 60 min) € 65,-

Medical Pedicure (75 min) € 80,-

with polish (total 80 min) € 85,-

HIGHLIGHT AS A COUPLE: TIME TOGETHER

Private SPA with a bottle of Frizzante or Champagne

€ 99,-
€ 135,-

Discover our exclusive "Private SPA - Time Together" offer and treat yourself and your partner to a private and romantic break from everyday life.

- Private use of the Erlenreich Relax & SPA including Finnish old wood sauna, steam bath, infrared cabin, whirlpool, and relaxation room.
- A bottle of Himmelstrassler Frizzante or Champagne with fresh chocolate-covered fruits.
- A total of 3 hours from 20:30 to 23:30.

CHILDREN

Opening hours Monday - Saturday

Fantasy Massage (25 min)

€ 35,-

A short break for children with a soothing massage using warm aroma oils, including a small surprise.

Pit Stop (25 min)

€ 35,-

Take a break from the action on your vacation with a back and leg massage, including a refreshing rub and a little surprise.

Teen`s Cosmetics (25 min)

€ 48,-

Cleansing, gentle peeling, mask, finishing care.

**No massages and treatments are offered on Sundays.*

**Free cancellation up to 3 hours before the start of treatment (for later cancellations or no-shows, the treatment will be charged at 100%).*