

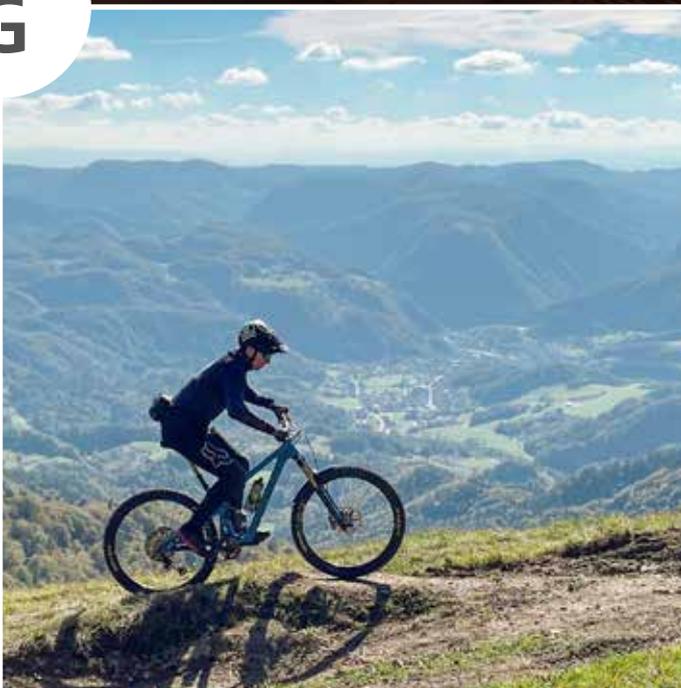
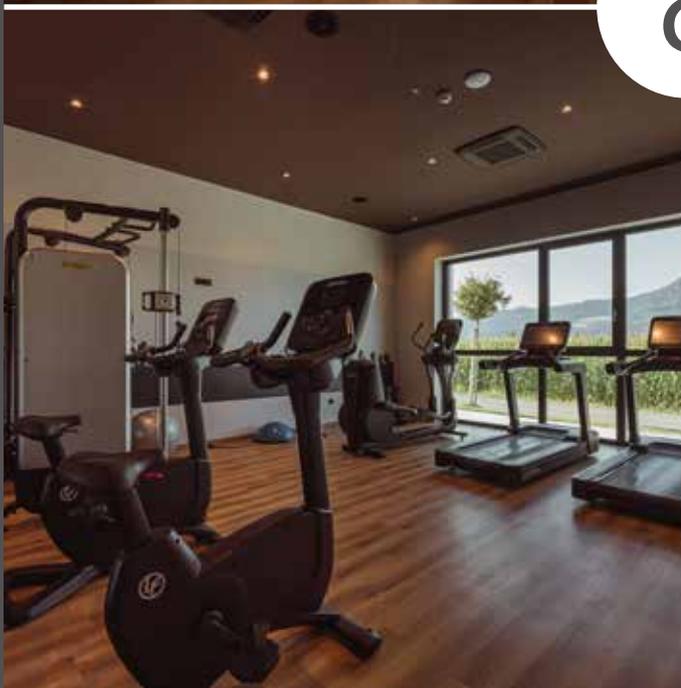
★★★★★
G R O F
HOTEL



Recreation and relaxation in Grof

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

EN



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 an electric 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.



MASSAGES

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

Try one of the available massages and pamper yourself under the 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 - 49€, 30 min - 29€

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 - 55€, 30 min - 29€

RELAXING FULL BODY MASSAGE

Massage has beneficial effect on general well-being and in reducing stress.

60 min - 45€, 30 min - 29€

SPORTS MASSAGE

Sports massage differs from classical massage in the power of grips and speeds up the regeneration of muscles and joints.

