



ACQUAPURA SPA ESSENTIALS





## **Alps. Active. Relax**

Nature as wellness therapist for our Schladming Alpine wellness:  
Powerful mountain peaks, clear air, alpine meadows with healing herbs, quiet forests  
and pure mountain springs - all this is reflected in our Acquapura SPA at the  
Falkensteiner Hotel Schladming. Whether you feel the need for deep relaxation  
or want to re-energize your body and mind, we have soothing spa treatments  
for you to choose from, tailored to your individual desires.

Arrive and switch off in the versatile mountain world of Schladming-Dachstein.

*Welcome Home!*







## ACQUAPURA SPA

"Acqua pura" means "pure water" and is the essence of the spa worlds in the Falkensteiner Hotels & Residences. Water revitalizes, relaxes and promotes physical wellbeing – it is not without reason that it is considered the elixir of life. From a spiritual point of view, water is assigned to the second energy centre, where creativity, wishes and dreams are anchored. It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

Inspired by living in harmony with nature, everything flows together smoothly in the Acquapura SPA. Here, space is created for free thoughts and inner balance. A pure, holistic spa experience, which above all should create positive states of mind, relaxation, pleasure, joy, health and vitality. The Acquapura SPA is a place where you can rediscover your own centre and simply surrender to the moment.

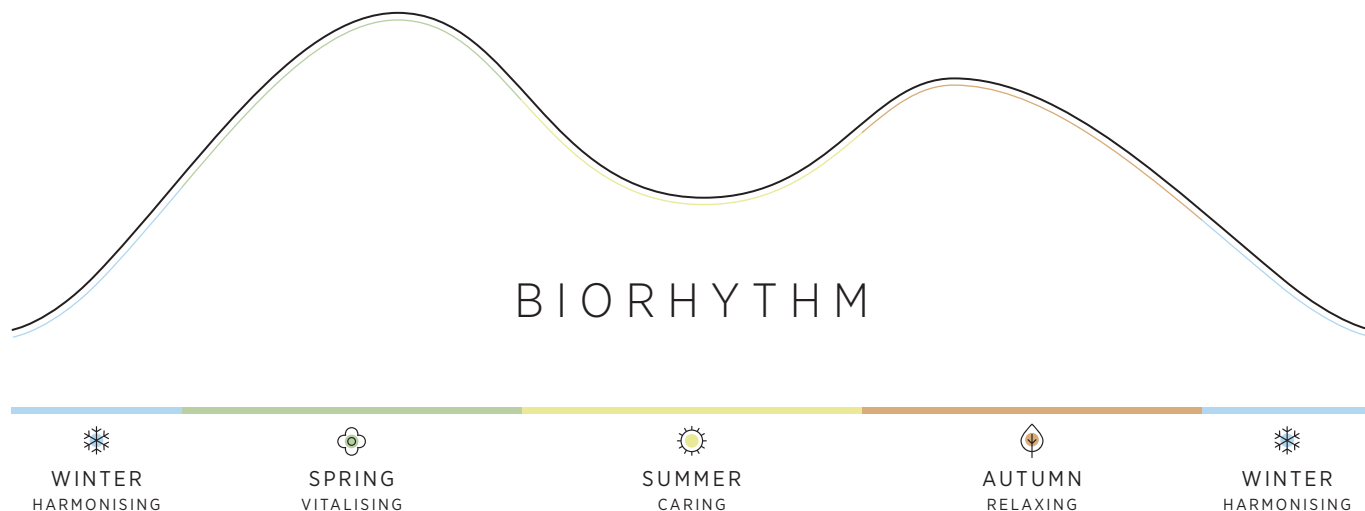






THE ACQUAPURA PRINCIPLE





Overwhelmed by the complexity of everyday life, many people have partially forgotten to live in harmony with nature and themselves. The Acquapura principle is therefore geared towards personal balance and the natural biorhythm of life. These distinct, rhythmic phases reflect the course of the day and mirror the seasons.

All Acquapura SPA Treatments & Rituals are based exclusively on natural products, combat personal imbalance, and are tailored to individual needs. Energising and vitalising, nourishing and calming, relaxing, balancing and harmonising, or clear and pure.







MASSAGES

A





## ACTIVE.RELAX. MASSAGE

PINO aromatic oil of your  
choice | Tailored to your  
wellbeing and your demands |  
Full- or partial-body massage

€ 50 30 MIN

€ 90 60 MIN



## MOUNTAIN SPRING LYMPH- STIMULATING MASSAGE

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

€ 50 30 MIN

€ 90 60 MIN



## MOUNTAIN AIR

Back, neck and head massage |  
Loosening and relaxing

€ 72 45 MIN



## ACQUAPURA SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension relief |  
Increased flexibility

€ 90 60 MIN



## FOREST SOIL

Foot reflexology | Mirror of  
our body | Tailored to your  
wellbeing

€ 90 60 MIN



VITALISING



CARING



RELAXING



HARMONISING



FACE



PHARMOS  
NATUR





## NATURE OF MEN TREATMENT

Perfect care for men's skin |  
Cell renewal and regeneration |  
Revitalisation | Soothes  
irritation

