



DAS EDELWEISS

SALZBURG MOUNTAIN RESORT

FAMILIE HETTEGGER



SPA MOMENTS

EDELWEISS BEAUTY MOUNTAIN SPA



Welcome to the EDELWEISS MOUNTAIN SPA



EDELWEISS
NATUR

KRAFT DEINES LEBENS



The Grossarl Mountains

A hotel resort to relax and feel good.
A place where you love to return.

Relax in the EDELWEISS MOUNTAIN SPA. Our goal is to accompany you, dear guests, through your own personal well-being program with competence, individual advice and warm professionalism. Authenticity, individuality and tranquillity are the three pillars on which our new EDELWEISS MOUNTAIN SPA is based. With our new, in-house **EDELWEISS NATUR** natural cosmetics line, we would like to reawaken „**Your Life's Power**“. Our second new product line is from **THALGO** and retrieves the original „**The power of the sea**“ in the form of marine active ingredients in our SPA. Our proven **!QMS** medical care products complete the offering with the „**The Power of Molecules**“.

Book your feel-good appointments in the EDELWEISS MOUNTAIN SPA before your holiday begins with us at DAS EDELWEISS Salzburg Mountain Resort. Let yourself be pampered by our professionally trained spa team. Our experts advise you individually and are happy to accommodate your personal wishes and requirements

We look forward to your visit in the EDELWEISS MOUNTAIN SPA!

Warm regards,
The Hettegger Family
and the Mountain Spa-Team

Please inform us in case of pregnancy, intolerances or medical issues.



The
EDELWEISS MOUNTAIN SPA
philosophy stands for...



EDELWEISS
NATUR

KRAFT DEINES LEBENS

Peace

A harmonious application begins with a punctual, stress-free start. Please come to the spa a few minutes before your treatment in the spa and also take some time after the treatment to let your body and mind rest.

Authenticity

Pamper “Your Life’s Power” with our new EDELWEISS NATURE cosmetics line and its regional ingredients. It is important for us to be in harmony with nature and that’s why we deliberately use no artificial ingredients in this product line.

Individuality

Every person is different. Our individual needs are as different as we are. Just tell us what you want or where we should focus on, and we will advise you accordingly in the selection of your treatments. Let yourself be pampered, find deep relaxation and new energy, or simply let your soul dangle for a while. With our tailor-made wellness packages, you will find exactly the right thing for your wishes, your current constitution, your needs and your travel budget.

Mountain Spa Tipp

Time for Me cosmetics

Individually tailored to your skin needs, we create your personal wellness treatment for a wonderfully balanced

50 minutes	110 Euros
80 minutes	175 Euros

Time for Me massage

Book your time individually tailored to your needs and simply enjoy your treatment. Choose from classic massages.

25 minutes	50 Euros
50 minutes	100 Euros





Annual cycle of well-being



4 Seasons
Treatments

Signature Treatments

Spring

Detoxify with „Your Life’s Power“

Cleansing ritual

Unique „detox ritual“, activated with the power of natural medicinal herbs.

- Walnut shell body peeling
- Mountain salt body wrap
- Regenerating final care

50 minutes 110 Euros

Autumn

**Regeneration/Balance
with „Your Life’s Power“**

Magnesium and mineral wraps

Immerse yourself in a mineralising, balancing feel-good experience and relieve your muscles and joints.

- Magnesium mineral wrap
in the floating lounge
- Reflexology
- EDELWEISS Nature cooling
foot balm to take home

80 minutes 175 Euros

Summer

Attractiveness with „Your Life’s Power“

Gemstone Treatment

Facial treatment tailored to your skin’s needs. Vitalising Gua Sha massage stones pamper your skin while valuable active ingredients give new radiance.

