

ACQUAPURA SPA  
BY 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.



# PERMACULTURE SIGNATURES



## 1ST STAGE: STONE GARDEN RELAX & MOVE

BY PHARMOS NATUR

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



## 2ND STAGE: ORCHARD DETOX MASSAGE

BY VINOBLE

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



## 3RD STAGE: FLOWER GARDEN AROMA RELAX

BY VINOBLE

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



## 4TH STAGE: BIOTOPE VINO THERAPY BATH

BY VINOBLE

Soothing | Nourishing | Revitalizing | Stimulates circulation | Relaxing



## 5TH STAGE: VEGETABLE GARDEN INTENSIVE MOISTURE

BY PHARMOS NATUR

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





# 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 PURE RELAX

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

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

## COMBI

Foot reflex zones & back  
Activating | Relaxing

 HARMONY  RELEASE

## CLASSIC

Full-body | Partial-body

 HARMONY  RELEASE

## FOOT REFLEX ZONES

Activating | Revitalizing

 HARMONY  ENERGY

## BACK INTENSIVE

MASSAGE NACH J.SALCHENEGGER®

Relieving | Deeply effective

 HARMONY  ENERGY

# MASSAGES



## ACQUAPURA SIGNATURE FLOW

Exclusive deep relaxation on the warm Wavebalance® water bed for a profound sense of calm and release | Gentle | Flowing | Almost weightless



## 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



## MOOR

Warmth | Relaxation | Well-being | Detoxifying | Purifying



## LYMPH DRAINAGE

Gentle | Calming | Decongesting | Strengthening the immune system



\* 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



## PERSONAL COACHING

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



## SPORTS MASSAGE

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



## SPINAL CHECK

Spinal screening using MediMouse®





BODY



## SALT ON MY SKIN

BY VINOBLE

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



## SALT GRAPE SEED PEELING

BY VINOBLE

Refreshing care | Delicate and  
radiant skin feeling



## DETOX ALKALINE BATH

Detoxification | Alkaline bath



## BODY & FACE WITH ALOE VERA

BY PHARMOS NATUR

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



## DETOX BODY

BY PHARMOS NATUR

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



# FACE



## EXCLUSIVE ROHINI REGENERATING TREATMENT

BY PHARMOS NATUR

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



## BIO LIFTING

BY PHARMOS NATUR

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



## 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



## BEAUTIFUL EYES

BY PHARMOS NATUR

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



# NATURE OF MEN



## MEN SPECIAL ENERGY BOOST

BY PHARMOS NATUR

Activating | Deep cleansing |  
Restores balance



## 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

 

## SPA HAND-RITUAL

**Without polish / with polish**  
Regenerating balm | Gentle nail  
care | Relaxing hand massage

 

## REMOVING NAIL POLISH

Careful removal of your  
nail polish

## SPA FOOT-RITUAL

**Without polish / with polish**  
Invigorating foot bath | Gentle  
foot and nail care | Revitalizing  
peeling

 



## 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:

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**Merkur Health in the Nature and Activity Resort Reiterhof, Achenkirch**

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**Merkur Health in Villa Seilern Vitalresort, Bad Ischl**

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

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**Merkur Health in Hotel Reiters Finest Family, Bad Tatzmannsdorf**

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**Merkur Health in Landgut am Pößnitzberg, Leutschach**

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**Merkur Health in Falkensteiner Balance Resort Stegersbach, Stegersbach**

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**Merkur Health at Merkur Campus Graz**

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For more information about the Merkur Health locations, visit [www.merkur-lifestyle.at](http://www.merkur-lifestyle.at).

# SPA ETIQUETTE



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



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



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



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



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



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



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



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.



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.



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  
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stegersbach@merkur-lifestyle.at  
www.merkur-lifestyle.at

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

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