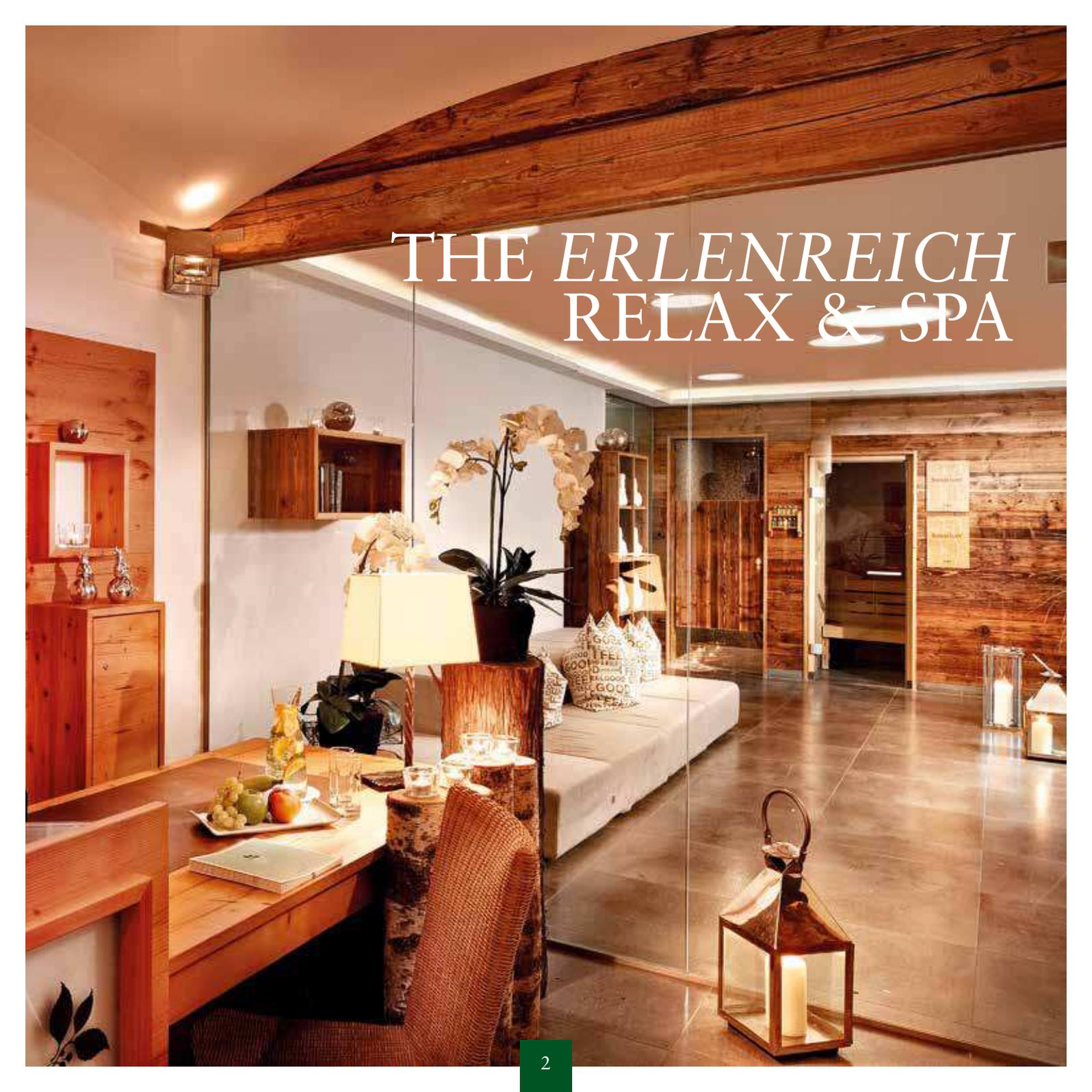




GROSS
ARLER
HOF

THE ERLLENREICH

RELAX & SPA

The image shows a cozy spa lounge area. In the foreground, a wooden table holds a tray of fruit, a glass of water, and a book. A wicker chair is tucked under the table. A large wooden log serves as a side table with a lamp and a vase of white orchids. A white sofa with patterned pillows is visible behind a glass partition. The room features exposed wooden beams, wooden wall paneling, and a tiled floor. A lantern with a lit candle sits on the floor in the foreground. The overall atmosphere is warm and relaxing.

