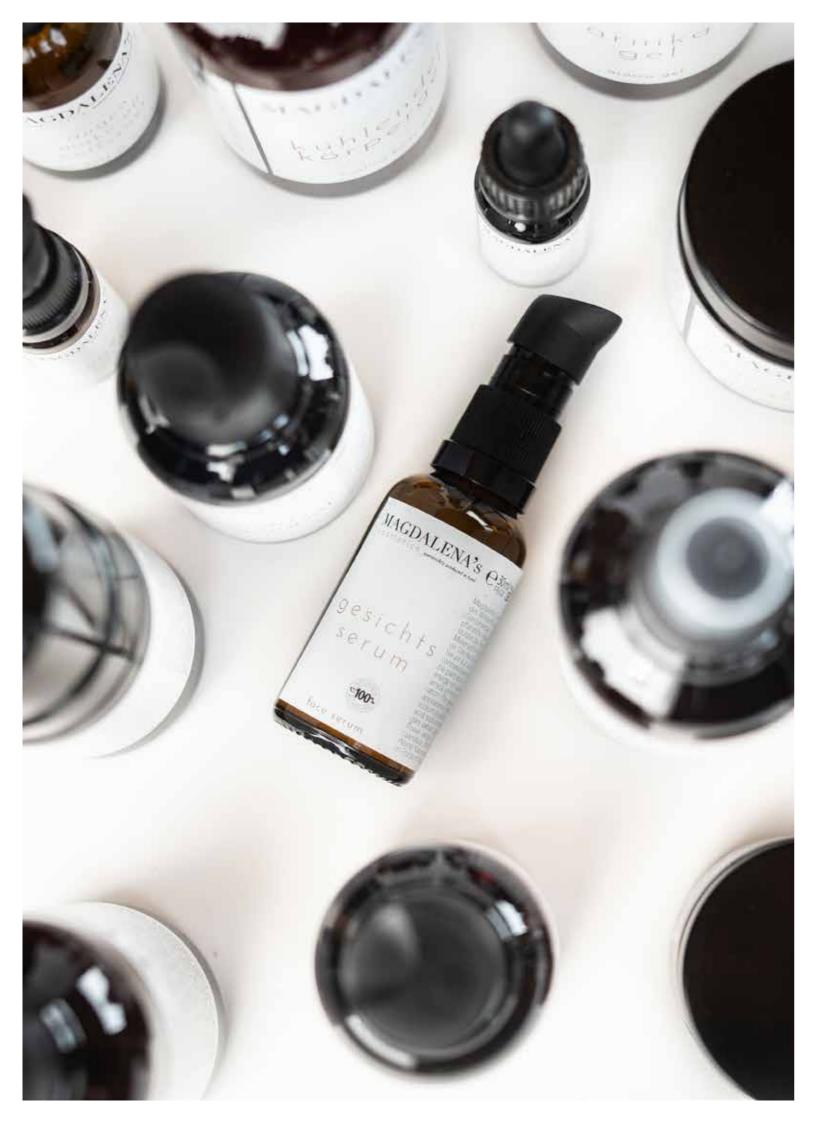
Gradonna^{****S} turns time into happiness. Sustainably.

SKIN SENSATION



MAGDALENA's COSMETICS sustainably produced in tyrol

At the Gradonna, relaxation and pleasure are of utmost importance. From the very beginning, the resort at the foot of the Grossglockner has made the connection to nature a key focus. This philosophy is also reflected in its new cosmetics line.

MAGDALENA'S made in Tyrol uses a combination of traditional alpine herbs. Yarrow has a cleansing and detoxifying effect. Arnica soothes sensitive skin, while rosehip stimulates cell renewal. Marigold and mallow nourish the skin and provide it with valuable moisture. It's a real treat for both people and the environment.

