



# Recreation and relaxation in Grof

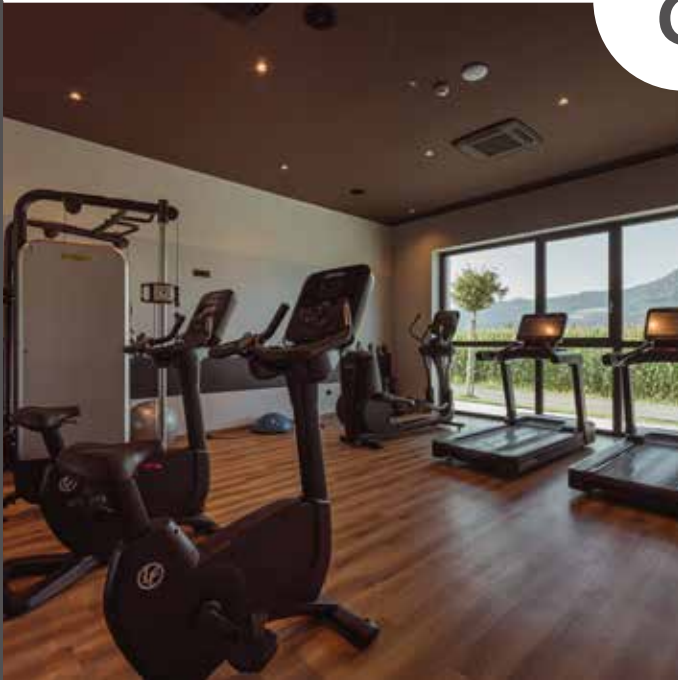
Relax your mind, renew your soul, rejuvenate your body.

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Dear visitors!

**Welcome to Hotel and Guest House Grof.**

We look forward to your arrival and we are pleased you are willing to spend some of your precious time with us. We will do our best to make your stay as comfortable as possible and ensure you will find everything you need for your well-being.

In addition to beautiful location, we offer a variety of activities. Guests in need of relaxation can make a massage appointment at the front desk. Sauna and gym are also available at the ground floor. Everyone who wants to actively explore and observe gorgeous surrounding landscape can rent a bike or hire a bike guide.

We wish you a pleasant stay filled with many memorable moments.

**Hint for a gift:**

a romantic dinner and massage in Hotel and Guest House Grof.  
Gift certificates are also available for purchase.







## SERVICES IN THE HOTEL



7 rooms 3\* in the Grof Guesthouse and 34 rooms 4\* in the Hotel Grof/ 16 rooms 4\* with balcony



Modern main hotel venue with flexible setup, lots of daylight and modern technical equipment can host up to 100 people. Partition wall available for division into two smaller venues.



Two smaller venues for meetings or events up to 50 people.



Wi-Fi



Banquet at the venue, lobby, café or outdoors



Wellness centre with two saunas (herbal finnish and infrared), massage room and gym.



Grof Restaurant with a wide range of local and international dishes.



Grof Café with a variety of drinks and desserts.



24-hour hotel reception.



Complimentary parking (200 parking spaces for cars, motorbikes and buses).



Electric charging stations for cars.



Event assistance and technical support at the venue.



Cyclist-friendly hotel – bike rental, guided cycling tours, cyclist-friendly service.



Motorbike Hotel - navigation for motorcycling routes, clothes and boot dryer, garage / video surveillance, basic service, laundry, motorcycling tips etc.



Promotional video streaming possibility at the hotel lobby.



Green key/sustainable business



# MASSAGES

Regular massage helps to relieve pain, supports the functioning of the immune system and reduces stress. Soothes, nourishes and relaxes.

Try one of our available massages and pamper yourself in the skilled hands of our experienced masseuses!



Massage gift certificates are also available for you at the front desk.



## GROF'S MASSAGE WITH GOLDEN OIL

Golden oil contains pure gold in combination with regenerative rosehip oil.

**60 min - 55€, 45 min - 49€, 30 min - 34€**

## COLD PRESSED HEMP OIL MASSAGE

It affects mental and physical well-being, calms and relieves stress, reduces fatigue and strengthens the immune system.

**60 min - 59€, 45 min - 55€, 30 min - 38€**

## RELAXING FULL BODY MASSAGE

Massage has a beneficial effect on overall well-being and helps reduce stress.

**60 min - 49€, 45 min - 45€, 30 min - 32€**

## SPORTS MASSAGE

Sports massage differs from classical massage in the intensity of the techniques used and helps accelerate the regeneration of muscles and joints.

**50 min - 55€**

## FACE AND SCALP MASSAGE

Helps eliminate congestion in the flow of energy and has a deep relaxing effect.

**30 min - 35€**

## FOOT REFLEXOLOGY

It relaxes and harmonizes the whole body by pressing on individual points on the feet.

**30 min - 35€**

## EMPHASIS MASSAGE

Back, legs etc.