THE *ERLENREICH* RELAX & SPA

WHERE ALDERS THRIVE ...

Light, water and a serene environment – a tiny bit of heaven on earth – this is what we offer in our *Erlenreich* Relax & SPA at the 4-star superior Hotel GROSSARLER HOF.

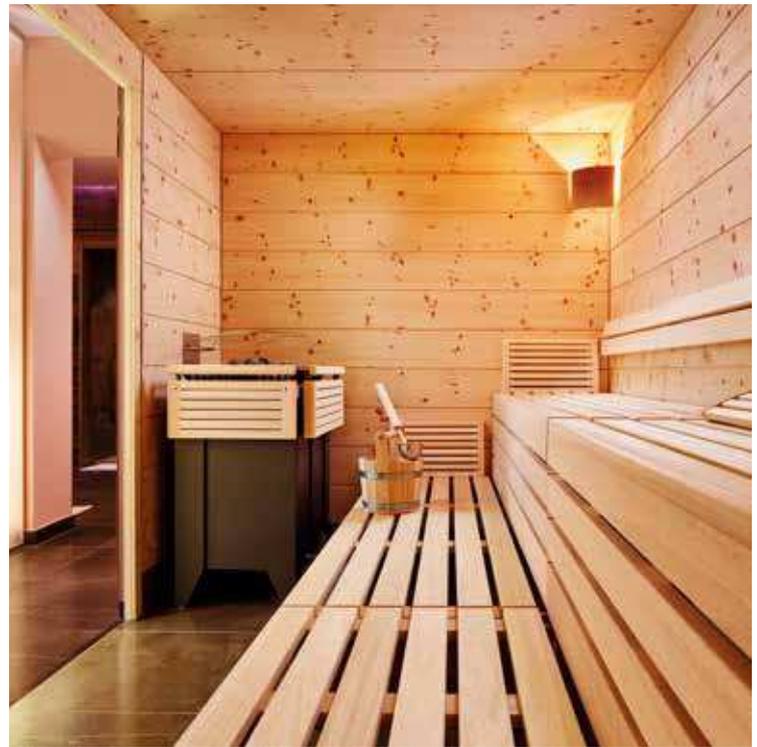
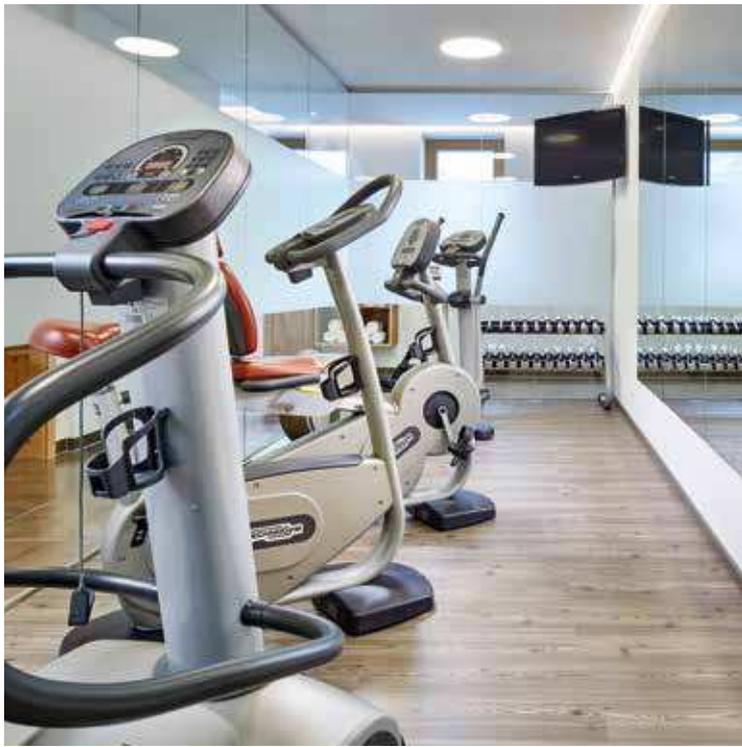
Rest, relaxation and a little piece of home – look forward to finding all this in the legendary *Valley of Alpine Meadows*! The array of Alpine flowers is almost endless with edelweiss, gentian and the Alpine rose leading the parade. Sprawling alder woods envelop the region around the GROSSARLER HOF – legend decrees that the Grossarl village was named after them. The alder woods also stand as inspiration for our *Erlenreich* Relax & SPA – here we endeavour to put a world of relaxation at your feet.

