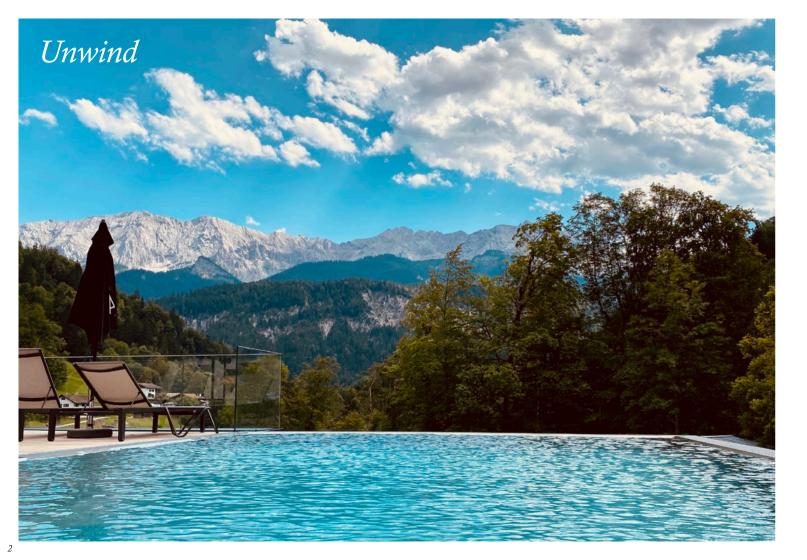
DAS **GRASECK** mountain hideaway & health care

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WELLNESS / BEAUTY / SPORT



SPA INFORMATION

HEALTH THROUGH PLEASURE

Our SPA beautifully reflects our guiding principle. Enjoy the view of the impressive Wetterstein mountain range and the peaceful atmosphere in our haven of tranquillity and relaxation. We kindly ask for your understanding that a **minimum age of 16 years** is required to visit our SPA and that this area - including the terrace - is a **smoke-free** zone.

APPOINTMENTS

To check for available appointments please look at our online timetable:



https://www.das-graseck.de/wellness/?lang=en

CANCELLATION POLICY

If you wish to cancel or reschedule your SPA treatment, we kindly ask you to inform us as soon as possible. Cancellations will be accepted at no additional costs up to 24 hours before the beginning of the treatment. If you cancel less than 24 hours previous to your appointment or not at all you will be charged 75 % of the scheduled treatment.

CLOTHING AND TOWELS

We prepared in your room a bag with two large towels and slippers for your visit to the SPA. You are welcome to ask for more at the reception. Please bring along your bathrobe for your treatment.

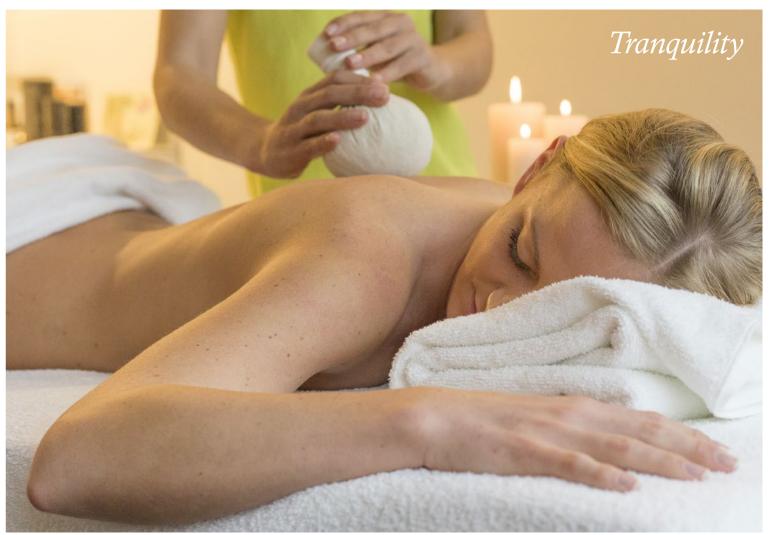
MEDICAL INFORMATION

Please inform us in advance in cases of special health issues or pregnancies.

WE ARE LOOKING FORWARD TO WELCOME YOU!

