



My Time *Just for Me*

—  —
Embrace the Present Moment

Time

...to restore your energy and renew your strength.

Time

...to find moments of calm amidst the pace of everyday life.

Time

...to bring body, mind and soul back into perfect harmony.



Dear Friends of the Grandhotel Lienz,

Step into a world of tranquillity and relaxation —
a place devoted entirely to your well-being.
Allow yourself to enjoy life's most precious luxury:
time.

ARRIVE

Leave the demands of everyday life behind,
together with your worries. Pause for a
moment, turn your attention inward, close
your eyes, and place your precious time for
yourself into our caring hands.

At last.

RECHARGE

Let your gaze wander across the Isel Glacier
River towards the majestic Lienz Dolomites.
Breathe deeply, embrace the moment with
all your senses, and feel your energy begin
to flow once again.

FIND PEACE

Leave the world behind and rediscover
what truly matters.

Now is your time.

Time devoted entirely to yourself.

Because you deserve it.

Our Grandhotel Wellness Team is delighted to present
a carefully curated collection of treatments, thoughtfully
tailored to your individual wishes and personal needs.

Allow us to welcome you to the sunny town of Lienz,
where genuine hospitality, heartfelt care and exceptional
wellness experiences come together to create moments
you will cherish long after your stay.





Our Trusted Partners



Exceptional skincare, inspired by nature
and driven by innovation.

Since 1996, Comfort Zone has combined Italian expertise, scientific research and a deep commitment to sustainability.

COMFORT ZONE

More than a skincare brand, Comfort Zone represents a philosophy of wellbeing that perfectly reflects our own.

Many years ago, Mrs Delia Gstrein introduced us to the very first product from the iconic TRANQUILLITY™ collection. From the very first moment, we were captivated by its remarkable effect — a sensation of deep calm that continues to inspire our treatments today.

Combining precious botanical extracts, nourishing oils and advanced scientific innovation, Comfort Zone creates skincare that is both highly effective and exceptionally gentle.

Every formula is free from parabens, mineral oils, silicones, artificial colourants, sulphates, alcohol and unnecessary synthetic fragrances.



TRANQUILLITY™

The name says it all.

A moment of profound calm.

A rare luxury in today's fast-paced world —
and one we invite you to experience here,
fully and without distraction.

LIGNE ST BARTH

For more than two decades, LIGNE ST BARTH has been enriching our spa with extraordinary quality and unmistakable Caribbean elegance.

Inspired by tropical flowers, exotic fruits and the vibrant spirit of the Caribbean, every treatment offers a feeling of effortless lightness, radiant beauty and pure wellbeing.

Moments so relaxing, you may wish they would never end.



Just for Me

Facial Treatments

Beautiful skin begins with personalised care.

We believe that healthy, radiant skin reflects not only your complexion, but also your overall wellbeing and lifestyle.

Your Personal Moment of Beauty

Every treatment begins with an individual skin consultation. Our experienced beauty therapists carefully analyse your skin's unique needs before creating a treatment designed exclusively for you.

Whether your skin requires deep hydration, intensive nourishment, purification or renewed radiance, every facial is individually tailored using carefully selected exfoliants, concentrated serums, specialised masks and relaxing massage techniques.

No two treatments are ever exactly alike —
because no two guests are alike.



Beauty Recommendation

Enhance your facial experience with our soothing Eye Treatment for an even more radiant result.



For Her & Him
Tailored to You



Every treatment is
as *individual* as you are.

Treatment	50 min	75 min
Classic (including eyebrow shaping)	€95	€135
Best Aging (including eyebrow shaping)	€109	€145
Anti-Stress & Care	€95	€135 (including hand & foot massage)

Personalised Treatments

Carefully tailored to your individual needs,
because true wellbeing is never one-size-fits-all.



Beauty Enhancements

Seasonal Spa Experiences

Our dear guest,

If you have a specific therapeutic wish or are looking for a tailored treatment, please don't hesitate to speak with us.

Our team of therapists continually expands its wellness programme, offering exclusive seasonal treatments and personalised therapies throughout the year.

Available upon request

The Perfect Addition to Your Beauty Ritual

Eyebrow Tint (€11 when booked with a facial treatment)	€20
Eyebrow Shaping (€12 when booked with a facial treatment)	€20
Eyelash Tint (€16 when booked with a facial treatment)	€25
Day or Evening Make-up (€25 when booked with a facial treatment)	€32
Manicure without polish €45	€55
Hand Mask / Foot Mask (during a treatment)	€10



St. Barth Tender Hands €65

A luxurious hand treatment featuring an exotic aromatic bath, fresh papaya exfoliation and a relaxing hand massage.

Cuticles and nails are carefully groomed, leaving your hands beautifully nourished and silky smooth.



