



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 focuses on the face, décolleté and hands. A soothing relaxation ritual followed by high-quality plant-based products, warm herbal compresses and a pleasant pine fragrance to help you fully relax. Look forward to a clear, even skin tone and fresh complexion.

€ 87.00, treatment time 60 minutes

MAGDALENA'S FACIAL TREATMENT SELECTION An experience that delivers beautiful, radiant skin! Masks and serums are selected according to your skin type, providing a luminous glow and nourishing care. The integrated eye treatment smooths fine lines to leave you feeling fresh and revitalised. Whether you are looking for relaxation, hydration, balance or radiance – just sit back and let yourself be pampered.

€ 123.00, treatment time approx. 80 minutes

MAGDALENA'S MOMENTS Say goodbye to signs of stress and tiredness. A combination of draining and cooling massage techniques, followed by an eye compress, will have your eyes shining.

€ 53.00, treatment time 35 minutes

FACIAL TREATMENT FOR OUTDOORSMEN Exclusive facial treatment for outdoorsmen. Bespoke skin care for men that leaves you feeling fresh and revitalised.

€ 77.00, treatment time 50 minutes

FACIAL TREATMENT SIMPLY FOR MEN This nourishing treatment gives your skin a firm appearance and combats signs of ageing. A soothing head and neck massage provides further relaxation.

€ 121.00, treatment time 80 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.

€ 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 metabolism and stimulate the detoxification processes.

€ 99.00, treatment time approx. 60 minutes

MAGDALENA'S FASCIA THERAPY 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.

€ 87.00, treatment time approx. 50 minutes

MAGDALENA'S ANTI-STRESS MASSAGE Time to recharge your batteries. This massage technique applies warm oil along the meridians, stimulating the body's energy pathways and leaving you feeling fully refreshed and relaxed.

€ 99.00, treatment time 60 minutes

MAGDALENA'S GLOCKNER STONE ENERGY MASSAGE Discover the power of the stones. This massage stimulates your energy centres, the pleasant warmth helping to loosen your muscles. A soothing experience that provides relaxation for the entire body.

€ 107.00, treatment time 60 minutes

HERBAL STAMP MASSAGE A deeply beneficial massage ritual with powerful alpine herbs. The freshness of the herbs and warming effect of the stamp make for a wonderfully fragrant experience. It's relaxing and revitalising.

€ 119.00, treatment time 75 minutes

SWISS STONE PINE MASSAGE This full-body massage uses a variety of Swiss pines and different techniques that help to relieve muscle tension. The fragrant pine creates an exceptionally pleasant experience.

€ 87.00, treatment time 50 minutes

GLOCKNER'S POWER MASSAGE Enjoy a soothing and relaxing massage on the 11th floor. Recharge your batteries at a breathtaking altitude with an incredible view of the mountains in Kals.

€ 99.00, treatment time 60 minutes

MOUNTAIN HERBS LOMI MASSAGE An impressive massage experience with Magdalena's herbal oils sourced from the mountains that not only provides deep relaxation, but also restores the mind and soul.

Full body € 129.00, treatment time 75 minutes
Partial body € 59.00, treatment time 40 minutes

KIDS & TEENS

MOUNTAIN MAGIC MASSAGE € 33.00, treatment time 20 minutes
MOUNTAIN CLIMBER MASSAGE € 40.00, treatment time 25 minutes
FACIAL TREATMENT € 65.00, treatment time 45 minutes
MANICURE/PEDICURE FOR KIDS & TEENS € 33.00, treatment time 30 minutes.





