

start



YOUR ACTIVE
HOLIDAY



ACTIVE

Dynamic, energetic, motivated. An extensive sports and activity program meets health-conscious nutritional elements from the region - gentle exercise and beneficial foods strengthen the body from the inside out. Balancing regeneration and mental fitness also represent an important aspect of our Acquapura SPAS. They enable our guests to enjoy a holistic experience for body and mind that appeals to all the senses. These perfectly coordinated components give you new energy for future experiences full of vitality.

„Never start stopping - and never stop starting.“

Cicero

Magic Moments

AT FALKENSTEINER

We have made it our goal to offer our guests tailor-made vacation experiences in every phase of life and for all needs. The highest quality standards with an individual touch and the cozy Welcome Home feeling meet with a wide range of design options for a vacation with an innovative program offering that leaves nothing to be desired. A time out made for providing our guests with unforgettable memories!



Entertainment



Active



Deceleration



Indulgence

Specials

ACTIVE

PROGRESSIVE MUSCLE RELAXATION

Alternating tension &
relaxation | Beneficial for
body & mind

€ 50 30 MIN

€ 72 45 MIN

PRIVATE TRAINING | COACHING

Focus on health |
Fitness individually
adapted

€ 50 30 MIN

€ 90 60 MIN

BACK IN BALANCE

Strengthening | Loosening |
Relaxation

€ 50 30 MIN

TAPING TIMEOUT

Muscle & fascia support |
Relaxation | Pain relief

€ 30 20 MIN



Signature TREATMENTS

MOUNTAINEER

Sports massage | Activates and loosens | Relieves tension and sore muscles | Improves performance

€50 30 MIN

€90 60 MIN

MOUNTAIN PATH

Back, leg & foot massage | Loosens back-shoulder area | Relief and relaxation for legs and feet

€90 60 MIN

MOUNTAIN SUN

Power lifting facial | Powerful & well-groomed radiance | Activating partial body massage

€135 90 MIN

ARNICA

Alpine calf refresher for tired legs | Vitalizing lightness | Relaxes & decongests

€50 30 MIN