- Vitalising cleansing and toning of your skin
- Liberating walnut shell peeling
- Hyaluronic acid cocktail
with valuable vitamins
- Harmonising mask
- Refreshing day care

50 minutes 110 Euros

Winter

Recover with „Your Life’s Power“

„EDELWEISS Gold“ pure luxury for your skin

Discover after a soothing lavender relaxation bath in our EDELWEISS Nature Gold line.

- Lavender – relaxation bath
- Vitamin shot for “Your Life’s Power”
from within
- Treatment process individually tailored
to your skin’s needs
- Gold line – hyaluronic acid cocktail,
“Anti-Aging Peptides”
- Rich high-end care

80 minutes 175 Euros



Our in-house EDELWEISS natural cosmetics line



EDELWEISS
NATUR

Visit the EDELWEISS Online Shop & order a small piece of
EDELWEISS for at home. www.shop.edelweiss-grossarl.com

KRAFT DEINES LEBENS

The history & origins of EDELWEISS NATURE „Your Life’s Power“

How did the EDELWEISS natural cosmetics line come about?

The EDELWEISS Mountain Resort has inspired pharmacist & beautician **Monika Wirnsberger-Machner** as a holiday destination for years. Many passionate conversations with hostess Karin Hettegger on regional medicinal herbs, holistic well-being as well as an awareness of high-quality values led to the idea and development of this in-house cosmetics line.



Closeness to nature and skin-invigorating care are reflected in these high-quality cosmetic formulations with selected ingredients from regional alpine herbs for sensitive skin needs. The three luxurious „EDELWEISS Gold“ cosmetics contain highly concentrated active ingredients and nutrients for long-lasting wrinkle reduction and intensive revitalisation of the skin. **Monika Wirnsberger-Machner** (www.waasen-apotheke.at) creates our EDELWEISS cosmetic products with special pharmaceutical and cosmetic knowledge, and all done by hand. Exclusively available from us, these high-quality products are part of our innovative treatment range especially for you – our guests.



Mountain Spa Tipp

EDELWEISS pampering facial massage

Switch off and forget about everyday life with a soothing facial massage.

25 minutes

55 Euros



„The Power of Touch“ Massages



...Touching is simple – but touch is art

Muscle Active – classic massage

Muscle Active – a particularly soothing massage oil with the power of high-quality, alpine medicinal herbs. Individually tailored to your needs, your tense back, neck, shoulder and leg muscles will be deeply loosened and regenerated using gentle or sporty pressure and various massage techniques.

Partial body	25 minutes	50 Euros
Full body	50 minutes	100 Euros

Massage Mix – head or feet

Head: Circulation massage of head, shoulder and neck areas with final facial lymphatic drainage. Liberation from pressure and congestion – pure harmony.

Feet: Combine a classic back massage with a foot reflexology massage.

50 minutes	100 Euros
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Mountain Spa Tipp

“Relaxation Pure” pampering massage

Deep relaxation – let your mind wander. Enjoy a soothing massage with precious oils and experience pure relaxation and strengthened serenity. Individually tailored to your needs.

75 minutes	140 Euros
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Manual Lymphatic drainage

A gentle pressure-pump massage to drain off the accumulated tissue fluids. Deeply soothing massage technique, with draining effect.

25 minutes	50 Euros
50 minutes	100 Euros

„Buoyant Feet“ foot reflexology massage with moor pack

This foot reflex treatment activates your self-healing powers, while a warm moor pack applied to your back provides gentle relaxation.

50 minutes	100 Euros
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Massages from around world



Thalgo SPA - Ayurvedic

The 5 senses are stimulated throughout this ritual. A newly harmonising ritual inspired by Ayurvedic healing to bring body and mind back into harmony (based on Marma science).

Mountain Spa Tipp

Ayurvedic ritual

Enjoy a nourishing milk bath with a powdery scent, accompanied by an organic herbal tea. A sugar-salt-ginger peeling with Ayurvedic oils has a holistic harmonising effect – a perfect trio for smoother skin. Afterwards you enjoy an extraordinary massage combining effectiveness and well-being.

