

ACQUAPURA SPA
BY MERKUR HEALTH

merkur 
Health



ACQUAPURA SPA by Merkur Health

Medicine. Wellness. Nature.




Discover your path to complete well-being at the Acquapura SPA by Merkur Health.

Immerse yourself in a world of relaxation and rejuvenation, where the medical expertise of Merkur Health is combined with the unique treatments of the Acquapura SPA. Find solace in our oasis, where nature flourishes in a permaculture garden: nestled between gentle hills, meadows, and lush forests in the sun-drenched landscape of southern Burgenland, your botanical paradise awaits.

Our treatments are designed to bring body and mind into balance. Experience innovative health programmes that combine medical know-how with the revitalizing powers of nature, creating a holistic wellness experience that goes far beyond traditional spa applications.

We look forward to accompanying you on your personal journey to more self-care and mindfulness.





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 purposefully utilized.

Water has a hydrating, purifying, balancing, and toning effect. No other element can be experienced so sensually, as one considers the various states of aggregation in the spa areas. On the one hand, it is a soothing invitation to swim and let yourself drift, in the form of ice during infusions and subsequent cooling, as well as the deeply effective experience in the steam bath. On the other hand, water offers multisensory stimulation.

Hearing, seeing, feeling, tasting: the sound of gentle waves, weightless floating, a gentle embrace surrounding 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.

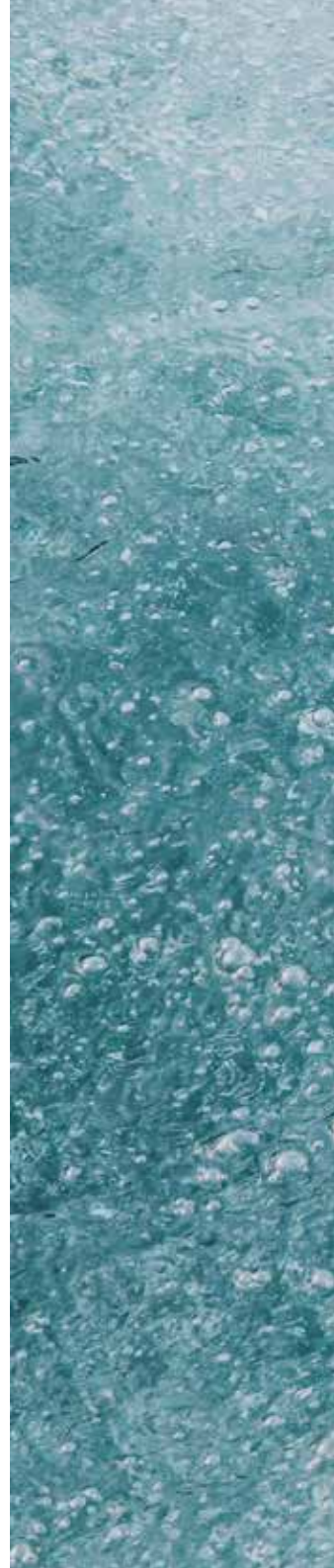
ACQUAPURA SPA by Merkur Health

The Acquapura SPA by Merkur Health is your expert in medical wellness and a sanctuary for well-being. A place to relax, restore your balance, and let your thoughts flow freely. Here, you'll find valuable support for a healthy and active lifestyle.

Inspired by a harmonious way of living, „flow“ refers to the ideal state of inner balance and complete contentment. This is achieved when the four phases—energy, harmony, clarity, and deceleration—are perfectly aligned.

Water holds the ability to guide you toward this state: Its natural rhythm resonates with our emotions and gently influences them. Calm, steady waves can have a soothing effect, while stronger waves bring an energizing, revitalizing quality.

Depending on your desired state of mind or the wave phase that aligns best with your needs, we offer tailored treatments to help you achieve your personal flow and reach your ideal balance.





ENERGY

renewed vitality &
strength



HARMONY

balance &
stability



CLARITY

mental clarity &
physical focus



RELEASE

relax &
unwind



PERMACULTURE
SIGNATURES

1ST STAGE: STONE GARDEN
STONE MASSAGE

New energy and vitality.
Activating | Revitalizing

 HARMONY  RELEASE

2ND STAGE: ORCHARD
DETOX MASSAGE

A composition of peeling &
massage | Detoxifying and silky-
smooth care experience

