

The background is a solid beige color with a fine, repeating wavy pattern. A large, white, stylized letter 'A' is positioned on the right side of the page, extending from the top to the bottom. The letter has a modern, geometric feel with sharp angles and smooth curves.

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA

Heal. Restore. Relax.



Immerse yourself in a world where everything harmoniously flows and reflects the incomparable nature of the surroundings. Feel the healing power of centuries-old springs as you are enveloped by warm water, floating weightlessly and gaining new vitality through soothing, personalized treatments and invigorating activities.

Let go, take a deep breath, and free yourself from old burdens. Whether you seek inner peace and deceleration in our Acquapura Spa or wish to reconnect with yourself through yoga and forest bathing, we accompany you on your journey to a healthier life in this place of special energy and support you in making profound positive changes.



FALKENSTEINER

SPA RESORT MARIENBAD

Premium Collection

ACQUAPURA SPA



The holistic and balancing effect of water on the body and mind



“Acqua pura” means “pure water” and, as such, represents the essence of the Spa worlds in the Falkensteiner Hotels & Residences. Here, the healing effects and the versatile benefits of this elixir of life are the focus.

Water has a hydrating, purifying, balancing, and toning effect. On the one hand, no other element than water is so felt in our Spas, when one considers the different forms it takes. It serves as a comfortably warm invitation to swim and let oneself drift, in the form of ice for infusions and subsequent cooling, as well as a deeply effective experience in the steam bath. On the other hand, water is perceived as a multi-sensory experience.

Hearing, seeing, feeling, tasting: the sound of gentle waves, weightless floating, a gentle embrace enveloping the body, and the enjoyment of cold, clear water as a thirst quencher – water revitalizes, relaxes, and enhances the well-being and resilience of the body and mind in a holistic and natural way.



ENERGY

renewed vitality &
strength



HARMONY

balance &
stability



CLARITY

serenity of the mind &
clarity in the body



RELEASE

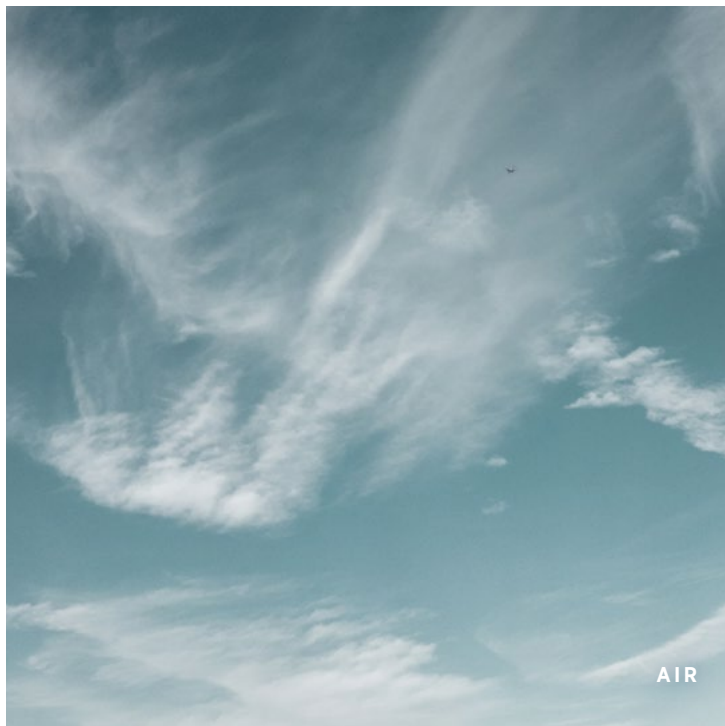
relax &
unwind

Inspired by a life in harmonious balance, the concept of “Flow” describes the ideal state of inner equilibrium. This is achieved when the four phases of harmony, clarity, release and energy are in a balanced relationship with each other.