Nourishing milk bath / sugar-salt-ginger peeling / Marma massage

115 minutes

240 Euros



Lomi Lomi Nui

Well-being the Hawaiian way

Physical, mental and spiritual cleansing. Self-healing powers are created by special strokes and stretches.

Embedded in the nourishing, mood-enhancing oil is a scent of exotic fruits that gives a feeling of security and inner peace.

75 minutes

165 Euros

Hot Stone Massage

A feel-good massage of a special kind

The hot stone massage has a wide spectrum of effects as all bodily functions are activated.

Enjoy the moment of intense warmth as energetic basalt stones descend over your skin and are used for direct massage on your body.

Intensive muscle regeneration, more mobility of the joints, releases blockages. Classic massage techniques can also be chosen beforehand.

50 minutes

100 Euros (back only)

75 minutes

150 Euros



„Your Life’s Power“ facial



Regional herbal ingredients, 100 percent purely organic aromatic oils, vegan and free of parabens, phenoxyethanol and mineral oils. A cosmetic experience of the highest quality.

„EDELWEISS Nature“ facial

For all lovers of natural cosmetics. A classic facial for her & him. Let yourself be pampered with our exclusive EDELWEISS NATURE care products. Purely natural enjoyment.

Skin-soothing cleansing and toning of your skin / gentle exfoliation of the skin by means of soft walnut shells / pampering facial massage / refreshing, balancing face mask with noble oils / final care

50 minutes

100 Euros

„EDELWEISS Gold“ facial

Treat your skin to pure luxury

The luxurious gold line from the EDELWEISS NATURE line lets you radiate youthfully! This is an active ingredient-concentrated anti-aging care, created especially for the EDELWEISS Mountain Resort by **Monika Wirnsberger-Machner** from the Waasen pharmacy using special pharmaceutical and cosmetic knowledge, and all done by hand.

Skin-soothing cleansing and toning of your skin / gentle exfoliation of the skin by means of soft walnut shells / removal of impurities / eyebrow correction / insertion of the “Hyaluronic acid cocktails” has a firming, plumping effect and promotes youthful radiance / deeply effective, activating mask for regeneration / final care

80 minutes

175 Euros





Our „The Power of the Sea“ marine cosmetics line



THALGO
LA BEAUTE MARINE

THALGO Spirulina Boost Detox VITALIZATION and REFRESHMENT

Let your stressed skin breathe freely again. Vitalising spirulina with marine magnesium invigorates the luminosity and ensures a vital complexion.

Cleansing / peeling / pampering facial massage / smoothing detox - special mask / final care

incl. spirulina shot

50 minutes

110 Euros

THALGO Silicon NOBLE LIFTING and REGENERATION

An active ingredient complex of marine silicon, collagen and hyaluronic acid gives your skin a firm, youthful complexion. The skin gets new elasticity and is refined. Pure luxury and perfect youthfulness.

Cleansing / deep peeling / lifting massage / eye pads / lifting special mask / cleavage-neck massage / final care

incl. collage drink

80 minutes

175 Euros





„Classic“ facials



THALGO
LA BEAUTE MARINE

THALGO Sea Treatment

Marine facial tailored to your skin type. Powerful active ingredients from the depths of the ocean help with lack of moisture, dryness, sensitivity or impurities.

Cleansing / peeling / removal of impurities / ampoule / pampering facial massage / infusion mask / final care

80 minutes 175 Euros

Mountain Spa Tipp

THALGO Anti-Aging luxury care

This anti-aging care treatment with an active ingredient complex of marine silicon, collagen and Hyaluronic Acid visually cushions wrinkles and gives you a firmer, youthful complexion.

Treat yourself and your skin to pure luxury and complete youthfulness. Your skin receives new resilience, is refined and shines with incomparable luminosity.