MAGDALENA'S POWER OF THE ALPS FACIAL TREATMENT	An intensive treatment that for A soothing relaxation ritual for warm herbal compresses and relax. Look forward to a clea	
	€ 87.00, treatment time 60 n	
MAGDALENA'S FACIAL TREATMENT SELECTION	An experience that delivers be selected according to your so rishing care. The integrated of feeling fresh and revitalised. tion, balance or radiance - ju	
	€ 123.00, treatment time app	
MAGDALENA'S MOMENTS	Say goodbye to signs of stre and cooling massage technic your eyes shining.	
	€ 53.00, treatment time 35 n	
FACIAL TREATMENT FOR OUTDOORSMEN	Exclusive facial treatment for that leaves you feeling fresh	
	€ 77.00, treatment time 50 n	
FACIAL TREATMENT SIMPLY FOR MEN	This nourishing treatment giv bats signs of ageing. A sooth relaxation.	
	€ 121.00, treatment time 80	



focuses on the face, décolleté and hands. followed by high-quality plant-based products, nd a pleasant pine fragrance to help you fully ar, even skin tone and fresh complexion.

minutes

beautiful, radiant skin! Masks and serums are skin type, providing a luminous glow and noueye treatment smooths fine lines to leave you Whether you are looking for relaxation, hydrajust sit back and let yourself be pampered.

prox. 80 minutes

ress and tiredness. A combination of draining iques, followed by an eye compress, will have

minutes

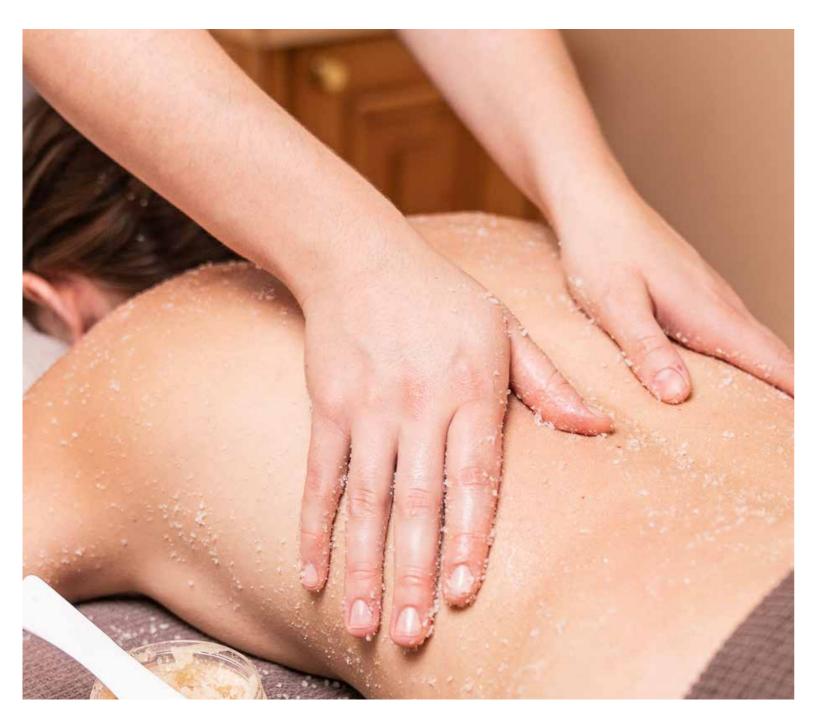
r outdoorsmen. Bespoke skin care for men and revitalised.

minutes

ves your skin a firm appearance and comthing head and neck massage provides further

minutes.

MAGDALENA'S MOUNTAIN FRESH BODY PEEL	A holistic exfoliation experience for your skin. A mineralising body peel, enriched with various herbal extracts, followed by body care that leaves your skin feeling fresh and supple.	MAGDALENA'S FASCIA THERAPY
	€ 46.00, treatment time 30 minutes	
DETOX TREATMENT	A relaxing foot bath kicks off the natural detox process, stimulating the circulation, and helping to deacidify and detoxify the body. Followed by a back treatment with a detox gel, combined with a massage and detox foot pads. The liver, gall bladder and kidneys boost the metab- olism and stimulate the detoxification processes.	MAGDALENA'S ANTI-STRESS MASSAGE
	€ 99.00, treatment time approx. 60 minutes	



techniques that boost the m ification processes in the bo points, releasing knots in th
€ 87.00, treatment time app
Time to recharge your batte This massage technique ap the body's energy pathways relaxed.
€ 99.00, treatment time 60
Discover the power of the s centres, the pleasant warm experience that provides re
€ 107.00, treatment time 60
A deeply beneficial massag The freshness of the herbs wonderfully fragrant experie
€ 119.00, treatment time 75
This full-body massage use niques that help to relieve r exceptionally pleasant expe
€ 87.00, treatment time 50
Enjoy a soothing and relaxir batteries at a breathtaking a tains in Kals.
€ 99.00, treatment time 60
An impressive massage exp from the mountains that not restores the mind and soul.
Full body € 129.00, treatme
Partial body € 59.00, treatm
Partial body € 59.00, treatm
Partial body € 59.00, treatm SSAGE €

