



HELD

HOTEL & SPA

★★★★★

ZILLERTAL



[SPA & WELLNESS]

english

#HOTELHELDZILLERTAL

ROOTED
IN YOU.

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GardenSPA

Wrapped in soft light, natural beauty, and quiet warmth, our GardenSPA is a retreat for all your senses. Discover modern, regional, and timeless treatments designed to restore and renew, using premium natural cosmetics by Team Dr. Joseph, Phytomer, and Vie Collection.

[OUR BRANDS]

ONLY THE FINEST.

TEAM D.R. JOSEPH

For over 35 years, Team Dr. Joseph has stood for certified natural cosmetics that combine high quality with effective results. Founded by Dr. Joseph Franz, a pioneer in plant-based active ingredients, the brand merges traditional knowledge with cutting-edge technology. Developed and crafted with care in Italy, these products use handpicked wild plants and organic ingredients. Sustainability and responsibility to nature have been at the core of their philosophy since 1986.

01



Life leaves its traces and each one tells a unique story. At the GardenSPA, we celebrate this individuality with holistic treatments that nurture beauty, calm the mind, and restore inner balance. Close your eyes, breathe deeply, and let yourself arrive.

[FOR BODY / MIND / SOUL]

PHYTOMER

Facial Treatments.

Classic Facials

Small

Cleansing, exfoliation, eyebrow shaping, massage or extraction, mask, finishing day cream.

€ 89

60 min

Classic

Cleansing, exfoliation, eyebrow shaping, massage, extraction, concentrate, mask, finishing day cream.

€ 109

80 min

Intensive

Intensive cleansing, exfoliation, eyebrow shaping, massage, extraction, concentrate, mask, finishing day cream.

€ 119

90 min

Acne Treatment

€ 104

75 min

Cleansing, specialized exfoliation, Vapozon steam, eyebrow shaping, extraction, soothing mask, finishing day cream.

Anti-Aging Facial

€ 104

70 min

For improved firmness. Lines and wrinkles are visibly reduced. Cleansing, exfoliation, eyebrow shaping, firming concentrate, massage with tightening serum and plumping wax, peel-off mask, finishing day cream.

Classic Facial Massage

€ 48

25 min

Cleansing, massage, finishing day cream.



[INDULGE IN RADIANCE]



FACIALS

Team Dr. Joseph

Deep Cleansing Facial

€ 89
60 min

Ideal for all skin types. This treatment delivers an intensive deep cleanse to purify and revitalize your skin. Includes cleansing, lymphatic stimulation, warm steam compresses, exfoliation, eyebrow shaping, cupping, extractions, a toning sheet mask, specialized mask, and finishing day cream.

Pure Relaxation – Bio Lifting

€ 160
120 min

This biodynamic facial combines a flower stamp lifting massage with powerful active ingredients to visibly firm and rejuvenate your skin. Includes cleansing, lymphatic stimulation, steam compresses, exfoliation, eyebrow shaping, cupping, deep pore cleansing, flower stamp massage, serum application, biodynamic facial massage, nourishing mask, and finishing day cream.

Gua Sha Face Lift

€ 104
60 min

This sculpting facial uses the traditional Gua Sha stone to lift facial contours and enhance your skin's natural glow. Includes cleansing, lymphatic stimulation, steam compresses, exfoliation, eyebrow shaping, Gua Sha massage, nourishing mask, and finishing day cream.

Please note

These treatments are not suitable for use with blood thinners, facial erythrosis or acne.

Vie Collection.



Manual Microdermabrasion

€ 126
80 min

This exfoliation treatment removes dead skin cells to reveal a smoother, more radiant complexion. Paired with a fruit acid peel, it revitalizes the face, neck, and décolleté, visibly reducing fine lines and wrinkles while stimulating cell renewal and restoring skin vitality. Includes cleansing, eyebrow shaping, manual microdermabrasion with silica, fruit acid peel, neutralizing mask, and finishing day cream.