Beauty Minis

Lymphatic Facial Drainage Refreshing • Decongesting —	€45
St. Barth Facial Massage Exotic • Nourishing —	€46
Pedicure (without polish)	€48
Pedicure (with polish)	€68

Hair Removal

Upper Lip / Chin	€15
Forearms / Underarms / Full Arms	from €40
Half Legs / Full Legs	from €60
Men's Chest / Back	from €55



Just for Me

My Personal Therapeutic Massage Experience

Healing • Restorative • Pain-Relieving

Our therapeutic massages are enhanced with carefully selected Alpine herbal products from the "Gold of the Dolomites" collection, intensifying the benefits of every treatment.



Gold of the Dolomites Herbal Oil Massage

*Our signature full-body massage
from East Tyrol.*

Warm natural stones, aromatic herbal sachets and gentle spinal balancing techniques help release muscular tension, promote recovery after physical activity and restore inner harmony.

50 minutes | €82

★ GRANDHOTEL SIGNATURE TREATMENT



Sports Massage

*An intensive deep-tissue massage
designed for active individuals.*

It supports faster muscular recovery, enhances performance and helps reduce the risk of injury through targeted treatment of overworked muscles.

50 minutes | €85



Personalised Back Therapy

*Designed for guests experiencing
muscular pain, restricted movement
or spinal tension.*

Your therapist combines a variety of specialised massage techniques to create an entirely personalised treatment.

50 minutes | €85



Reflexology

A therapeutic foot reflex treatment

that stimulates the body's natural healing processes, restores balance and supports overall wellbeing. Suitable as both a preventative and complementary therapy for a wide range of physical complaints.

25 minutes | €50

40 minutes | €70



Back & Reflexology Combination

A holistic treatment

combining a relaxing back massage with the therapeutic benefits of foot reflexology. Together, they create a deeply restorative experience for body and mind.

50 minutes | €85

*Because true luxury
is feeling good in your own skin.*

Classical Massage



40 minutes		€69
50 minutes		€79
70 minutes		€119

Take the time that suits you best.

Together with your therapist, you decide which areas should receive special attention and how gentle or intensive your massage should be.

Upon request, your massage can be enhanced with nourishing LIGNE ST BARTH oils or the soothing TRANQUILLITY™ Aromacomplex.

Supplement:

€5 / €8



Enhance Your Massage

Gold of the Dolomites Herbal Body Wrap

€59

Relax in comforting warmth while wrapped in our aromatic herbal body pack.

This treatment complements your therapeutic massage, helping to release muscular tension, soothe joints and intensify the overall benefits of your wellness experience.





Just for Me

My Personal Anti-Stress Massage Ritual



Restore calm. Release tension. Nourish body and mind.

ST BARTH HARMONY

The Art of Caribbean Relaxation

60 minutes | €109

An indulgent full-body massage inspired by the Caribbean, combining deep relaxation with intensive skincare. Your therapist selects luxurious LIGNE ST BARTH body elixirs according to your individual needs, creating a treatment that is uniquely yours. Delicate notes of Bourbon vanilla, Caribbean tiaré blossom and elegant lily transform this ritual into an unforgettable sensory experience.

HEADSPACE MESSAGE ★ Our Grandhotel Signature Treatment

Designed for those whose minds rarely pause. This deeply relaxing massage ritual focuses on releasing accumulated tension in the neck, shoulders and head while gently calming the nervous system. Flowing massage techniques ease muscular tightness, restore inner balance and quiet the constant stream of thoughts, leaving you feeling lighter, calmer and wonderfully refreshed.

40 minutes | €69

INTUITIVE SENSITIVITY MESSAGE

A gentle wellness massage created to relax both body and mind. Combined with the soothing TRANQUILLITY™ Relax Aromacomplex, this treatment allows everyday stress to simply melt away.

50 minutes | €79

70 minutes (including facial massage) | €119

HONEY BACK MESSAGE

A unique approach to back relaxation

A warming salt-and-honey massage designed to support the body's natural detoxification while deeply relaxing tense muscles. An exceptional treatment that combines the healing qualities of honey with a wonderfully soothing massage experience.

50 minutes | €85



For Dry Skin

Rediscover beautifully soft, deeply nourished skin.

ST BARTH SOFTNESS

An aromatic body exfoliation with sea sand, coconut oil and papaya mousse.
Leaves your skin feeling incredibly smooth, soft and radiant.

€59

Recommended enhancement: Perfectly combined with ST BARTH HARMONY.

ST BARTH SENSATION

Nourishing Body Wrap with Relaxation Massage

Wrapped in comforting warmth, this luxurious Caribbean body wrap envelops the skin in silky, creamy care while encouraging profound relaxation.

€99

SKIN INDULGENCE TRIO

Body Scrub • Body Wrap • Relaxation Massage

A complete body ritual individually tailored to your skin's needs.
Experience exceptionally soft, nourished skin and a feeling of total wellbeing.

€149

ST BARTH SLIMNESS

A soothing and decongesting leg massage designed to relieve tired, heavy legs and restore a feeling of lightness.

25 minutes | €55



Just for Me

...and Someone Close to My Heart

Private Spa – A Journey for Two

COUPLES' SPA RITUALS

Take time for one another.

Escape the pace of everyday life and enjoy a deeply relaxing spa experience together in the privacy of our exclusive Private Spa Suite.