Our spa treatments and programmes are hugely popular, therefore to avoid disappointment we strongly advise booking of appointments prior to arrival. We shall be delighted to assist with your choice of treatments.

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SPA FACILITIES

- Spacious Finnish sauna 90°C
- Finnish ladies' sauna 90°C
- Sanarium 60°C
- Steam room
- Infrared sauna
- Kneipp foot basins
- Year-round heated outdoor whirlpool with massage jets
- Indoor whirlpool
- Equilibrium quiet zone with water beds
- Additional lounge areas
- 6 beauty and massage rooms
- Outdoor lounge area with mountain views
- Gym with cardio equipment
- Bio-Vitality buffet with a selection of teas & organic snacks







ERLENREICH SPECIALS

FROM HEAD TO TOE FOR HER

Bol d'oxygène facial, spa manicure & pedicure

2 hrs 20 mins €141

MAGICAL ERLENREICH – FOR TWO

Romantic candlelit bath with sensual alder extracts plus a glass of Prosecco followed by a relaxing massage.

2 persons 60 mins €116

4 HAND MASSAGE

Ultimate relaxation!

Two skilled therapists work in synergy with each other and in harmony with your needs to balance body, mind and spirit.

60 mins €110

TREATMENTS FOR TWO

Available by appointment only

HUNTSMAN MASSAGE

Deep muscle relaxation

45 mins €58

GROSSARLER HOF

COMBINATION MASSAGE

Massage mix by our experts, individually tailored for you

55 mins €69

PRIVATE SPA – TIME FOR TWO

Private use of the *Erlenreich*, Sanarium & whirlpool, 1 bottle of Champagne and fresh fruit

2 persons, 3 hours (from 8.30 – 11.30pm) €150





Alpine cosmetics based on the secret of the edelweiss

pure ALTITUDE is a luxury skincare line for face and body with specially developed spa & beauty treatments, initially designed by the ‘Les Fermes de Marie’ in the French Alps. The absolute star of the range is the edelweiss, combined with well over 50 different extracts of Alpine plants. Every stage of the process is carefully controlled and carried out with utmost respect for the environment. *pure ALTITUDE* products are continuously tested for maximal efficiency and dermatological tolerance, however they are strictly not tested on animals, nor do they contain any animal substances. To guarantee effectiveness, *pure ALTITUDE* uses exclusively herbal ingredients: in addition to the edelweiss each product contains a composition of minerals and plant extracts with well documented cosmetic properties – including homeopathic classics such as gentian, horsetail, arnica, buddleia, masterwort and many others. Body creams are refined with mineral extracts which are known for their de-stressing properties. In combination with the pure Miage glacier spring water from the foot of Mont Blanc, the *pure ALTITUDE* line unites all these precious ingredients in an exceptional cosmetic range.

