



# Relax Mode *on*

Body treatments and wellness for  
atypically relaxed moments.



# To relax or to not relax? *What a question.*

Within the cosy, relaxing massage rooms of our „Alm-Spa“, extreme chillaxing is just as much on the agenda as a variety of selected massages and treatments. In here, nothing comes as naturally as immersing yourself in a world of atypical relaxation.

From soothingly calming sounds in the background, wonderfully fragrant oils and our massage specialist's practised touches that will breathe new life into tense and tired muscles through gentle and intensive pressure. In addition to our massage menu, which is bound to offer something for everyone, our selection stands out from

the crowd thanks to our amazing massage specialist. Originally from Sri Lanka, our masseur is trained in Ayurveda practices and treatments, offering an experience you really don't get every day.



# Body, mind *and* soul!



## **Radiant Balance – Shirodhara (forehead oil casting)**

**40 min / 119 €**

Close your eyes and enjoy complete relaxation as warm oil flows over your head and forehead in an even stream. Fun fact: Forehead oil casting is an integral part of Ayurveda therapy, as it stimulates and calms the autonomic nervous system, allowing body and mind to regain balance. This treatment feels particularly good in combination with a Shiroabhyanga massage.

## **Mindful Freedom – Shiroabhyanga**

**50 min / 79 €**

Treat yourself to the complete relaxation of your head, shoulder, and neck area with this gentle yet intense treatment. Tension, headaches, and blockages are released, and your head will once again feel free and flexible. Just the right thing for busy business-people and anyone, who spends a little too much time on their mobile phones. We're guilty, too!



## Enjoyable Harmony – Abhyanga

**25 min / 49 € | 50 min / 95 € | 80 min / 139 €**

Want to relax your whole body? Say no more! Our masseur uses a special oil for this pleasant full-body treatment, creating an unforgettable experience centred around your wellbeing. The massage's detoxifying effect and self-healing powers allow a feeling of balance, calm, and harmony to spread in your body. Extra nice touch: Our masseur will take the time to cater to your personal needs!

## Nature Power – Herbal Stamp Massage

**50 min / 80 €**

During this treatment, precious oils are massaged into your skin with the help of delicately scented, warm herbal stamps. In addition to complete and utter relaxation, they provide a beautiful peeling effect and that sought-after baby skin. The selected herbs, in combination with the massage's flowing, circular movements, will give you new vitality and strength.



***Just  
chill!***

# Relaxed vibes *only!*



## Pure Joy of Life – Padabhanga

**50 min / 75 €**

A relaxing foot bath followed by an intensive foot and calf massage. What more could you want? This is what a holiday for tired feet feels like! Afterwards, you're sure to feel grounded and deeply connected to your roots.

## Intensive Joint Massage

**50 min / 85 € | 80 min / 110 €**

Problems with your joints? This intensive massage penetrates deeply into the muscles and relieves tension. Additionally, our massage specialist's techniques ensure more joint flexibility. Perfect for anyone wanting to frolic around the skiing circus and real summiteers.

## Sports Massage

**50 min / 85 €**

After an eventful day in the mountains, biking or skiing, there's nothing better than a powerful massage to wake up tired muscles and boost circulation. We swear by it! So let us take care of you.

## Harmonious Radiance – Mukhabanga

**25 min / 45 €**

This beauty massage for the face, neck, and chest area is guaranteed to make you glow from the inside out, thanks to the special massage techniques used. Enjoy this relaxing massage and feel a sense of harmony spread throughout your body.

## Marma Point Massage

**50 min / 85 €**

Everything in flow? This typical Ayurveda massage stimulates the Marma points and lets the prana – aka your life energy – flow freely again. Afterwards, you will feel liberated and balanced, while your body's self-healing powers will also have been strengthened. Amazing!

# No stress, no problems!



# Etiquette

**Appointments /** We recommend a quick call at +43 6541 7408 or email to [info@hotelgluecksschmiede.at](mailto:info@hotelgluecksschmiede.at) for booking your desired treatments. To guarantee that you can enjoy your dream treatment, it is best to book your appointment two days in advance.

**Treatments /** To enjoy your treatment in peace, we recommend you arrive at our “Alm Spa” five minutes before it starts. That way, you can get into a relaxed mood with a cup of tea. Please understand that late arrivals will shorten your treatment time.

**Clothing /** To make you feel as comfortable as possible, we recommend you come in your bathrobe and slippers. Disposable panties are available to protect your privacy. In addition, you will be provided with sheets and towels during your treatment.

**Cancellation /** If you need to cancel your appointment, please do so at least 24 hours before the scheduled time of your treatment at the reception desk. Please understand that we'll otherwise have to charge 100% of the treatment costs.

**Valuables /** We recommend you come to the treatment without any jewellery. Instead, please leave it in the safe in your room. We cannot be held responsible for any missing valuables.

**Your health /** Let us know any wishes or physical problems you might have so that we can make the experience as pleasurable as possible for you. If you are pregnant, we would ask you to contact us in advance.

**Vouchers /** Are you looking for an extraordinary gift for the lovely people in your life? Why not gift them a relaxing “time out”? We would be happy to create an individual gift voucher for you; just let us know what you are looking for.



*Dorfhotel*

**GLÜCKs / SCHMIEDE**

Und jetzt? Einfach Folder aufklappen,  
Behandlung aussuchen und untypisch tief  
entspannen. Wir freuen uns auf dich!

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