



FALKENSTEINER

GENUSS & WOHLFÜHLHOTEL MÜHLVIERTEL



ACQUAPURA NATUR SPA

Away from doing and towards being. Take up the invitation to linger in deep relaxation and enjoy a balancing break from everyday life. Feeling good means arriving at one's own place, knowing one's own needs and discovering oneself anew again and again.

We would like to go on this wonderful journey with you.

In our Acquapura Natur SPA, your well-being comes first! You are allowed to come to rest in the picturesque Mühlviertel hilly landscape and let the vastness of the surrounding highlands take effect on you. Become one with the environment. Mystical moorland landscapes offer balance and new life energy – feel as light as an invigorating breeze of wind, as grounded as the region's mineral resources and as balanced as the rhythm of gentle waves. Inspired by the Hawaiian "Aloha Spirit" and the far-reaching view of nature.

Welcome Home!

A


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.

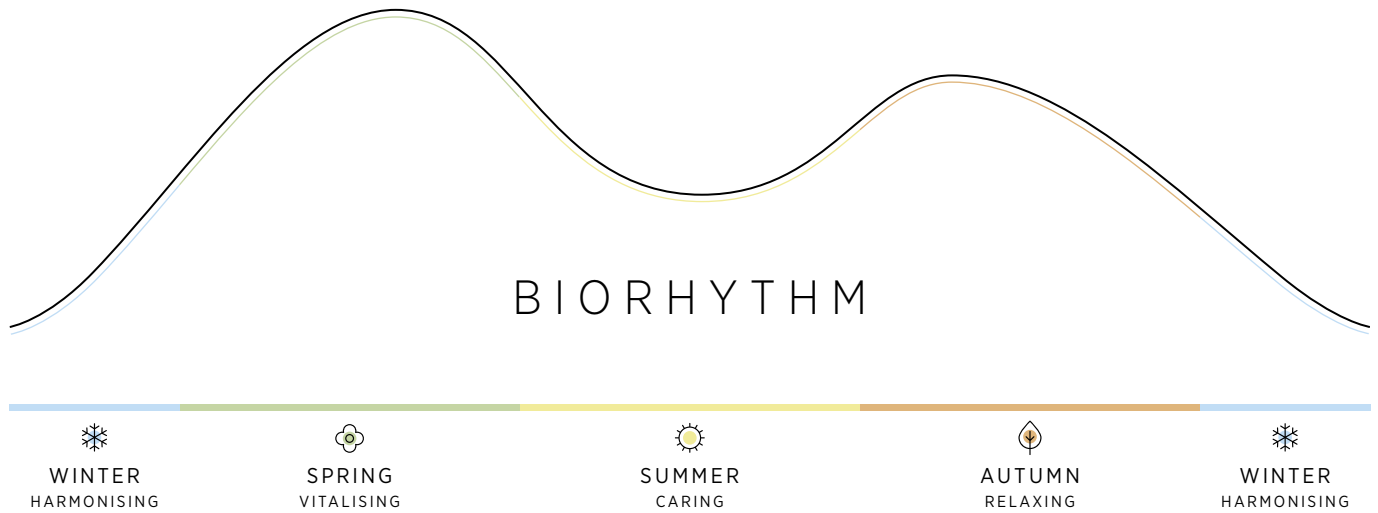
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

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.



NATURELAX

Body, mind and soul glide into the natural landscape. The gentle hills welcome you, like the waves of the sea. Give your mental load to the endless expanse and let go. Gain new power and use the strengths of nature. For more well-being and balance.



INDULGENCE FOR ME

Lomi Lomi Nui | Hot Stone |
Warm oil | Rhythmic
massaging movements |
Relaxing journey



LIMITLESS

Refreshing and moisturising
facial treatment | Aloe Vera
back ritual | Vitalised and mois-
turised skin | Promotes good
mood and gives new energy

BY PHARMOS NATUR



POWER OF THE EARTH

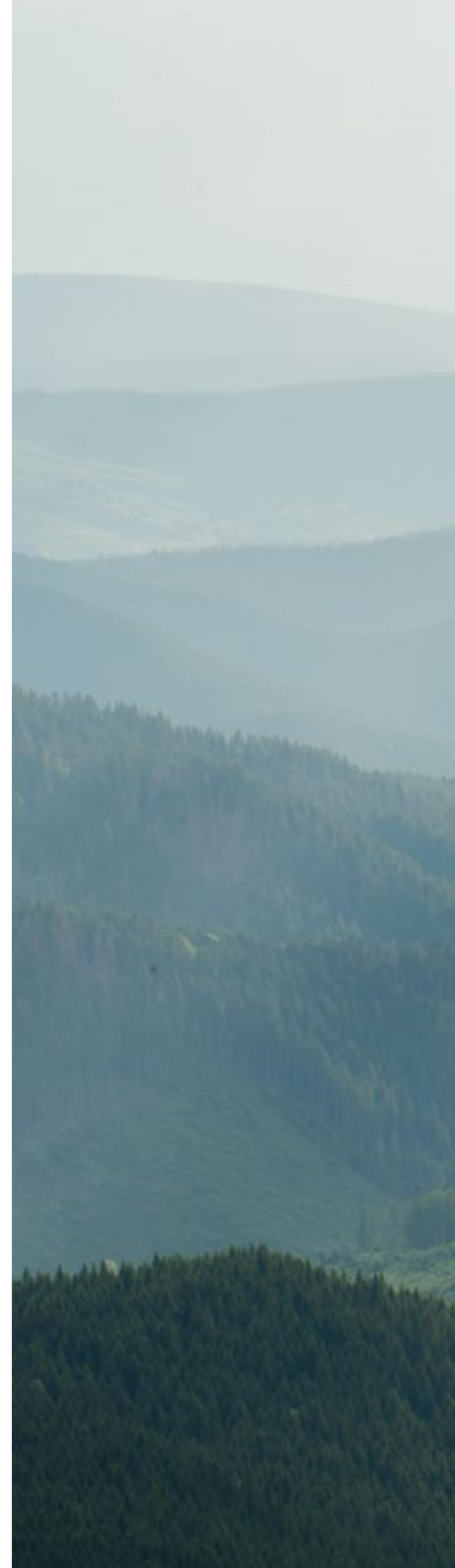
Warm mudpack for the back |
Relaxing | Swiss Pine aroma
oil | Release and switch off



