




MONDI
RESORT AM GRUNDLSEE

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. € 38

50 min. € 62

CLASSIC MASSAGE.

LOOSENING AND INVIGORATING.

Helps loosen tense muscles and improve circulation.

GRUNDLSEER 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.

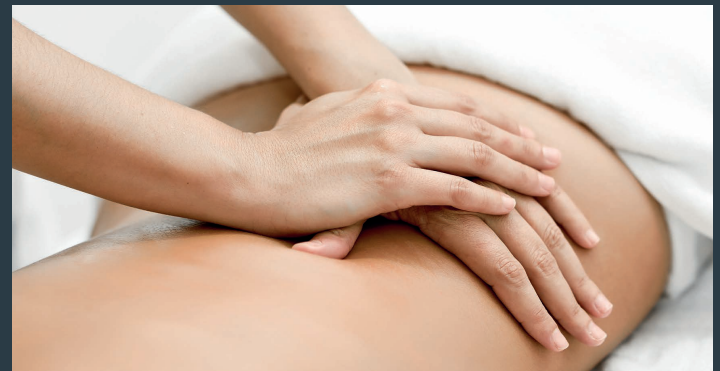
THE ICING ON THE CAKE FOR A PERFECT DAY.

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 YOUR WELL-BEING IS VALUABLE.

*With these
treatments please
wear comfortable,
light clothing.*

50 min. € 62

50 min. € 65

SHIATSU. STIMULATING AND HARMONISING.

The regenerating pressure point massage of meridians and stretching points. Stimulates the immune system and the body's own self-healing powers.

CRANIO-SACRAL THERAPY. DETECTING AND LOOSENING OF CRUCIAL POINTS.

The epitome of empathy: gentle tension and blockage relief through pulling and pushing movements adapted to your needs. Tonic for body and soul.





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 spiritual, relaxing or invigorating: A positive basic attitude that accompanies you throughout the day. Through yoga exercises specially tailored to you. Even better-lasting as a supplement to cranio-sacral therapy. For a particularly long-term effect.



60 min. € 59



SUPPORT

OUR COACHES. YOUR STRENGTH.

*Appointments
at reception.
Tel. internal
233*



SIMONE SEIBERL

CRANIO-SACRAL AND YOGA THERAPIST

No matter where the problem lies, Simone will help make your body supple. Cranio-sacral therapy is closely linked to osteopathy. Simone uses manual pulling and pushing movements to release tension and blockages. You determine the intensity of the treatment. Simone also applies yoga therapy technique.



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 Grundlseer aroma massage.



MARIANNE GASPERL

CERTIFIED SHIATSU PRACTITIONER

Shiatsu, a manual therapy method based on TCM and acupuncture, influences the body's energy system and has a balancing effect on the organism. Marianne applies targeted pressure on the energy pathways and stretching stimulates you physically, emotionally and mentally. Each session is adapted to your personal needs.



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