



GMUNDNER

LODGE

SPA MENU

back to nature!



*Welcome to a world of relaxation and
reimagined self-care rituals.*



PLEASE ENQUIRE AT RECEPTION

ALL ACTIVITIES AT GMUNDNER LODGE OPERATE ON A "FIRST
COME, FIRST SERVED" BASIS, PLEASE BE SURE TO BOOK TIME-
OUSLY AT RECEPTION.

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JOURNEYS

JOURNEY TO GMUNDNER BLISS (75 MINUTES)

Embark on a revitalizing journey inspired by the serene beauty of Gmundner. This indulgent experience begins with a gentle dry body brushing using a natural loofah to awaken and energize the skin.

A rejuvenating foot and leg massage follows, designed to ground and relax the body, before a calming back and neck massage melts away tension. The experience is complemented by the tranquil ambiance of the Gmundner Spa and concludes with a thoughtful gift – your keepsake of calm and renewal.

AFRICAN AWAKENING MASSAGE (90 MINUTES)

Reconnect with your senses and awaken your body's natural rhythm. Inspired by the ancient healing traditions of Africa, the African Awakening massage is a revitalizing full-body experience that uses unique rhythmic movements, stretching techniques, and warm African oils infused with indigenous botanicals. This uplifting treatment stimulates circulation, promotes energy flow, and restores balance to body and mind.

The massage begins with a sensory journey using grounding aromas and flowing strokes that mimic the beat of African drum rhythms, awakening your physical and emotional being. Ideal for guests seeking renewal, this treatment invigorates the body, soothes muscle tension, and reconnects you with the spirit of the African earth.



AFRICAN POTATO BALM MASSAGE (90 MINUTES)

Restorative | Culturally Inspired | Sensory Indulgence

Experience the healing power of Africa with this deeply restorative full-body massage. Warm, nutrient-rich African Potato Balm is applied to key areas of the body, melting into the skin to deliver intense hydration and anti-inflammatory benefits.

Drawing on the rhythms of African tradition, the therapist uses circular massage techniques to enhance circulation, relieve muscle tension, and promote profound relaxation. The earthy, grounding aroma of the balm enriches the sensory journey, leaving you feeling nurtured and renewed. Ideal for those seeking a therapeutic and culturally rooted wellness experience.

AFRICAN WOOD MASSAGE AT GMUNDNER SPA (90 MINUTES)

The African Wood Massage is a signature treatment that draws inspiration from the rhythmical patterns of African dance. This therapeutic experience combines light stretching techniques with the use of specially designed wooden implements for both the body and face, aiming to relax and restore the body.

During the massage, warm African oil is drizzled over the skin, nourishing and healing dry areas while promoting a sense of blissful relaxation and rejuvenation. This 90-minute treatment is designed to provide a holistic wellness experience, integrating traditional African techniques with modern therapeutic practices.



SCENT OF GMUNDNER (90 MINUTES)

Immerse yourself in the healing essence of nature with our Signature Aromatherapy experience. Rooted in the nurturing spirit of the earth, this treatment blends carefully selected essential oils to restore balance, calm the mind, and revitalize the body. Let the tranquil atmosphere of Gmundner Spa elevate your senses as you embark on a journey of deep relaxation and holistic renewal.

SWEDISH MASSAGE AT GMUNDNER SPA (60 / 90 MINUTES)

Experience deep relaxation with our Swedish Massage, a timeless therapy that soothes the body and calms the mind. Inspired by the grounding energies of the earth, this gentle yet effective massage promotes circulation, eases muscle tension, and supports the body's natural healing process. At Gmundner Spa, we invite you to reconnect with your inner balance in a space where earth's serenity meets holistic healing.

FACE CUPPING FOR SINUS RELIEF (45 MINUTES)

Experience natural relief with our Face Cupping treatment at Gmundner Spa. This gentle, non-invasive therapy uses soft silicone cups to create a light suction along the face, stimulating lymphatic drainage and promoting circulation.

Ideal for those suffering from sinus congestion, allergies, or tension headaches, face cupping helps to reduce inflammation, clear nasal passages, and restore a sense of lightness and ease. Let the soothing touch of this ancient technique leave you breathing freely and feeling renewed.

SCRUBS AND WRAPS

DESERT RENEWAL BODY WRAP (60 MINUTES)

Experience the grounding tranquility of Namibia's Dorabis region with our Desert Renewal Body Wrap. This revitalizing treatment begins with a gentle exfoliation using natural desert botanicals, preparing the skin to absorb the full benefits of a warm, nutrient-rich body mask infused with indigenous ingredients.

As you are wrapped in a cocoon of warmth, tension melts away while your skin is deeply hydrated and restored. A soothing scalp or foot massage enhances the experience, leaving you refreshed, rebalanced, and in harmony with the natural rhythms of the land.

- COFFEE SCRUB

Awaken your skin with our invigorating Coffee Scrub. Finely ground coffee beans gently exfoliate, removing dead skin cells and stimulating circulation. The natural caffeine content helps to tone and firm the skin, reducing the appearance of cellulite and promoting a radiant glow. Rich in antioxidants, this scrub leaves your skin feeling smooth, refreshed, and energized, with a delightful natural aroma.

