

My Time Out

just for me
enjoying the present



Grandhotel Lienz*****

Fanny-Wibmer-Peditstrasse 2 • Lienz, Tirol 9900–Austria
info@grandhotel-lienz.com • www.grandhotel-lienz.com
Tel. 0043 4852/64070 • Fax. 0043 4852/61874
#grandhotellienz



Time - recharge new strength and energy



Time - taking time from the busy day to day life to find peace

Time - Realigning your Body, Mind and Soul

Time

Dear Grandhotel Friends and Family

Dive into a realm of calm and relaxation - world of its own that is dedicated to you and your well-being and treat yourself to the most important thing in life "TIME"!

ARRIVE - Put aside everyday life, forget your worries, look carefully at your own self, close your eyes - trust and put your valuable "ONLY FOR ME TIME" in our hands - **FINALLY**

RECHARGE YOUR ENERGY - Let your gaze wander over the Isel glacier river and the Lienz Dolomites and feel with all your senses how your energy comes into flow again.

FIND CALM - Everything is moving into the distance - the focus for yourself and for us is only you now - just think about yourself - you deserve it.

The Grandhotel wellness team is happy to recommend treatments that are individually tailored to you and your needs. Let yourself be pampered here with us in the sunny city of Lienz - we will put a smile on your face!



The Italian brand was founded in 1996. science and passion with a sustainable, conscious approach.

We would like to introduce...

...our Partners and the emotions that connect us with them.

COMFORT ZONE

When we first opened the Grandhotel Lienz Ms. Delia Gstrein from Comfort Zone gave us the first Product from the "TRANQUILITY" line and we immediately fell in love with the indescribable effect of the products.

Natural extracts and oils, high-tech molecules for effectiveness, the latest carrier systems maximize safety and effectiveness. Free from parabens, mineral oils, silicones, artificial colors, preferably no alcohol, sulfates and no harmful perfumes!

"Tranquility in today's very fast-moving times, which you, dear guest deserve in the here and now.



LIGNE ST BARTH

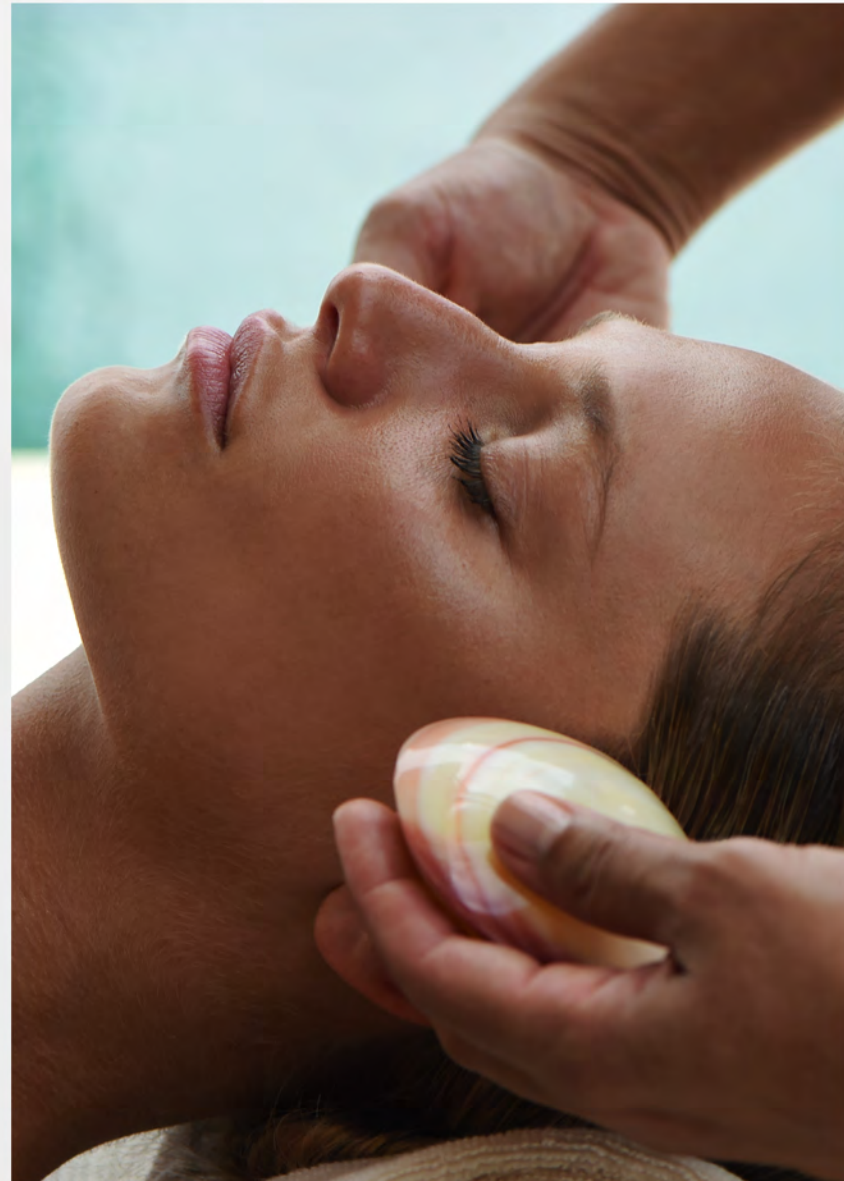
For many years this label has accompanied us and we are enthusiastic about it with its quality and heavenly treatments.