‘As anyone knows who has ever climbed a mountain and experienced the triumphant inhaling & exhaling when reaching the summit – it feels simply magical, the air is different, cleaner and fresher. Capturing this precious moment in a cosmetics line might seem impossible, however we feel that *pure ALTITUDE* has done just that.’





MEN ONLY

PURETÉ AU MASCULIN – face & scalp

The powerful ingredients of Alpine gentian, edelweiss, arnica and horsetail are an ideal concept for stressed male skin. Gentle cleansing and a balm & mint tonic is followed by a thorough cereal based exfoliation, leaving skin scrupulously clear. The ensuing face & head massage concludes with a cooling and revitalising ‘hoarfrost’ mask – the results speak for themselves, it’s an ideal treatment for all ‘nature boys’.

55 mins €71
80 mins €91

FROM HEAD TO TOE FOR HIM

Pureté au masculin facial, spa manicure & pedicure

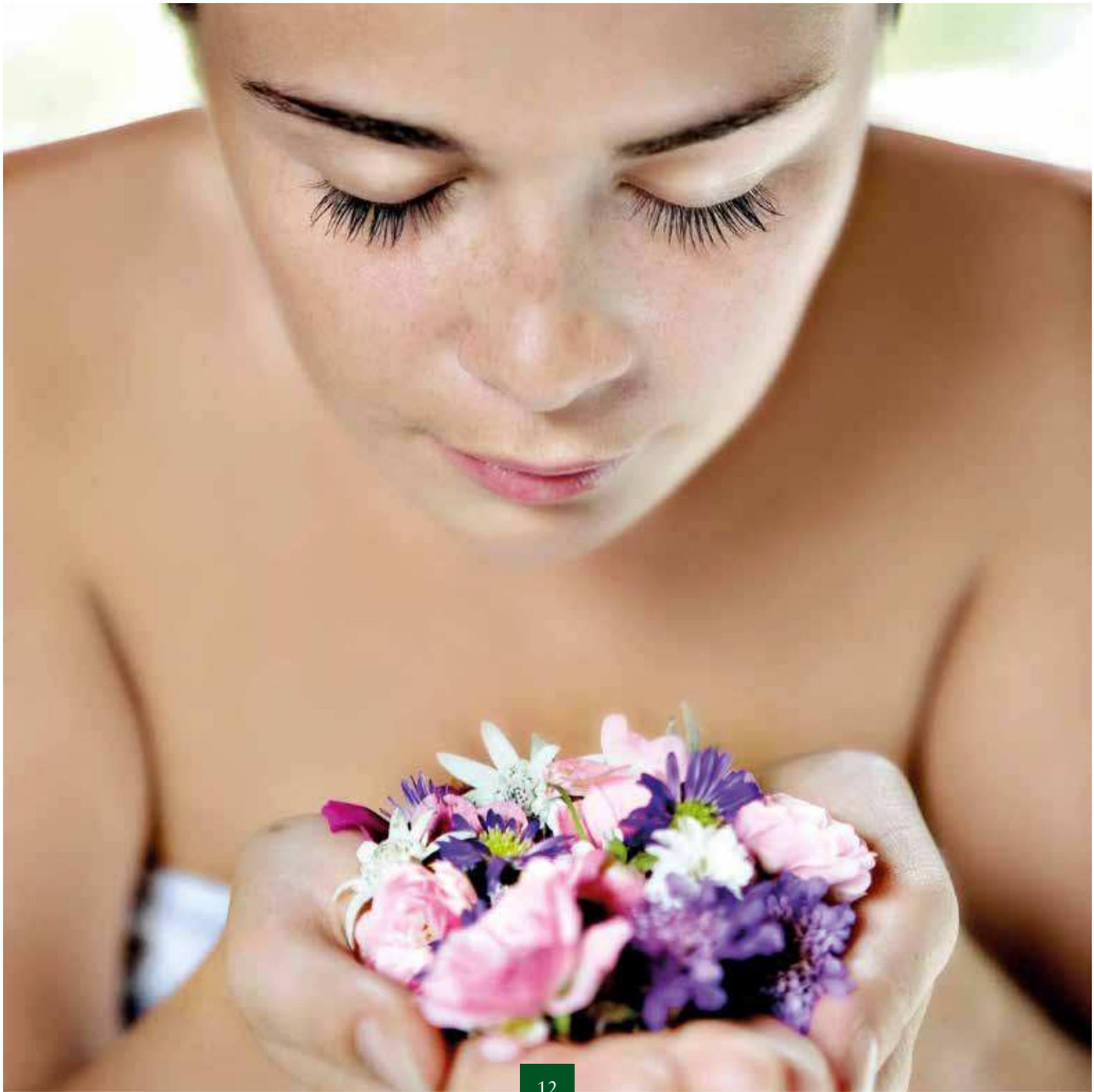
2 hrs 20 mins €141

HUNTSMAN MASSAGE

Deep muscle relaxation *45 mins* €58

PEDICURE FOR HIM *55 mins* €51

MANICURE FOR HIM *30 mins* €34



pure ALTITUDE FOR THE FACE

ECLAT DE GIVRE FACIAL – a touch of hoarfrost

This Alpine express treatment gives your skin a radiant look and a fresh complexion in absolutely no time. A soft mousse is mixed with a highly effective grain peeling for the initial cleaning. The following ‘ice flower’ mask ensures radiant freshness, whilst simultaneously your hands are massaged.

25 mins €37

BOL D’OXYGÈNE FACIAL – pure mountain air

A cleansing and revitalising facial treatment which is suitable for all skin types, delighting the senses with pure mountain scents. Following a gentle cleansing, an oat & barley based scrub brings face, neck and décolleté to glow, a soothing massage then relaxes the skin. The purifying properties of edelweiss and arnica give a fresh, radiant complexion.

50 mins €68

SÈVE DE VIE FACIAL – gentle mountain world