50 min - 49€

AYURVEDIC FACE AND SCALP MASSAGE

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

30 min - 30€

FOOT REFLEXOLOGY MASSAGE

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

30 min - 30€

ENERGETIC THERAPEUTIC MASSAGE

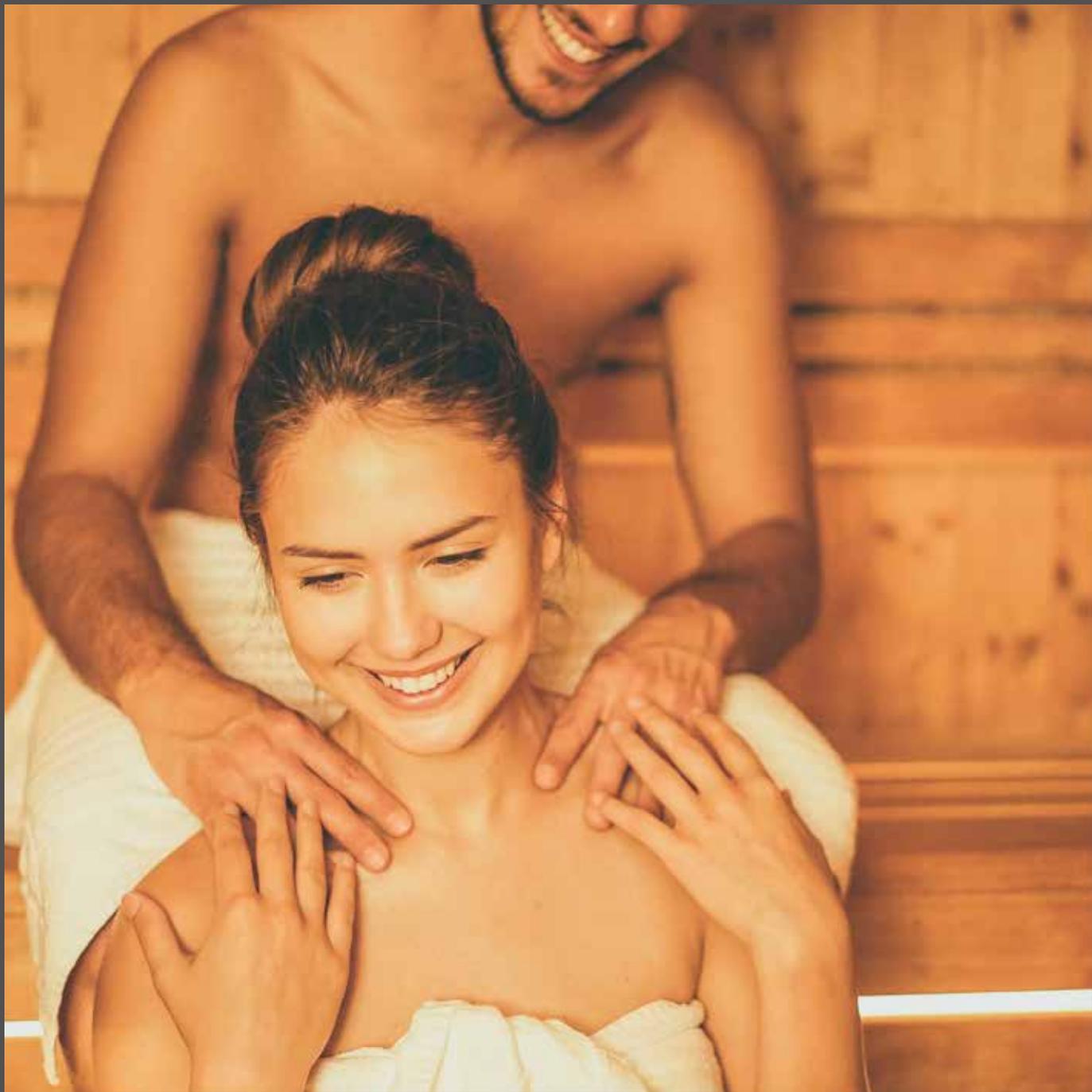
Deeply relaxing treatment which revitalizes the body and promotes healing. It relieves tension by helping the free flow of energy throughout the body.

90 min - 100€

MOXA THERAPY

Traditional Chinese medicine therapy which consists of burning dried mugwort (moxa) on particular points on the body. The heat generated during moxibustion helps increase the flow of vital energy (also known as »qi« or »chi«) throughout the body via certain pathways.

120 min - 120€, 60 min - 70€





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 you two types of saunas: herbal finnish and infrared.