Performed with gloves, a dry massage combined with a variety of massage techniques that boost the metabolism, release toxins and support detoxification processes in the body. This massage specifically targets reflex points, releasing knots in the connective tissue.

prox. 50 minutes

eries.

pplies warm oil along the meridians, stimulating s and leaving you feeling fully refreshed and

minutes

stones. This massage stimulates your energy th helping to loosen your muscles. A soothing elaxation for the entire body.

0 minutes

e ritual with powerful alpine herbs. and warming effect of the stamp make for a ence. It's relaxing and revitalising.

5 minutes

es a variety of Swiss pines and different techmuscle tension. The fragrant pine creates an erience.

minutes

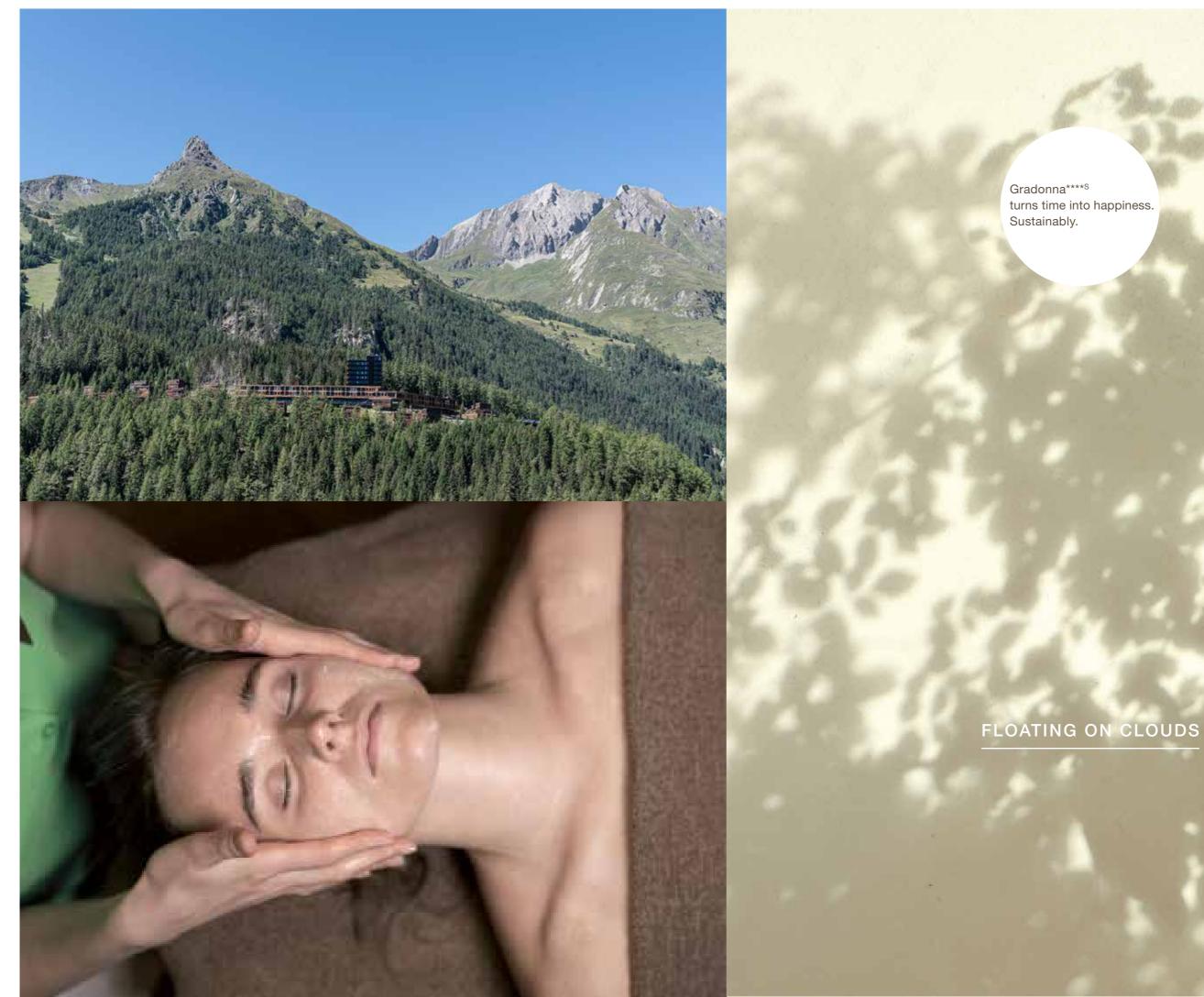
ng massage on the 11th floor. Recharge your altitude with an incredible view of the moun-