Immerse yourself in the abundance of tropical nature, with a beauty treatment that is inspired by fragrant flowers, exotic fruits and Caribbean lightness. For a feeling of purity and those perfect moments that preferably last forever.



skin - science - soul

The skin
is our focus.
The science is
our guide.
With soul for people
and care for the environment.



Natural
beauty

Only for ME

FACIAL TREATMENTS

Cosmetic Treatments - the Best for your Skin

We view the skin as a mirror of our physical and mental condition and our lifestyle.

Your personal time-out that will make you GLOW

After a personal consultation, an exclusive Facial specifically tailored to the needs of your skin is matched. Individuality has the highest priority. Our Beauticians create a personal treatment - depending on the skin condition, for sensitive, dry and dehydrated or impure and oily skin. We have a selected range of different peelings, ave ingredients and special masks, which we combine with various massage techniques and tailor them to you with care.

Best Aging Facial

Combines the renewing action of a Double Peeling with the innovation of a tightening two phase mask. In particular we recommend this facial for mature skin with visible signs of aging.

Benefits; reduces the visible signs of aging, tightens and firms

Recommendation: Particularly recommended for mature, rough skin, or uneven complexion, wrinkles and visible loss of resilience and plumpness.

Our Beauty Tipp

Combine your individual facial treatment with our effective eye treatment



For Him and Her

....AS INDIVIDUAL AS YOU...OUR GUEST

Beauty	Classic	Best Aging	Antistress / Care
50 Minutes	€ 85,-	€ 99,-	€ 85,-
75 Minutes	€ 125,-	€ 139,-	€ 130,- (incl. Hand and Foot Massage)



Individual Treatments

SEASONAL TREATMENTS

Do you have a special treatment request?
Please do not hesitate to contact us. Our team of therapists is constantly expanding our wellness program and offering seasonal additional offers and forms of therapy.

Combine with your Facial Treatments

- Eyebrow Dying €16,- (during Treatment €11,-)
- Eyebrow Shaping €20,- (during Treatment €12,-)
- Eyelash Dying €25,-(during treatment €16,-)
- Collagen Mask with Ampulle €45,- (during treatment €20,-)
- Makeup (Day/Night) €32,- (during Treatment €25,-)
- Manicure €45,- (with Polish €50,-)
- Hand or Foot Mask during Treatment €10,-

✿ St. Barth Tender Hands € 65,-

TREATMENT FOR THE HANDS

Treatment for the hands with an exotic scented bath, fresh peeling with Papaya mousse and a hand massage. Cuticles and Fingernails will also be treated.