**60 min - 55€**

## BACK MASSAGE

**30 min - 35€**

## FHF MASSAGE

Face, hands and foot massage.

**45 min - 45€**



heaven<sup>®</sup>  
BY DEBORAH MITCHELL



# LUXURIOUS SPA RITUALS

Heaven massage rituals embody a holistic approach to a cosmetic treatment and are described as an antistress beauty therapy.

Discover the magical blend of unique facial massages and luxury organic skincare that will lead you to glowing, vibrant, and revitalized skin.



## BEE STING FACIAL

Ritual with bee venom products (ABEETOXIN®) that stimulates skin regeneration and promotes firming.

**60 min - 85€**

## GOLD BEE STING FACIAL

The Gold Bee Venom mask combined with LED light therapy promotes the production of new skin cells, collagen, and elastin.

**80 min - 105€**

## COLLAGEN FACIAL

Encourages collagen production in the skin, reduces the appearance of wrinkles and promotes skin hydration.

**45 min - 80€**

## BEE PEEL

An organic chemical peel aimed at achieving a flawless skin tone.

**30 min - 65€**

## ANTI-AGING FACIAL FOR MEN M4M

Organic products for men and massage techniques work intensively against skin aging.

**45 min - 75€**

## WILLOW BEE FACIAL

For improving problematic skin (blemishes, acne, blackheads, enlarged pores).

**45 min - 75€**

## NETTLE VENOM FACIAL

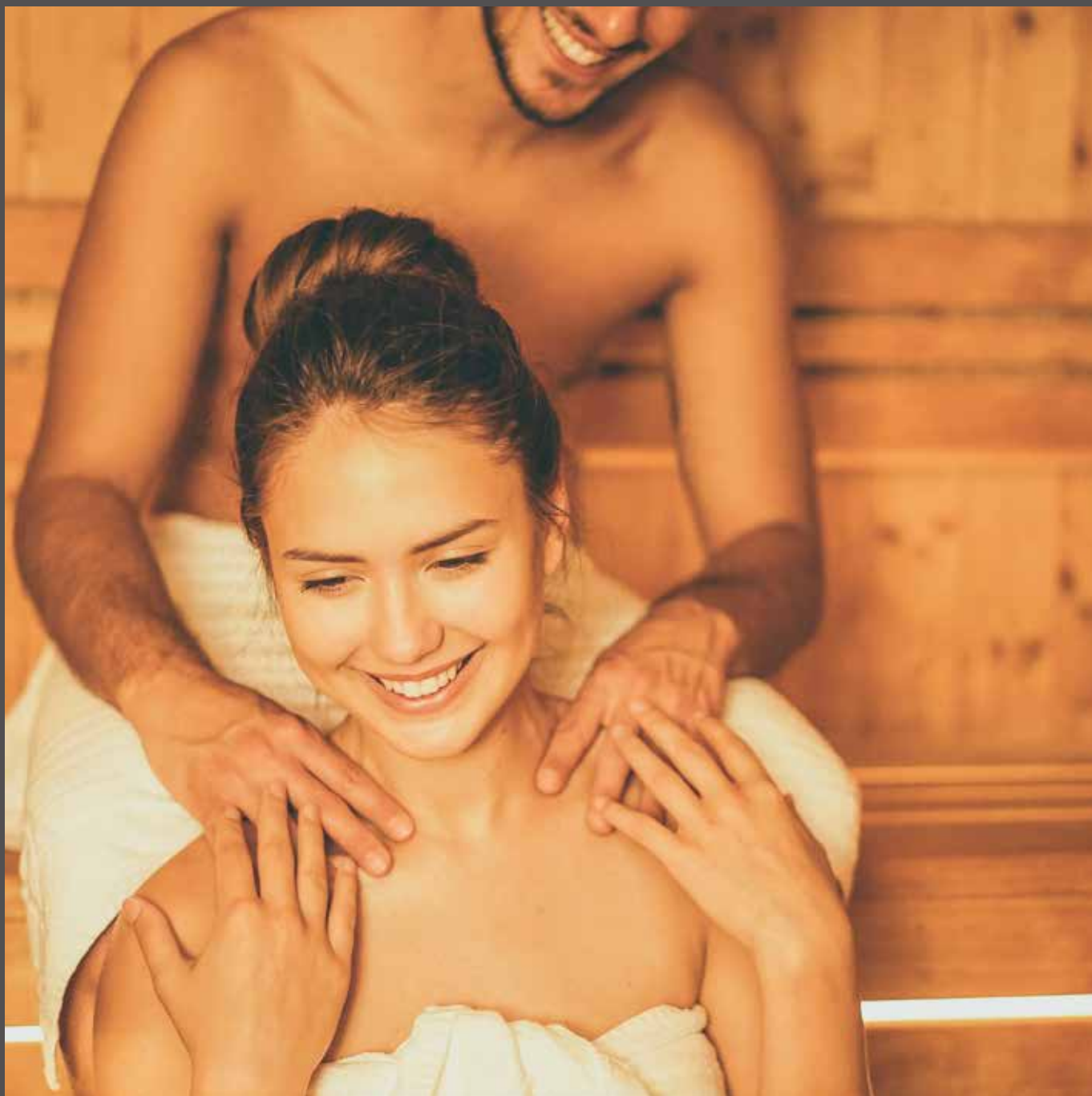
100% natural, vegan ingredients, such as nettle venom (NETTATOXIN®), act as a facelift.