minutes

berience with Magdalena's herbal oils sourced to only provides deep relaxation, but also

ent time 75 minutes ment time 40 minutes

2 33.00, treatment time 20 minutes 2 40.00, treatment time 25 minutes 2 65.00, treatment time 45 minutes 2 33.00, treatment time 30 minutes.



GRADONNA'S "THE TWO OF US" TREATMENTS		MANUAL LYMPHATIC DRAINAGE	A massage that is as relaxing a to help drain the blocked lymph
RELAXATION FOR TWO	A relaxing back massage for couples – the perfect way to unwind and enjoy some time together.		BODY€ 68.00, treatment time
	€ 101.00, treatment time 40 minutes		FACE € 44.00, treatment time
		COMBINATION	Foot reflexology massage comb
SENSUAL FOR TWO	Enjoy a soothing aromatic foot bath in a wooden barrel and a relaxing full- body massage for two, then unwind together by candlelight with a glass of the finest Austrian sparkling wine.	MASSAGE BACK AND FOOT REFLEXOLOGY	€ 80.00, treatment time 50 min
	€,196.00, treatment time 75 minutes		
MAGDALENA'S CLAS	SICS		
MAGDALENA'S MOUNTAIN MASSAGE	mountain environment, tension is released, and the muscles are loosened	BASICS	
	and strengthened.	DASICS	
	€ 83.00, treatment time 50 minutes	We use premium products by Magdalena's and Mar for your hands and feet.	
	The local mountain herbal oils mean that this relaxing full-body massage		
AROMA MASSAGE	not only soothes your body, but also refreshes and invigorates your soul – while keeping things completely natural.	HANDS AND FEET	MANICURE WIT MANICURE WIT MANICURE WIT
	€ 75.00, treatment time 50 minutes		MANICURE DEL
			Manicure with
INDIVIDUAL MASSAGE	Book your individual appointment. To relax, recharge or after a workout. Let us find the specific treatment you need.		PEDICURE WITH
			PEDICURE WITH
	€ 119.00, treatment time 80 minutes		PEDICURE WITH
	€ 89.00, treatment time 60 minutes		
	€ 51.00, treatment time 30 minutes		PEDICURE DEL Pedicure with
CLASSIC MASSAGES	Foot reflexology massage		
	€ 47.00, treatment time 25 minutes	BEAUTIFUL EYES	Brow Tinting (
			Brow Shaping
	Foot and calf massage		-
	€ 56.00, treatment time 40 minutes		Lash Tinting €
	Face, neck & head massage		Brow and Las
	€ 56.00, treatment time 40 minutes		
		HAIR REMOVAL WITH	WARM WAX Upper lip/chir
SPORT MASSAGE	A massage that stimulates the circulation and metabolism with carefully		
SI ONT MASSAGE	selected oils, aiding recovery, and relaxing tense and stressed muscles.		Armpits € 23.
SI ONT MASSAGE	Tension and pain melt away into perfect relaxation.		
SI ONT MASSAGE			Back, chest € Legs up to kn