3D Line Treatment

€ 138
105 min

A multi-step facial designed to smooth and firm the skin with immediate, noticeable results. Includes cleansing, eyebrow shaping, manual microdermabrasion with silica, fruit acid peel, massage with neutralizing mask, serum infusion with massage rollers, mask, and finishing day cream.

Retinopur – Anti-Aging Facial

€ 138
105 min

This targeted treatment combines anti-aging benefits with deep cleansing for blemish-prone skin. Includes cleansing, eyebrow shaping, manual microdermabrasion with silica, fruit acid peel, massage with neutralizing mask, serum infusion with massage rollers, mask, and finishing day cream.

Please note

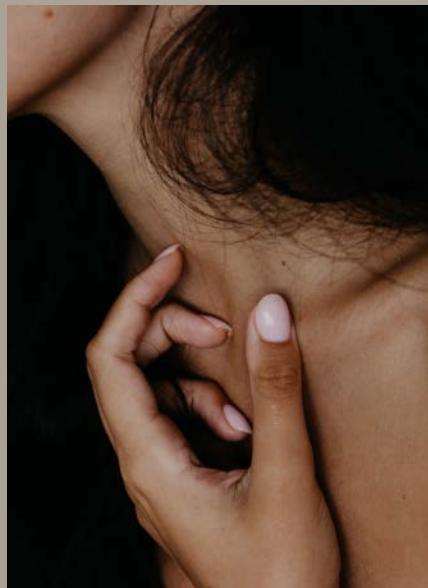
Avoid direct sun exposure, saunas, and infrared treatments after your facial!

Beauty Extras.

Eyes

Eyelash Tint	€ 20
Eyebrow Tint	€ 16
Lash & Brow Tint	€ 31
Eyebrow Shaping	€ 16
Lash Lift	€ 89
incl. tinting and lamination	
Brow Lift	€ 89
incl. tinting and lamination	

Please note: Avoid contact with water or steam for 24 hours after any lifting treatment.



Hands & Feet

Manicure	€ 57
Cosmetic Pedicure	€ 63
+ Polish (incl. take-home polish)	€ 11
+ French Polish	€ 13
Nail Polish Refresh	€ 23

Depilation

FOR HER

Upper lip or chin	€ 11
Lower legs	€ 39
Full legs	€ 59
Bikini line	€ 22
Under arms	€ 21
Arms	€ 23

FOR HIM

Back	€ 37
Chest	€ 31

02



[MASSAGES]

Grounded in nature.
Bringing body and mind
into harmony.



CLASSIC

Massages.

Classic Back Massage

€ 49
25 min

Classic Leg Massage

€ 49
25 min

Vitalizing Massage

€ 69
40 min

Back and legs

Full-Body Massage

€ 85
50 min

Luxury Back Massage

€ 89
50 min

An intensive treatment combining a deeply relaxing massage with a 15-minute application of warming sea mud. This therapeutic wrap helps to detoxify, release muscle tension, and boost circulation, perfectly preparing your back for the massage that follows.

Please note: Not recommended for individuals with hyperthyroidism and iodine sensitivity.

Foot Reflexology with revitalizing foot bath

€ 74
45 min

This holistic therapy applies targeted pressure to specific reflex zones on the feet to stimulate circulation and support the function of internal organs and tissues. A deeply grounding treatment that promotes overall balance and well-being.

Classic Foot Massage with foot bath

€ 49
30 min

Ideal for relieving muscle soreness and preventing tension or cramps, this classic foot massage soothes tired feet, releases stress, and heightens body awareness.

Lymphatic Drainage

Face / Legs / Full Body

This gentle, rhythmic massage stimulates the lymphatic system. It helps to eliminate toxins and reduce fluid retention. Particularly beneficial for swelling, heavy legs, or post-exertion recovery, it promotes deep relaxation and lightness. Elevating the legs during the treatment enhances its effect, reducing puffiness and revitalizing tired limbs. On the face, lymphatic drainage refreshes the complexion and softens signs of aging.