- NAMIBIAN SALT SCRUB

Immerse yourself in the purifying power of the desert with our Namibian Salt Scrub. Sourced from the ancient salt pans of Namibia, these mineral-rich crystals provide an intense exfoliation, polishing your skin to silky perfection. The natural minerals help to detoxify and replenish the skin, while promoting a sense of deep relaxation and grounding. This scrub leaves your skin incredibly soft, smooth, and revitalized.



ADD - ONS

HOT STONE ENHANCEMENT (30 MINUTES)

Enhance any massage with the deep warmth and therapeutic benefits of Hot Stones. Smooth, heated basalt stones are strategically placed on the body and used by the therapist to melt away muscle tension, improve circulation, and create a profound sense of relaxation and comfort.

HEALING HANDS HEAD MASSAGE (30 MINUTES)

Unwind with our signature relaxation head massage, set in the tranquil open-air relaxation area at Gmundner Spa. As you sink into serenity, take in the breathtaking Gmundner panorama – a harmonious blend of distant hills and natural stillness – while the Dorabis breeze caresses your skin with its cool, soothing touch. This calming treatment focuses on the scalp, neck, and shoulders, using expert techniques to release tension, restore balance, and invite deep relaxation. Let nature and nurture come together in perfect harmony.

GMUNDNER SIGNATURE HAND RITUAL (30 MINUTES)

Indulge your hands in a rejuvenating ritual inspired by the serene landscapes and artisanal heritage of Gmundner. This soothing treatment begins with a gentle exfoliation, followed by a warm compress infused with locally sourced botanicals. A deeply nourishing mask restores hydration, while a stress-relieving massage revives tired muscles and enhances circulation. Finished with a silk touch balm, this ritual leaves your hands feeling velvety smooth and harmoniously renewed.

GMUNDNER SIGNATURE FOOT RITUAL (30 MINUTES)

Indulge in the soothing embrace of our signature Gmundner Foot Ritual – a tranquil journey designed to restore balance and vitality from the ground up. Your experience begins with a warm aromatic foot soak, gently melting away tension. This is followed by an invigorating exfoliation to smooth and refresh the skin.

A deeply relaxing foot massage follows that promotes circulation and releases energy blockages. The ritual concludes with a nourishing mask and warm towel wrap, leaving your feet renewed, hydrated, and grounded in calm. The Gmundner Foot Ritual reconnects you to yourself – step by step..



COUPLE'S TREATMENTS

COUPLE MASSAGE

All treatments at Gmundner Spa are also available as Couple Treatments, allowing you to relax and rejuvenate side by side. (Subject to availability of spa therapists.)

We proudly use Healing Earth Products for all our treatments, embracing their commitment to natural, ethically sourced ingredients and holistic well-being.



SPA ETIQUETTE & EXPERIENCE

Our luxurious spa offers a variety of world-class experiences using only natural and exclusive spa products. Our products are much-loved and repeatedly requested by our long-term clients. Select from our list of signature packages, facials, body ceremonies, massages, salon, and grooming services. For a fully immersive spa experience, please advise us of any health conditions or allergies so that we may tailor your spa experience accordingly.

FACILITIES

Our spa features male and female changing areas fitted conveniently with locker facilities and a steam room. All spa guests are welcome to use the steam room and pool.

ENVIRONMENT

Our spa encompasses a tranquil and peaceful environment, and we therefore kindly request that all guests silence their mobile phones for a truly serene experience.

ATTIRE

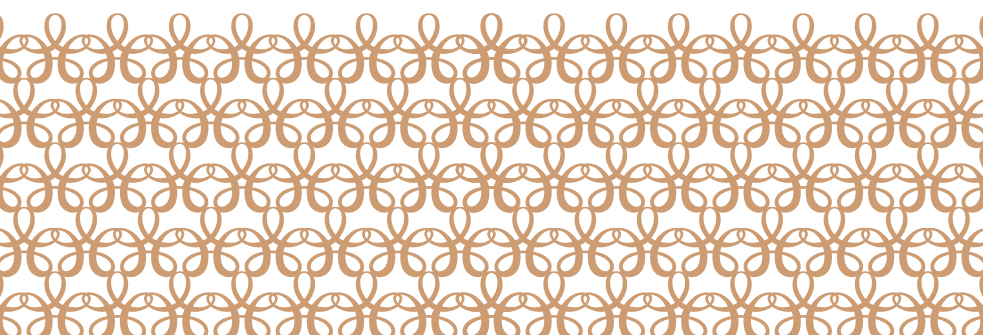
Guests will receive bathrobes, disposable under garments and slippers to wear between treatments, as well as a locker for all personal belongings. We kindly request that you leave all valuables in your room. Please note that appropriate swimwear should be worn in the steam room and outdoor swimming pool, and we offer complimentary amenities for your enjoyment.

ARRIVAL AND ETIQUETTE

We recommend that you arrive 15 - 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts punctually. For your unique and tailored treatment experience, we kindly ask you to advise us of any medical concerns or allergies. Please note that late arrivals may result in a limited treatment experience.

CANCELLATION POLICY

Please note that treatment times have been scheduled for you. If you would like to reschedule or cancel any spa appointments or packages, a 24-hour notice period is required for all cancellations. Missed appointments will be charged a cancellation fee of 100% of the treatment cost.





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