POWER OF LIGHT

Bio facial ritual | Increased
radiance | Metabolism-stim-
ulating back ritual | Natural
filter effect | Soothing facial
massage | Brightness and
moisturisation

BY PHYTOMER





INDULGENCE RITUALS





TAILORMADE

PINO aromatic oil of your choice | Tailored to your wellbeing | Also suitable for athletes

Full-body massage
Partial-body massage



EVERYTHING IN FLOW

Activation of the lymphflow | Decongestion | Relief | Promotion of deep relaxation | Reduction of swelling | Tailored to your needs



PAUSE FOR THOUGHT

Back-neck massage | Loosening and relaxing | Head & face massage | Warm neck pack included with 50 minutes massage



CARING FLAME

Aromatherapy candle of your choice | Tailored to your wellbeing | Pleasantly nourishing



GROUNDED

Stimulation of the feet area | Increased sleep quality and relaxation | Relieves discomfort | Activates the immune system




ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility check | Tension relief | Increased flexibility



MASSAGES

A



FACE



PHARMOS
NATUR



NATURE OF MEN

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



DETOX FACE

Cleansing | Activates lymph
flow | Strengthens the connective
tissue for every kind of
skin – particularly for stressed
skin and for couperose

BOOKABLE FOR
EVERY FACE
TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye



BIO LIFTING

Intensive care | Treatment with
nutrients | Natural tightening
for dry, tired and loose skin



LOVE YOUR AGE - POWER TREATMENT

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



FACE

PHYTOMER



“MALE PRESERVE” NEW SKIN FOR MEN

Includes neck massage | Custom high-tech care with marine active ingredients | Supplies oxygen, moisturises, and combats skin ageing



CITY LIFE MARINE DETOX

Against urban pollution | Cleansing, detoxification and oxygenation for the skin | Contrasts cloudy complexion | Clear, fresh and pore-refined skin



HYDRA ORIGINAL

Plumping moisturising treatment | Organic algae | Filling & nourishing for more radiance



EXPERT JEUNESSE

Wrinkle correction and lifting | Instant effect thanks to multi-exfoliation | Marine active ingredients

CAN BE
BOOKED WITH
ANY FACIAL
TREATMENT



RELAX DOS
Self-heating sea mud |
50% more effect



PERFECT REGARD
Intensive eye care



RELAX & MOVE

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



FLOW IN

Cleansing | Activates lymph flow | Strengthens the connective tissue for general tissue cleansing, for congestion and heavy legs, for cellulite



STRESS AWAY

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

 HARMONISING

 VITALISING

 CARING

 RELAXING

 NATURELAX





BODY



PHARMOS
NATUR

A close-up photograph of weathered wood, showing a complex pattern of grain, knots, and cracks. The wood is light brown with darker, concentric rings around the knots. The texture is rough and aged.

BODY

PHYTOMER



MARINE SCULPT ZONE

Slimming ritual for stomach,
legs and buttocks and stubborn
cellulite | Gentle marine exfo-
liation | Warming, contouring
wrap



LIGHT LEGS

Cooling treatment for legs
and veins | Relaxation & relief |
Marine peeling for good
circulation | Strengthens and
lightens tired legs



OLIGO SPA “FEEL THE SEA”

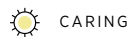
Relaxing full-body exfoliation |
Sea salt crystals | Massage for
skin remineralisation and
hydration



HARMONISING



VITALISING



CARING



RELAXING



NATURELAX



BEAUTY

A



MANICURE CLASSIC

Nail shaping | Treatment
of cuticles | Manicure with
massage



PEDICURE CLASSIC

Footbath | Heal bruises |
Nail shaping | Gentle foot
massage

BOOKABLE
FOR EVERY
HAND & FOOT
APPLICATION

- Alessandro coloured
varnish
- Alessandro Striplac
Varnish (Semipermanent
Varnish)



VELVETY LIKE SILK

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



LIKE ON CLOUDS

Pedicure | Foot exfoliation |
Foot wrap | Foot massage |
Soft and well-groomed feet



PHARMOS NATUR

PHARMOS NATUR

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 is special about them is the use of ingredient-rich Aloe Vera instead of water, without the addition of alcohol and without classic preservatives.





PHYTOMER



ENVIRONMENTALLY FRIENDLY BIOTECHNOLOGY FROM THE SEA

For more than 40 years, research and development teams have been working on powerful marine ingredients, developing the cosmetics of tomorrow. The assets of the sea are combined with unique biotechnology. PHYTOMER decodes the power of natural active substances from the sea and uses micro-organisms to develop modern and innovative ingredients. This new high-tech biochemistry is effective and harnesses nature's potential without harming it.

SPA ETIQUETTE



Guarantee your desired treatment before arrival.



To avoid fees, please cancel treatments by 4 p.m. the day before.



Give yourself time and arrive 10 minutes before your treatment.



Please wear swimwear in the pool area and abstain from wearing 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.