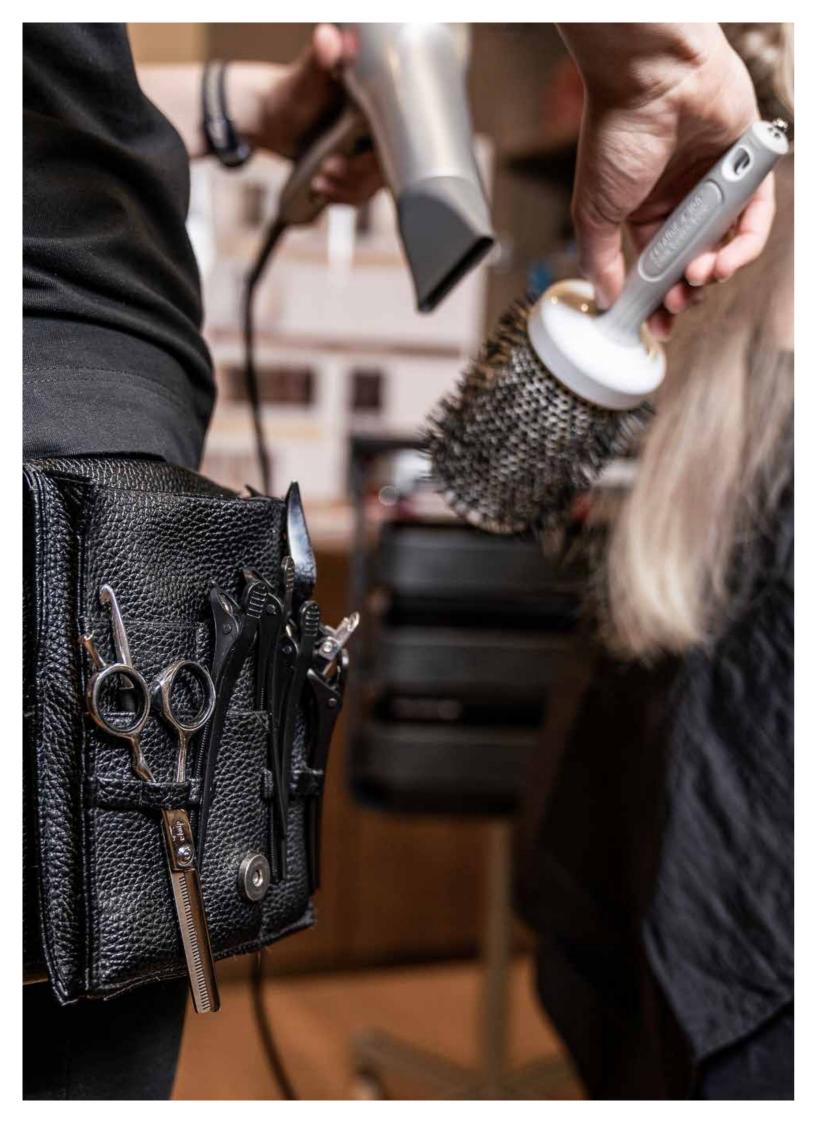
g as it is gentle. Tissue is carefully manipulated phatic system and support venous blood flow.

ne 50 minutes e 25 minutes

mbined with a classic back massage

ninutes.