✿ Eye Express Lifting € 51,- (during treatment € 25,-)

The freshness kick for your eye zone. Ultrasound and active eye cream help for dry, tired eyes as well as in the fight against swelling of the eye area.

Beauty „Minis“

Decongesting - Facial Lymph Drainage € 45, -

ST. BARTH Facial Massage "exotic - nourishing" € 46, -

Depilation

- Upper lip / chin € 10,-/€12,-
- Forearm / armpit / arm €25,-/€ 30,-/€35, -
- Legs to knees / legs complete € 45,-/€56,-
- Chest / back men € 39,-/€45,-

Beauty Extras



Gold of the Dolomites

We will spoil you with beautiful regional products!

Today more than ever people are aware of the healing power of herbs. All these valuable plants are right below us - sometimes unfortunately due to ignorance, unnoticed, not recognized or unused. Our alpine concept "Gold of the Dolomites" was created in cooperation with herbal experts from the herbal village Irschen, as well as local businesses such as the first mountain pine oil distillery Unterweger, Vitalpinum, Villgrater Natur with its valuable sheep wool products and the pottery art of Lebenshilfe.

You, dear Grandhotel guest, should smell and feel what reminds us so much of childhood in the country ... it will warm your heart!

Paracelsus said:

"All fields and meadows, all mountains and hills – this is your pharmacy."

Welcome to East Tyrol
Welcome to the Grandhotel Lienz and
the Gold of the Dolomites



Regional



Just for ME

...MY INDIVIDUAL MASSAGE TIME...

medical - tension relief- pain relief

As part of all of our medical massages, we intensify the effect of your massage with local herbal products from the "Gold of the Dolomites"

✿ Gold of the Dolomites Herbal Oil Massage

A East Tyrolean full body massage with spinal column harmonization with warm natural stones and herbs to relax tension after sporting activities and to support muscular regeneration.

50 min / € 72,-

✿ Sportmassage

Deep tissue massage for active athletes, which is used on the one hand to increase performance through improved regeneration after exertion and on the other hand to avoid injuries.

50 min / € 79,-

✿ Foot Reflexology Massage/Medical Foot Reflexology Therapy

A reflex massage to stimulate, reactivate or balance the entire organism, as well as a supportive form of therapy for many complaints.

25 min € 46,- / 40 min € 65,-

✿ Individual Back Therapy

Do you have pain, restricted mobility or blockages? Your therapist will tailor the massage to your individual needs with the help of various massage techniques.

50 min / € 73,-

✿ Combination Massage (Foot Reflex and Back)

A holistic massage experience, whereby the back massage is deepened by the reflexive interaction of the foot reflex zone therapy.

50 min / € 73,-

Our Beauty Tipp
Grandhotel-Signature Treatment

Classical Massage

Treat yourself to your individual time frame and determine, together with your massage therapist, the focus and intensity of your classical massage.

25 min / € 43,- 40 min / € 58,-
75 min / € 109,- 50 min / € 69,-

On request, we can also use nourishing oils from Ligne St Barth, or Tranquility Aroma Complex surcharge € 5,- / 8,-

To Compliment your Massage

✿ Gold of the Dolomites Herbal Pack

With these body packs, comfortably embedded in our floating lounger, you support and intensify the effect of your medical massage many times over. Great for tension and joint problems.

€ 52,-



Just for ME

...MY INDIVIDUAL MASSAGE TIME...

Find peace, relax and intensive care!

✦ ST. BARTH HARMONY „The World of Caribbean Relaxation“

A pampering, relaxing and intensive, Caribbean full body massage, with individually chosen elixirs from Ligne St. Barth tailored to your needs. The scent of pure bourbon vanilla, Caribbean tiare blossom or the finest lily makes this ritual unforgettable.

60 min / € 85,-



Antistress Massages



✦ PRO SLEEP TRANQUILLITY „Find Peace“

A massage ritual that works on 3 sensory levels, including head zones, with elements from the Indonesian Sea Malay & Ayurveda in combination with the softest brushes, promotes deep relaxation and a good night's sleep.