 CLARITY  RELEASE

3RD STAGE: FLOWER GARDEN

AROMATHERAPY
MASSAGE

BY VINOBLE

A fragrant time-out for body and
mind. Calming | Relaxing

 HARMONY  RELEASE

4TH STAGE: BIOTOPE
VINO THERAPY BATH

BY VINOBLE

Soothing | Nourishing | Revitalizing |
Stimulates circulation | Relaxing

 CLARITY  RELEASE

5TH STAGE: VEGETABLE GARDEN
INTENSIVE
MOISTURE

BY PHARMOS NATUR

Cooling & calming | Freshness
& vitality for all skin types |
Especially for young and
dehydrated skin

 ENERGY  CLARITY



PERMACULTURE
SIGNATURES



6TH STAGE: WILD HEDGE
MY MASSAGE

Personal relaxation time | Individually tailored treatment focus | Relaxation and well-being according to your wishes

 HARMONY  ENERGY

7TH STAGE: SPICES & HERBS
HERBAL STAMP

Hot herbal stamps and aromatic herbal oils | Tapping, stroking, and circular movements | Relaxation for the whole body

 CLARITY  RELEASE

8TH STAGE: BERRIES
BODY CHECK

BY INBODY

Analysis of body composition | Coaching

 HARMONY  CLARITY

9TH STAGE: FLOWER MEADOW
HEAD & FACE
RELAX

Stress-reducing | Soothing

 RELEASE

10TH STAGE: BEES
LOVE YOUR AGE -
POWER TREATMENT

BY PHARMOS NATUR

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

 HARMONY  CLARITY

MASSAGES



CLASSIC

Full-body | Partial-body



BACK INTENSIVE

MASSAGE NACH J.SALCHENEGGER®

Relieving | Deeply effective



COMBI

Foot reflex zones & back
Activating | Relaxing



PURE RELAX

Relaxing full-body massage with
fragrant aromatic oil | Soothing
facial massage & stimulating foot
reflexology massage



FOOT REFLEX ZONES

Activating | Revitalizing



MASSAGES



ACQUAPURA SIGNATURE FLOW

Experience deep relaxation from the very first moment with the comforting sensation of weightlessness.



ENERGY

Energetic balance | Warm oil & Indian influences | Head, face, neck



HARMONY

Deep relaxation for the entire body | Warm oil & Indian influences | Balancing well-being



BABYMOON

Customized, gentle, and relaxing massage with a special oil blend for expectant mothers starting from the 12th week of pregnancy.



MEDICAL WELLNESS



MED CHECK*

Comprehensive medical consultation | Preventive check-up with extensive blood analysis | Resting ECG and lung function test | Abdominal and thyroid ultrasound


CLARITY

MOOR

Warmth | Relaxation | Well-being |
Detoxifying | Purifying


RELEASE

LYMPH DRAINAGE

Gentle | Calming | Decongesting |
Strengthening the immune system


CLARITY 
RELEASE

* The share of the preventive check-up covered by health insurance will be processed via the e-card. If you are not currently entitled to a statutory preventive check-up, the costs will be billed at the current rate of the social insurance.

SPORTS



SPORT CHECK

Stress test on an ergometer to determine the current performance level | Training plan creation for optimizing aerobic and anaerobic energy metabolism | Individual training recommendations



SPORTS MASSAGE

Relaxation and regeneration of muscles after exercise | Promotes circulation | Revitalizing



PERSONAL COACHING

Individual one-on-one coaching | Tailored specifically to you



SPINAL CHECK

Spinal screening using MediMouse®



BODY



SALT ON MY SKIN

BY VINOBLE

Full-body peeling | Warming bath |
Relaxation massage | Relaxation

 CLARITY  RELEASE

SALT GRAPE SEED PEELING

BY VINOBLE

Refreshing care | Delicate and
radiant skin feeling

 CLARITY  RELEASE

DETOX ALKALINE BATH

Detoxification | Alkaline bath

 RELEASE

RELAX & MOVE

BY PHARMOS NATUR

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

 ENERGY

BODY & FACE WITH ALOE VERA

BY PHARMOS NATUR

Full-body peeling & care pack |
A fresh kick that restores balance
to the face

 HARMONY  ENERGY

DETOX BODY

BY PHARMOS NATUR

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

 HARMONY  RELEASE



FACE

EXCLUSIVE ROHINI REGENERATING TREATMENT

BY PHARMOS NATUR

Individual effectiveness of
adaptogenic rejuvenation plants |
Selected ingredients | Deep
regeneration | Treatment ritual
for every skin type


ENERGY

BIO LIFTING

BY PHARMOS NATUR

Intensive care | Supply of nutri-
ents | Natural firming | For dry,
tired & sagging skin


ENERGY

NATURE OF MEN



DETOX FACE

BY PHARMOS NATUR

Deep cleansing | Activates the flow
of the lymph glands | Strengthens
the connective tissue | For every
skin, especially for stressed skin
and rosacea