An uplifting and rejuvenating facial treatment, entirely organic. Cell-protecting flowers & elixirs promote regeneration and re-establish the skin’s natural balance. Thorough cleansing and cereal based exfoliation is followed by a long, calming massage with Elixir de Maca. Active ingredients are absorbed with the help of a peel-off mask of blueberries and vitamin C. Hands & arms are massaged whilst the mask works its wonders, before the final massage with jade stones refreshes and tones.

80 mins €96

LIFTALPES FACIAL – Alpine anti-ageing

Purest spring water from the Mont Blanc and highly active Alpine extracts counteract the ageing process. Cleansing and cereal based exfoliation is followed by a massage with Himalayan elixir. An exquisite mask of pink clay, edelweiss & honey lifts and carries active ingredients deep into the skin, whilst hands & arms are massaged. The final massage with jade stones refreshes and tones.

80 mins €103

LE POINT DE VUE – Alpine moments

Ideal for tired and stressed eyes. The sensitive skin around the eyes is treated with an Alpine herb complex, introduced into the skin via a special eye mask. Gentle manual massage and soothing jade stone massage relax and revitalise.

25 mins €37

*or, applied in combination
with a facial treatment* €27

EXPRESS MAKE-UP

Available as a follow-on to all of our beauty treatments

10 mins €15





DERMOPEEL

EXCLUSIVE AND EFFECTIVE MICRO EXFOLIATION TREATMENT FOR FACE & BODY

DERMOPEEL is an innovative micro exfoliation system that gently removes the upper layers of skin with laser-cut diamonds while stimulating the production of collagen and elastin with gentle suction.

Skin texture is refined, and acne, wrinkles, age spots, cellulite and stretch marks are visibly reduced. DERMPEEL simultaneously activates cell renewal and the formation of fibroblasts. After only one treatment your skin feels cleaner, fresher and younger.