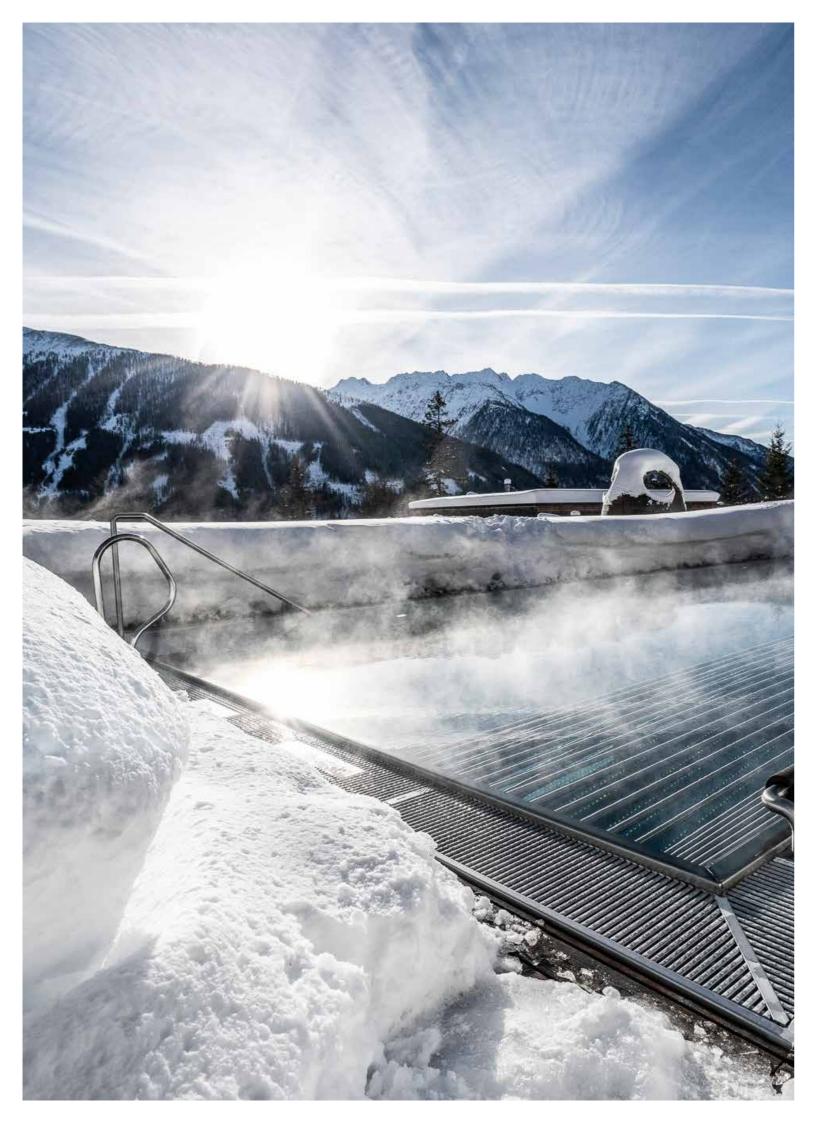
larien Apotheke Schwaz by Mag. Lukas Schultz VITHOUT POLISH € 39.00 VITH CLASSIC POLISH € 53.00 VITH VEGAN POLISH € 61.00 ELUXE ith exfoliation and hand mask € 58.00 ITHOUT POLISH € 47.00 ITH CLASSIC POLISH € 62.00 ITH VEGAN POLISH € 70.00 ELUXE ith exfoliation and foot mask € 80.00 g € 11.00 ing € 11.00 € 11.00 ash Tinting € 21.00 hin € 11.00 23.00 € 39.00 knee € 39.00 65.00



HAIR SALON

Our hair salon also uses premium hair care products by Magdalena's. The natural plant-based ingredients leave your hair nourished and strengthened with every wash. Soothing care from scalp to ends. Magdalena's conditioner is a treat for all hair types. Appointments can be made at the SPA reception.

LADIES	SHORT HAIR	LONG HAIR
Wash/blow-dry incl. consultation, scalp massage, styling Please note that we charge extra for the following services:	€ 31.00	€ 43.00
Cut Tint/glossing Root touch-up Partial head foil highlights Full head foil highlights Split ends trim Hair up incl. wash/blow-dry Hair up	€ 15.00 € 22.00 € 30.00 € 25,00	 € 20.00 € 28.00 € 30.00 € 35,00 € 50.00 € 28.00 € 48.00 € 31.00
Extras:		
Conditioner Mask Wedding hair incl. trial	€ 6.00 € 10.00 € 91.00	
MEN		
Wash/cut/blow-dry incl. consultation, scalp massage, styling	€ 35.00	
Cut (without wash) Clipper cut Beard trim	€ 26.00 € 15.00 € 12.00	
CHILDREN		
Cut (without wash)	€ 20.00	
YOUNGER CHILDREN Up to 6 years	€ 12.00	



SPORT & CO.

At the Gradonna, we believe in being active and relaxing indoors and outdoors every single day. Our weekly programme offers a wide range of activities that will have you feeling fitter and healthier in no time at all.