Face	30 min / € 52
Legs	50 min / € 95
Full Body	70 min / € 118

Phytomer Self-Heating

Sea Mud Wrap

Back

Stand-alone treatment	15 min / € 25
Add-on	€ 22

This innovative sea mud wrap from Phytomer heats naturally to 42°C, deeply relaxing the muscles while supporting detoxification, drainage, and circulation. It also activates reflex zones, making it a perfect enhancement before or after any massage or body treatment.

Please note: Not suitable for individuals with hyperthyroidism or iodine sensitivity.

MANUAL

Therapy.

This specialized treatment uses targeted techniques to improve and restore mobility.

40 min / € 84



MASSAGES

To recharge.

Element Massage

€ 98
60 min

Starts with a relaxing foot soak in sea salt, followed by a full-body massage using a personalized oil blend tailored to your needs. The essential oils by Kurland are specially designed to support those experiencing sleep disturbances, stress, inner restlessness, or emotional fatigue.

Hot Stone Therapy

€ 114
70 min

Partial Hot Stone Therapy

€ 64
35 min

A deeply grounding treatment combining full-body massage, energy work, and the soothing warmth of hot stones and oil. This holistic ritual restores vitality, releases tension, and rebalances your energy field.

Facial Energy Point Massage

€ 42
25 min

Our face holds key meridian pathways. This massage applies gentle pressure to specific energy points, promoting harmony between body, mind, and spirit through subtle stimulation.

Ear Candle Therapy

€ 43
30 min

This calming ritual encourages deep relaxation, supports restful sleep, and is beneficial for stress relief and colds. Ideal for anyone in need of a pause.

incl. resting time

Mindful Massage

Let go and immerse yourself in a sensory experience that shifts awareness from thinking to feeling. This deeply intuitive massage reconnects you with your body through gentle touch.

Full Body

€ 91
50 min

Back

€ 51
25 min

Rituals of Relaxation.

Lomi Lomi Nui

€ 138

75 min

This traditional Hawaiian healing massage harmonizes body, mind, and soul. Using warm oils and flowing, rhythmic strokes with the forearms, hands, and elbows, Lomi Lomi releases tension on physical, emotional, and energetic levels. It improves circulation, stimulates lymphatic flow, and brings deep relaxation, lightness, and a profound sense of comfort. Ideal for stress relief and rejuvenation.

Abhyanga

€ 138

75 min

A classic Ayurvedic full-body massage using warm herbal oils to calm the nervous system, stimulate circulation, and nourish the skin. Abhyanga promotes detoxification and supports inner balance. An ideal ritual to unwind and reconnect with yourself.

Mukabhyanga

€ 58

30 min

A deeply relaxing Ayurvedic face massage with warm oils that boosts circulation, eases facial tension, and enhances your natural glow. This gentle treatment also soothes the nervous system, offering a calming experience for both body and mind.

Padabhyanga

€ 79

40 min

A delicate Ayurvedic massage for the feet and lower legs, Padabhyanga activates the lymphatic system and fosters deep relaxation. It gently grounds the body while restoring peace to the mind.



Upanaha Sveda

€ 75
45 min

This deeply warming Ayurvedic back massage uses herbal oils and a soothing compress of heated medicinal herbs. It relieves muscular tension, improves circulation, and supports mobility. An ideal treatment for back pain and stiffness.

Sound Bowl Massage

€ 69
40 min

Tension gently melts away as calming vibrations from sound bowls flow through the body. Their resonant tones soothe the nervous system, stimulate the body's natural healing response, and enhance physical awareness. Gently placed and softly sounded on various areas, the bowls promote deep inner harmony and a profound sense of well-being. (Please wear comfortable clothing for this treatment)

Breuss Massage

€ 57
25 min

A gentle back massage using warm St. John's Wort oil to relax muscles, support the spine, and gently correct minor misalignments. This therapeutic technique promotes deep relaxation and energetic balance.