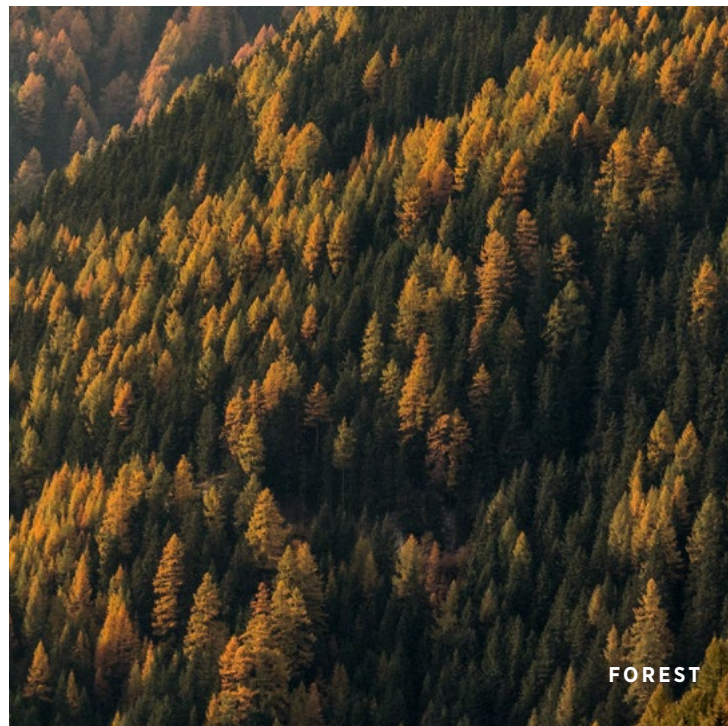
Water has the power to bring us precisely there: the natural rhythm of the waves aligns with our emotional state and has the ability to gently influence it. Calm, steady waves, for example, have a soothing effect, while strong waves possess an energizing and revitalizing essence.

Depending on the emotional state you wish to attain or which (wave) phase you lack, in order to reach your personal flow, we select tailored treatments to let you achieve this ideal state.

The Acquapura SPA is your source of well-being. A place where you can unwind, discover your individual balance, and let your thoughts flow. What matters here is rediscovering your inner center.



AIR



FOREST



EARTH



WATER

SIGNATURES



WATER

RELAXING BATH IN OUR OWN ALEXANDRA SPRING

Stimulates the parasympathetic system | Relieves stress | Calms down spirit and body | Harmony and balance | Beneficial effect on skin | Relaxing effect on muscular system

FOREST

INTENSIVE MUD BATH

Relaxation | Combined beneficial effects of warm water and mud | Natural minerals and humates | Loosens muscles and relieves pain | Antimicrobial and antiviral effect | Positive on the immune system | Cell regeneration

SIGNATURES

AIR

DRY CO₂ BATH WITH OXYGEN INHALATION

Supports the blood circulation |
Anti-inflammatory effect |
Increases reflex and reaction
skills | Vitality | More motivation
and energy in stressful everyday
life

WATER

WAVE ENERGIZER

Relaxing full-body peeling with
sea salt | Nutrient-rich body
pack | Gentle and relaxing mas-
sage | Stress relief | Relaxation
ritual

EARTH

WHOLE-BODY MOOR MUD PACK WITH COLLOIDAL SILVER

Natural moor from the region |
Purification | Accelerates the re-
generation process | The warmth
works deep inside | Stimulates
the metabolism | Relaxes the
muscles | Cares for stressed and
dry skin | Detoxifying and reju-
venating effect | Ideal prepara-
tion for a massage

SIGNATURES

AIR

A BREATH OF FRESH AIR

Soothing leg peeling | Special
leg wrap with cooling gel |
Detoxifying massage for legs
and feet | Lightness feeling |
Energy kick | Vital ritual

EARTH

DOWN TO EARTH

Body wrap with green clay and
solloidal silver | Kaolin facial
mask | Effective full body and
facial massage | Balance |
Regeneration ritual

FOREST

FOREST DEEPNESS

Smoothing body peeling of the
abdomen, glutes and thighs |
Self-heating and slimming wrap
with lipolytic active ingredients |
Intensive massage of the abdo-
men, thighs and gluteus with
special Slim Booster serum |
Shaping of target areas | Cleans-
ing | Detoxification ritual

An aerial photograph of a dense, lush green forest. The trees are tall and closely packed, creating a textured canopy of various shades of green. The lighting suggests a bright day, with some areas appearing more vibrant than others. In the upper left corner, the word "MASSAGES" is written in a clean, white, sans-serif font. Below the text is a simple, white, wavy line graphic.