60 min / € 98,-

✦ Head & Neck Massage

A calming massage ritual against the stress that sits in your neck - a tailor-made concept for top-heavy people. Gently stretching massage releases tension and blockages in the head and neck region and helps you relax your mind.

50 min / € 72,-

✦ Antistressmassage „Intuitive-Sensitive“

This gentle wellness massage is used for physical and mental relaxation and lets you forget everyday life for a while. Have confidence in yourself and intuitively choose your individual relaxation elixir.

50 min / € 71,- incl. Face massage € 106,-

✦ East Tyrolian Honey Massage

This alkaline salt and honey massage is used for detoxification but also for holistic relaxation.

50 min / € 73,-



Our Beauty Tip
Grandhotel-Signature Treatment

Just for ME

...MY INDIVIDUAL TIME FOR
A BODY RITUAL...

choose your individual need / focus



Body Rituals

We recommend the following treatments
for a new skin feeling

✦ ST BARTH SOFTNESS

Fragrant body peeling with sea sand, coconut oil and
Papaya mousse for soft skin

€ 46,-

Our Beauty Tip
Ideal as a combi with
St. Barth Harmony

✦ ST BARTH SENSATION „Nourishing body pack with relaxation massage“

You are enveloped by the Caribbean, embedded in warm floating
lounger with a creamy and silky care pack.

€ 93,-

Tipp

✦ SKIN FEELING trio "Trio of peeling, pack and wellness massage"

A skin feeling incomparably delicate, with products individually
tailored to you.

€ 135,-

Figur Pure / Tightening / Forming - Your start in a new body feeling

✦ GRAND SLIM

Granddhotel Signature Treatment

Contour-improving bandage wrap with enzyme peeling and
problem area massage

€ 145,-

✦ My perfect Shape

Whether it is tightening, detoxing or heavy legs - we tailor this
3-phase treatment to you individually

€ 144,-

✦ ST BARTH SLIMNESS

Soothing and decongesting leg massage to relieve heavy, tired
legs

€ 51,-



Just for Me

...AND MY FAVOURITE PERSON...

...Private Spa – TIME TOGETHER...

✿ Pampering Massages for TWO

In everyday life you often have far too little time for your partner. Choose your individual ritual and enjoy your chosen massage ceremony in a double pack in our Private Spa Suite.

Choose between:

- LIGNE ST. BARTH - massage dream "exotic / caring"
- "Heavenly / relaxing" candle ritual
- "Tranquility" anti-stress massage

50 min / € 169, - per couple (incl. Cocktail)

Every pampering massage is available on request, with a nourishing Face Mask- surcharge € 10, -



✿ Caribbean Magical Feelings

Discover the Charm of the Caribbean and enjoy the pleasant relaxing effect of the selected Ingredients from Ligne St. Barth..

- Jasmine blossom Steam Bath with Huile de Coco Partner Oil Ceremony
- Exotic Full Body Peeling Massage
- Masque L'argile rose for the lady, Masque L'argile verte for the gentleman
- Caribbean Pampering Massage with the scent of tiare flower for the lady and the bitter scent of musk for the gentleman
- A Caribbean cocktail and our exotic fruit skewer as well as a small present to take home will sweeten your rest together.

3 Hours including Relaxation €272,- per Couple

Time for Us

Tipp

Just for ME

... JOURNEY INTO YOUR OWN WELL-BEING ...

