

BACK TO NATURE WITH PURE RELAXATION



**SPA TREATMENTS
IN OUR "KRISTALL SPA"
AT HOTEL GARTNERKOFEL**

OPENING HOURS

Spa reception	from 10:00 a.m. to 07:30 p.m.
Therapy area	from 10:00 a.m. to 07:30 p.m.

FOR ADULTS AND TEENS (14 YEARS AND OLDER)

“Kristall Spa”	from 01:00 p.m. to 07:30 p.m.
Indoor pool	from 07:00 a.m. to 07:30 p.m.

FOR FAMILIES AND KIDS

Familien Badetraum	from 01:00 p.m. to 07:30 p.m.
Organic sauna and tepidarium	from 11:00 a.m. to 07:30 p.m.

**The access to our “Kristall Spa” with indoor pool
is permitted from the age of 14 on.**

APPOINTMENTS AND CONSULTATION

We are happy to take your reservation directly at the spa reception and are always available to answer your questions. If the spa reception is not occupied, we kindly ask you to make your appointments at the hotel reception.

In order to be able to guarantee your personal desired date,
we recommend an early reservation.
Vouchers can be purchased at the hotel reception!

THEMED INFUSIONS

As a highlight in our “Kristall Spa”, we offer you themed infusions by our sauna experts several times a week. We would also like to invite you to an included peeling treatment. A peeling promotes blood circulation, stimulates cell renewal and frees the skin from impurities.

ADVICE FOR AN OPTIMAL WELLNESS AND THERAPY EXPERIENCE

TO ENSURE THAT EVERYONE FEELS COMFORTABLE, THERE ARE A FEW GUIDELINES, THAT WE KINDLY ASK YOU TO FOLLOW.

- Please inform us about any health problems or allergies to certain oils and active ingredients. Our wellness team will be happy to advise you
- Please come to your booked treatment in your bathrobe approx. 10 minutes before.
- Enjoy and refresh yourself at our water and tea bar until your therapist welcomes you.
- **No-Go's:** Please understand that mobile phones, tablets, alcohol and tobacco of any kind are not permitted!

CONTRAINDICATIONS

- Febrile diseases
- Inflammatory processes (e.g. tonsillitis, colds)
- Skin diseases
- Vein problems
- Cardiac insufficiency
- Severe arteriosclerosis
- Surgery within the last 6 months

CANCELLATION POLICY IN IN OUR "KRISTALL SPA"

You can cancel your wellness appointments with us free of charge **up to 24 hours** before the start of the treatment. After that, we unfortunately have to charge you for the time, as the appointment was reserved especially for you.

SILENCE

Please take part in our atmosphere of peace, relaxation and silence!
Therefore, please switch off your mobile phones in order
to be able to guarantee this peace and quiet.

PAYMENT METHODS

You can have your treatments and product purchases added to your room bill.
If you have a voucher for a treatment, please hand it in at the spa reception
at the beginning of the treatment.

ETIQUETTE & APPAREL

- Our “Kristall Spa” is a place of peace and relaxation.
- The sauna area is a nude area.
- Please only enter the wellness area with slippers.
- In order to avoid accidents, fragile objects (glasses, tea cups, etc.)
are not allowed in the spa and pool area.
- Please keep quiet at the tea bar.

SAUNA AREA

Sauna infusions with our sauna experts take place several times a week.
Please refer to the weekly program for the exact times.
Furthermore, there is an automatic infusion every 20 minutes in the saunas.

**WE WISH YOU A RELAXING TIME
IN OUR “KRISTALL SPA”!**



HOW TO SAUNA PROPERLY

- **Cleaning:** Cleanse yourself in the shower and dry yourself well afterwards. Dry skin sweats faster.
- **Footbath:** You should not go to the sauna with cold feet. A warm foot bath beforehand helps to increase circulation and also promotes sweating.
- **Where to sit?** In the Finnish sauna there are often up to three wooden benches placed at different heights. The higher the bench, the hotter it gets. On the third and highest wooden bench, the heat is most intense, reaching up to 90°C. Eight minutes is quite sufficient for the first course. Beginners in particular are best off using the second-highest bench at first. Low-temperature saunas that are gentler on the circulation, such as the colored light sauna or the steam bath, are very suitable for beginners.
- **No sweat on the wood:** Please place your towel under your whole body in the sauna.
- **Cooling:** After the sauna, the cooling phase is best started with a short walk in the fresh air, as the body now needs oxygen. Afterwards, a splash shower or a Kneipp hose will refresh you.
- **Resting:** The resting phase of at least 15 minutes, which is also important, is now relaxing, for example in the relaxation area or in the whirlpool. A subsequent massage also promotes the relaxation effect. You should refrain from doing any sports afterwards.