Cleansing / exfoliation / removal of impurities / intensive serum / pampering facial massage / eye treatment / active ingredient mask / final care

110 minutes 220 Euros





iBeauty[®]

Medical Beauty as a trend



THALGO
LA BEAUTE MARINE

Der iBeauty® combines various high-end applications in one device, which is not only extremely effective, but also time-saving.

Three technologies are used:

- Low frequency ultrasound exfoliates and cleans
- Dual-frequency ultrasound decongests, stimulates and infiltrates
- Tripolar radio frequency regenerates and ensures sustainable anti-aging effects

THALGO iBeauty Intensive treatment

This high-tech ultrasound technology is the perfect solution for dry, stressed or mature skin. The iBeauty will amaze you thanks to its versatile treatments.

Cleansing / deep peeling / infiltration of active marine substances using radio frequency or ultrasound / final care

50 minutes

110 Euros

THALGO iBeauty Deep Cleanse

Clarifying, regenerating treatment for combination and oily skin. For deep cleansing and improvement of your complexion. The ultrasonic waves drive the cleansing process and infiltrate the active marine ingredients deep into your skin.

Cleansing / deep peeling / removal of impurities / infiltration of active marine substances with radiofrequency or ultrasound / final care

80 minutes

175 Euros



„The power of molecules“ medical cosmetics line



!QMSMEDICOSMETICS

!QMS Oxygen Boost – gives your skin new life energy.

The Oxygen Energy Applicator Advanced produces 95% pure oxygen to optimally deliver ingredients into the skin. The regeneration of skin cells is sustainably stimulated. Improved oxygen supply increases microcirculation and stimulates the regeneration process.

For firm, smooth and clearly visible continuous skin.

!QMS Special Treatments

Beautiful Eyes & Lips

Effective treatment for aesthetic, fresh moments and voluminous, accentuated lips.

Cleansing / peeling / eye pads / lip line corrector / collagen concentrate / oxygen boost with HO²
Hyaluron Oxygen serum / algae modelling / cleavage-neck massage / final care

50 minutes

110 Euros

Mountain Spa Tipp

!QMS Facial Massage

A lifting facial massage of a special kind. Active ingredients specifically matched to your skin give your skin a balanced, fresh feeling.

25 minutes

55 Euros





!QMSMEDICOSMETICS
Facials

!QMS Fresh Kick

This treatment revitalises tired skin. The freshness kick for healthy firm skin and a fresh radiance.

Cleansing / peeling / collagen concentrate / oxygen boost with HO2 Hyaluron / pampering facial massage / activator mask / final care

50 minutes 125 Euros

!QMS Detox & Repair

Repairs the damage caused by daily external influences. Improves cell structure and protects the natural well-being of the skin. Pore-deep cleansing with an advanced treatment to support the detox process.

Cleansing / peeling / removal of impurities / algae mask / epigenetic application / final care

50 minutes 125 Euros

!QMS Classic Collagen

The metabolism-activating relaxation treatment. Your skin gains suppleness, vitality and resilience. Especially for stressed and strained skin, caring and nourishing.

Cleansing / peeling / removal of impurities / collagen concentrate / pampering facial massage / relax mask / final care

80 minutes 170 Euros

Mountain Spa Tipp

!QMS Pure Oxygen

Lifting and contour high-tech treatment that improves the skin's own collagen and elastin. Feel new energy and intensive moisture penetration through the extra oxygen kick.

Cleansing / peeling / removal of impurities / eyebrow correction / eye treatment / collagen concentrate / oxygen boost with HO2 Hyaluron Oxygen serum / pampering facial massage / active ingredient modelling / final care

110 minutes 275 Euros





Beauty & More



Colouring

Eyelash tinting

25 Euros

Eyebrow tinting

20 Euros

Eyelashes & eyebrow tinting

incl. brow correction

40 Euros

Eyebrow correction

20 Euros

Make-up

(Glo - Skin Beauty)

Day make-up

25 minutes

45 Euros

Evening make-up

50 minutes

65 Euros



Hair removal

With high-quality warm wax

incl. pre & post treatment

Upper lip or chin

20 Euros

Face (upper lip, chin and eyebrows)

30 Euros

Legs to knees

50 Euros

Legs complete

60 Euros

Armpits

25 Euros





Wellness for hands & feet



Well-groomed hands and carefully manicured nails are the best business card! That's why you should treat your hands with special love and attention. Your feet too deserve intensive care and an extra portion of beauty. For they bravely carry us through life every day...

