ACQUAPURA SPA ESSENTIALS



#### Nature. Health. Balance.

At Balance Resort Stegersbach, activity and regeneration are kept in balance for a perfect symbiosis of pure enjoyment, new body experiences, relaxation, and slowing down. Water, the element of life, is both a source of inspiration and the basis for the shapes and colours found in the Falkensteiner Acquapura SPA. It allows guests to slow down and rediscover their own strengths. Everything comes together in harmony, reflecting the unique character of the surroundings. A calm, uncomplicated ambience, natural luxury and the charm of Southern Burgenland make the Acquapura Mountain SPA a unique wellness experience for all of your senses.

Welcome Home!



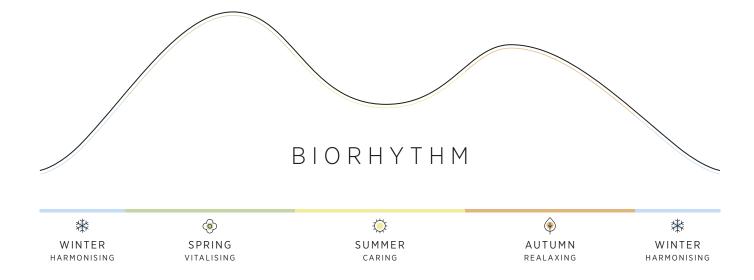
#### ACQUAPURA SPA

"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.



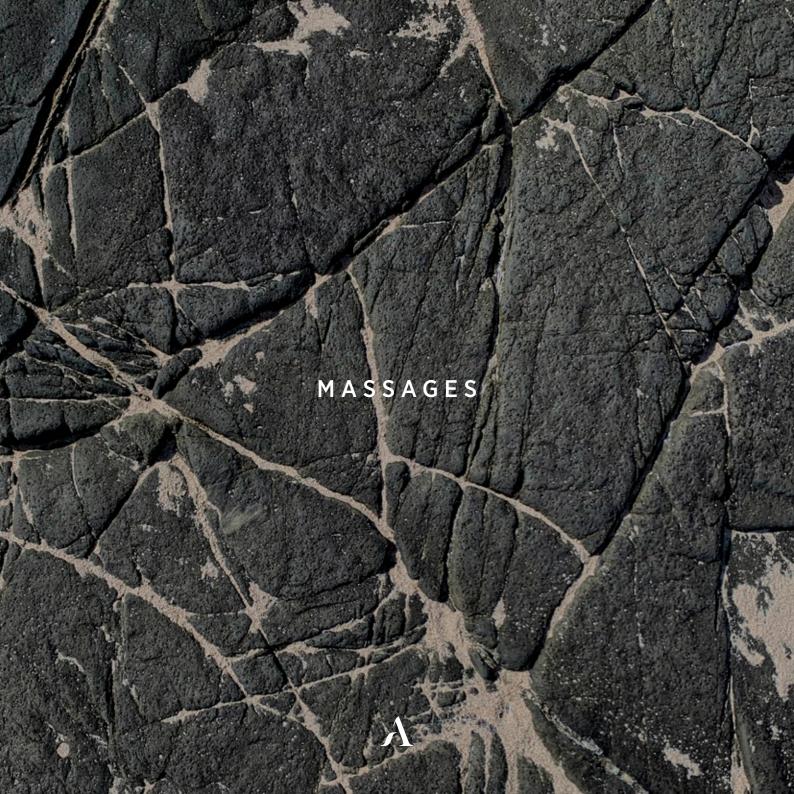




Overwhelmed by the complexity of everydays life, many people have partially forgotten to live in harmony with nature and themselves. The Acquapura principle is therefore geared towards personal balance and the natural biorhythm of life. These distinct, rhythmic phases reflect the course of the day and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







#### TAILOR MADE MASSAGE

PINO aromatic oil of your choosing | Massage techniques individually adapted to your wishes and needs

€ 85 50 MIN € 125 80 MIN



#### PARTIAL BODY MASSAGE

Your choice: back | Foot reflex zones | Head-shoulder-neck

€48 30 MIN



#### COMBINED MASSAGE

2 partial body areas of your choice: foot reflex zones | Abdominal massage | Back massage