MASSAGES

MASSAGES

ACQUAPURA SIGNATURE FLOW

Mobility check | Tension relief |
Increased flexibility



ENERGY



HARMONY



RELEASE

TAILORMADE

Tailored to your wellbeing |
Also suitable for athletes |
- *Full-body massage*
- *Partial-body massage*



ENERGY



HARMONY



RELEASE

AROMA SENSES

Aromatic oil of your choice |
Tailored to your wellbeing |
Pleasantly nourishing



HARMONY



RELEASE

FLOAT & FIT - LYMPH-STIMULATING MASSAGE

Decongestion | Discharge |
Promotes blood circulation |
Stimulates the immune system



CLARITY



RELEASE

DETOX MASSAGE

Cleansing | Activates the lymph
flow | Strengthens the connective
tissue | Cleansing for congestion
and heavy legs, for cellulite



HARMONY



RELEASE

MASSAGES



PETER HESS® SINGING BOWL MASSAGE

Deep relaxation massage through
acoustic and physical vibrations |
With singing bowls of different
sizes and tones | Active physical
and emotional perception pro-
motes well-being, reduces stress,
brings inner peace and a feeling
of security | Dressed and con-
tactless



MASSAGES

THAI MASSAGE

Traditional form | Combination of pressure massage and stretching exercises | Reinforcement of muscles and ligaments



GOLF MASSAGE

Specific full-body massage | Tailored to the needs of golfers



FACIAL MASSAGE

Beneficial for face, soul and spirit | Stimulation of blood circulation and metabolism | Purification and detoxification



HOT STONE MASSAGE

Deep relaxation | Anti-stress | Multi-sensory experience | Stimulation of the energy centers



HOLISTIC MASSAGE

Gentle massage | Releases energy blockages | For physical and mental well-being



FACE



FACE

BIO-LIFTING

BY PHARMOS NATUR

Intensive care | Cooling and calming | Freshness and vitality for all skin types – particularly adapt for young and dehydrated skin

 ENERGY  HARMONY

DETOX FACE

BY PHARMOS NATUR

Cleansing | Activates lymph flow | Strengthens the connective tissue | For all skin types – particularly adapt for stressed skin and for couperose

 ENERGY

INTENSIVE MOISTURE

BY PHARMOS NATUR

Intensive nourishment for the skin | Cooling and calming | Freshness and vitality for every kind of skin – particularly for young and dehydrated skin

 HARMONY  CLARITY

LOVE YOUR AGE - POWER TREATMENT

BY PHARMOS NATUR

Intensive regeneration | Wrinkle smoothing | Rejuvenation for mature skin in need of regeneration

 HARMONY  CLARITY  RELEASE

BEAUTIFUL EYES

BY PHARMOS NATUR

Intensive care | Moisturizes | Puffy, stressed eyes | Mature skin and wrinkles

 HARMONY  RELEASE



FACE



YOUTH REVEALER

BY PHYTOMER

Signature facial treatment |
„Happy aging“ care for face, lips
& décolleté | Mask and final
care | Firm & radiant skin



ENERGY



CLARITY

HYDRA ORIGINAL

BY PHYTOMER

Plumping moisturising
treatment | Organic algae |
Filling & nourishing for more
radiance



HARMONY



RELEASE

FACE

EYE PERFECTION

BY PHYTOMER

Firming care for radiant eyes
& expressions | Smooths out
laughter lines and wrinkles