"PAMPERING PACKAGES FOR HIM AND HER"

✦ SHORT TIME OUT „GOLD OF THE DOLOMITES“

- 1 Serail bath with natural peeling
- 1 Gold of the Dolomites herbal oil massage
- 1 face massage with a revitalizing scalp treatment

Duration: 2 Hours/ € 131,-

✦ IN HARMONY Massage Trio“ (from 2 Night Stay)

- 1 Head Free Massage Ritual
- 1 Foot Reflexology Massage
- 1 Antistressmassage

Duration: 2,5 Hours/ € 171,-

✦ FRIENDS „ONE SOUL IN TWO BODIES“

- Antistressmassage in Duet for two
- Hydrating Facial
- Rest and chat in the private spa with a small bottle of Sprakling Wine and a little surprise

Duration 2 Hours (incl. Relaxation Period) / € 192,-

✦ GRANDHOTEL RELAXDAY „LIGNE ST BARTH“

- ST BARTH - Cosmetic Ritual
- 1 Manicure with Hand Massage and Care Pack
- LIGNE ST BARTH Anti-Stress Massage
- Caribbean Sea Sand Peeling

Duration: 3,5 Hours/ € 265,-



✦ DOLOMITENMANN „JUST FOR HIM“

- 1 Gold of the Dolomites Peeling Massage
- 1 Full Massage with Arnica and Sports Tonic
- 1 Scalp Massage with Herbal Tonic
- 1 Relaxing Facial Massage with Neck Harmonization
- 1 Gold of the Dolomites Herbal Pack in the Soft Pack Bed

Duration: 2,5 Hours/ € 195,-

✦ DAY OF ZEUS „JUST FOR HIM

- 1 Male Manicure
- 1 Male Facial
- 1 Fullbodymassage ST BARTH HOMME

Duration: 3 SHours/ € 196,-

Serail Bath

Choose between:

- Aromapeeling Tropic-Vanilla
- Herbal Peeling - Gold of the Dolomites
- Algae Sea Salt Peeling

Per Person € 30,-/ from 4 Persons € 25,-



Finally Me Time

Sauna & Spa

Bio Sauna

- Temperature: 60 °C
- Humidity: 40 % r.F.
- Recommended Duration: 10-18 min

The slightly gentler, low temperature and humidification of the air make sweating a pleasant wellness experience. The positive effects include, skin cleansing, cardiovascular training, increase in immune system and, last but not least, physical and mental relaxation.

Finnish Sauna

- Temperature: 80 °C - 100 °C
- Humidity: 10 - 20% r.h
- Recommended Duration: 15 min

The sauna is an ancient alternating bath in hot-dry air and cooling in outside air and cold water. The positive effects include, skin cleansing, cardiovascular training, hardening, increase in immune system and, last but not least, physical and mental relaxation.

