



gridlon <sup>\*\*\*</sup>  
INSPIRATION ARLBERG

beauty  
& spa

Wellness in Arlberg



*exercise. relax. indulge.*

### *Welcome to gridlonSPA*

Exercise, relaxation, indulge, and nature are all one, here at Gridlon. At gridlonSPA, wellness and rejuvenation are experienced with all the senses. Choose from numerous treatments with specialised goals for your health!

In our SPA, [ comfort zone ] and pure ALTITUDE combine the best of science and nature by offering the highest quality products and do wonders for both body and soul. Relax and find restoration with massages, baths and cosmetic treatments that do something great for your body!

We are always happy to offer advice and information at the beginning of your stay and to tailor a beauty programme to your individual needs for a well-being holiday at the Gridlon hotel.

*Familie Lieglein*

*The Lieglein Family  
and the SPA Team*

## Gridlon SPA Book

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FACIAL TREATMENTS

[ comfort zone ]

[ comfort zone ] is an international SPA line and includes high-quality products for the face, body and soul.

These extraordinary treatments are based on phyto-aromatherapy, complemented by active dermatological agents. The products come with a guarantee for natural ingredients, sustainability and tolerability.

For the line’s development, only green energy obtained from sun, wind and water was used.

HYDRAMEMORY. MOISTURE

Concentrated moisture for dry or dehydrated skin. The sugar extract of a desert cactus, supportive hyalurone, and evening primrose oil provide a pleasant feeling on the skin and transform dry skin into fresh, lively, moisturised skin.

	85 min.   € 86
with peel off mask	85 min.   € 93

Classic Facial Treatments

The following treatments (85 min.) include “tranquillity welcome” ritual: cleansing with deep cleaning, facial massage, mask and finishing treatment.

ACTIVE PURENESS. CLEANSING

Clarifying extracts of propolis and avocado gently regulate sebum production, settle impurities and disinfect without drying out the skin. The skin’s appearance radiates beauty and freshness.

85 min.   € 86
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RECOVER TOUCH. VITAMINS

This vitamin cocktail with antioxidants from Tibetan goji berries and essential fatty acids in high concentrations restores and regenerates the glow lost by stressed, tired skin. Vitamins from Tibetan goji berries combat skin damage and neutralise free radicals.

85 min.   € 86
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SKIN RESONANCE. CALMING

White tea, vitamins, and essential oils work to reduce swelling, to calm, and to restore harmony to sensitive skin.

85 min.   € 86
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GLORIOUS SKIN. LIFTING

An immediate effect through high-dose, muscle-relaxing peptides combined with an effective, firming mask. Within minutes, the face gains an intensive relaxation, a smooth, tighter surface and a visibly fresher, clearer appearance.

85 min.   € 93
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ACTION SUBLIME. ANTI AGE

This deep-acting hyalurone and retinol treatment with intensively full modelling and anti-ageing facial massage nurtures the entire skin layer and brings sustainable youth to the skin.

85 min.   € 93
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MINI FACIAL TREATMENT

This is the short, effective maintenance treatment based on an individually customised process for visible, palpable revitalisation of the skin.

55 min.   € 64
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EXPRESS FACIAL TREATMENT

With cleansing, peeling, facial massage and skin care mask.

40 min.   € 49
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MASQUE MODELANT

A LA MARIA GALLAND, PARIS  
Following the original method of Maria Galland, Paris. The treatment activates lymph activity and blood circulation, freeing the skin of harmful waste products. The contours of the face are gently remodelled - revitalising, rejuvenating and lifting the skin’s natural glow.

85 min.   € 93
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Facial Treatments for Men

Following a fine cleansing, the cosmetician will select a treatment that is just right for men’s skin. Stressed and dry skin gains moisture through the action of hyalurone, honey and a cactus-derived sugar molecule.

CLASSIC FACIAL TREATMENT

With cleansing, peeling, facial steaming, deep cleansing, facial massage and skin care packing.

85 min.   € 86
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MINI FACIAL TREATMENT

With cleansing, peeling, deep cleansing or facial massage and skin care packing.

55 min.   € 64
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COMPACT FACIAL TREATMENT

With cleansing, peeling, facial massage and skin care packing.

40 min.   € 49
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pure ALTITUDE

**pure ALTITUDE**  
**Bioorganic cosmetics**

*The pure ALTITUDE cosmetic line is centred on entirely natural substances from the Alps, and includes a complete care programme for the face and body.*

*The products, featuring more than 50 different extracts from selected mountain plants, unite the efficiency of natural substances with high-performance textures. The line of personal care products, inspired by the model of a stimulating walk in the mountains, awakens authentic feelings for your skin: well-being, comfort and protection.*

**It is a skin care line:**

- with active ingredients from the mountains
- offering affordable luxury
- featuring extraordinary innovation



**SÈVE DE VIE FACIAL TREATMENT**

**Alpine Mild**

A structuring, regenerating facial treatment with a bioorganic foundation. Cell-protecting flowers and elixirs facilitate the process of regeneration, and bring the natural balance back to your skin. After the cleansing and the peeling with grains, enjoy a restorative and thorough massage with the Elixir de Maca. The active agents are infused into the skin by a peel-off mask of blueberries and vitamin C. The subsequent massage with jade stones refreshes and tones.