CLASSIC MESSAGES

PARTIAL BODY MASSAGE (BACK)

approx. 25 minutes

Euro 40,-



FULL BODY MASSAGE

approx. 45 minutes

Euro 80,-



FULL BODY PREMIUM

Let your body regenerate and recover. This massage is connected to the head and is also available with honey on request. Feel reborn from head to toe.

approx. 60 minutes

Euro 98,-



INDIVIDUAL MASSAGE

This massage is tailored to your personal needs. Problem areas and tension are addressed individually.

approx. 45 minutes

Euro 98,-



SPORT MASSAGE (BACK AND LEGS)

During the massage, the muscles are relaxed and toxins are removed. We recommend it to sporty guests with very tense muscles to warm up before sport or to relax after activity.

Not possible for varicose veins and vein problems.

approx. 50 minutes

Euro 80,-



TIME DELUXE

Take some time out with a mix of different massages.

- Welcome tea
- Facial massage
- Shoulder and neck massage
- Classic foot massage

approx. 75 minutes

Euro 110,-



CLASSIC MASSAGES

COMBINATION MASSAGE (BACK AND FOOT MASSAGE)

approx. 45 minutes

Euro 75,-



HEAD, NECK AND SHOULDER MASSAGE

For a clear head and less weight on the shoulders.

approx. 25 minutes

Euro 45,-



TAPING

Taping supports your muscle and joint functions and improves mobility. This can accelerate healing in the event of pain or injuries.

approx. 15 minutes

Euro 15,-

approx. 30 minutes

Euro 30,-



BODY TREATMENT FROM THE ALPS

FULL BODY PEELING

Refreshes, cleanses and moisturizes the skin.

Has a regenerating and revitalizing effect.

approx. 25 minutes

Euro 50,-



ANTI-AGING BODY WRAP

The anti-aging body wrap stimulates the metabolism in the connective tissue and helps break down toxins more effectively. This makes the skin firmer and tighter.

approx. 45 minutes

Euro 80,-

MASSAGES WITH A WARMING EFFECT

ALPINE STONE MASSAGE

The warmth of the stones goes into the depths of the musculature and helps to relieve tension.

PARTIAL BODY MASSAGE

approx. 25 minutes

Euro 55,-

FULL BODY MASSAGE

approx. 45 minutes

Euro 95,-



HERB STAMP MASSAGE

Through the application of warm oils and massaging with hot herb stamps from the Carnic Alps, a great deep relaxation is achieved.

PARTIAL BODY MASSAGE

approx. 25 minutes

Euro 55,-

FULL BODY MASSAGE

approx. 45 minutes

Euro 95,-



HONEY MASSAGE

Through the pumping technique, waste products and toxins are removed from the body tissue. Honey has a detoxifying and at the same time cares for the skin. This treatment may sound relaxing, but it is really something special.

approx. 25 minutes

Euro 50,-



SOFT HANDS

HARMONY

Hand peeling and hand massage

approx. 25 minutes

Euro 40,-

CHIROPRACTIC

DPT® CHIROPRACTIC Michael A. Mayer

bookable **ONLY** on Thursdays from 03:00 p.m.

It is useful for relieving musculoskeletal pain such as headaches, migraines, shoulder, hip, knee, ankle and foot pain... The correct functionality of the vertebrae is restored, which is often caused by incorrect posture or positions. The result is an immediate benefit with an immediate feeling of relief in the treated area.