EXERCISE IN NATURE

From guided bike tours to hiking tours in the summer, at the Gradonna we love being active Our panorama gym is equipped with state-ofthe-art TechnoGym equipment. After an active all year round. Explore the landscape around day, why not wear yourself out before enjoying the resort on foot or bike and then head back our SPA area. for a soothing massage at our SPA.

PERSONAL TRAINING If you're looking to work on your fitness and figure, book a personal training session for a sustainable fitness experience Legs, bums and tums I Spinal exercises I Weight training Endurance training I Stretching I Yoga I Meditation Mountain biking I Bouldering I Nordic walking € 88.00, training session approx. 50 minutes

You can obtain more information about our training opportunities at the SPA reception

YOGA AND MEDITATION

Whether a beginner or experienced yogi, our experts will help elevate your practice. Enter a state of deep relaxation that will sustain you weeks after you get home.

PANORAMA GYM

ETIQUETTE, TIPS AND SUGGESTIONS

The Gradonna is your retreat - an oasis of power, peace and relaxation. To ensure that everyone enjoys their stay and feels comfortable, we ask you to observe the following guidelines.

Please help us maintain a relaxing atmosphere by avoiding loud conversations, phone calls and other noisy activities that may disturb others.

There is a textile sauna by the family and children's pool. This sauna can also be used by teenagers. Swimwear must be worn. Children under the age of 16 are not permitted to enter the sauna area or gym.

Sportswear and trainers must be worn whilst using the gym equipment. Please wipe down the equipment after use with the disinfectant provided.

Smoking and the consumption of alcohol is not permitted throughout the entire spa and indoor pool area. Please do not bring your own food and drink. Small snacks and refreshments - such as drinks with fresh herbs, fresh and dried fruit - are available from the Mountain Spa reception every day from 2:00 PM. Drinking fountains with water from the Gradonna spring are available in the sauna and pool area.

Please leave all jewellery and valuable items in your room safe. For hygiene reasons, do not enter the spa area in your outdoor shoes or clothing or with a pram/buggy.

Please inform us of any relevant medical conditions as certain treatments are not recommended in some cases.

We do our best to begin all treatments on time. If you are late for your appointment and the therapistor room has another

appointment scheduled afterwards, your treatment will be shortened accordingly.

Please make sure to allow time for changing and to make your way from reception to the treatment rooms. We kindly request that you provide a minimum of 12 hours' notice if you need to cancel your appointment. Otherwise, you will be charged for the treatment.

Please shower before all treatments. Showers are also available in the pool and sauna area.

You are usually expected to undress for all massages and treatments. During the massage, your body will be covered except for the part being massaged. The genital area remains covered at all times, disposable underwear is available.

Sauna use offers a variety of benefits. Use a towel to sit down/lie on in the Finnish sauna. However, for hygiene reasons do not use a towel in the steam room. Special hygienic seat pads are available. Please leave your flip-flops/sandals outside the sauna. Please maintain a peaceful atmosphere and avoid conversations in the sauna.

Wellness towels are available for use in the spa area and can be found in the wellness area.

Please help the environment and avoid using an excessive number of towels. Place used towels in the designated laundry baskets or chutes.

Our wellness experts are happy to offer you a personal consultation or to provide general information about your treatments.

The treatment time consists of the treatment duration and also includes rest periods relevant to the treatment.



CONTACT

Gradonna****S turns time into happiness. Sustainably.

+43 4876 82 000-707 www.gradonna.at or contact our spa reception

ENIS BY MAGDALENA'S FÜR JUNGE HAUT & HAARE / FOR YOUNG SKIN & HAIR / PER LA PELLE E I CAPELLI DEI GIOVANI



ALPINE NATURKOSMETIK IN IHRER REINSTEN FORM / ALPINE NATURAL COSMETICS IN THEIR PUREST FORM / COSMESI ALPINA NATURALE NELLA SUA FORMA PIÙ PURA

ENTDECKEN + BESTELLEN / DISCOVER + ORDER / ESPLORA + ORDINA QUI: WWW.MAGDALENAS.AT

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AGDALENA

MAGDALENA'S cosmetics sustainably produced in tyrol

OTO: JOLANTA DABROWSKA FÜR ISTOCK. PRODUKTFOTOS: MARKUS MITTERDORFER

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