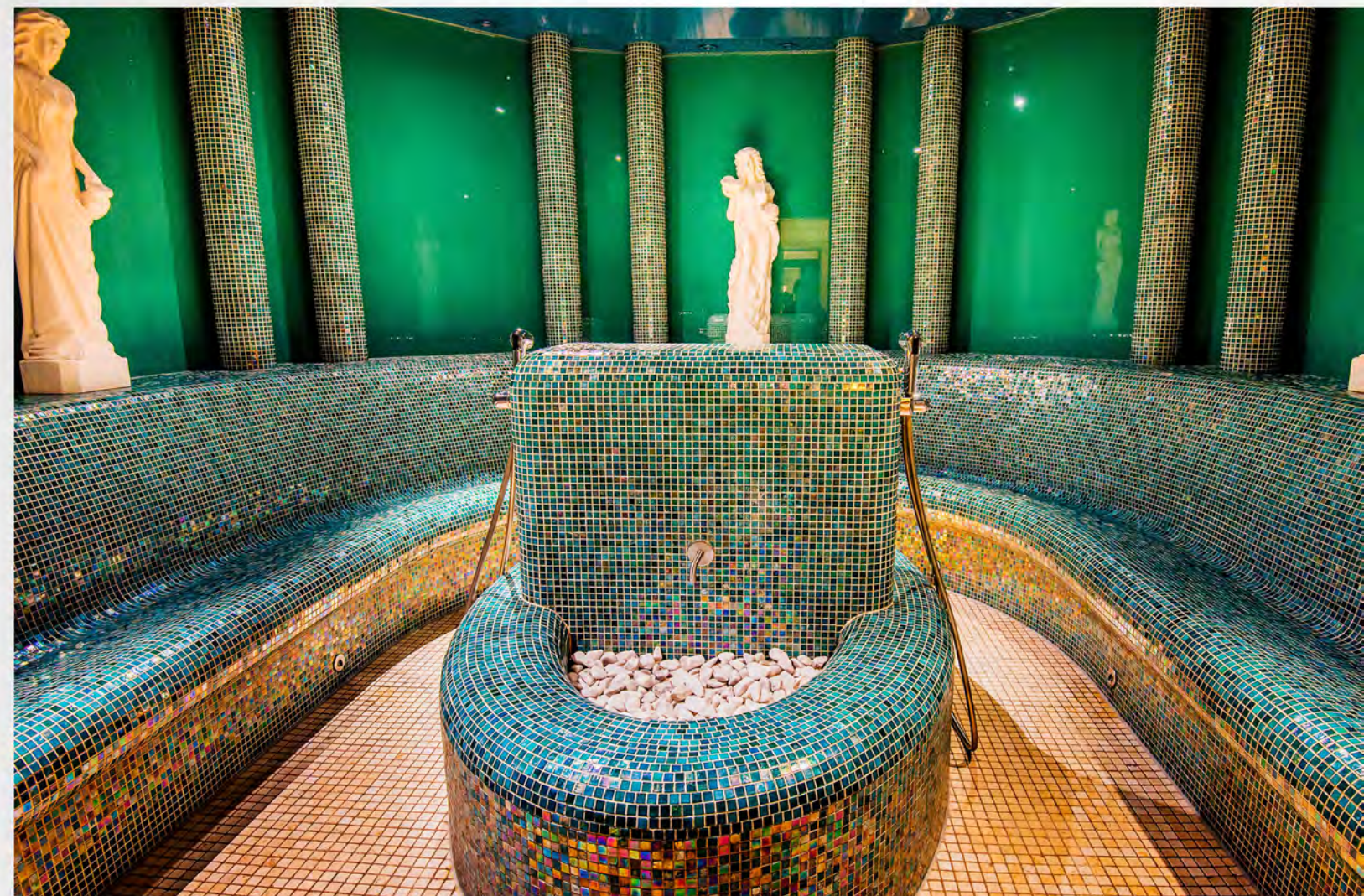
Salt - Steam Bath

In the steam bath you experience the element water in a very special way. Relaxation for the whole organism.

- Temperature: 40- 46° C
- Humidity: 100% r.h
- Recommended Duration: 10-20 min.

Effect:

- Invigorates and cleanses the skin, the moisture makes it soft and velvety
- Helps with colds and throat irritation
- Helps with respiratory diseases
- Has a relaxing effect, promotes blood circulation
- The cell metabolism is stimulated
- Relaxation of muscles and joints



Turkish Steam Bath

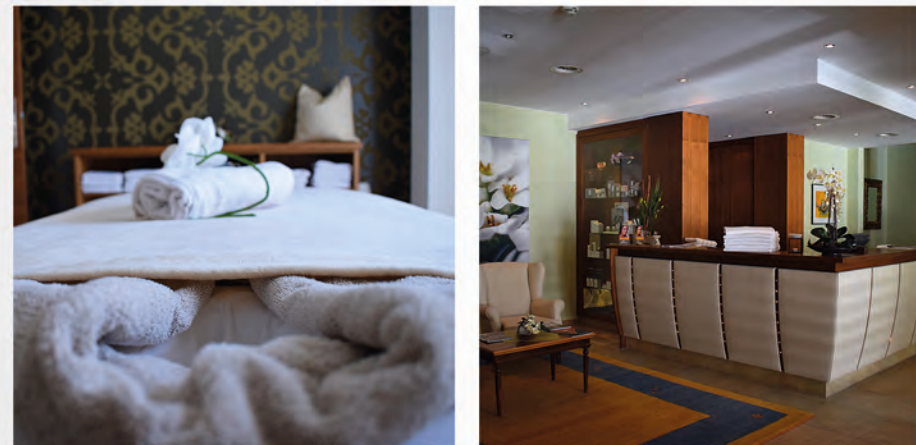
- Temperature: 42 - 45 °C
- Humidity: 100%
- Recommended Duration: 15 - 20 min

Steam Bath with a very long tradition whose origins are likely to be in Northern Europe. Positive effects i.a. Skin cleansing, inhalation of hot humid air and of course the physical and mental relaxation.

