



MASSAGES AND WELLNESS  
AT YOUR RETREAT IN THE HEART OF AUSTRIA

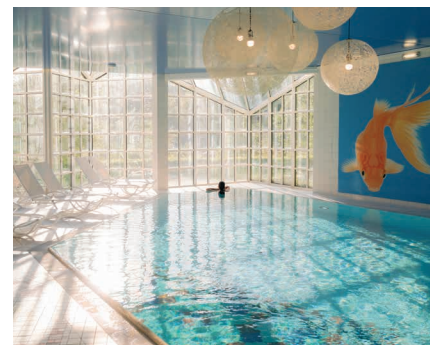


TIME OFF

## TIME OFF? FOR YOU AND YOUR BODY

**TAKE A DEEP BREATH, PLEASE.** And simply enjoy life at Grundlsee. It's nice you are here, giving yourself and your body time for relaxation, time for absolute well-being. Amid the mountains and lakes of the Ausseerland. In the Styrian Salzkammergut.

Let our professional well-being coaches really look after you. Tuned to your individual preferences and how you feel from day to day. Empathic and full of joie de vivre.





RELAXATION

# MASSAGES

## SOOTHING AND RELAXING

25 min. € 42

50 min. € 69

### CLASSIC MASSAGE

#### LOOSENING AND INVIGORATING

Helps loosen tense muscles and improve circulation.

### GRUNDLSEE AROMA MASSAGE

#### MMM... WHAT A LOVELY FRAGRANCE

With regional aromas creating a balanced and harmonious mood.

### MANUAL MUSCLE MOBILISATION

#### STIMULATING STRETCHES

Special manual grips improve the mobility of fasciae and muscles.

### SPORT MASSAGE

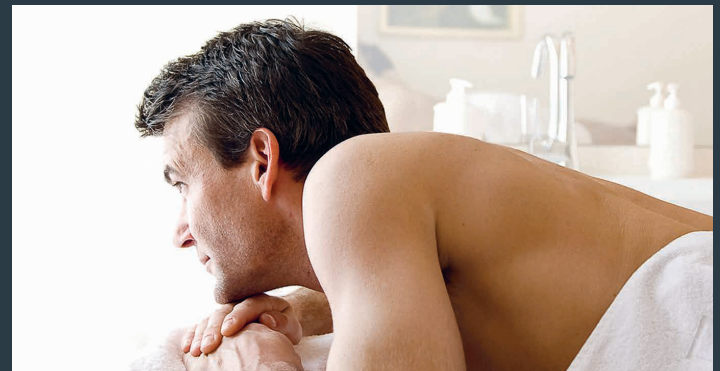
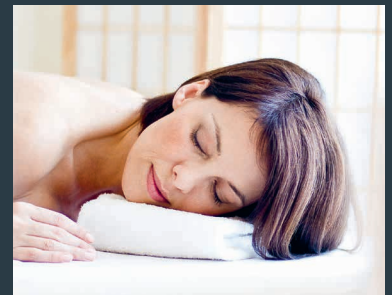
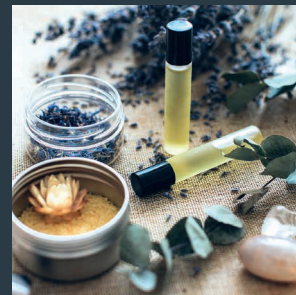
#### THE ICING ON THE CAKE FOR A PERFECT DAY

Cycling, hiking, skiing... the individual balance for moving and memorable moments that activates or regenerates your muscles as required.

### FOOT REFLEXOLOGY MASSAGE

#### BYE BYE TENSION

Puts an end to body tension – through the gentle stimulation of body parts via reflex points on the feet.







WELL-BEING



# SHIATSU AND CRANIO-SACRAL THERAPY BECAUSE WE VALUE YOUR WELL-BEING

*We recommend  
comfortable,  
light clothing for  
these treatments  
sessions.*

50 min. € 69

50 min. € 69

## **SHIATSU. TRUE WELL-BEING THROUGH TOUCH.**

A Far Eastern method based on the teachings of traditional Chinese medicine (TCM). Exerting gentle pressure along the body's meridians, stretching and rotations help relieve tension and blockages, minimize stress and boost the immune system.

**CRANIO-SACRAL THERAPY. ACTIVATE NATURAL SELF-HEALING PROCESSES.** A gentle hands-on treatment applied to the head, spine and sacrum to enhance physical and mental well-being.



ME-TIME

# PERSONAL YOGA

## YOUR VERY OWN PRIVATE PATH TO HAPPINESS

### PERSONAL YOGA

#### ON THE MAT FOR INTERNAL BALANCE

Whether in the hotel or outdoors, sporty or calming, relaxing or invigorating: A positive basic attitude that accompanies you throughout the day. Through yoga exercises specially tailored to you. Individual breathing techniques. And easily practicable advices. For a particularly long-term effect.



60 min. € 59



SUPPORT

# OUR COACHES

## YOUR STRENGTH



### IWONA SAKOWICZ

#### CERTIFIED YOGA TEACHER & MOUNTAIN HIKING GUIDE

In search of relaxation? Inspiration? Pleasurable exercise? Iwona has travelled the world and honed her yoga skills. She provides a combination of positive feelings, harmonious asanas – ideal for promoting regeneration. Whether you prefer group or individual instruction in a studio setting or out in the open: Iwona knows what suits you best. She is happy to share her yoga knowledge of 20 years.



### ERIK STIX

#### SPORTS AND MASSAGE THERAPIST

Erik helps your muscles take a break. He combines classic massage with various tailor-made massage and manual techniques. Muscles are loosened, mobilised and your circulation is improved. Of course, Erik will also be happy to provide you with a foot reflexology massage or Grundlsee aroma massage.



### MARIANNE GASPERL

#### CERTIFIED SHIATSU PRACTITIONER & CRANIO-SACRAL-THERAPIST

Marianne has a fine sense for your individual needs and will tailor your treatment accordingly, boosting well-being for body, mind and soul.

*Appointments  
at reception.  
Tel. internal  
233*



**MONDI RESORT AM GRUNDLSEE**

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