Manicure

OPI Manicure

Classic hand and nail care

50 minutes 70 Euros

OPI Pampering Manicure

Classic manicure / nail care /
hand peeling / hand massage
and nail painting.

For velvety soft hands!

75 minutes 90 Euros

Pedicure

OPI Pedicure

Classic medical foot care

50 minutes 80 Euros

OPI Pampering Pedicure

Vitalising foot bath / classic medical
pedicure / nail care / foot peeling /
foot massage and nail painting.

You will walk on clouds!

80 minutes 105 Euros

Mountain Spa Tipp

Beautiful in Shel

For hands or feet

Preparing and shaping the nails,
shellac, final care incl. remover set.

50 minutes 65 Euros

Mountain Spa Tipp

Eye pads or face mask

Combine Hyaluron / collagen eye pads as additional
treatment to manicure or pedicure.

Or you can opt for marine effect face masks
(moisture/detox or anti-aging).

Eye pads 14 Euros

Marine Shot mask 15 Euros

Varnish

Bookable for manicure / pedicure:

OPI Varnish

15 Euros

OPI Shellac incl. remover set

35 Euros

OPI Shellac French incl. remover set

40 Euros

Remove OPI Shellac

30 Euros

Shellac by OPI

Perfectly manicured hands and feet in just
minutes, holds up to 3 weeks, no chipping and
with a beautiful shine! Shellac is a synthesis
of gel and varnish. OPI Shellac is applied like
normal nail polish, is cured with LED-UV and
dries in just 30 seconds. It can be easily removed
in 15 minutes without injuring the nails.





„Oh, là, là“ Body Styling



THALGO
LA BEAUTE MARINE

Frige Leg Wrap

Cool wraps, soaked with an algae-camphor-menthol solution, refresh the legs and give them a light feeling. Ideal after sports or for tired and swollen legs. Very good for vein problems. Optionally with hand massage or neck/head massage.

25 minutes

50 Euros

Pack of 3

3x25 minutes

130 Euros





Feel-good baths for relaxing moments



Pure relaxation with a unique feel-good bath. Whether alone or as a couple, a wellness bath relaxes both your body, mind and soul.
Choose your favourites from the following baths:

Magnesium bath

Especially for athletes. Relaxes muscles and ensures faster regeneration.

1 person	25 minutes	40 Euros
2 persons	25 minutes	60 Euros

Lagoon Water bath by THALGO

Bubbling wellness bath with water lily extract ensures deep well-being.

1 person	25 minutes	40 Euros
2 persons	25 minutes	60 Euros

Lavender bath

Lets your body completely relax and soothe.

1 person	25 minutes	40 Euros
2 persons	25 minutes	60 Euros



Mountain Spa Tipp

The EDELWEISS bath

Feel good in our goat's milk bath with skin care effect and edelweiss flower fragrance.

1 person	25 minutes	50 Euros
2 persons	25 minutes	70 Euros

incl. a glass of sparkling wine, per person





Body wrap in the floating lounge



Nurturing comfort - a body wrap in the floating lounge. Experience an almost weightless feeling in our softpack lounge and enjoy the comforting warmth and a perfect body feeling.

Salzburg Healing Moor Pack

A natural pack against tension and chronic joint diseases. For a free, relaxed body feeling.

40 minutes 50 Euros

Cuddle pack

For a skin like velvet and silk. Recommended for very dry skin, psoriasis and skin inflammation.

