

A large, stylized white letter 'A' is the central focus, set against a green background with a repeating wavy pattern. The letter is composed of two main parts: a sharp, triangular top and a rounded, curved base. The text 'ACQUAPURA SPA ESSENTIALS' is centered horizontally across the middle of the letter.

ACQUAPURA SPA ESSENTIALS



FALKENSTEINER

HOTEL SCHLADMING

Premium Collection

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!

A

ACQUAPURA SPA

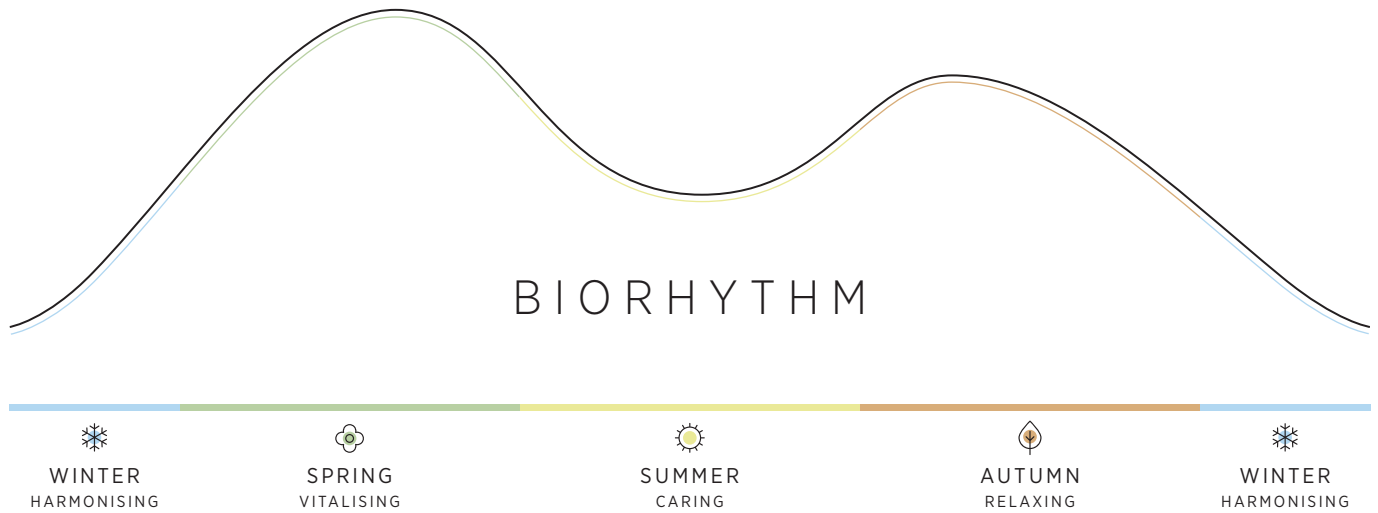
"Acqua pura" means "pure water" and is the essence of the spa worlds in the Falkensteiner Hotels & Residences. Water revitalizes, relaxes and promotes physical wellbeing – it is not without reason that it is considered the elixir of life. From a spiritual point of view, water is assigned to the second 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.



A close-up photograph of several green leaves, likely from a plant like basil, covered in numerous small, glistening water droplets. The leaves are arranged in a dense, overlapping pattern, and the lighting highlights the texture of the leaf surfaces and the individual droplets. The overall color palette is a range of greens, from light to dark, with the white highlights of the water droplets providing contrast.

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





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 | Activates 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

A close-up, shallow depth-of-field photograph of a field of yellow buttercup flowers and green grass. The background is heavily blurred, creating a bokeh effect with soft yellow and green circles. In the foreground, a single dandelion seed head is visible on the right side, its white seeds partially dispersed. The overall lighting is warm and natural, suggesting a sunny day.

BEAUTY

A



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.



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.



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



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.