Choose your preferred ritual:

- LIGNE ST BARTH – Exotic Caribbean Massage Ritual
- TRANQUILLITY™ – Deep Relaxation Massage

50 minutes | €179 per couple

Includes our "Lovers' Dream" Cocktail.



Enhance your ritual with a nourishing facial mask.

Supplement: €10 per person



CARIBBEAN ROMANCE

A luxurious escape for two.

Leave the outside world behind and surrender completely to the moment. This exclusive spa journey invites you to discover the beauty of Caribbean-inspired relaxation together.

Your experience includes:

- Relaxing aromatic steam bath
- Exotic full-body sea sand exfoliation
- Caribbean full-body massage from head to toe
- L'Argile Rose body mask for the lady
- L'Argile Verte body mask for the gentleman
- Caribbean cocktail
- Sweet surprise from the Grandhotel
- A small farewell gift

Duration: approximately 3 hours

Including exclusive use of the relaxation island

€299 per couple



Exclusive Privilege

Guests booking this ritual receive 10% off selected LIGNE ST BARTH body lotions.



Just for Me

A Journey to Complete Wellbeing

Curated Spa Packages for Her & Him



GOLD OF THE DOLOMITES ESCAPE

A restorative Alpine wellness journey.

Includes:

- Cereal bath with natural exfoliation
- Gold of the Dolomites herbal oil massage
- Revitalising facial massage with scalp treatment

Approx. 2 hours | €149



IN HARMONY MASSAGE COLLECTION

(available from a minimum stay of two nights)

Includes:

- Headspace Massage
- Reflexology
- Intuitive Sensitivity Massage

Approx. 2.5 hours | €199



SOUL SISTERS

Two souls. One unforgettable experience.

Includes:

- Side-by-side anti-stress massage
- Intensely hydrating facial mask
- Time to relax together with a glass of Prosecco and a delightful surprise

Approx. 2 hours
(including relaxation time)

€219



Just for Me

Grandhotel Relaxation Day

LIGNE ST BARTH Signature Collection

Includes:

- ST BARTH Beauty Ritual
- Manicure with hand massage and nourishing hand wrap
- ST BARTH Anti-Stress Massage
- Caribbean sea sand body exfoliation

Approx. 3.5 hours | €289



Just for Me

Designed Especially for Him



DOLOMITES GENTLEMAN

A revitalising spa journey inspired by the strength and purity of the Dolomites.

Your experience includes:

- Gold of the Dolomites exfoliating massage
- Full-body massage with arnica and sports tonic
- Relaxing scalp massage with Alpine herbal tonic
- Facial massage with neck relaxation ritual
- Gold of the Dolomites herbal body wrap

Duration: approx. 2.5 hours

€249



ZEUS DAY

A signature wellness experience created exclusively for gentlemen.

Includes:

- Gentleman's Manicure
- Gentleman's Facial Treatment
- ST BARTH HOMME Full-Body Massage

Duration: approx. 3 hours

€269



CEREAL BATH

Choose your preferred exfoliation:

- Tropical Vanilla Aromatic Scrub
- Gold of the Dolomites Herbal Scrub

€30 per person

€25 per person (from four guests)

At Last... Me.





BIO SAUNA

A gentle introduction to the sauna experience.

- Temperature: approx. 60°C
- Humidity: approx. 40%
- Recommended duration: 10–18 minutes

The mild temperature and pleasant humidity create a relaxing atmosphere while supporting circulation, cleansing the skin and strengthening the body's natural defences.

Above all, it offers a wonderful sense of deep relaxation.



FINNISH SAUNA SALT SAUNA (STONE SAUNA)

A classic Finnish sauna experience.

- Temperature: 80–100°C
- Humidity: 10–20%
- Recommended duration: approx. 15 minutes

Alternating hot, dry air with cooling phases stimulates circulation, supports detoxification, promotes healthy skin and strengthens the immune system.



STONE SAUNA

- Temperature: approx. 80–90°C
- Humidity: approx. 10%–30% r.f.
- Recommended length of stay: approx. 20 minutes

The sauna is an ancient alternating bath in hot and dry air and cooling off in outside air and cold water. The positive effects include skin cleansing, cardiovascular training, hardening, increased resistance to infections and, last but not least, physical and mental relaxation.



SALT STEAM BATH

Discover the soothing power of warm steam.

- Temperature: 40–46°C
- Humidity: 100%
- Recommended duration: 10–20 minutes

Benefits

- Gently cleanses and softens the skin
- Helps relieve cold symptoms and coughing
- Supports the respiratory system
- Encourages healthy circulation
- Stimulates the metabolism
- Relaxes muscles and joints



OTTOMAN STEAM BATH

Inspired by centuries of bathing tradition, the Ottoman Steam Bath combines soothing warmth with comforting humidity to create a deeply restorative wellness experience.

- Temperature: 42–45°C
- Humidity: approx. 100%
- Recommended duration: 15–20 minutes

Benefits

Warm steam gently purifies the skin, supports the respiratory system and promotes complete relaxation for both body and mind.