40 minutes 55 Euros

Hayflower wrap from the Grossarl Mountains

Relax the muscles, promote blood circulation and stimulate the circulation. Fragrant hay flowers help with rheumatic complaints, joint inflammation, menopausal symptoms, nervousness, stress, and also tiredness and exhaustion.

40 minutes 55 Euros



Mountain Spa Tipp

Whole-body peeling

Before each softpack application, we recommend our SPA peeling massage to support the effect of the care application.

25 minutes

55 Euros

Choose from:

- Sea salt
- Forest herbs or
- Alpine herbs





Hamam, absolute enjoyment



A journey to the Orient - mysterious and mystical.

An oriental bathing ceremony from Turkey with a high wellness factor, is used for relaxation and body cleansing.

Private spa sauna with oriental fragrance.

A special peeling glove frees your skin, followed by soothing water pouring and an invigorating soap foam massage, giving a beneficial effect on body, mind and soul.

Celebrate a break from everyday life.

Journey to the Orient

Pasha

Private Spa sauna
Whole-body peeling
Soap foam massage with water pouring
Head massage with head rinse

75 minutes 120 Euros

Sultan De Luxe

Private Spa sauna
Whole-body peeling
Soap foam massage with water pouring
Head massage with head rinse
25-minute oil massage

110 minutes 165 Euros

Mountain Spa Tipp

„1001 Nights“ Hamam for couples

The Hamam highlight for couples in our private spa. Two therapists will pamper you with the "Sultan deluxe" treatment.

Treat yourself to this luxury of a special kind.

220 minutes 275 Euros for 2 persons





Private Spa a togetherness rendezvous



The time we take for ourselves is the time that gives us something.
What could be better than sharing your most beautiful moments of the year
with your partner? For this reason, we warmly invite you into our EDELWEISS
Private Spa.

We are happy to create your own individually coordinated private spa
menu – exclusively for you! Our Mountain Spa reception team will be
happy to advise you.

Cuddle time

Sauna in the Private Spa

25 minutes

Hamam Full Body peeling
for him and her

25 minutes

EDELWEISS pampering massage

Muscle-Active for him and her

50 minutes

Entire private feel-good time
for 2 persons

200 minutes

290 Euros

incl. fruit platter and 2 glasses of
Grossarl Valley sparkling rosé wine

Trip around the world

Lavender bubble bath together

25 minutes

Choice of hot stone or Lomi Lomi Nui
for him and her

75 minutes

Entire private feel-good time
for 2 persons

200 minutes

350 Euros

incl. fruit platter and 2 glasses
of Grossarl Valley sparkling rosé wine





EDEL-Bride to be



Shine from head to toe on the day of your dream wedding.

EDEL – Bride to be package

For a radiant appearance
Enjoy your moment with perfect beauty

Pedicure

Classic medical pedicure / foot peeling /
foot massage / nail polish

75 minutes

Manicure

Classic hand and nail care/ hand peeling /
hand massage / nail polish

75 minutes

Time for me

Individually tailored to your skin needs,
valuable active ingredients pamper your skin

50 minutes

Bridal make-up

We'll gladly take your appointment in advance
for a rehearsal make-up. Accompanied by
a fresh fruit platter and 1 glass of sparkling wine

60 minutes

260 minutes

360 Euros

Honeymoon Special

1x candlelight dinner in 4 steps,
at the romantically laid table

1x bottle of Grossarl Valley sparkling rosé wine

1x plate of Berger chocolates

1x red roses

1x Togetherness Rendezvous – 50 cozy minutes
in the private spa

140 Euros





Precious feel-good moments



Consciously enjoy time for yourself.
Treat yourself to our feel-good packages and pamper
your body, mind and soul all over.