CITY LIFE MARINE DETOX

BY PHYTOMER

Combats urban pollution |
Clarifies, detoxifies and
oxygenates the skin



BOOKABLE FOR EVERY FACE TREATMENT

Upon request and charge:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

FOR MEN

NEW SKIN FOR MEN

BY PHYTOMER

Custom high-tech care with ma-
rine active ingredients | Supplies
oxygen, moisturises and combats
skin ageing



NATURE OF MEN TREATMENT

BY PHARMOS NATUR

Perfect care for men's skin | Cell
renewal and regeneration | Revit-
alisation | Soothes irritations |
Deep cleaning

*80-minute treatment includes:
additional back massage and treat-
ment for arms, calves and feet*



BODY



RELAX & MOVE

BY PHARMOS NATUR

Relieves tension | Revitalises muscles and joints | Promotes blood circulation | Therapeutic after sports activities and for muscle and joint problems



DETOX BODY

BY PHARMOS NATUR

Cleansing | Activates lymph flow | Strengthens the connective tissue | For general tissue cleansing, for congestion and heavy legs, for cellulite



STRESS AWAY

BY PHARMOS NATUR

Deep relaxation | Let go of stress | Recharge your batteries | Stress management and relaxation



MARINE SCULPT ZONE

BY PHYTOMER

Slimming ritual for stomach, legs and gluteus and stubborn cellulite | Gentle marine exfoliation | Warming, contouring wrap



BODY

OLIGO SPA “FEEL THE SEA”

BY PHYTOMER

Relaxing full-body exfoliation |
Sea salt crystals | Massage for
skin remineralisation and
hydration

 HARMONY  CLARITY

SEA TREASURES

BY PHYTOMER

Remineralizing relaxing treat-
ment | Sea fragrances & sea
salts | Lymphatic stimulation |
Body hydration

 ENERGY  HARMONY

LEG REVIVAL

BY PHYTOMER

Targeted treatment for tired
legs | Refreshing stimulating gel |
Drainage massage

 ENERGY  CLARITY  RELEASE

POWER SEA BACK DETOX

BY PHYTOMER

Warm sea mud | Neck | Shoul-
ders | Spine | Relaxing back &
foot massage

 HARMONY  RELEASE

OCEAN INTENSIVE SLIMMING P5

BY PHYTOMER

Molding, contouring massage |
Slimming lotion to reduce
curves | Slimming pack with
algae jam

 HARMONY  RELEASE



BEAUTY

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## MANICURE CLASSIC

Nail shaping | Treatment of  
cuticles | Manicure with massage

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CLARITY

~~~~~  
RELEASE

## PEDICURE CLASSIC

Foot bath | Heals bruises | Nail  
shaping | Gentle foot massage

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CLARITY

~~~~~  
RELEASE

## BOOKABLE FOR EVERY HAND & FOOT TREATMENT

- Alessandro coloured  
varnish
- Alessandro Striplack

## FANCY HANDS RITUAL

Manicure | Hand exfoliation |  
Hand wrap | Hand massage |  
Hands as soft as velvet



## ELECTROMESO- THERAPY FOR FACE, DÉCOLLETÉ OR BODY

Active ingredient concentrates  
are absorbed deep into the skin |  
Skin tightening on the face and  
body

## FANCY FEET RITUAL

Pedicure | Foot exfoliation |  
Foot wrap | Foot massage |  
Soft and well-groomed feet



## MIKRODERM- ABRASION

Mechanical removal of dead skin  
cells | Non-invasive skin rejuve-  
nation | Exfoliation | Pore deep  
cleansing



# SPA PACKAGES

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Feel good all-around and switch off – back to inner balance and find your own rhythm again. Our Spa packages help you to recharge your batteries and regain beauty, relaxation, balance or clarity, depending on your needs.