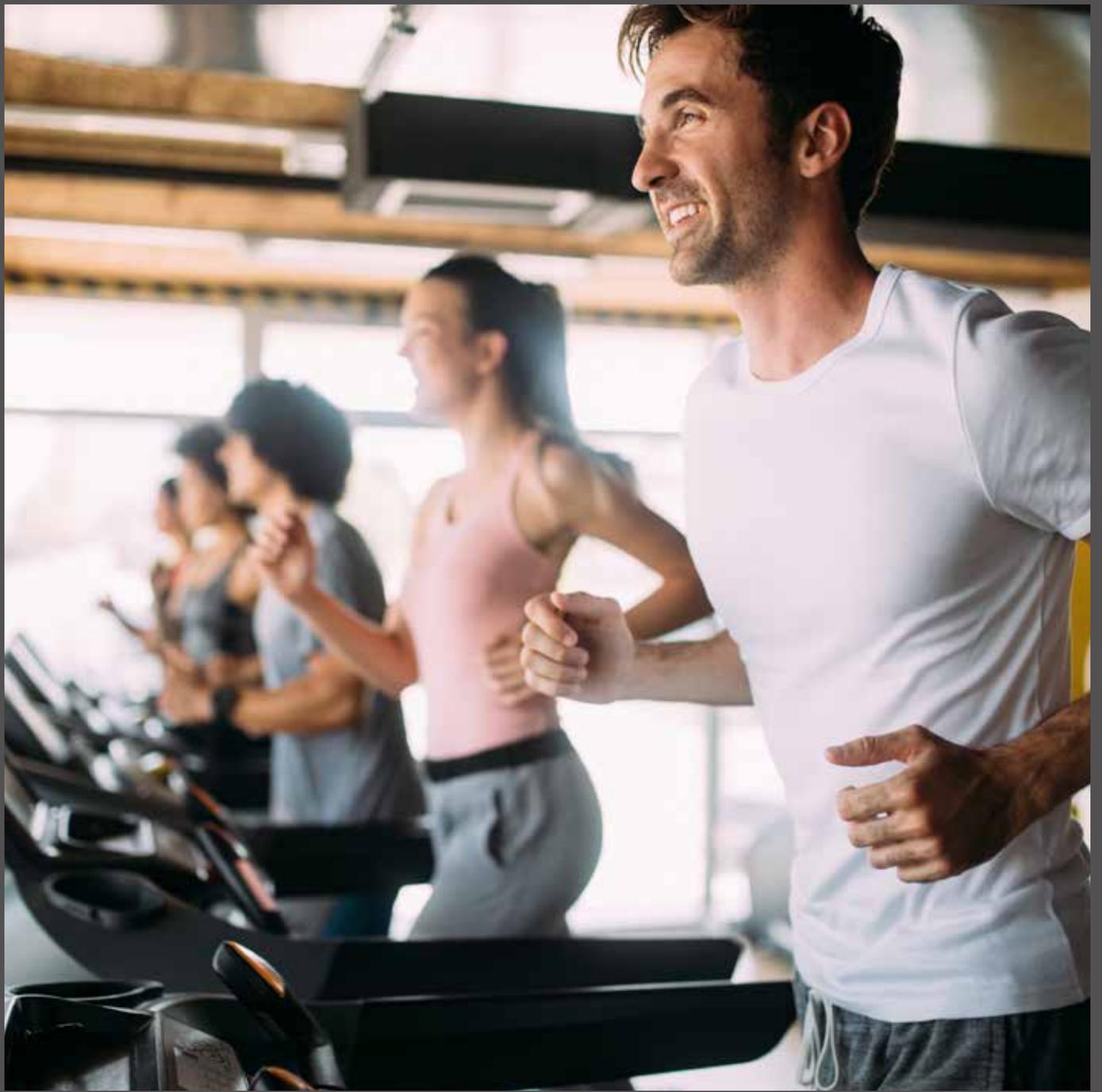
3 HOURS

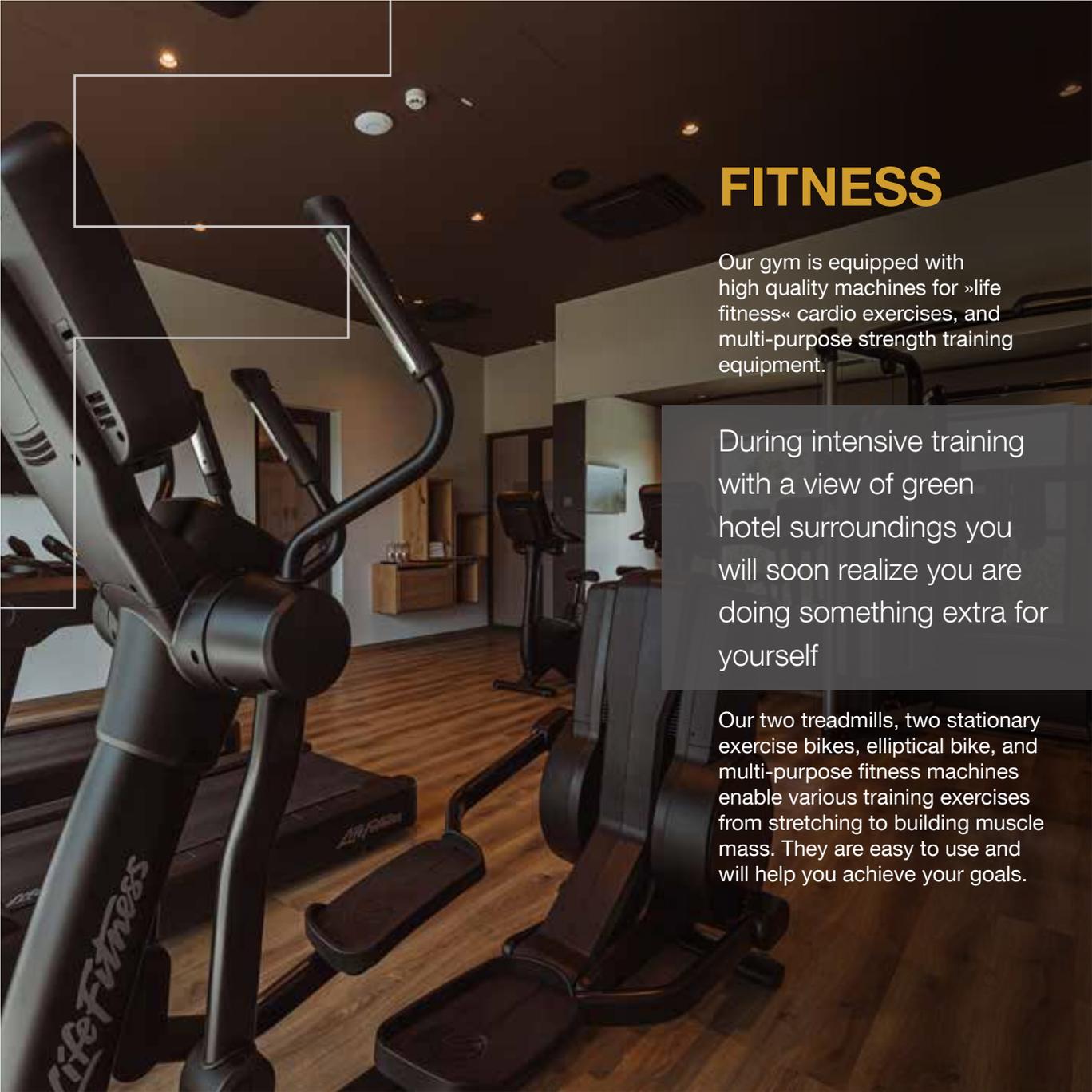
25€ per person

PRIVATE SAUNA

(2 persons)

70€ for 3 hours





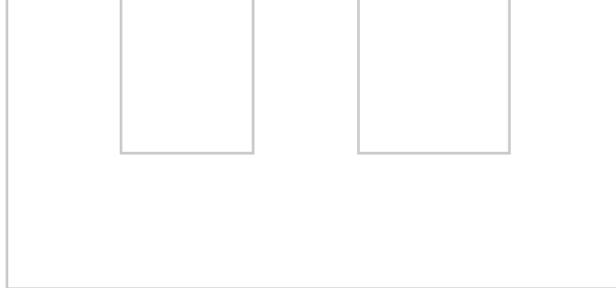
FITNESS

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.





RENTING AN ELECTRIC, GRAVEL OR MOUNTAIN BIKE

Experience our beautiful Lower Savinja Valley with Grof's Canondale or GT rental bikes.

We offer various cycling routes of all difficulty levels appropriate for family, mountain 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 places.

Rent	MTB	Gravel	E-Bike	Full Suspension E-Bike
Half day (up to 4 hours)	25€	25€	35€	39€
Full day	30€	30€	45€	49€
Special price for Hotel Grof guests				
Half day (up to 4 hours)	20€	20€	25€	29€
Full day	25€	25€	35€	39€



GROF

HOTEL

HOTEL GROF ****

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I FEEL
SLOVENIA

SLOVENIA
Outdoor