„Pure nature“

Goat's milk bath

25 minutes

Hay flower wraps

40 minutes

EDELWEISS Nature facial

„Shine anew“

50 minutes

Total feel-good time incl. EDELWEISS

Nature massage oil

115 minutes

250 Euros

„Calm before happiness“

The ideal package for expectant mothers

Merveille leg treatment

Arctic massage oil and cool glass balls pamper your legs and give a feeling of lightness. At the same time, your senses are pampered through the aromatic-nourishing fragrance.

25 minutes

Head massage mix

50 minutes

EDELWEISS Nature facial

according to your skin's needs

50 minutes

Pedicure

50 minutes

Total feel-good time incl.

arctic moisturising gel

175 minutes (perfect feel-good package for two days off)

390 Euros

„Do yourself good“

Walnut shell peeling

25 minutes

Crystal bath

25 minutes

Manicure

45 minutes

Pedicure

50 minutes

Thalgo iBeauty Intensive facial

50 minutes

Total feel-good time incl.

Thalgo personal care product

195 minutes (perfect feel-good package for two days off)

350 Euros





Wellness for kids and teens



These lovingly created applications are specially suited to the needs of children and adolescents (4-14 years) and can be individually adapted as required.

Little King / Queen of the EDELWEISS BEAUTY – Junior Massage

Massage for kids, individually tailored to the needs of our young guests. And of course, with our high-quality EDELWEISS NATURE toiletries.

25 minutes

50 Euros



Best Friends forever

The massage treatment in our private spa for two „best friends“ with two therapists.

25 minutes

100 Euros

Give me five

Short manicure or pedicure for care of the hands or feet. Also with nail varnish or stones for the young hands, on request.

25 minutes

40 Euros

„EDELWEISS NATUR Junior“ facial

For the growing power of your life. Specially coordinated to the sensitive skin of young people, these care products pamper and care for them in a completely natural way.

Cleansing / peeling / massage / mask / care

50 minutes

85 Euros

Mini Facial

Mini facial experience for our young guests. With products from our in-house natural cosmetics line EDELWEISS NATURE.

25 minutes

45 Euros

Small glitter make-up

15 minutes

20 Euros

Girls-Package

Mini Facial

25 minutes

Give me Five (manicure)

25 minutes

Small glitter make-up

15 minutes

Hairdressing

15 minutes

Total feel-good time incl. nail polish to take home

65 minutes

110 Euros



EDELWEISS Fitness „Active“



OPENING TIMES:

7:00am – 10:00pm

Our „Active“ fitness room is located on the 1st floor and is equipped with a wide range of strength and endurance equipment from TECHNOGYM. We would like to draw your attention to the fact that due to health reasons, **only guests aged 16 and over** may use the facilities.

In the „Vital“ exercise room, during the week you will find various group courses such as holistic body training. All our courses are suitable for beginners and serve primarily to

maintaining your physical fitness. Here, too, the principle is „back to the roots, so that’s why the available courses cover only basic exercises.

The exact dates can be found on the weekly schedule or our daily hotel newspaper. A course usually lasts between 30 and 45 minutes.



EDELWEISS

Mountain Spa Spa Etiquette

TREATMENT APPOINTMENTS

To secure your desired treatment, we recommend that you book with our Beauty Mountain Spa reception before arrival by phone +43 6414 300-290 or by email spa@edelweiss-grossarl.com. You will receive your appointment confirmation directly on arrival at the hotel reception. Please make short term appointments directly at the Beauty Mountain Spa Reception.

JUST TAKE YOUR TIME

To enjoy your treatment in peace, we recommend that you arrive a few minutes before your treatment at our Beauty Mountain Spa reception to adjust yourself to the treatment e.g. with a cup of tea. Out of respect for the following guests, we ask for your understanding that in the event of a delay on your part, your treatment time will be shortened. Please also plan a rest period afterwards for yourself, which you are welcome to enjoy in one of our relaxation rooms.

TREATMENT TIMES

The treatment times are understood as gross times from your pick-up at our Beauty Mountain Spa reception until the farewell by the therapist.