## MESSAGE SPECIAL

Foot reflex zone massage |  
Partial body massage |  
Head and neck massage |



## ANTICELLUTIS

1 x Detox pack |  
1 x Dry CO<sub>2</sub> bath |  
2 x Lymphoven



## SPA PACKAGES

### ALL-ROUND COSMETICS (3 IN 1)

Pedicure | Manicure |  
Facial treatment



### WELLNESS TESTER

- 2 x Partial body massages
- 2 x Mineral spring water baths  
from our own Alexandra
- 1 x Mud pack or 1 x dry CO<sub>2</sub>  
bath



### FEET SPECIAL

Foot pack | Pedicure |  
Foot massage



### RELAX À LA CARTE PREMIUM

**Choose 5 out of 8 spa  
treatments**

- Whole body massage
- Foot reflexzone massage
- Body pack with fleece mask
- Spring water bath Alexandra  
with aroma oil and kaolin mask
- Dry CO<sub>2</sub> bath with inhalation
- Body Peeling
- Facial treatment
- Mud bath with colloidal silver



### DETOX

Detox pack | Dry CO<sub>2</sub>  
bath | Peeling |  
Lymphatic drainage





# ACTIVE AND HEALTHY

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## **Your well-being is our priority.**

At the Falkensteiner Spa Resort Marienbad we help you to re-charge your batteries, improve your performance or relax your mind, body and soul.

Every week, we prepare a new sport programme for you. In the pool, gym or outdoors – keep fit under the guidance of professional trainers and take part! Special exercises for abdominals, legs and gluteus, aquafit, theraband, fascia training, back exercises, stretching, exercise ball training, yoga, progressive muscle relaxation, bioenergetic exercises, circuit training or Qi Gong.

Do you feel more comfortable when you train alone, or the course date does not suit you? We will be happy to assist you individually and adapt the appointment to your wishes. Please inform yourself at the spa reception.

## ACTIVE AND HEALTHY

### PERSONAL TRAINING

Individual | Tailormade  
exercises | Personal  
training plan

### YOGA

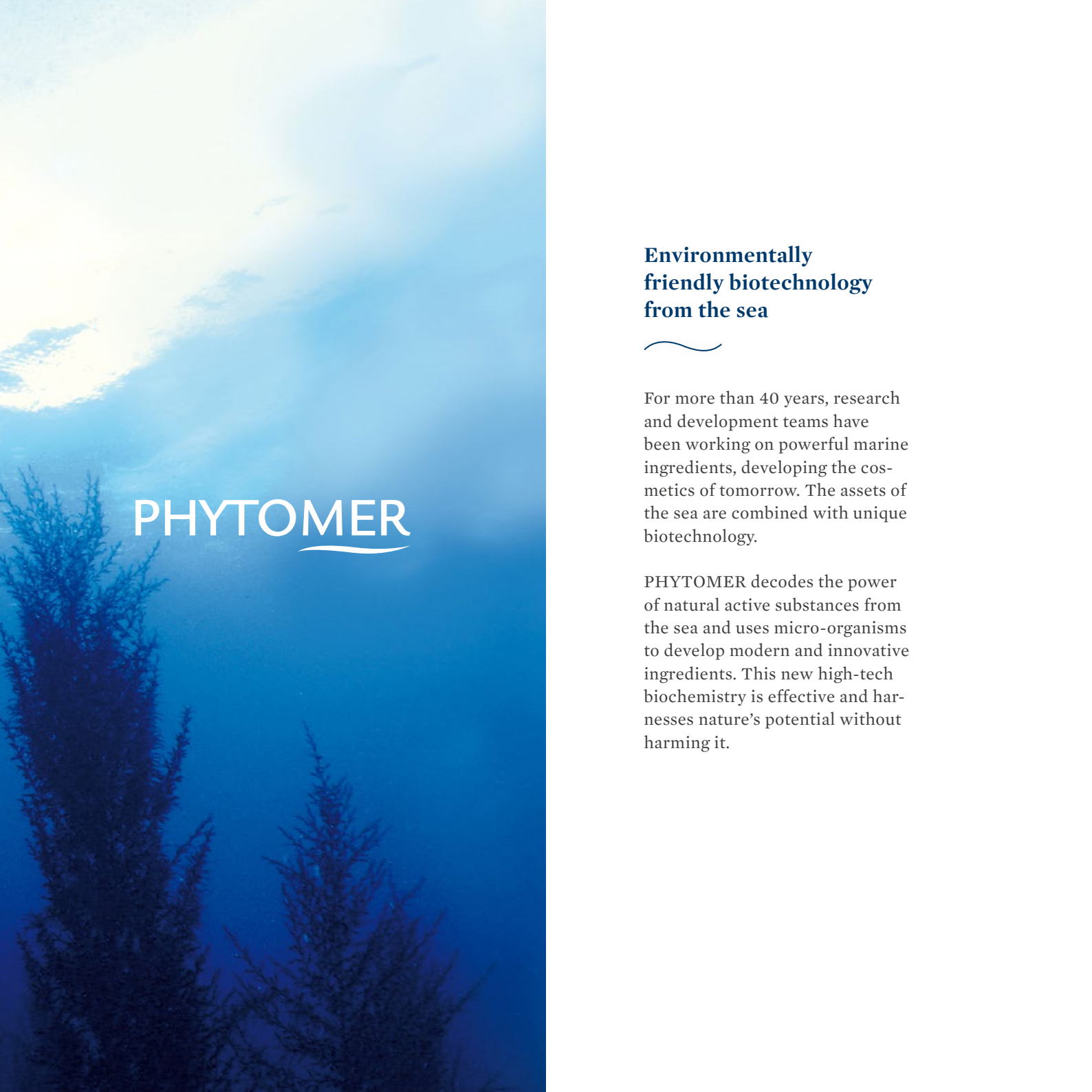
Yoga Intensive weekends  
on set dates (ask us about  
the calendar)