**60 min - 85€**

## 20 MIN LED LIGHT THERAPY

**(add to your ritual) - €20**

LED light therapy packages are also available. Find more information on [www.grof.eu/en/fitness\\_wellness](http://www.grof.eu/en/fitness_wellness) or at the front office.





## SAUNA

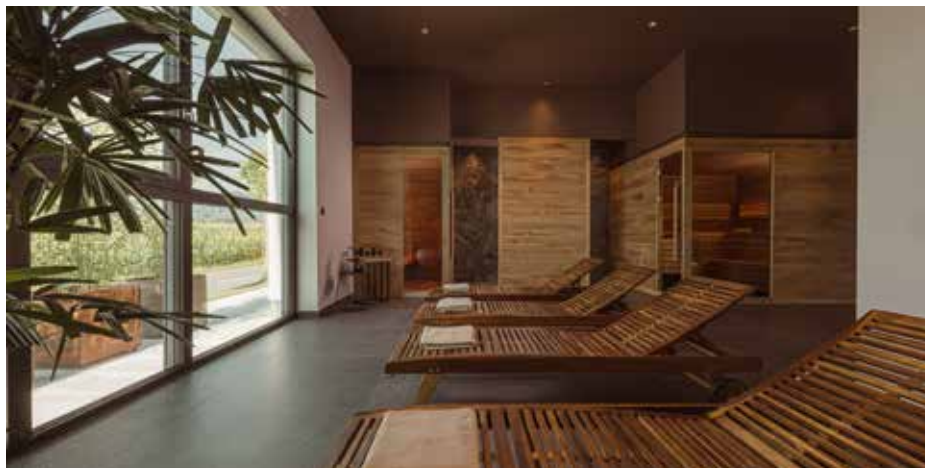
There's nothing quite like a 20-minute sweat session in a sauna. Not only you feel relaxed and rested after, but heat also relieves sore muscles, improves your health and general well-being. Better sleep, reduced stress, weight loss, improved circulation, clean and smooth skin are just few of the additional benefits of using a sauna.

Recharge your body with new energy. Our relaxation area offers a beautiful and relaxing view of green fields and forests as well as fresh tea, water and fruits.

Due to limited availability we kindly ask you to check the availability and make a reservation of sauna at the front desk of the hotel.

Better sleep, reduced stress, weight loss, clean and smooth skin and improved circulation.

**Because we want you to be healthy, relaxed and take care of your well-being we offer two types of saunas: herbal finnish and infrared.**



**3 HOURS**

**25€ per person**

**PRIVATE SAUNA**

(2 persons)

**90€ for 3 hours**







## FITNESS

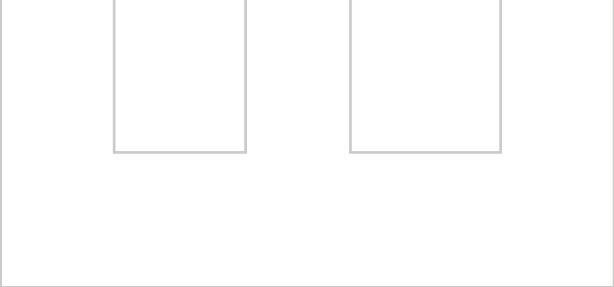
Our gym is equipped with high quality machines for »life fitness« cardio exercises, and multi-purpose strength training equipment.

During intensive training with a view of green hotel surroundings you will soon realize you are doing something extra for yourself

Our two treadmills, two stationary exercise bikes, elliptical bike, and multi-purpose fitness machines enable various training exercises from stretching to building muscle mass. They are easy to use and will help you achieve your goals.







# BIKE RENTAL AND BIKE TOURS

Experience our beautiful Lower Savinja Valley with Grof's rental bikes. We have different of bikes available for rental.

We offer various cycling routes of all difficulty levels appropriate for family, mountain gravel or road cycling. You can choose between individual or guided tours with one of our cycling guides who will adapt the route to your wishes and abilities and take you to the most scenic place.

Full day rental	
Road bike	55 €
Road e-bike	75 €
Gravel bike	49 €
Gravel e-bike	75 €
Full suspension e-bike	55 €
E-mtb	49 €
Mountain bike	25 €
Child's MTB	20 €
Child's e-bike	30 €

For hotel guests, for multiple day rentals and for multiple multiple number of bike rentals rentals we offer extra discounts.



# GROF

## HOTEL

### HOTEL GROF \*\*\*\*

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