

TAKE YOUR TIME

After each treatment, you should take sufficient time to recover. Seek out peace and quiet. Drink plenty of water, perhaps even lie down. A walk in the fresh air is also recommended.

IMPORTANT

Health conditions and severe muscular tension should be treated by a medical massage therapist. Medical massages require a doctor's prescription and are not offered by our spa therapists. We appreciate your understanding.

BOOK YOUR PAMPERING NOW!

Reserve your appointment for a well-deserved time-out at our reception. We are also happy to book you in by phone at +43 5256 6545 100 or email to urlaub@gurglhof.at.

Hotel Gurglhof - Ramolweg 19 - 6456 Obergurgl
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Massages

Relax and enjoy



RELAX – ENJOY – FEEL GOOD

DISCOVER OUR SPA EXPERIENCES

CLASSIC MASSAGES & SPECIAL MASSAGES



Partial body massage

Eases muscle tension, improves circulation and well-being. Choose between lower back, shoulders, or leg area.

25 mins. € 42

Full body massage

Eases muscle tension and is good for arms, legs, and abdomen.

50 mins. € 80

Anti-stress massage

Relaxation for shoulders, neck, scalp, and face.

25 mins. € 42

Hot-stone massage

A fascinating combination of massage, energy treatment, and the benefits of hot stones. Stubborn tensions and pain trigger points are released.

50 mins. € 80

75 mins. € 98

90 mins. € 125

Aroma oil massage (Partial body massage)

Pure relaxation by combining essential oils with a relaxing massage.

25 mins. € 50

Aroma oil treatment (Full body treatment)

Soothing oils based on natural ingredients are gently applied in circular motion and massaged into the skin, leaving it soft and supple.

50 mins. € 80

Herbal stamp massage with oil

This traditional East Asian massage combines the application of heat, special techniques, and Alpine healing products. The body is rhythmically massaged using heated herbal stamps. The composition of the oils relaxes and harmonises the body.

50 mins. € 82

Kids massage (7 to 14 years)

Choose your favourite oil and say goodbye to tension caused by school, social, or leisure stress. How about a relaxing back or arm and leg massage? Or, ease those worries with a gentle head and neck massage!

15 mins. € 38

NEW