DERMOPEEL – in combination with a beauty treatment
..... 20 mins €30

DERMOPEEL – including cleansing & soothing pack
..... 25 mins €41

DERMOPEEL – hands including hand massage
..... 20 mins €30

pure ALTITUDE FOR THE BODY

PEELINGS

SNOW CRYSTAL PEELING

This all-over body scrub is reminiscent of fresh snow as the white sugar crystals melt on your skin like snow and leave it soft and supple.

25 mins €36

BROWN SUGAR & HONEY PEELING

Covered by sweet temptation, this honey & brown sugar exfoliation also stimulates circulation

25 mins €36

BATHS

GROSSARL MOUNTAIN BATH WITH ALPINE HERB AROMATICS

Heavenly relaxation! Take a deep breath of healing herbs.

€31

HIMALAYAN SALT BATH WITH A FRAGRANCE OF YOUR CHOICE

€31

BODY PACKS IN FLOATING DECK

BLACKCURRANT & CRANBERRY WRAP

A berry mix of blackcurrants & cranberries has rejuvenating and antioxidant properties.

25 mins €36
with massage 50 mins €62

CREAM PACK

A cocktail of minerals & antioxidants is pure melting pleasure for dry skin.

25 mins €36
with massage 50 mins €62





pure ALTITUDE SPA RITUALS

BALANCE COMME NEIGE – melting snow

A pure melting pleasure for dry skin. Following a full body peeling with Alpine plant extract enriched white sugar, immerse yourself into a tender melting cream pack with essences of the mountain world. During the body wrap your face is massaged with jade stones.

50 mins €68

MINERAL ELIXIR TREATMENT – mountain rock

Peeling with brown sugar and honey. A body wrap strengthens the tissue. During the body wrap your face is massaged with jade stones.

50 mins €68

ÉNERGÉTIQUE DES ALPES –

Himalayan stamp massage

Reflecting the power and energy of the mountains. A whole body massage with warm linen bags filled with Himalayan salts soaked in mountain flower oil.

50 mins €72

pure ALTITUDE CANDLE RITUAL

The room is filled with the scent of freshly picked wildflowers. A soothing rhythmic massage with warm candle balm of shea butter aiding rest and relaxation. The skin is nourished and rejuvenated.