Moments of
calm and
relaxation.

[AT HOTEL HELD]

03

WELNAMIS

Deep Relaxation Lounger.

The Ultimate Anti-Stress Experience

€ 22
30 min

- * This state-of-the-art lounger combines acoustic and vibrational therapy using computer-controlled frequencies.
- * The power-nap system allows for deep relaxation.
- * Special soundscapes calm mental activity and promote emotional balance.
- * Targeted vibrational frequencies stimulate the body's energy centers.
- * Harmonious blend of soft music and an integrated vibration-massage system.
- * Color therapy and a waterbed-style surface create a feeling of weightlessness and enhance sensory relaxation.
- * Encourages restful sleep, reduces stress and mood fluctuations, and strengthens the immune system.

Essential Oil Treatment

€ 141
110 min

Choose your personalized essential oil and enjoy a full-body exfoliation followed by a deeply relaxing massage. This experience is enhanced by the soothing sound frequencies of the Welnamis lounger.

Detox Treatment

€ 98
70 min

This purifying treatment begins with an alkaline body wrap and a revitalizing sea mud facial brush massage. It finishes with a gentle detox oil massage to support the body's natural cleansing process and leaves you feeling light, clear, and renewed.



Mindful Body Ritual

€ 113
80 min

A gentle, full-body massage on the WELNAMIS sound therapy lounger. The combination of mindful touch and calming vibrational frequencies invites deep inner peace and grounding.

Goat Butter Wrap

€ 46
30 min

Sound therapy add-on: + € 15

Phytomer Thalasso Algae Wrap

€ 75
60 min

This detoxifying full-body algae wrap helps to flush out toxins, reduce water retention, and firm the skin. It concludes with a smoothing Contour-Cream application for beautifully toned skin.
(Please note: Not suitable for those with iodine sensitivity to thyroid issues)

Sound therapy add-on: + € 15

Oligomer SPA Ritual

€ 94
70 min

A holistic body experience combining a full-body exfoliation with a deeply relaxing massage.

Cellulite Treatment

€ 75
60 min

This contouring treatment uses self-heating thermo-reduction mud to visibly firm the stomach, thighs, and hips and delivers noticeable inch loss after just a few sessions.

Sound therapy add-on: + € 15

Phytomer Body Scrub

€ 46
30 min
incl. shower time

[BODY TREATMENTS]

BY

Team Dr. Joseph

Holistic	€ 110
Face & Body Ritual	80 min
	incl. resting time

A luxurious, deeply restorative treatment designed to bring body and mind into perfect harmony. This ritual promotes inner balance and leaves you feeling grounded and renewed.

Detox Cellulite Cupping Treatment	€ 80
Legs and Butt	50 min

A powerful detox ritual designed to purify and contour. This treatment uses cupping to stimulate circulation, reduce cellulite, and eliminate toxins. For enhanced results, pair with an algae wrap.

Please note: Not suitable for individuals taking blood-thinning medication or with varicose and spider veins.

Energizing	€ 93
Herbal Stamp Treatment	50 min

Natural herbal compresses are rhythmically pressed and tapped across the body. This technique stimulates energy flow, soothes tension, and infuses the body with a sense of vitality and clarity.

Inner Balance Chakra Ritual	€ 93
	50 min

A meditative treatment that uses the vibrations of sound bowls and the energy of gemstones to harmonize all seven chakras.

Stress Relief Massage	€ 89
	50 min

A combination massage for the back, head, and face using hands and smooth basalt stones.