- ✦ Serail bath for up to 4 people (for a surcharge)
- ✦ Indoor pool 13 by 7 meters
- ✦ Outdoor pool "Infinity" 11 by 7 meters "NEW"
- ✦ Fitness room with Techno-Gym equipment



Pictures speak louder than 1000 Words



Medical Center

The basis of our Medical Center is modern, scientifically sound medicine, which also takes the latest developments into account. Conventional medicine, where it has its important place, complementary medicine (traditional Chinese medicine, classical homeopathy, physiotherapy, osteopathy) where it also helps or where it is a proven alternative - that is Sybiomed.

Experience and years of in-depth training, including in complementary medicine, are a matter of course for this concept. The ambience of the practice is also remarkable. Warm room tones and art objects give the impression of an extraordinary medical practice. It should invite you to feel good and get well, bring fear of expectation and technology into the background.

Convince yourself with us how health and wellness go hand in hand to increase your personal well-being.

For submission to your health insurance company or private insurance company you will receive a doctor's letter specifying all services.



Health

Namaste,

THE EFFECT OF YOGA IS ONE OF A KIND

It connects you with the inherent intuition, strengthens your well-being and helps you to focus on what makes happy.

Classical yoga hasn't been your cup of tea so far? Fascia yoga is different and a wonderful way to a supple and agile body. Stress and tension melt away.

Treat yourself to a private lesson and give yourself the gift of yoga that is tailored to your needs. After all, every body is unique and a private lesson can be tailored to your specific needs and any problem areas that you may have.

✦ The Personal Yoga Time is suitable for everyone

Yoga Session 60 Minutes from € 50,-

For Appointment contact:

Andrea Meier
www.yogazeit-lienz.at
004915146555973
andreameier@icloud.com



"Everyone can practice yoga as long as they breathe."
(Sri Pattabhi Jois)



yoga zeit
andrea meier



MEDICAL SKIN CARE By Anita Obersteiner Cosmetiques

Because beautiful skin is no coincidence!



Exactly where classic cosmetics ends, I start with excellent **DERMACOSMECEUTICALS** and powerful **APPARETIVE METHODS**, because the causes of skin problems and the aging process are usually much deeper. Each treatment is tailored precisely to your skin goal - experience excellent results that you can see and feel immediately.



● Reviderm® MICRODERMABRASION

Highly effective intensive peeling for an immediately phenomenal, fine-pored, smooth skin feeling



● Reviderm® CELLJET/ULTRASONIC 10 MHz

The miracle weapon for anti aging - problem skin - couperose - sensitive skin



● COOLIFTING

Lifting to go - a unique, painless procedure for an immediately visible glow - in 5 minutes your skin looks more vital, plumper and fresher



● The real MESO ELECTROPORATION

... is one of the most effective treatment methods in the field of needle-free cosmetic mesotherapy" and is used for the express instake of active ingredients of meso cocktails.

○ Microdermabrasion, Celljet, Mesoporation, Coolifting, Active acids, chemical peels

Medical Skin 1 hour	€ 120,00
Medical Skin 75 min	€ 145,00
Medical Skin 1,5 hours	€ 169,00
Premium :: 2 hours	€ 185,00 - € 240,00

New Skin „active acids and chemical peels“
Bookable from € 120,00, depending on the skin type

Your Beauty Call
+43 (0) 676 4365712

✉ anita.obersteiner@aon.at
f AnitaObersteinerCosmetiques
@ anitaobersteiner_cosmetiques

www.anitaobersteiner.at