€95 60 MIN



## INTENSIVE MOISTURE

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

€95 60 MIN

## BOOKABLE FOR EVERY FACE TREATMENT

upon request:

- eyebrow grooming
- eyelash dye
- eyebrow dye

€15 PER 10 MIN



## BEAUTIFUL EYES

Decongestant and smoothing |  
For stressed eyes, matured skin  
and wrinkles | For a shining  
look

€50 30 MIN



## DETOX-FACE

Cleansing | Activates lymph  
flow | Strengthens the connec-  
tive tissue | For every kind of  
skin – particularly for stressed  
skin and for couperose

€95 60 MIN



## LOVE YOUR AGE - POWER TREATMENT

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

€105 60 MIN

€120 75 MIN



VITALISING



CARING



RELAXING



HARMONISING





FACE

HIGHTECH NATURAL COSMETICS  
**TEAM DR JOSEPH**  
SÜDTIROL





## HARMONISING TIME OUT

Natural active ingredients |  
Individually nourishing |  
Pure | Delicate | Radiant  
and clear

€95 60 MIN



## BLOOMING RADIANCE

Natural lifting | Bioenergetic  
massage | Ritual for all  
senses | High-tech from  
nature | Lasting radiance

€135 90 MIN



## DEEP-ACTING BEAUTY TREATMENT

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

€105 60 MIN



RELAXING



HARMONISING



VITALISING



CARING





BODY



PHARMOS  
NATUR





## RELAX & MOVE

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

€95 60 MIN



## ANTI-STRESS BODY

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

€105 60 MIN



RELAXING



HARMONISING



VITALISING



CARING







BODY

HIGHTECH NATURAL COSMETICS

**TEAM DR JOSEPH**

SÜDTIROL





## FULL BODY SCRUB WITH HAY EXTRACT

Full-body exfoliation with  
apricot kernels and hay  
extracts | Promotes blood  
circulation | Clear and radiant  
complexion

€ 50 30 MIN



## DYNAMIC RECREATION BACK MASSAGE

Massage | Hot roll | Cupping  
glasses | Singing bowls | Acti-  
vates and loosens the muscles |  
Relieves tension | Improves the  
dynamics of the spine

€ 80 45 MIN



## SKIN REPAIR HAPPY AGING BODY WRAP

Regeneration and care | Cell  
renewal through the power  
of grapes and sea buckthorn

€ 50 30 MIN



## DETOXIFYING CELLULITE TREATMENT

Belly | Legs | Buttocks | Arms |  
Modulating massage | Cupping  
glasses | Enzyme peeling | Pack

€ 90 60 MIN



VITALISING



CARING



RELAXING



HARMONISING





BEAUTY







## MANICURE CLASSIC

Nail shaping | Treatment  
of cuticles | Manicure

€ 45 30 MIN

BOOKABLE  
FOR EVERY  
HAND & FOOT  
APPLICATION

Alessandro coloured  
varnish

€ 15



## FANCY HANDS RITUAL

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

€ 85 60 MIN



VITALISING



CARING




RELAXING



HARMONISING





HIGHTECH NATURAL COSMETICS

**TEAM DR JOSEPH**

SÜDTIROL

HIGH-TECH, ORGANIC,  
NATURAL COSMETICS  
FROM SOUTH TYROL

TEAM DR JOSEPH was founded in 1986 and is the expression of a profound fascination with the ingenuity of plants and their active ingredients. Here, a combination of herbal ingredients, cutting edge technology and an understanding for the complexity of the human body are united.

Team Dr Joseph harnesses the abundance of nature, carefully processes deep-acting combinations of active ingredients from the plant world, and thus follows a holistic approach towards nourishing skin care and lasting skin health.





## PHARMOS NATUR

Green luxury cosmetics for health, beauty & joie de vivre, inspired by the unique potential of Mother Nature. Pharmos Natur uses precious healing & rejuvenating plants from all over the world and combines the complex active ingredients in a sophisticated way. All essences are adaptogenic, i.e. they know where and how to act best.

Carefully and holistically the SACRED PLANTS are processed. Their rich active ingredients, their intensive light energy and their high vibration are contained in the valuable care products. The special feature: active ingredient-rich aloe vera instead of water, without the addition of alcohol and without classic preservatives.



# SPA ETIQUETTE



Secure your desired treatment before arrival.



Cancel appointment by 4:00 p.m. the day before to avoid fees.



Take your time and arrive 10 minutes before your treatment.



Wear swimwear in the pool area and refrain from wearing clothes in the sauna area.



Attend the treatment dressed in your bathrobe.



Be considerate of guests seeking peace and quiet and respect the cell phone ban.



Do not reserve any loungers.



Please inform us in advance of any health concerns, illnesses or allergic reactions. Consult your physician if you are pregnant.



Treatment time is the time from the moment you are picked up at the spa desk until the therapist says goodbye. Before the treatment, we will ask you about your wishes and will be happy to advise you.



It is best to keep jewelry and valuables in the room safe.



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