04



[SPA PACKAGES]

[SPA PACKAGES]

*A moment
just for you*

Head2Toe	€ 320	Stress.Free	€ 239
2x Cold Therapy		1x Welnamis Lounger with Sound Frequency	30 min
1x Detox Treatment	75 min	1x Partial Hot Stone Therapy	35 min
1x Luxury Back Massage	50 min	1x Lomi Lomi Nui	75 min
1x Foot Reflexology Massage	45 min	1x Facial Energy Point Massage	25 min
Strength & Elements	€ 229	GardenSPA by Dr. Joseph	€ 266
1x Element Massage	60 min	1x Energizing Herbal Stamp Treatment	
1x Hot Stone Therapy	70 min	1x Pure Relaxation – Bio-Lifting	
1x Ear Candle Therapy	30 min	1x Rose Body Scrub	
Vitality	€ 191	Pure Bliss	€ 231
2x Cold Therapy		1x Classic Facial (small)	
1x Vitalizing Massage	40 min	1x Pedicure (with polish)	
1x Classic Foot Massage with foot bath	30 min	1x Oligomer SPA Ritual	70 min



Baby Moon. A Little Time Out.

During this special time of pregnancy, we offer a curated selection of gentle, nurturing SPA treatments designed to support the unique needs of mothers to be.

Beauty

Classic Facials (small, classic, intensive), Acne Treatment, Classic Facial Massage, Facial Energy Point Massage, Pedicure, Manicure.

Massages

Mukabhyanga (Ayurvedic Face Massage), Lymphatic Drainage, Foot Massage with foot bath, Padabhyanga (Ayurvedic Foot and Leg Massage).

KIDS & TEENS.

The Future is Bright.

Kids (up to age 10)

Magic Meadow Massage 10 min / € 20

Garden Fairy Manicure 30 min / € 43

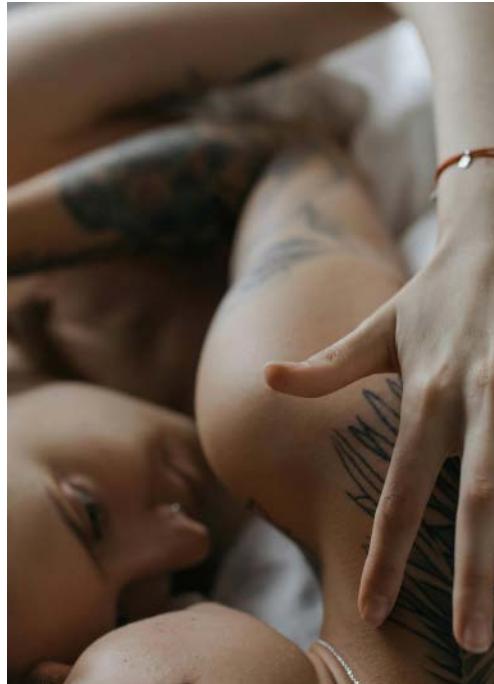
Garden Elf Facial Care 20 min / € 37

Teens (up to age 16)

Teen Facial 35 min / € 57

Includes cleansing, self-warming sea mud mask, gentle massage, day cream, and home care tips upon request.





GardenSpa Suite

TIME FOR TWO.

For those who seek something
truly special

Enjoy uninterrupted hours for two in your
exclusively reserved PrivateSPA: a luxurious
retreat designed for relaxation, connection,
and indulgence.

- * Steam sauna
- * Whirlpool for two
- * Partner massage beds
(treatments bookable as add-ons)
- * Relaxation lounge
- * Secluded private garden

GardenSPA Suite

100% Privacy guaranteed.

€ 180
3 h

Optional Extras

Bottle of House Frizzante	€ 40
Bottle of champagne	0.75l
Moet Brut Imperial	0.375l
Fresh fruit platter	€ 20
Chocolate delights	€ 12
Massages available upon request	

A woman with dark hair tied back is sitting in a sauna, leaning against a wooden wall. She is wearing a light-colored, textured towel wrapped around her. A man with a beard and curly hair is sitting behind her, also in the sauna. The sauna has light-colored wooden walls and a wooden bench. A large, stylized number '05' is overlaid in the upper left corner of the image.

05

[PRIVATE.SPA]

A very personal sanctuary
to relax and restore.

