

Falkensteiner Hotel & SPA Iadera *****

SIP & SPA Program

Friday:

- **17:00 – 18:00** - Kick off the weekend with a cocktail workshop in Sotto Voce, followed by an enchanting evening in the Acquapura SPA.
- **Aufguss** ritual (afternoon or in the evening, depending on a schedule).

Saturday:

- **8:00 – 9:00** - Start the day with a balanced yoga session to center your body and mind.
- **12:00 – 12:30** - Enjoy a detoxifying facial session in the spa.
- **14:00 – 15:00** - Unleash your creativity with a choice of **Art (Paint or Clay) & Wine** workshops.
- **16:30 – 17:00** - Attend a hand or body care workshop.
- **18:00 – 18:30** - Couples can bond through a massage workshop designed just for two.
- **Aufguss** rituals (afternoon or in the evening, depending on a schedule).
- **19:00** - End the night with live music in Sotto Voce, creating the perfect backdrop for an intimate evening.

Sunday:

- **11:00 – 12:00** - Learn to make refreshing smoothies in a wellness-focused workshop at the SPA Bistro.
- **Aufguss** rituals (afternoon or in the evening, depending on a schedule).