

DAS GRASECK

mountain hideaway & health care



WELLNESS / BEAUTY / SPORT

EN

Unwind

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

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



Tranquility

MASSAGES AND SPECIAL TREATMENTS

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

BODY TREATMENTS

<i>Smooth and silky skin</i> <i>Peelings remove dead epithelial cells. Your skin will feel revitalized and elastic</i> <i>The oils provide moisture and minerals for the skin.</i>		
<i>Coconut peeling & massage</i>	70 minutes	110 €
<i>Lemon peeling & massage</i>	70 minutes	110 €
<i>Orange peeling & massage</i>	70 minutes	110 €
<i>Cacao peeling & massage</i>	70 minutes	110 €
<i>Coconut + cacao peeling & massage</i>	70 minutes	110 €
<i>Fango- and algotherapie with polynesian alga and mediterranean- medical plants and extracts and massage</i>	90 minutes	130 €
<i>Wrap with seaweed leaves</i>	60 minutes 2x 60 minutes	110 € 195 €
<i>Anti-cellulites treatment</i>	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)

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

60 minutes 100 €

Classic facial

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

70 minutes 110 €

Detox phyto facial with medicinal plants

With an exclusive combination of naturopathic plant extracts & natural aromas it is possible to completely forego the use of preservatives, colourings and perfumes. Skin analysis, peeling, deep cleansing, calming mask. Tightening face and décolleté massage, finishing care

70 minutes 110 €

DE LUXE lifting facial

Revitalizing exclusive treatment with exclusive organic-cosmetical components for stressed and try skin. Skin analysis, peeling, deep cleansing, calming mask. Tightening face and décolleté massage, finishing care

80 minutes 130 €

EXTRAS

<i>Eyebrow correction</i>	<i>ca. 15 min</i>	<i>from 20 €</i>
<i>Eyebrow tinting</i>	<i>ca. 20 min</i>	<i>25 €</i>
<i>Eyelash tinting</i>	<i>ca. 30 min</i>	<i>35 €</i>
<i>Eyebrow & eyelash tinting and correcting</i>	<i>ca. 50 min</i>	<i>70 €</i>
<i>Face hair removal with wax</i>	<i>ca. 10 min</i>	<i>20 €</i>

WELLNESS FOR YOUR FEET

<i>Basic pedicure</i>	<i>ca. 60 min</i>	<i>80 €</i>
<i>Spa pedicure with foot massage + mask pack</i>	<i>ca. 80 min</i>	<i>100 €</i>

PLEASURE PACKAGES

<i>1 DE-STRESS classic</i> <i>Aromatic oil-massage full body</i> <i>Face massage</i> <i>Foot massage</i>	<i>70 minutes</i>	<i>120 €</i>
<i>2 DE-STRESS special</i> <i>Full body candle massage</i> <i>Warming packages</i> <i>Head massage</i>	<i>100 minutes</i>	<i>170 €</i>
<i>3 DAS GRASECK wellnesspackage</i> <i>Coconut-peeling</i> <i>Fango</i> <i>Coconut massage</i>	<i>150 minutes</i>	<i>260 €</i>

Last Updated: January 2023. Subject to mistakes and changes. All Prices are inclusive of the statutory Value Added Tax (VAT).

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