€85 50 MIN



#### AROMA CANDLE MASSAGE

PINO aroma candle of your choosing | Tailored to your well-being | Pleasant and soothing

€89 50 MIN



#### LYMPHATIC STIMULATION MASSAGE

Very gentle partial or full body application | Drain the lymphatic nodes | Unblocking | Promotes blood circulation | Stimulates the immune system

€ 48 30 MIN € 95 60 MIN



#### HOT STONE MASSAGE

Grounding power of hot basalt & cool marble stones | Deeply relaxing full-body massage

€ 88 50 MIN € 129 80 MIN





RELAXING







#### CRANIO-SACRAL THERAPY

Special osteopathic application | Increase your wellbeing | Resolve disturbances | Activate the body's own self-healing powers

€ 52 30 MIN € 89 50 MIN



#### ACQUAPURA SIGNATURE FLOW FASCIA MASSAGE

Increase mobility | Relieve tension

€95 60 MIN



#### HERBAL STAMP

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

€98 60 MIN



## GENTLE SPINE REGULATION (DORN & BREUSS METHOD)

Loosen muscles with warm St. John's wort oil | Realign displaced vertebrae | Immediate deep relaxation using individual techniques

€129 80 MIN



#### BREUSS MASSAGE

Relaxing, warming & gently rhythmic back massage with warm St. John's wort oil | Optimally supply nutrients to your intervertebral discs | Holistic deep relaxation | Relief for your spine & vegetative nervous system

€89 50 MIN





RELAXING







#### PIONNIER RÉVÉLATEUR DE JEUNESSE

Signature facial treatment | Happy ageing care for your face, lips & décolletage | Mask and final care | For firm & radiant skin

€147 80 MIN



#### PERFECT REGARD INTENSIVE CARE FOR THE EYES

Firming care for radiant eyes & moments | Smoothing of fine lines

€65 40 MIN



#### CITADINE

Counters urban pollution | Clarifies, detoxifies, and oxygenates the skin

€ 95 60 MIN



#### HYDRA ORIGINAL

Plumping moisturizer | Organic algae | Filling & nourishing for more radiance

€95 60 MIN



#### INTENTION JEUNESSE

Correction and tightening of fine lines | Instant effect thanks to multi-peeling | Active ingredients from the sea

€95 60 MIN











#### EXCLUSIVE ROHINI REGENERATING TREATMENT

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

€ 147 80 MIN



#### LOVE YOUR AGE -POWER TREATMENT

Intensive regeneration | Smooth fine lines | Rejuvenation for mature skin in need of regeneration

€128 80 MIN



#### BIO LIFTING

Intensive care | Supply of nutrients | Natural firming | For dry, tired & sagging skin

€ 95 60 MIN



#### DETOX FACE

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

€ 95 60 MIN







#### INTENSIVE MOISTURE

Intense moisture | Cooling & calming | Freshness & vitality for every skin type | Especially for young and dehydrated skin

€ 95 60 MIN

On request for a surcharge:

- · Eyebrow shaping
- · Evelash dyeing
- · Eyebrow dyeing









#### NATURE OF MEN

Perfect care for men vitality booster for face and body



#### MEN'S SPECIAL ENERGYBOOST

Additional cosmetic back massage | Activating | Restores balance BY PHARMOS NATUR

€128 80 MIN



#### MEN'S SPECIAL STRESSLESS

Cell renewal | Regeneration | Revitalisation | Soothes irritations

BY PHARMOS NATUR

€95 60 MIN







### "MEN'S AFFAIR" PEAU NEUVE AU MASCULIN

Individual high-tech care with active ingredients from the sea | Supply oxygen to your tissues | Moisturising and anti-ageing