### UKK TEST

Simple test to to measure  
the fitness index and to  
determine the efficiency of  
the cardiovascular system

### BIOIMPEDANCE MEASUREMENT

Shows the proportions of  
different types of body tissue.  
Used to record the state of health  
and nutrition and to determine  
appropriate exercise and  
nutritional behaviour



# PHYTOMER

## **Environmentally friendly biotechnology from the sea**



For more than 40 years, research and development teams have been working on powerful marine ingredients, developing the cosmetics of tomorrow. The assets of the sea are combined with unique biotechnology.

PHYTOMER decodes the power of natural active substances from the sea and uses micro-organisms to develop modern and innovative ingredients. This new high-tech biochemistry is effective and harnesses nature's potential without harming it.



## **Pharmos Natur Power of Sacred Plants**



Green Luxury cosmetics for health, beauty and joie de vivre, inspired by the unique potential of mother nature. Pharmos Natur uses highly valued plants with medicinal and rejuvenating properties from all over the world and combines the complex active ingredients in a sophisticated way. All active ingredients are adaptogenic, which means they know where and how to work best.

The SACRED PLANTS are processed carefully and holistically. Their rich active ingredients, intense light energy and strong vibrations are contained in the valuable care products. What's special about them is the use of ingredient- rich Aloe Vera instead of water, without the addition of alcohol and without classic preservatives.

# SPA ETIQUETTE



Guarantee your desired treatment before arrival.



To avoid fees, please cancel treatments by 4 p.m. the day before.



Allow yourself time and arrive 10 minutes before your treatment.



Please wear swimwear in the pool area and abstain from clothes in the sauna area.



Please come to your treatment dressed in a bathrobe.



Be considerate of guests looking for peace and calm and respect the mobile phone ban.



Do not reserve loungers.



Treatment time is the total time from your pickup from the SPA desk to the time the therapist says goodbye. Before your treatment we will ask you about your wishes and will be happy to advise you.



Please tell us about any health concerns, illnesses or allergies in advance. If pregnant, please consult with your doctor.



It is best to store jewellery and valuables in your room safe.



Give the gift of time to your loved ones with vouchers for our SPA.