

DAS
GRASECK

mountain hideaway & health care



WELLNESS BEAUTY RELAXATION



“Silence
is the true luxury
of the mountains.”

-ALPINE WISDOM

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Signature Treatment



MASSAGES

FULL-BODY CANDLE MASSAGE

The massage is performed using warm oil by candlelight, surrounded by the scent of candles. It guarantees an absolutely blissful experience.

OUR RECOMMENDATION



50 min

100€



ABHYANGA FULL-BODY MASSAGE

The Ayurvedic full-body massage, combined with warm (custom-blended) oils and gentle stroking motions, has a harmonizing, detoxifying, and relaxing effect on the body, mind, and soul.



70 min

120€



HOT STONE MASSAGE

A combination of massage, energy work, and the soothing effects of oil and warm stones. The entire body is recharged with new energy and vitality.



60 min

110€



DRAINAGE MASSAGE

A proven therapeutic method for gently stimulating lymphatic circulation throughout the body. Provides relief from fluid retention and swelling.



60 min

110€



AROMATHERAPY RELAXATION MASSAGE WITH SELECTED FRAGRANT ESSENCES

This gentle massage with carefully selected aromatic oils transports you to a realm of the senses—a relaxing massage for both body and mind. Immerse yourself in a world of warmth, fragrance, and deep relaxation. Our aromatic oil massage treats your body and mind with precious essences that invigorate your senses and help you forget the stresses of everyday life.

OUR RECOMMENDATION

50 min

100€

BACK AND NECK MUSCLE MASSAGE

A firm massage technique to relieve tense muscles. Perfect for anyone who spends a lot of time sitting at work.

30 min
80€

HEAD AND FACE MASSAGE

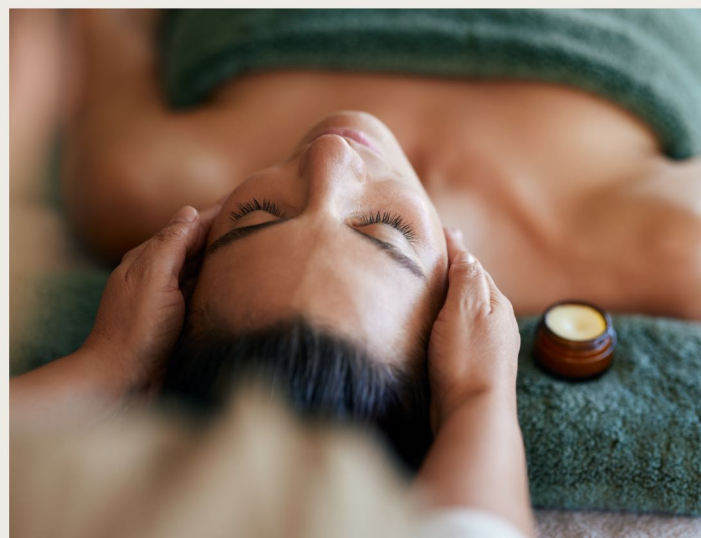
Deep pressure and a personalized massage technique promote relaxation and stimulate microcirculation.

 30 min
60€

BACK AND NECK RELAXATION MASSAGE

A gentle, soothing massage designed to promote relaxation.

30 min
70€





BACK MASSAGE WITH A HEAT PACK

Tension is gently released from the lower back to the neck. A subsequent heat pack with natural mud enhances the massage's effects and further relaxes the muscles.

includes a heat pack 50 min
—————
90€

FULL BODY RELAXATION

Classic anti-stress treatment. The muscles throughout the body are loosened, relaxed, and better supplied with blood.

50 min
—————
105€

FOOT REFLEXOLOGY MASSAGE

Therapists can influence the entire body through the feet. Applying pressure to specific points creates stimuli that activate the body's natural healing abilities.

30 min

60€



RELAXING FOOT MASSAGE

Put yourself in the hands of our therapists and leave all your stress behind.



30 min

60€

COMBINATION MASSAGE

A perfect blend of head, face, and foot massage will leave you feeling truly relaxed.



50 min

90€

BODY TREATMENTS



SKIN LIKE VELVET AND SILK

Exfoliants remove dead skin cells, have a revitalizing and refreshing effect, tighten the skin, and improve its elasticity. They enhance the absorption of active ingredients from subsequent skincare products, which provide the skin with long-lasting moisture and minerals.

LEMON EXFOLIATION

40 min

80€

ORANGE EXFOLIATION

40 min

80€

COCONUT & COCOA EXFOLIATION

40 min

80€



SILKY SKIN: INTENSIVE CARE WITH HIGH-QUALITY OILS

An intensive, nourishing full-body cream treatment with sesame oil, coconut oil, and a moisturizing lotion. This treatment is the ideal solution for dry skin and a soothing complement to a body scrub.

30 min

70€

FANGO

For a beautiful silhouette. Promotes drainage, reduces fat, and firms the skin. Provides relief from muscle stiffness, atopic dermatitis, menstrual cramps, and eczema.

60 min

130€

ANTI-CELLULITE PACKAGE: SEAWEED WRAPS & ANTI-CELLULITE MASSAGE

Relieves tired legs, eliminates the feeling of heaviness and swelling in the limbs. Anti-cellulite effect. Detoxifies and improves blood circulation. Includes a special leg massage.