BY PHYTOMER

€95 60 MIN



RELAXING



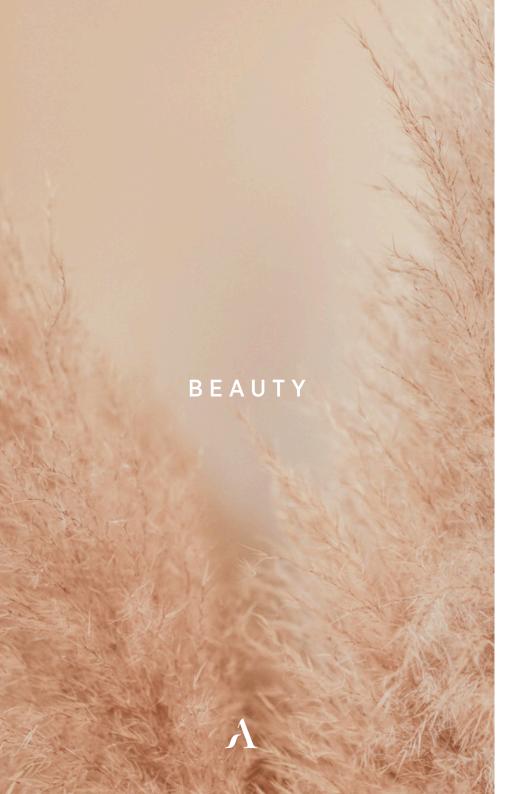
HARMONISING



VITALISING











### MICRODERMABRA-SION SPECIAL

An efficient intensive peeling with microcrystals | Deep cleansing | Serum | Mask | Final maintenance

€104 60 MIN





#### FACIAL MASSAGE

With active ingredient ampoule | Décolletage | Neck

€62 40 MIN



#### MANICURE CLASSIC

Shape nails | Treat cuticles | Hand care with massage

€45 30 MIN



#### PEDICURE CLASSIC

Foot bath | Remove pressure marks | Shape nails | Gentle foot massage

€69 50 MIN

CAN BE ADDED TO ANY HAND & FOOT APPLICATION

Alessandro colour polish

€ 15

Alessandro gel polish

€ 25



#### FANCY HAND RITUAL

Manicure | Hand peeling | Hand pack | Hand massage | Velvety soft hands

€75 50 MIN



#### FANCY FOOT RITUAL

Pedicure | Foot peeling | Foot pack | Foot massage | For tender and wellgroomed feet

€95 75 MIN

#### CAN BE ADDED TO ANY FACIAL TREATMENT

Microdermabrasion

€39 10 MIN

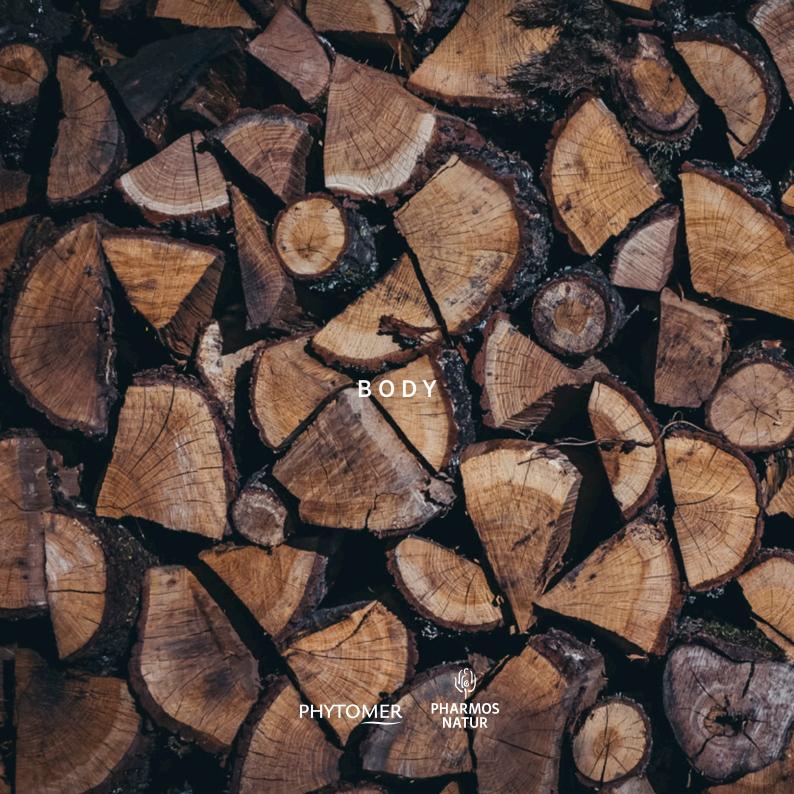
On request for a surcharge:

- · Eyebrow shaping
- · Eyelash dyeing
- · Eyebrow dyeing











#### SCULPT ZONE

Slimming ritual for stomach, legs, buttocks and stubborn cellulite | Gentle sea peeling | Warming, shaping wrap

BY PHYTOMER

€97 60 MIN



#### VOILE DE SATIN

Relaxing full body peeling | Sea salt crystals | Massage for skin remineralization and hydration

BY PHYTOMER

€ 56 40 MIN



#### P5 SOIN MINCEUR

Modelling, contour-shaping massage | Slimming lotion to reduce curves | Slimming pack with algae jam

BY PHYTOMER

€91 60 MIN



#### BODY & FACE WITH ALOE VERA & ALGE

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

BY PHARMOS NATUR

€95 60 MIN



#### LOVE YOUR AGE RITUAL

Full body pampering program | Cosmetic relaxation massage for the back | Individual facial

BY PHARMOS NATUR

€129 80 MIN









#### BALANCE SPECIAL PEELING

High quality aloe vera oil | Cleansing full body peeling | Followed by exquisite body lotion

€54 35 MIN



#### ORANGE SUGAR PEEL

Sugar scrub | Orange, coconut & soybean oil

€37 20 MIN



#### PAPAYA & ALOE SEA SALT PEELING

Sea salt peeling | Papaya & aloe vera oil

€37 20 MIN



#### SALT ON MY SKIN

Gentle cosmetic vitality massage | Sea salt peeling & relaxing bath

€112 80 MIN



#### AROMA SPA FULL BODY PACK

Pure indulgence | Floating lounger, exclusively on request:

- · sensitive skin
- · mud pack for the joints
- · seaweed wrap
- · nourishing, firming body pack

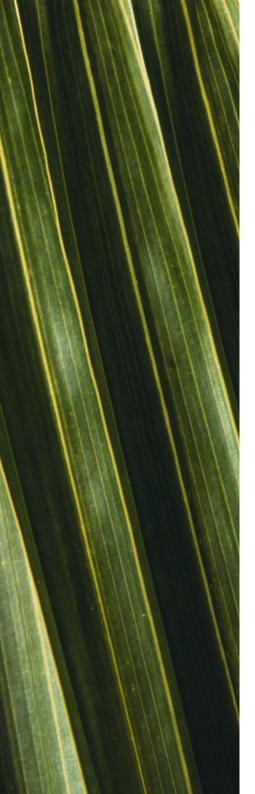
€ 52 40 MIN











#### PRIVATE SPA

Enjoy all body treatments and massages in private with your partner in the light-flooded private spa suite.

Basic inclusive service: 1 bottle Balance Resort sparkling wine with homemade pralines, fresh fruit and mineral water or 1 bottle Uhudler with local cheese, fresh fruit and mineral water





#### PRIVATE SPA "TRILOGIE"

Your own steam bath | Choose from three different peelings | Bathtub with space for two | Three types of bath cream and five different bath salts | Cozy lounging area for two

Until 2 p.m.

€125 120 MIN

From 2 p.m

€ 140 120 MIN



#### PRIVATE SPA "AQUARELL"

Whirlpool tub with space for two | Three types of bath cream and five different bath salts | Cozy lounging area for two | Modern multimedia system

Until 2 p.m.

€ 95 120 MIN

From 2 p.m

€115 120 MIN



RELAXING



HARMONISING



VITALISING







#### HEART RATE VARIABILITY MEASUREMENT

A scientifically based and impressive measurement of vitality based on your heart rate variability (HRV)

HRV 10 minutes quick measurement

€59 BRIEF ANALYSIS

HRV 24-hour measurement

eq 149 incl. consultation



#### BIO IMPEDANCE ANALYSIS

Analysis of body composition (muscle, water, fat)

€35 20 MIN



PERSONAL COACHING

€ 45 30 MIN€ 75 50 MIN



RELAXING



HARMONISING



VITALISING







# 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.



#### 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 applications 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.



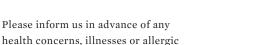
Attend the treatment dressed in your bathrobe.

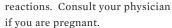


Be considerate of guests seeking peace and quiet and respect the cell phone ban.



Do not reserve any couches.







Treatment time is the time from the moment you are picked up at the spa desk until the therapist says goodbye. Before the application, 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.



Gift time to your loved ones with our SPA vouchers.