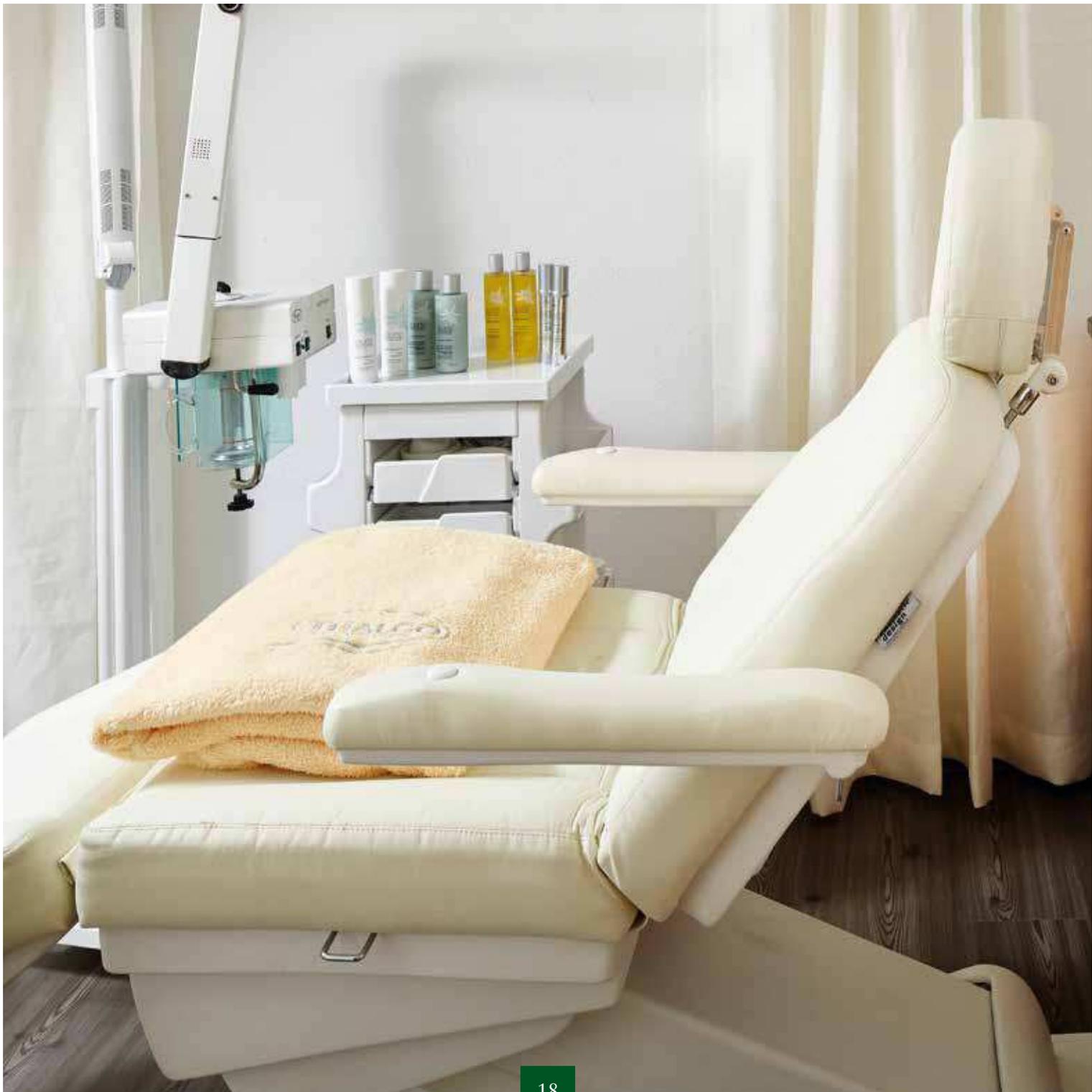
50 mins €61

LIFTALPES CORPS – Alpine anti-ageing

Lifting body treatment for taut and beautiful skin. White sugar crystals stimulate the circulation. Relax and enjoy the massage with edelweiss oil followed by a blackcurrant & cranberry pack.

80 mins €98







EXTRAS

Eyelash tint	€14
Eyebrow tint & shape	€15
Eyebrow shape	from €6
Eyelashes & eyebrows tint & shape	€26
Day make-up	20 mins €29
Evening make-up	25 mins €36
<i>Erlenreich</i> Visage Harmonie – perfect facial harmony Soothing, energising facial massage	20 mins €28

WAXING

Lower leg	€30
Full leg	€54
Bikini line	€24
Face	from €10
Men's chest	€36

HANDS & FEET

Manicure	40 mins	€39
Manicure with varnish	50 mins	€45
Medical pedicure	55 mins	€51
GROSSARL spa pedicure incl exfoliation, foot pack & massage	85 mins	€74
French manicure		€8
Nourishing paraffin hand bath for dry hands incl peeling	20 mins	€26
Peeling for hands & feet	10 mins	€16
Alpine hand & foot pack Heavenly care for hard-working hands & feet: restore, protect and maintain with Edelweiss, raspberry seed oil, sage and lavender. This nourishing care pack is enriched with essential oils to soothe irritated or sensitive skin.	20 mins each	€36
Combined manicure & pedicure	100 mins	€81



RELAXING MASSAGE FROM AROUND THE WORLD

AROMATHERAPY MASSAGE

Relaxation through precious essential essences, individually tailored for you

25 mins €35
55 mins €69

RELAXING FOOT MASSAGE

Foot massage with precious exclusive oils, activating your energy channels and points

25 mins €36

LOMI LOMI – HAWAIIAN TEMPLE MASSAGE

Exotic massage technique, rejuvenating and harmonising without bounds. Blockages are dissolved and body, soul and spirit are brought back into equilibrium.