MASSAGES

Anti-aging facial massage	30 minutes	60€
Head and face massage	30 minutes	60€
Back and neck relaxing massage	30 minutes	70€
Back and neck massage - deep muscle massage	30 minutes	80€
Backmassage with heat-packs	50 minutes	90€
Antistress full body massage	50 minutes	100€
Foot reflexology massage	30 minutes	60€
Relaxing foot massage	30 minutes	60€
Combined – massage	50 minutes	90€
Mix of head, face and foot massage	50 mmmes	<i>70 C</i>
Our recommendation: aromatic Oil- Massage with selected essences		
This massage appeals to all your senses. Choose your oil:	50 minutes	100€
Lemon, Orange, Coconut, Cacao, Coconut -Cacao		



MASSAGES AND SPECIAL TREATMENTS

Drainage-massage Stimulating your lymph system	60 minutes	110€
Acupressure with moxibustion (chinese medicine)	45 minutes	90€
Hot stone massage	60 minutes	110€
Pinda sweda herbal-stamp massage	50 minutes	100€
Abhyanga Ayurvedic fullbody massage combined with oil	70 minutes incl. relaxing Time	120€
Special tip: Candle massage Full Body Massage with warm candle oil and candlelight	50 minutes	100€

BODY TREATMENTS

Smooth and silky skin

Peelings remove dead epithelial cells. Your skin will feel revitalized and elastic The oils provide moisture and minerals for the skin.

Coconut peeling & massage	70 minutes	110€
Lemon peeling & massage	70 minutes	110€
Orange peeling & massage	70 minutes	110€
Cacao peeling & massage	70 minutes	110€
Coconut + cacao peeling & massage	70 minutes	110€
Fango- and algotherapie with polynesian alga and mediterranean- medical plants and extracts and massage	90 minutes	130€
Wrap with seaweed leaves	60 minutes 2x 60 minutes	110 € 195 €
Anti-cellulites treatment	70 minutes	110€





MASSAGES FOR "MUM TO BE"

A Massage with light oils is healthy in the state of Pregnancy and relaxing for Mommy and the baby. Please let us know about your pregnancy in advance.

Choose from the following Beauty Packages and Cosmetic Treatments (Except Alga)

Relaxing massage for mommy to be Smooth and easy massage with natural oil. Reduces water retentions	50 minutes	100€
Head and shoulder massage	25 minutes	60€
<i>Light circulation massage</i> Especially when your legs feel heavy and tired, this massage stimulates the lymph circulation	50 minutes incl. relaxation	100€
Almond oil full body massage	50 minutes incl. relaxation	100€





FACIAL TREATMENTS

Depending on your skin our beautician will use the most suitable products. All treatments are also available for Men.

Basic facial

Skin analysis, peeling, deep cleansing, calming mask, finishing care

Classic facial

Skin analysis, peeling, deep cleansing, calming mask. Face and décolleté

Detox phyto facial with medicinal plants

With an exclusive combination of naturopathic plant extracts & natural of to completely forego the use of preservatives, colourings and perfumes. Skilling, deep cleansing, calming mask. Tightening face and décolleté massage

DE LUXE lifting facial

Revitalizing exclusive treatment with exclusive organic-cosmetical compo Skin analysis, peeling, deep cleansing, calming mask. Tightening face and décolleté massage, finishing care

	60 minutes	100€
é massage, finishing care	70 minutes	110€
aromas it is possible ein analysis, pee- ge, finishing care	70 minutes	110€
onents for stressed and try skin.	80 minutes	130€

EXTRAS

PLEASURE PACKAGES

Eyebrow correction	ca. 15 min fr	rom 20 €	1 DE-STRESS classic
Eyebrow tinting	ca. 20 min	25€	Aromatic oil-massage full body Face massage
Eyelash tinting	ca. 30 min	35€	Foot massage
Eyebrow & eyelash tinting and correcting	ca. 50 min	70 €	2 DE-STRESS special
Face hair removal with wax	ca. 10 min	20€	Full body candle massage Warming packages Head massage
WELLNESS FOR YOUR FEET			
Basic pedicure	ca. 60 min	80€	3 DAS GRASECK wellnesspackage Coconut-peeling Fango
Spa pedicure with foot massage + mask pack	ca. 80 min	100€	Coconut massage

70 minutes 120 €

100 minutes 170 €

150 minutes 260 €

Last Updated: January 2023. Subject to mistakes and changes. All Prices are inclusive of the statutory Value Added Tax (VAT). Photography: © skynesher /istockPhoto, © Nieder+Marx Design

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