MEN SPECIAL ENERGY BOOST

BY PHARMOS NATUR

Activating | Deep cleansing |
Restores balance



BEAUTIFUL EYES

BY PHARMOS NATUR

Invigorating | Lifting effect |
Reduces wrinkles and dark circles
– for a radiant gaze



MEN SPECIAL STRESSLESS

BY PHARMOS NATUR

Cell renewal | Regeneration |
Revitalisation | Soothes irritations



BEAUTY



CAN BE ADDED
TO ANY FACIAL
TREATMENT

Microdermabrasion

MICRODERMABRASION SPECIAL

Efficient intensive peeling with
microcrystals | Deep cleansing |
Serum | Mask | Final care

FACIAL MASSAGE

Decollété | Nape | Neck

GENTLE HANDS

Without polish / with polish

Regenerating balm | Gentle nail care | Relaxing hand massage



REMOVING NAIL POLISH

Careful removal of your nail polish

SOFT FEET

Without polish / with polish

Invigorating foot bath | Gentle foot and nail care | Revitalizing peeling





**PHARMOS
NATUR**



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 carefully and holistically processed. Their rich active ingredients, intense light energy, and strong vibrations are encapsulated in these valuable care products. What makes them truly special is the use of nutrient-rich Aloe Vera instead of water, with no added alcohol or traditional preservatives.



VINOBLE COSMETICS



Feel the connection to nature.



VINOBLE COSMETICS embodies sustainability and produces high-quality natural cosmetics based on vegan formulas and locally sourced ingredients. These products are handcrafted in their own manufactory in the Styrian region of Austria. Discover the anti-aging active ingredients derived from the vine.

VINOBLE COSMETICS incorporates vinotherapy into every facial treatment. Experience a natural skin rejuvenation immediately after your treatment.



Holistic Well-being



Merkur Lifestyle has been successfully involved in health care for many decades. Since our establishment as a subsidiary of Merkur Versicherung AG in 1992, we have focused on providing high-quality medical and therapeutic health promotion, health preservation, and preventive health care tailored to our guests' individual needs.

We know how to maintain health, train joy in life, and build performance capabilities. This sense of well-being forms the foundation of our team's work, which consists of doctors, massage therapists, sports scientists, therapists, as well as beauty and wellness experts.

At Merkur Health locations, we additionally pamper our guests with the comfort of our hotel and wellness partners, laying the groundwork for sustainable quality of life and innovative health care.

MERKUR HEALTH LOCATIONS:

Merkur Health in the Nature and Activity Resort Reiterhof, Achenkirch

Merkur Health in Villa Seilern Vitalresort, Bad Ischl

Merkur Health in the Thermal Hotel DAS Sonneich and in the Loipersdorf Spa, Bad Loipersdorf

Merkur Health in Hotel Reiters Finest Family, Bad Tatzmannsdorf

Merkur Health in Landgut am Pöbnitzberg, Leutschach

Merkur Health in Falkensteiner Balance Resort Stegersbach, Stegersbach

**Merkur Health at Merkur Campus
Graz**

For more information about the Merkur Health locations, visit www.merkur-lifestyle.at.

SPA ETIQUETTE



Guarantee your desired treatment before arrival: +43 3326 55 0 55
stegersbach@merkur-lifestyle.at



Allow yourself time and arrive 5–10 minutes before your treatment and enjoy a cup of tea to set the mood for your session.



Please come to your treatment dressed in a bathrobe.
For sports coaching and movement or relaxation sessions, please wear sportswear.



We recommend not eating for at least one hour before the treatment.
The consumption of alcohol is not permitted in the spa area.



Share any health issues, existing illnesses, allergies, or pregnancy with us beforehand. We will be happy to advise you on possible treatments, even during your pregnancy.



It is best to store jewelry and valuables in your room safe.



To avoid fees, please cancel treatments up to 24 hours before.



Be considerate of guests seeking peace and calm by respecting the mobile phone ban.



Treatment time includes the total time from when you're picked up at the spa desk to when the therapist says goodbye. Before your treatment, we will ask about your preferences and offer advice.



Give your loved ones the gift of time with vouchers for our spa.

Book your beauty & spa treatments online



MERKUR HEALTH STEGERSBACH

Located at Falkensteiner Balance Resort Stegersbach

Panoramaweg 1A-7551 Stegersbach

T: +43 3326 55 0 55

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www.merkur-lifestyle.at

Opening Hours: Monday to Sunday 9:00 AM – 7:00 PM

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