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FLOATING ON CLOUDS

GRADONNA'S „THE TWO OF US“ TREATMENTS

RELAXATION FOR TWO A relaxing back massage for couples – the perfect way to unwind and enjoy some time together.
€ 101.00, treatment time 40 minutes

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.
€ 196.00, treatment time 75 minutes

MAGDALENA'S CLASSICS

MAGDALENA'S MOUNTAIN MASSAGE The classic full-body massage provides a welcome boost, through absolute relaxation. In combination with the special active ingredients from our mountain environment, tension is released, and the muscles are loosened and strengthened.
€ 83.00, treatment time 50 minutes

MAGDALENA'S AROMA MASSAGE The local mountain herbal oils mean that this relaxing full-body massage not only soothes your body, but also refreshes and invigorates your soul – while keeping things completely natural.
€ 75.00, treatment time 50 minutes

INDIVIDUAL MASSAGE Book your individual appointment. To relax, recharge or after a workout. Let us find the specific treatment you need.
€ 119.00, treatment time 80 minutes
€ 89.00, treatment time 60 minutes
€ 51.00, treatment time 30 minutes

CLASSIC MESSAGES
Foot reflexology massage
€ 47.00, treatment time 25 minutes

Foot and calf massage
€ 56.00, treatment time 40 minutes

Face, neck & head massage
€ 56.00, treatment time 40 minutes

SPORT MASSAGE A massage that stimulates the circulation and metabolism with carefully selected oils, aiding recovery, and relaxing tense and stressed muscles. Tension and pain melt away into perfect relaxation.

FULL BODY € 119.00, treatment time 80 minutes
BACK/LEGS € 85.00, treatment time 50 minutes

MANUAL LYMPHATIC DRAINAGE A massage that is as relaxing as it is gentle. Tissue is carefully manipulated to help drain the blocked lymphatic system and support venous blood flow.

BODY € 68.00, treatment time 50 minutes
FACE € 44.00, treatment time 25 minutes

COMBINATION MASSAGE
BACK AND FOOT REFLEXOLOGY Foot reflexology massage combined with a classic back massage
€ 80.00, treatment time 50 minutes.

BASICS

We use premium products by Magdalena's and Marien Apotheke Schwaz by Mag. Lukas Schultz for your hands and feet.

HANDS AND FEET

MANICURE WITHOUT POLISH € 39.00
MANICURE WITH CLASSIC POLISH € 53.00
MANICURE WITH VEGAN POLISH € 61.00

MANICURE DELUXE
Manicure with exfoliation and hand mask € 58.00

PEDICURE WITHOUT POLISH € 47.00
PEDICURE WITH CLASSIC POLISH € 62.00
PEDICURE WITH VEGAN POLISH € 70.00

PEDICURE DELUXE
Pedicure with exfoliation and foot mask € 80.00

BEAUTIFUL EYES

Brow Tinting € 11.00
Brow Shaping € 11.00

Lash Tinting € 11.00

Brow and Lash Tinting € 21.00

HAIR REMOVAL WITH WARM WAX

Upper lip/chin € 11.00

Armpits € 23.00

Back, chest € 39.00
Legs up to knee € 39.00
Full legs € 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	€ 31.00	€ 43.00
Please note that we charge extra for the following services:		
Cut	€ 15.00	€ 20.00
Tint/glossing	€ 22.00	€ 28.00
Root touch-up	€ 30.00	€ 30.00
Partial head foil highlights	€ 25,00	€ 35,00
Full head foil highlights		€ 50.00
Split ends trim		€ 28.00
Hair up incl. wash/blow-dry		€ 48.00
Hair up		€ 31.00
Extras:		
Conditioner	€ 6.00	
Mask	€ 10.00	
Wedding hair incl. trial	€ 91.00	
MEN		
Wash/cut/blow-dry incl. consultation, scalp massage, styling	€ 35.00	
Cut (without wash)	€ 26.00	
Clipper cut	€ 15.00	
Beard trim	€ 12.00	
CHILDREN		
Cut (without wash)	€ 20.00	
YOUNGER CHILDREN	€ 12.00	
Up to 6 years		



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 all year round. Explore the landscape around the resort on foot or bike and then head back 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 | Spinal exercises | Weight training

Endurance training | Stretching | Yoga | Meditation

Mountain biking | Bouldering | 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

Our panorama gym is equipped with state-of-the-art TechnoGym equipment. After an active day, why not wear yourself out before enjoying our SPA area.

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 therapist 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.



GRADONNA MOUNTAIN SPA

CONTACT +43 4876 82 000-707

www.gradonna.at

or contact our spa reception

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LENI'S

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



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