90 min

150€



MOMMY



MASSAGES FOR EXPECTANT MOTHERS

A massage during a healthy pregnancy is beneficial for both mother and child. In general, treatments using special techniques and selected essential oils are possible well into the third trimester. Usually in the event of complications, such as premature contractions, massages should be avoided. In addition, effective beauty packages and cosmetic treatments are available; seaweed wraps are excluded from this.

We have marked the most suitable products for pregnant women with a special symbol.



ALMOND OIL FULL-BODY RELAXATION MASSAGE FOR PREGNANT WOMEN

A light, gentle massage using natural oil. Gently reduces water retention and muscle tension.

including rest time 50 min
100€



FACIAL TREATMENTS

Depending on your skin type and tailored specifically to your needs, our estheticians will treat your skin with the right skincare products. All treatments are also available for men and are tailored to the needs of male skin.

SUMMIT REGENERATION: VITALITY TREATMENT

Refreshing facial treatment including exfoliation, deep cleansing and a finishing treatment. While the mask takes effect, the scalp is treated with a relaxing acupressure massage.

70 min

120€

DEEP CLEANSING FOR A CLEAR SKIN

This intensive facial treatment focuses on deep cleansing and pore refinement to effectively reduce blemishes and excess sebum. The combination of exfoliation, deep cleansing, and a clarifying mask smooths the skin's texture and leaves it looking even.

70 min

110€

TARGETED EYE REVITALIZATION: ANTI-AGING FACIAL MASSAGE WITH COLLAGEN OR RETINOL PADS

For wrinkle smoothing and reduction of puffiness. The intensive infusion of active ingredients promotes microcirculation, making the eye area appear instantly more awake and revitalized.

40 min

70€

FACIAL TREATMENT DE LUXE LIFTING

A revitalizing premium treatment with high-quality, organic cosmetic ingredients for dry, stressed skin in need of regeneration. Replenishes the skin's moisture reserves. Includes a skin analysis, exfoliation, deep cleansing, and a soothing mask, followed by a firming facial and décolleté massage and a finishing treatment.

80 min

130€

EXTRAS

ACUPRESSURE WITH MOXIBUSTION

Moxibustion is the targeted application of heat to acupuncture points, a practice derived from traditional Chinese medicine. The heat is generated by burning herbs and penetrates deep into the tissue. It strengthens the body's natural healing abilities and promotes blood circulation.

OUR RECOMMENDATION

45 min

90€



SHAPING EYEBROWS

ca. 15 min

20€

EYEBROW TINTING

ca. 20 min

25€

EYELASH TINTING

ca. 30 min

35€

EYELASH & EYEBROW TINTING, INCLUDING SHAPING

ca. 50 min

70€

FACIAL HAIR REMOVAL WITH WAX

ca. 10 min

20€



WELLNESS FOR THE FEET

SPA PEDICURE PACKAGE & FOOT MASSAGE

ca. 90 min

100€



OUR WELLNESS PACKAGES



A LITTLE BREAK

Your well-deserved rejuvenation from head to toe: Experience the perfect combination of a soothing, relaxing back massage, a comforting foot massage, and a liberating head massage for instant relaxation and renewed vitality.

including rest time 60 min
100€

HOLISTIC SENSUAL JOURNEY

Aroma oil massage

Facial massage

Foot massage

70 min
125€

DEEP WARMTH & COMFORT

Full-Body Candle Massage

Heat pack

Head massage

100 min
170€

ALL-AROUND BEAUTY

The exclusive all-round beauty package for a perfectly groomed appearance: A classic facial treatment combined with professional eyebrow tinting and shaping, eyelash tinting, and a relaxing hand and foot massage ensures your complete well-being.

100 min
160€

EXOTIC TIME OUT

Coconut Exfoliation

Fango Coconut

Coconut Massage

150 min
260€

SPA INFORMATION



PEACE AND RELAXATION

Please note that our spa is open only to guests 16 years of age and older, and that we have designated this area—including the terrace—as a smoke-free zone. The rooftop panoramic pool on Level 2 is also open to families with children from 10:00 a.m. to 12:00 p.m.

DRESS CODE AND TOWELS

A bag containing two large towels has been placed in your room for your visit to the spa. Please feel free to ask at the front desk for additional items, including bath slippers if you haven't brought your own. The spa area on Level 0 is a nude area; you are welcome to use the relaxation pool with or without swimwear. The infinity pool and the spruce sauna on Level 2 are clothing-required areas.

CANCELLATIONS

If you need to cancel or reschedule a spa treatment, please let us know as soon as possible. Cancellations made at least 24 hours before the treatment begins are free of charge. If you cancel at shorter notice or fail to show up, we will charge you 75% of the booked price, unless the appointment can be rescheduled.

MEDICAL INFORMATION

Please let us know in advance if you have any specific health conditions, allergies, or are pregnant before your treatment.

APPOINTMENTS

You can easily view available appointment times online and are advised to book early.

das-graseck.de/wellness



We look forward to seeing you!

Book an appointment now:



das-graseck.de/wellness

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