85 min. | € 89

**LIFTALPES FACIAL TREATMENT**

**Alpine Anti-Ageing**

The power of pure spring water from Mont Blanc, and highly active Alpine extracts, combat the ageing process. Following the cleansing and grain peeling, the skin is massaged with the Himalaya elixir. The special lifting mask made of pink clay, edelweiss and honey transports the active agents deep into the skin. The subsequent massage with jade stones refreshes and tones.

85 min. | € 93

**ALPINE MOMENTS & SPARKLING EYES**

Ideal for tired and stressed eyes. Alpine herbs are infused into the skin by an eye mask. The restorative jade stone massage relaxes and revitalises.

30 min. | € 35

**ALPINE & EXPRESS FACIAL TREATMENT**

Diese alpine Express-Behandlung schenkt Ihrer Haut in kurzer Zeit strahlend schönes Aussehen und einen frischen Teint. Mit Reinigung, Getreidepeeling, kurze Gesichtsmassage und Eisblumenmaske.

40 min. | € 49

**PURETÉ AU MASCULIN**

**Just for Men**

This powerful Alpine complex of gentian, edelweiss, arnica, and horsetail is ideal for stressed skin in men. Following the cleansing, the face is refined and clarified with a grain peeling. Pampered after the facial and head massage, a cooling white frost mask revitalises the face.

55 min. | € 61







BODY TREATMENTS

SEA ALGAE BODY TREATMENT

100% pure, micropulverised algae function to detoxify, purify and stimulate the metabolism.

	50 min.   € 67
with peeling	70 min.   € 89

FIRMING ANTI-AGE TREATMENT

This treatment firms and strengthens the tissue via the action of green walnut extracts and Kamani oil. As a result, collagen synthesis is stimulated, slowing down the ageing process. The result is worth showing off!

	50 min.   € 67
with peeling	70 min.   € 89

CELLULITE MODELAGE

Strongly removes excess water, stimulates fat metabolism and brings oxygen and minerals to the skin. Leaves the silhouette with a visibly new shape.

	40 min.   € 49
with peeling	60 min.   € 71

VITAMIN PACKING

A unique vitamin cocktail made from tomatoes, spinach and artichokes, providing stronger tone and compact body contours. The packing neutralises free radicals with anti-oxidant ingredients, re-creating water balance in the skin.

	30 min.   € 41
with peeling	50 min.   € 63

MUD PACKING

A creamy mud packing with thermal water and essential oils of cypress, lemon, and fennel to dissolve muscle tension and inhibit inflammation. Positive results for skin problems. Ideal for detoxifying and purifying.

	50 min.   € 67
with peeling	70 min.   € 89

EVENING PRIMROSE OIL CREAM PACK

Moisturising and lipid-balancing properties.

	30 min.   € 41
with peeling	50 min.   € 63

*A body peeling refines the pores and frees the skin of dead cells. Your skin will show a more silky, smooth tone and is ready to take up the subsequent treatment agents.*

FRUIT PEELING

A fine peeling based on fruits, with enzymes from pineapple, papaya and kiwi.

25 min.   € 32
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BROWN SUGAR & HONEY PEELING

The sweet indulgence right on the skin. Brown sugar mixed with honey provides renewal and stimulates the circulation.

25 min.   € 32
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SNOW CRYSTAL PEELING

The unique body scrub is reminiscent of fresh snow, as the white sugar crystals melt on the skin like snow. This marvellous whole-body peeling restores the delicacy and suppleness of the skin.

25 min.   € 32
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*Whether for relaxation or to ease pain, massages have been used successfully for centuries to combat “everyday tensions”. Find time just for you for these moments of peace and deep relaxation.*

CLASSIC MESSAGES

Full body massage	50 min.   € 56
Partial Massage	25 min.   € 35
Sports Massage	30 min.   € 40

FOOT REFLEXOLOGY MASSAGE

	50 min.   € 59
	25 min.   € 36

COMBINED MESSAGE

Foot reflexology massage and partial-body massage.

	50 min.   € 59
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LYMPHATIC DRAINAGE

	50 min.   € 59
	25 min.   € 36

CANDLE MASSAGE

The scent of freshly picked meadow flowers fills the room. The calming massage with warm candle balm made of shea butter helps you relax and find your calm. The skin is regenerated with new nutrients.

	50 min.   € 62
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LA STONE

A healthful massage with warm and cold stones. La Stone contributes to deep relaxation and gives the body new vitality and strength.

Back treatment	50 min.   € 62
Full-body treatment	85 min.   € 92

MASSAGE FOR KIDS

A specialised massage tailored to the child’s age, with healthful, warm oils.