CLOTHING

Please come to your treatment in the provided bathrobe and slippers. In order to protect your privacy, you will receive from us disposable briefs with each treatment, and additionally we work with various covering techniques. For some treatments, you can optionally also wear comfortable clothing – here, we are happy to advise you! For our activity program or fitness units, please come in comfortable clothing and wear sturdy shoes.

INDIVIDUAL WISHES

We are happy to accommodate your individual wishes. That is why we shall ask you before the treatment what is particularly important to you. Competent advice is a key part of the treatment and is very important to us.



HEALTH & PREGNANCY

Please let us know beforehand if you are pregnant or have any medical complaints, so that we can respond optimally to your needs. In principle, your visit to our Beauty Mountain Spa and participation in the treatments and courses is at your own risk.

VALUABLES

We recommend that you come to your treatment completely jewellery and to place your own valuables directly in the room safe. We shall not be held liable for any lost valuables.

CANCELLATION

We kindly ask you to cancel your appointment at least 12 hours before the start of treatment at the Beauty Mountain Spa. Please understand that otherwise we will be forced to charge 100 percent of the treatment for any missed appointments.

PAYMENT

In general, the treatments are booked to your room. Of course, you are welcome to also pay in cash or by card.

VOUCHERS

Are you looking for a gift for your loved ones? Why not give „relaxation“? We are happy to create an individual gift voucher for you. Just ask us at our Beauty Mountain Spa reception. The voucher will be given to you at the main reception desk

SOLARIUM

We have a solarium for you right next to the hairdresser at the 2nd floor. For proper use instructions, please contact one of our Mountain Spa staff.

Pools & Saunas

POOL AREA

Please wear swimwear in the pool area. The indoor pool on the 1st floor and the sports pool on the 4th floor are family areas. Nevertheless, we ask you to be considerate to other tranquillity seekers. The Infinity Pool is on the 6th floor and is „Adults Only“. To help you and all guests of the Mountain Spa area have a pleasant stay, we ask you not to reserve any loungers with towels, bags or similar items.

SAUNA

On the 3rd floor you find the „Adults Only“ Mountain Spa sauna area with Bio sauna, outdoor panoramic sauna, steam bath, infrared cabins and three relaxation rooms.

For all those guests who prefer a textile sauna, our Family Mountain Spa Sauna area on the 2nd floor next to the water slide park is available.

In the sauna area we ask you to not wear any clothing, for hygiene reasons. Please always use a towel as a base, so that no sweat gets on the wood. Shower thoroughly before and after your sauna session, especially if you go to the pool directly after the sauna session.

FOOD & DRINK

For hygiene reasons, we ask you to not take food into wet areas. In addition, please do not take any glass into these areas. Drinks only in plastic cups, please. If you would like refreshment, please visit our Sauna Bistro.

AGE LIMIT

Our spa is generally for everyone. Since a sauna visit puts a lot of strain on the body, they may only be used by people aged 6 years and older. In general, children should be accompanied by an adult when using the Family Sauna Area.

BATH BAG

You will find a bathing bag on your arrival in your room. In it are a bathrobe, and two towels per person. For the sake of the environment, we ask you to be economical with your towels during your stay and to bring your bathing slippers from home.

PEACE IN THE SPA

So that all guests can enjoy our Mountain Spa in peace, the entire area is a non-smoking area. We also ask you to turn off your mobile phone or put it on silent mode, and to make telephone calls outside the spa so that you do not disturb other guests.



SPA OPENING HOURS
TREATMENTS 09:00am -07:00pm

1st floor	Indoor swimming pool	07:00am - 08:00pm
2nd floor	Family sauna area	12:00pm - 07:00pm
	slidepark	01:00pm - 02:30pm
		04:00pm - 06:00pm
3rd floor	Adults Only sauna area	10:00am - 09:00pm
4th floor	sports pool	07:00am - 08:30pm
6th floor	Infinity Pool	07:00am - 08:30pm







