

The background is a solid tan color with a fine, repeating wavy pattern. A large, white, stylized letter 'A' is positioned on the right side of the page, extending from the top to the bottom. The letter has a modern, geometric feel with a slight curve at the top and a thick, rounded base.

ACQUAPURA SPA ESSENTIALS

## ACQUAPURA SPA



**Nature as your personal wellbeing escape:** powerful peaks, fresh alpine air, healing herb meadows, peaceful forests, and pure mountain springs inspire the Acquapura SPA at Falkensteiner Hotel Schladming.

Whether you are looking to unwind completely or recharge, our treatments are tailored just for you. Relax and reconnect with yourself in the calming Schladming-Dachstein mountains.

ACQUAPURA SPA



## **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 the focus.

Water has a hydrating, purifying, balancing, and toning effect. On the one hand, no other element than water is so felt in our Spas, when one considers the different forms it takes. It serves as a comfortably warm invitation to swim and let oneself drift, in the form of ice for infusions and subsequent cooling, as well as a deeply effective experience in the steam bath. On the other hand, water is perceived as a multi-sensory experience.

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



## ENERGY

renewed vitality &  
strength



## HARMONY

balance &  
stability



## CLARITY

serenity of the mind &  
clarity in the body



## RELEASE

relax &  
unwind

Inspired by a life in harmonious balance, the concept of „Flow“ describes the ideal state of inner equilibrium. This is achieved when the four phases of harmony, clarity, release and energy are in a balanced relationship with each other.

Water has the power to bring us precisely there: the natural rhythm of the waves aligns with our emotional state and has the ability to gently influence it. Calm, steady waves, for example, have a soothing effect, while strong waves possess an energizing and revitalizing essence.

Depending on the emotional state you wish to attain or which (wave) phase you lack, in order to reach your personal flow, we select tailored treatments to let you achieve this ideal state.

The Acquapura SPA is your source of well-being. A place where you can unwind, discover your individual balance, and let your thoughts flow. What matters here is rediscovering your inner center.



ACTIVE  
SIGNATURES



## ACTIVE SIGNATURES

### ACTIVE FLOW

BY PHARMOS NATUR

Hot or cool foot compresses | Neck & shoulder massage | Firm back, leg & foot massage | Fresh Aloe Vera leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery

*Followed by a smoothie/shake with Sesamkraft*



### ACTIVE FLOW INTENSE

BY PHARMOS NATUR

Refreshing foot bath with peeling for strained feet | Neck & shoulder massage | Powerful back, leg & foot massage | Back wrap | Fresh Aloe Vera leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery

*Followed by a smoothie/shake with Sesamkraft*



### DYNAMIC STEPS

BY TEAM DR JOSEPH

Dynamic foot & leg massage | Active leg programme | Relief & relaxation | Decongestant effect | Tones the muscles







ACTIVE  
SIGNATURES



## ACTIVE SIGNATURES

### DACHSTEIN FIT

Sports massage | Stamps with herbs from the Dachstein region | Improved blood circulation | Vitality



### MOUNTAINEER

Sports massage | Activates & relaxes | Relieves tension & muscle soreness | Improves performance

### RADIANT AWAKENING - DORN BREUSS MASSAGE

Energetic back massage | Relief for your spine & the autonomic nervous system | Correct alignment of the vertebrae | Deep & immediate relaxation



### ARNICA INTENSIVE

Alpine calf refresher for tired legs | Invigorating light-footedness | Relaxes & decongests

An aerial photograph of a coastline where dark blue ocean waves are crashing against a rocky shore. The water is a deep, rich blue, and the white foam of the waves is prominent. The rocks are dark and jagged, creating a stark contrast with the white foam. The overall scene is dynamic and powerful.

MESSAGES



## MASSAGES

### ACTIVE RELAX

Beneficial & gentle massage |  
Ideal after sports activities |  
Tailored to your well-being |  
- *Full-body massage*  
- *Partial-body massage*



### SCHLADMING SENSES

Aromatic oil of your choice |  
Tailored to your well-being |  
Also suitable for athletes |  
- *Full-body massage*  
- *Partial-body massage*



### FOREST EARTH

Foot reflexology massage |  
Tailored to your well-being |  
Activates the metabolism &  
immune system



### ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility  
check | Tension relief |  
Increased flexibility



### ENNS ENERGY

Lymph-stimulating massage |  
Face, partial or full-body  
treatment | Decongestion |  
Relief | Promotes blood  
circulation | Stimulates the  
immune system



### MOUNTAIN AIR

Back, neck & head massage |  
Loosening & relaxing



BODY



# BODY

## ALPINE SERENITY

BY TEAM DR JOSEPH

Full-body exfoliation with  
apricot seeds & hay extracts |  
Promotes blood circulation |  
Clear & radiant complexion

  
HARMONY

## ALPINE SERENITY - INDULGENCE

BY TEAM DR JOSEPH

Full-body exfoliation with  
apricot seeds & hay extracts |  
Promotes blood circulation |  
Clear & radiant complexion |  
30-minute partial body massage

  
CLARITY

## HERBAL POWER

BY TEAM DR JOSEPH

Activation and empowerment  
of muscles and musculoskeletal  
system | Herbal stamps |  
Exfoliating effect | Improved  
blood circulation | Vitality

## RELAX & MOVE

BY PHARMOS NATUR

Relieves tension | Revitalises  
muscles & joints | Promotes  
blood circulation | Soothing after  
physical activities & in case of  
muscle or joint discomfort

  
HARMONY

  
ENERGY

## STRESS-AWAY

BY PHARMOS NATUR

Deep relaxation | Letting go  
of stress | Recharge your  
batteries | Supports stress  
management & relaxation

  
RELEASE

  
CLARITY

## DETOX-BODY

BY PHARMOS NATUR

Cleansing | Activates lymph  
flow | Strengthens the connective  
tissue for general tissue clean-  
sing in case of congestion, heavy  
legs and cellulite



## 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 processed carefully and holistically. Their rich active ingredients, intense light energy and strong vibrations are contained in the valuable care products.

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



**PHARMOS  
NATUR**



## Sustainable proven certified natural skincare · since 1986

TEAM DR JOSEPH has been synonymous with results-oriented, natural, and sustainable skincare since 1986. The bio-certified, award-winning products follow a holistic approach and incorporate combinations of active ingredients from various plants, refined using advanced technological processes to guarantee the best results for the skin.

The holistic facial and body treatments not only involve techniques from fascia massage but also utilize special tools such as flower stamps or cups for biodynamic cupping.

The commitment to quality and efficacy is always linked to a responsible approach to nature and its resources for this climate- and plastic-neutral family-owned business.

**TEAM D<sup>R</sup> JOSEPH**



# SPA ETIQUETTE



Guarantee your desired treatment before arrival.



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



Allow yourself time and arrive 10 minutes before your treatment.



Please wear swimwear in the pool area and abstain from 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.