



FALKY'S MASSAGE OVERVIEW

FALKY TYPE	SEELEN-BAUMLER	HUPFAUF	FLATTERMAX
Massage techniques/ effects	Activating, alternating stimuli, applying pressure on areas combined with mild stretches	Balancing, kneading movements, activation by tissue rolling and relaxation of reflex zones	Calming, gentle strokes along the joints, activation of the vagus nerve
Music/heart rhythm	Falky SPA-CD		
Description	Relaxing music		
Medium	Hypoallergenic oils/candles		
Treatment duration	20 min (30 min on request including massage training for parents)		

FALKY TREATMENTS

MASSAGES	Description	Duration	Price
FALKINO parent-child-massage	Instructional massage for parent + child (children up to 3 years)	40 mins.	€ 47
HUPFAUF/ SEELENBAUMLER/ FLATTERMAX Falky Massage	For children from 3 to 10 years, treatment only	20 mins.	€ 28
HUPFAUF/ SEELENBAUMLER/ FLATTERMAX Falky Massage with gift	Massage for children from 3 to 10 years incl. gift package with candle or oil	20 mins.	€ 37
FALKYS HERBAL STAMP massage	Back massage with warm herbal stamps	20 mins.	€ 30
CHEERDANCE-QUEEN full body massage	Relaxing full body massage	30 mins.	€ 37
SKATER HERO full body massage	Strengthening and relaxing full body massage	30 mins.	€ 37

BEAUTY TREATMENTS	Description	Duration	Price
NATURAL BEAUTY facial care	Facial care with gentle facial cleansing, face mask and relaxing face massage	20 mins.	€ 25
HAPPY HANDS AND FEET	Hand and foot care for little nail biters	30 mins.	€ 37
LADYFINGER Manicure	Basic hand care for soft hands	30 mins.	€ 28

SAUNA INFUSIONS	Description	Duration	Price
SCHWITZ-ZISCHER SAUNA INFUSION	Mild sauna infusion – for children from 4 years up	Please see the notice in the hotel	free

As of November 2018.



WELCOME HOME!



www.falkensteiner.com

FMTG Services GmbH, Columbusplatz 7-8, A-1100 Vienna
FN 304169h, Commercial Register Court Vienna
Head office: Vienna, UID No. ATU 64058147

ENGLISH



FALKENSTEINER
Hotels & Residences

Welcome Home!

*Falky's Spa menu
for children*





WELCOME TO FALKY'S SPA WORLD

The Falky wellness concept was created in co-operation with PINO, as a unique experience for parents and children. Find out which massage is right for your child with the help of Falky's Wellbeing Triangle and by talking to our SPA therapists.



MASSAGES

Massages gently strengthen the trust between parents and children. Depending on individual needs, they can support children in calming down, finding their balance or reenergizing themselves. Children who are massaged regularly experience wellbeing and develop positive self-perception which supports their growth and development. Massages stimulate blood circulation, improve the ability to concentrate and strengthen the immune system.

ESSENTIAL FRAGRANCES

Hypoallergenic oils, soothing music and the power of herbs enhance the balancing effect of massages. By using the Falky Wellbeing Triangle, we will combine individual elements to create the massage which perfectly suits your child's needs.



ADDITIONAL TREATMENTS

In Falky's SPA for children, we offer selected treatments such as children's and family sauna infusions, manicure, facial care, and parent-child-massages as well as a herbal stamp ritual. With your consent, older children may choose their favourite treatment by themselves.

CHILDREN'S SAUNA

Family and children's sauna: Depending on the hotel, sauna infusions for the whole family or for children only take place once a week on fixed dates or in a separate children's SPA.

Temperatures of infusions for families and children are 50° C at most.

FALKY'S TRIANGLE OF WELLBEING FOR THE IDEAL MASSAGE

SELECT THE OPTIMAL MESSAGE

A QUESTION FOR YOU: WHICH TYPE IS YOUR CHILD?

Is your child rather *lively* (red), or *calm* (green)?
Is your child rather *distracted* (red), or *concentrated* (green)?
Is your child rather *attentive* and *curious* (red), or *introverted* (green)?



RESULT

3x RED Falky type »**Fluttermax**«
Topics: Activity, movement, up and down – the massage has a balancing effect and your child can calm down.

3x GREEN Falky type »**Seelenbaumler**«
Topics: Calmness – the massage has an activating and stimulating effect.

MIXED Falky type »**Hupfauf**«
Topics: Balance; according to the current disposition (calm/active) – the massage helps your child find balance.