Advantages after the treatment: Reduction of pain, increase in mobility, better posture and improved function of the nervous system

approx. 25 minutes

Euro 70,-



RELAXING MASSESSES

DR. GRANDEL FACE MASSAGE

The massage stimulates the skin, making it more effective and helping to tighten the facial oval. This improves blood circulation and makes the skin more elastic and smoother.

approx. 25 minutes

Euro 50,-

FACE MASSAGE WITH DECOLLETÈ

approx. 45 minutes

Euro 60,-



CHOCOLATE MASSAGE

This treatment actively eliminates wrinkles and tightens the skin. At the same time, it has a calming, anxiety-relieving and anti-depressant effect due to the fragrance. Particularly effective for dry skin.

approx. 25 minutes

Euro 45,-

approx. 45 minutes

Euro 82,-



FULL BODY RELAX MASSAGE WITH AROMA OIL

approx. 45 minutes

Euro 80,-

RELAXING MASSES

HONEY AVOCADO MASSAGE: A GOLDEN DREAM

Vitamin enzymes and the mineral content of the honey penetrate deep into the skin, which has a nourishing, anti-inflammatory and pain-relieving effect. The active ingredients are detoxifying for the entire body. Avocado oil is rich in OMEGA-3 fatty acids and vitamins A, B, C and D! It has an antioxidant and antibacterial effect.

approx. 25 minutes	Euro	50,-
approx. 45 minutes	Euro	85,-



ROSE OIL MASSAGE: APHRODITE BEAUTY

Rose oil contains more than four thousand components that are, among other things, antiseptic and anti-inflammatory. Rose oil creates harmony in the soul, calms and has an antidepressant effect.

approx. 25 minutes	Euro	50,-
approx. 45 minutes	Euro	85,-



COOLING REFRESHING MASSAGE WITH PEPPERMINT & EUCALYPTUS

The massage has a cooling, mood-lifting and refreshing effect.

approx. 25 minutes	Euro	45,-
approx. 45 minutes	Euro	80,-



TREATMENTS FOR KIDS UP TO 14 YEARS

MAGIC MASSAGE

Relaxing back massage for our kids

approx. 15 minutes	Euro	25,-
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HERB WITCH

Relaxing back massage with warm herb stamps
for all little herb witches and wizards

approx. 15 minutes	Euro	25,-
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LEG AND FOOT TREATMENTS IN THE SWISS PINE TUB

LIGHT LEGS, NIMBLE SOLES

Relaxing calf massage

approx. 25 minutes

Euro 45,-



HONEY FOOTBATH WITH RELAXING FOOT MASSAGE

This treatment supports the detoxification of the body and helps with colds and blockages in the head. Cozy warmth spreads, you breathe freely and your defenses are strengthened. It is also great just to relax and for troubled feet.

approx. 25 minutes

Euro 45,-



FOOTBATH WITH FOOT MASSAGE

Relax your feet in a Swiss pine tub with soothing herb oil. This is followed by a foot massage.

approx. 35 minutes

Euro 55,-



FOOT REFLEXOLOGY MASSAGE

This is a form of treatment in which the sole of the foot is stimulated. It helps with headaches, stress and tension.

approx. 25 minutes

Euro 50,-



FOOTBATH WITH FOOT REFLEXOLOGY MASSAGE

Enjoy the footbath and the subsequent stimulation of the soles of your feet.

approx. 45 minutes

Euro 80,-

RELAXATION FOR MIND & SOUL

BRUSH MASSAGE

A gentle dry brush massage removes dead skin cells. Brushing stimulates blood circulation and improves skin elasticity.

PARTIAL BODY MASSAGE

approx. 25 minutes

Euro 50,-

FULL BODY MASSAGE

approx. 45 minutes

Euro 100,-



SWISS PINE MASSAGE FOR NATURE-LOVING PEOPLE

Swiss stone pine has a positive effect on circulation, sleep and general well-being. Enjoy the massage experience with different Swiss pine sticks.

PARTIAL BODY MASSAGE

approx. 25 minutes

Euro 45,-

FULL BODY MASSAGE

approx. 45 minutes

Euro 80,-



RELAXING MOUNTAIN HERB MASSAGE

This massage is a **gentle treatment** with precious alpine herbs from the mountains.

PARTIAL BODY MASSAGE

approx. 25 minutes

Euro 45,-

FULL BODY MASSAGE WITH FACIAL MASSAGE

approx. 45 minutes

Euro 80,-



SHAMAN MASSAGE **intense massage!**

A journey with various techniques. Accompanied by incense, drumming and stones, body and soul are brought back into harmony.

PARTIAL BODY MASSAGE

approx. 25 minutes

Euro 70,-

FULL BODY MASSAGE WITH FACIAL MASSAGE

2025/26 winter season



approx. 45 minutes

Euro 120,-