	25 min.   € 29
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**Wellness Baths**

*Dive in, close your eyes and relax... In our baths, you enjoy the Whirlpool enveloped in warm water, nearly weightless. Precious essential oils are carefully applied to your body, then you are gently wrapped.*

ARLBERG WILDFLOWER & HAY BATH

Warm, steaming Tyrolean hay made of flowers and grasses envelops your body. The Alpine wildflower and hay bath helps alleviate stress and strengthens the immune system. Both skin and connective tissues are purified and detoxified.

	45 min.   € 44
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SEA SALT BATH

In addition to the detoxifying and purifying effect, this bath stimulates the metabolism and firms skin.

	25 min.   € 31
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TRANQUILLITY OIL BATH

Aromatic, relaxing essential oils of orange, rose, vanilla, and palm rose leave skin velvety as well as regenerated and provide true well-being.

	25 min.   € 29
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WHEY BATH

Whey regenerates the skin, leaving it supple and smooth. The milk proteins in whey supply moisture to the skin and stabilise the skin’s natural pH buffer.

	25 min.   € 29
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PEPPERMINT BATH AND MASSAGE

A liberating, revitalising bath with subsequent full-body massage using flowered massage oil.

	75 min.   € 84
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WRAPS

*Wraps activate fat degradation, metabolism, and the flow of lymph. This leads to a thorough purifying, detoxification and de-acidification of the body.*

PINK CLAY & MINERAL WRAP

The combination of pink clay and mountain minerals malachite and quartz helps strengthen the tissues of your skin.

40 min. | € 49

CURRANT AND CRANBERRY WRAP

This berry mix of black currants and red cranberries provides regeneration and antioxidant efficacy.

40 min. | € 49

CELLULITE WRAP

Combats dimpling and water deposits while strengthening connective tissue and firming the skin.

50 min. | € 52

MANICURE / PEDICURE

Medical Pedicure with foot massage	€ 49
Manicure with hand massage	€ 41
Polish	€ 5

HAIR REMOVAL WITH HOT WAX

Legs to knee	€ 33
Full legs	€ 51
Bikinia area	€ 22
Underarms	€ 16
Upper lip (or chain)	€ 11

INDIVIDUAL FACIAL SERVICES

Eyebrow shaping	€ 10
Eyebrow dyeing	€ 9
Eyelash dyeing	€ 13
Make-up for the day	€ 20
Make-up for the evening	€ 24
Active substance ampule	€ 10
Facial massage with special care	€ 33



CARE FOR HANDS AND FEET





*Whether for the face, the body, or well-being, our attractive package offers are the right holistic wellness experience for her and him.*

MEN'S FAVOURITES

- 1 treatment just for men facial treatment (55 min.)
- 1 neck and shoulder massage (25 min.)
- 1 back massage (25 min.)

€ 118

SPORTS PACKAGE

- 1 mini facial treatment (55 min.)
- 1 sports massage
- 1 foot care with foot massage

€ 137

ALPINE PACKAGES

- 1 Alpine & express treatment (40 min.)
- 1 Arlberg wildflower & hay bath
- 1 candle massage

€ 139

SPA PACKAGES

RELAX PACKAGE

- 1 classic facial treatment (85 min.)
- 1 tranquillity oil bath
- 1 La Stone massage (50 min.)

€ 159

LADIES' FAVOURITES

- 1 anti-ageing facial treatment (85 min.)
- 1 eyebrow shaping and tinting
- 1 eyelash tinting
- 1 brown sugar & honey peeling
- 1 anti-ageing body treatment

€ 190

DETOX PACKAGE

- 1 sea salt bath
- 1 body peeling
- 1 body treatment with sea algae
- 1 mud packing
- 1 lymphatic drainage (50 min.)

€ 230

RELAXATION

We recommend that you arrive 5 minutes prior to your SPA ritual with us at gridlonSPA to ensure some time for relaxation and mental preparation for your treatment.

PLEASE NOTE

We recommend that you take sufficient fluids, but no heavy meals, directly before your treatment or before visiting the sauna. Please always remember to shower before your visit to the SPA, sauna, or pool. Enjoy an extended moment of calm after your treatment.

THE SPA DRESS CODE

Your bathrobe and slippers are suitable for your SPAvisit. Both are available in your room. Please leave your jewellery and all valuables in your room safe. The SPA accepts no liability for lost valuables.

HEALTH

Please inform us at the beginning of your SPA visit of any health concerns, including high blood pressure, heart illnesses, metabolism disorders, allergies, pregnancy, or a recent operation.

CANCELLATION

If you are not able to keep your appointment, we request that you cancel no later than 24 hours in advance. Please understand that your treatment time will be shorter if you arrive late. Cancellations on the day of the agreed appointment will be billed at 50%, and no-shows at 100%, of the treatment price.

CALM

Our gridlonSPA is a place of calm. Children and youth under 16 years of age are not allowed in the SPA and sauna area. Children can of course use the indoor pool. For your own relaxation and out of respect for other guests, we request that you always turn off your mobile phone when in our SPA.

SPA ETIQUETTE





# gridlon

INSPIRATION ARLBERG

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