[PRIVATE.SPA]

GardenSPA.Experience

€ 359

2 h 30 min

An unforgettable GardenSPA ritual for couples

- * Salt-herb body scrub
- * Steam bath
- * Relaxing cherry essence bath
- * Soothing anti-stress massage with elderflower oil to release tension and restore calm
- * Final rest with a glass of sparkling Hugo and fresh fruit

Time4Friends

€ 270

1 h 40 min

The perfect SPA package for a cherished time with friends

Price for 2 guests

- * Healing earth body wrap to enjoy in the steam bath for purification and remineralization of the skin
- * Enjoy our Facial Energy Point Massage to ease facial tension and enhance circulation
- * Nourishing facial mask for radiant skin
- * A selection of aromatic oils for self-application during the relaxation time
- * Sparkling House Frizzante and indulgent chocolates

Additional guest (up to 4 total): surcharge applies

+ € 90

Family.Time

€ 260

1 h 30 min

A special private SPA day for the whole family

Price for up to 4 guests

- * Begin with a cocoa or coffee scrub in the steam bath to delight the senses and pamper the skin
- * Bubbly aroma whirlpool session (only for two)
- * A curated selection of essential oils to support relaxation
- * Sparkling House Frizzante for adults and sparkling juice for kids
- * Conclude with a sweet treat: chocolate-dipped fruit skewers



05

Detox.Power

€ 288

2 h

A revitalizing detox ritual for two

- * Begin with a detoxifying body scrub in the steam bath to cleanse and refresh the skin
- * A mineral-rich sea salt bath to stimulate circulation and support purification
- * Detoxifying sea mud brush massage to reveal a radiant, revitalized complexion
- * Nourishing skin treatment with detox oil
- * Conclude with a warm cup of herbal tea to gently support the body's cleansing process

Just.Us

€ 420

2 h 30 min

A blissful SPA experience for two

- * Start with a fragrant rose body scrub
- * Relax in the steam bath for deep purification
- * Immerse yourselves in a soothing rose-scented bath
- * Followed by a relaxing full-body massage with rose oil
- * Complete the ritual with fresh strawberries and a bottle of House Frizzante during your private rest time

Four.Elements

€ 424

2 h 30 min

A holistic SPA ritual inspired by earth, water, fire & air

- * Begin with a purifying salt-oil scrub in the steam bath
- * Indulge in a revitalizing sea salt bath to relax and detoxify
- * Rebalance with our grounding Element Massage tailored to your energy needs
- * Wind down with a special moment of rest: aromatic apple tea and a traditional waterpipe
- * A scented herbal sachet infused with the essence of your chosen element to take home



*Naturally
unique.*

Hops & Malt

€ 258
2 h

A relaxing SPA ritual for beer lovers (and everyone else!)

- * Begin in the steam bath with a natural jute body scrub
- * Enjoy a revitalizing beer bath rich in skin-loving vitamins and minerals
- * Release tension and boost circulation with a soothing foot massage
- * End your experience with a chilled Tyrolean Imperial Zwickl Beer (0.33 l) and a fresh slice of chive bread

Goat meets Pine

€ 398
2 h

A soothing and restorative SPA experience

- * Start with a purifying pine salt scrub in the steam bath
- * Immerse yourself in a deeply relaxing forest herb bath
- * Indulge in an intensive body wrap made from nourishing goat butter and aromatic pine oil
- * Followed by our calming Facial Energy Point Massage
- * Finish with a Zillertal pine schnapps and a traditional snack board
- * A fragrant pine sachet to take home

Cryo



[CRYO – COLD THERAPY]

A powerful new addition to the HELD SPA program. Just a few minutes in our - 85°C cryotherapy chamber are enough to unlock a wide range of benefits for health, beauty, and athletic recovery. The extreme cold places the body in a positive stress state, triggering the release of your natural feel-good hormones dopamine, serotonin, and endorphins. Cold therapy helps to alleviate pain, oxygenate the muscles, strengthen the immune system, support recovery and regeneration, and improve circulation.

We are happy to advise you on how to get the best results from your cold therapy sessions!