60 mins €93
90 mins €130

HOT STONE MASSAGE

Spoil your body with sensual marine ingredients whilst feeling smooth hot stones on your skin

55 mins €66

‘DIVINE MASSAGE RITUAL’

**AT THE *ERLENREICH* RELAX & SPA ...
Pele, Hawaiian goddess of volcanoes & fire,
restores and revitalises.**

Experience a sacred ‘Lomi Lomi Nui’ massage and feel the energy of the hot lava stones do its work as you listen to original Hawaiian music and rest your thoughts. A divine experience that allows you to let go, forget your worries and release long-established energy blockages.

80 mins €110

REIKI TREATMENTS

SUN POWER

This is all about soothing relaxation, cleansing and detoxification. To be in tune with yourself and your immediate environment by means of energy transfer by healing hands. Reiki treatments activate the energy system, release blockages, support the self-healing process and are holistically beneficial for mental, emotional and physical wellbeing. The mental aspect can be addressed with additional affirmative support upon request.

50 – 60 mins €61

CHAKRA HARMONY

Chakras are the body's circular energy centres, acting simultaneously as receivers, managers and converters of energy. They absorb cosmic life forces to store and distribute them in due course and when needed. Frequently the chakras are besieged by negative energies – mostly without our conscious knowledge – and deprive the body of vital life energy. Reiki can enable the chakras to harmonise and achieve much needed balance.

25 – 30 mins €36





ERLENREICH CLASSICS & SPECIALS

PARTIAL BODY MASSAGE

Ideal for tensions of the back and neck *25 mins* €35

FULL BODY MASSAGE

Circulation is encouraged and enhanced, so is the removal of waste products. Muscular tensions are eased.

50 mins €59

MOUNTAIN CRYSTAL MASSAGE WITH WARM HIBISCUS OILS

The mountain crystal stands for clarity, enhances self-healing, loosens muscle tensions, relieves arthritic and rheumatic complaints.

50 mins €63

ERLENREICH HEAD & SHOULDER MASSAGE

20 mins €31

REFLEXOLOGY WITH A BACK MUD PACK

This application mobilises the body's immune system and increases vitality

55 mins €68

REFLEXOLOGY

25 mins €35

pure **ALTITUDE MASSAGE WITH MOUNTAIN BALSAM**

Enjoy a soothing full body massage with warm Alpine balsam, lavender, mint, sage and other mountain herb oils. Enhances general wellbeing and ideal after sporting activities. Particularly recommended for men.

50 mins €57



OPENING HOURS

Finnish sauna, steam bath, infrared cabin & Sanarium are available for daily use from 11am to 8pm during winter and from 2.30pm to 8pm during summer. Treatments can be enjoyed daily between 11am and 7pm. To make an appointment please call 500, our reception team will be happy to assist. Please note: We regret that children under 14 years of age cannot use the textile free zone.

SPA ETIQUETTE & WORTH KNOWING

For reservations we strongly advise booking of treatments prior to arrival. The team at the GROSSARLER HOF will be delighted to assist with the choice of treatments, please call +43 6414 8384 or e-mail info@grossarlerhof.at

For cancellations please inform us at least 3 hours before your treatment is due to start. We ask for your understanding that any later cancellations or no-shows are charged in full.

Please wear your bathrobe when you come to the *Erlenreich* for your treatments. **Swimwear** is required in the hot tub area. The inner sauna sanctum is a **textile free** zone. We want you to enjoy your treatments at the *Erlenreich* to the fullest and recommend that you arrive in good time for your appointments.

A selection of teas and & organic snacks are offered at the Bio-Vitality buffet.