

The background is a solid tan 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 a slight curve at the top and a thick, rounded base.

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA



Nature as your personal wellbeing escape: powerful peaks, fresh alpine air, healing herb meadows, peaceful forests, and pure mountain springs inspire the Acquapura SPA at Falkensteiner Hotel Schladming.

Whether you are looking to unwind completely or recharge, our treatments are tailored just for you. Relax and reconnect with yourself in the calming Schladming-Dachstein mountains.

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.



ACTIVE
SIGNATURES



ACTIVE SIGNATURES

ACTIVE FLOW

BY PHARMOS NATUR

Hot or cool foot compresses | Neck & shoulder massage | Firm back, leg & foot massage | Fresh Aloe Vera leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery

Followed by a smoothie/shake with Sesamkraft



ACTIVE FLOW INTENSE

BY PHARMOS NATUR

Refreshing foot bath with peeling for strained feet | Neck & shoulder massage | Powerful back, leg & foot massage | Back wrap | Fresh Aloe Vera leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery

Followed by a smoothie/shake with Sesamkraft



DYNAMIC STEPS

BY TEAM DR JOSEPH

Dynamic foot & leg massage | Active leg programme | Relief & relaxation | Decongestant effect | Tones the muscles





ACTIVE
SIGNATURES



ACTIVE SIGNATURES

DACHSTEIN FIT

Sports massage | Stamps with herbs from the Dachstein region | Improved blood circulation | Vitality



MOUNTAINEER

Sports massage | Activates & relaxes | Relieves tension & muscle soreness | Improves performance

ARNICA INTENSIVE

Alpine calf refresher for tired legs | Invigorating light-footedness | Relaxes & decongests



MASSAGES



MASSAGES

ACTIVE RELAX

Beneficial & gentle massage |
Ideal after sports activities |
Tailored to your well-being |
- *Full-body massage*
- *Partial-body massage*



SCHLADMING SENSES

Aromatic oil of your choice |
Tailored to your well-being |
Also suitable for athletes |
- *Full-body massage*
- *Partial-body massage*



FOREST EARTH

Foot reflexology massage |
Tailored to your well-being |
Activates the metabolism &
immune system



ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility
check | Tension relief |
Increased flexibility



ENNS ENERGY

Lymph-stimulating massage |
Face, partial or full-body
treatment | Decongestion |
Relief | Promotes blood
circulation | Stimulates the
immune system



MOUNTAIN AIR

Back, neck & head massage |
Loosening & relaxing



BODY



BODY

ALPINE SERENITY

BY TEAM DR JOSEPH

Full-body exfoliation with
apricot seeds & hay extracts |
Promotes blood circulation |
Clear & radiant complexion

 HARMONY

ALPINE SERENITY - INDULGENCE

BY TEAM DR JOSEPH

Full-body exfoliation with
apricot seeds & hay extracts |
Promotes blood circulation |
Clear & radiant complexion |
30-minute partial body massage

 CLARITY

HERBAL POWER

BY TEAM DR JOSEPH

Activation and empowerment
of muscles and musculoskeletal
system | Herbal stamps |
Exfoliating effect | Improved
blood circulation | Vitality

RELAX & MOVE

BY PHARMOS NATUR

Relieves tension | Revitalises
muscles & joints | Promotes
blood circulation | Soothing after
physical activities & in case of
muscle or joint discomfort

 HARMONY  ENERGY

STRESS-AWAY

BY PHARMOS NATUR

Deep relaxation | Letting go
of stress | Recharge your
batteries | Supports stress
management & relaxation

 RELEASE  CLARITY

DETOX-BODY

BY PHARMOS NATUR

Cleansing | Activates lymph
flow | Strengthens the connective
tissue for general tissue clean-
sing in case of congestion, heavy
legs and cellulite

FACE



FACE

BLOOMING RADIANCE

BY TEAM DR JOSEPH

Natural lifting | Bio-energetic
massage | Ritual for all senses |
“High-tech“ from nature |
Lasting radiance

 HARMONY  CLARITY

DEEP-ACTING BEAUTY TREATMENT

BY TEAM DR JOSEPH

Exfoliating | Deep-acting
with cupping glasses | Facial
massage | Instant effect |
Regenerative | Healthy &
intensive nourishment

HARMONISING TIMEOUT

BY TEAM DR JOSEPH

Natural active ingredients |
Individualised care | Pure |
Delicate | Radiant & clear

 HARMONY  ENERGY

FACE

LOVE YOUR AGE - POWER TREATMENT

BY PHARMOS NATUR

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

 HARMONY  ENERGY

NATURE OF MEN

BY PHARMOS NATUR

Perfect care for men's skin |
Cell renewal & regeneration |
Revitalising | Soothes irritation

 ENERGY  CLARITY

DETOX - FACE

BY PHARMOS NATUR

Cleansing | Activates lymph
flow | Strengthens the connective
tissue | For every skin type -
particularly for stressed skin
& for couperose

 ENERGY  CLARITY

A close-up photograph of several tulips in shades of pink and white. The focus is sharp on the central flower, showing its six petals and yellow stamens. The background is softly blurred, showing more of the same flowers.

BEAUTY

BOOKABLE
WITH EVERY
BEAUTY
TREATMENT

Alessandro
nail polish

CLASSIC MANICURE

BY ALESSANDRO

Nail shaping | Treatment
of cuticles | Hand care
with massage

CLASSIC PEDICURE

BY ALESSANDRO

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



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.



**PHARMOS
NATUR**



**Sustainable proven
certified natural skincare ·
since 1986**

TEAM DR JOSEPH has been synonymous with results-oriented, natural, and sustainable skincare since 1986. The bio-certified, award-winning products follow a holistic approach and incorporate combinations of active ingredients from various plants, refined using advanced technological processes to guarantee the best results for the skin.

The holistic facial and body treatments not only involve techniques from fascia massage but also utilize special tools such as flower stamps or cups for biodynamic cupping.

The commitment to quality and efficacy is always linked to a responsible approach to nature and its resources for this climate- and plastic-neutral family-owned business.

TEAM D^R JOSEPH

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.