A surcharge of € 25 applies for use by a second person.

€ 47	€ 132	€ 195
1 session	3 sessions	5 sessions

Please note: Block passes are non-transferable.

From Head to Toe



[COMBO PACKAGES]

Facial Energy Point Massage & Ear Candle Therapy	€ 76
Classic Facial (small) & Element Massage	€ 168
Pedicure (no polish) & Classic Foot Massage with foot bath	€ 100
Classic Facial (small) & Vitalizing Massage	€ 142
Full-Body Massage & Facial Energy Point Massage	€ 114
Foot Reflexology Massage & Back or Leg Massage	€ 77
Classic Facial Massage & Back or Leg Massage	€ 87

Please note: The treatments can also be spread over several days.

[ADULTS ONLY / 15+]

GardenSPA Sauna

Sweating it out has powerful benefits. Sauna sessions boost the immune system, ease respiratory issues, and relieve muscle tension. Reconnect with your body, calm your mind, and restore your inner balance.

PLEASE NOTE: For health and hygiene reasons, the sauna area in the GardenSPA is a textile-free zone. If you feel more comfortable with swimwear, you are welcome to enjoy your sauna experience in our FamilySPA.

- * 60 m² Panoramic Sauna with infusion rituals (~ 90°C)
- * Gentle Bio-Sauna (~ 60°C)
- * Steam Room (~ 45°C)
- * Rooftop Sauna Garden with cold plunge pool & sauna pool (textile-free)
- * 3 relaxation rooms with breathtaking views
- * Indoor pool with access to the 25-meter outdoor infinity sport pool
- * Outdoor salt-water relaxation pool
- * Expansive natural swimming pond with an infinity-edge feel
- * Beautiful garden grounds with quiet lounging areas

FEEL-GOOD

Moments

APPOINTMENTS

To ensure your preferred treatment times, we recommend booking appointments well in advance of your arrival. For personal consultations and reservations, our team is available daily from 7.30 a.m to 10.00 p.m via phone: **+43 5288 62386 542** and e-mail: **beauty@held.at**

CANCELLATIONS

Should you need to cancel your appointment, please inform us as early as possible. Cancellations are free of charge up to 24 hours before the scheduled time. For late cancellations or no-shows, the full treatment fee will be charged.

DELAYS

In the event of a late arrival, we regret that we cannot extend your treatment time beyond the scheduled slot. Delays may result in a shortened session.

PREGNANCY

Please inform us at the time of booking if you are pregnant, as not all treatments are suitable during pregnancy. We are happy to offer alternatives.

HEALTH CONDITIONS

Kindly let us know about any existing health conditions or ongoing medical treatments when booking your appointment. For your safety and comfort, treatments cannot be performed during illness or flu-like symptoms. Please attend only if you are in good health.

LOUNGERS & RELAXATION ROOMS

Our SPA offers generous space and plenty of loungers for all guests. Reservations are not required.

SAUNA ETIQUETTE

For health and hygiene reasons our sauna area is a textile-free zone. If you prefer to wear swimwear, our FamilySPA offers relaxed alternatives.

WHAT TO BRING?

We have got you covered with a bathrobe and towels during your stay. For most treatments, it is best to arrive in your bathrobe. Unless the service is done in clothing. Please leave jewelry and valuables in your room and come to your treatment without makeup.

WHEN TO COME?

Please arrive at the SPA about 10 minutes before your treatment starts. Take a seat in the lounge and enjoy a quiet moment before your session begins. Treatment times include 5 minutes for changing before and after your appointment.

TEA CORNER

Throughout the day, enjoy a selection of fine teas, along with fresh fruit, nuts, and dried fruits.

SHHH.

Please help keep the SPA area peaceful by speaking quietly. And kindly leave street shoes at the door.

Naturally connected



[SPA & WELLNESS]

Design by Format G



HELD

HOTEL & SPA

★ ★ ★ ★ S

ZILLERTAL