

ENGLISH



FALKENSTEINER

*Family Hotel Lido
Ehrenburgerhof *****

**ACQUAPURA
FAMILY**
Spa



Pause.

Find yourself.
Come together.
With nature.
Family harmony.

This is the Acquapura Family SPA.





Dear Guests,

You and your family lie at the heart of all we do.

Natural ingredients, excellent tolerability and effectiveness are the pivotal yardsticks that are important to us in the Acquapura Family SPA for all our guests – both big and small.

This is why we have chosen Pharmos Natur.

A unique range of natural health and beauty products consisting of the most precious medicinal and rejuvenating plants from all around the world.

100% organic aloe vera juice instead of water – excellent care for your skin. Exceptional treatments with a fresh aloe vera leaf will have you loving the feel of your skin. This means natural, authentic health and beauty products for us as well. For the whole family – health and beauty from inside and out – in harmony with nature.

**Experience pure nature in the Acquapura Family SPA,
as plants can truly work wonders.**

Margot Esser-Greineder, founder of Pharmos Natur

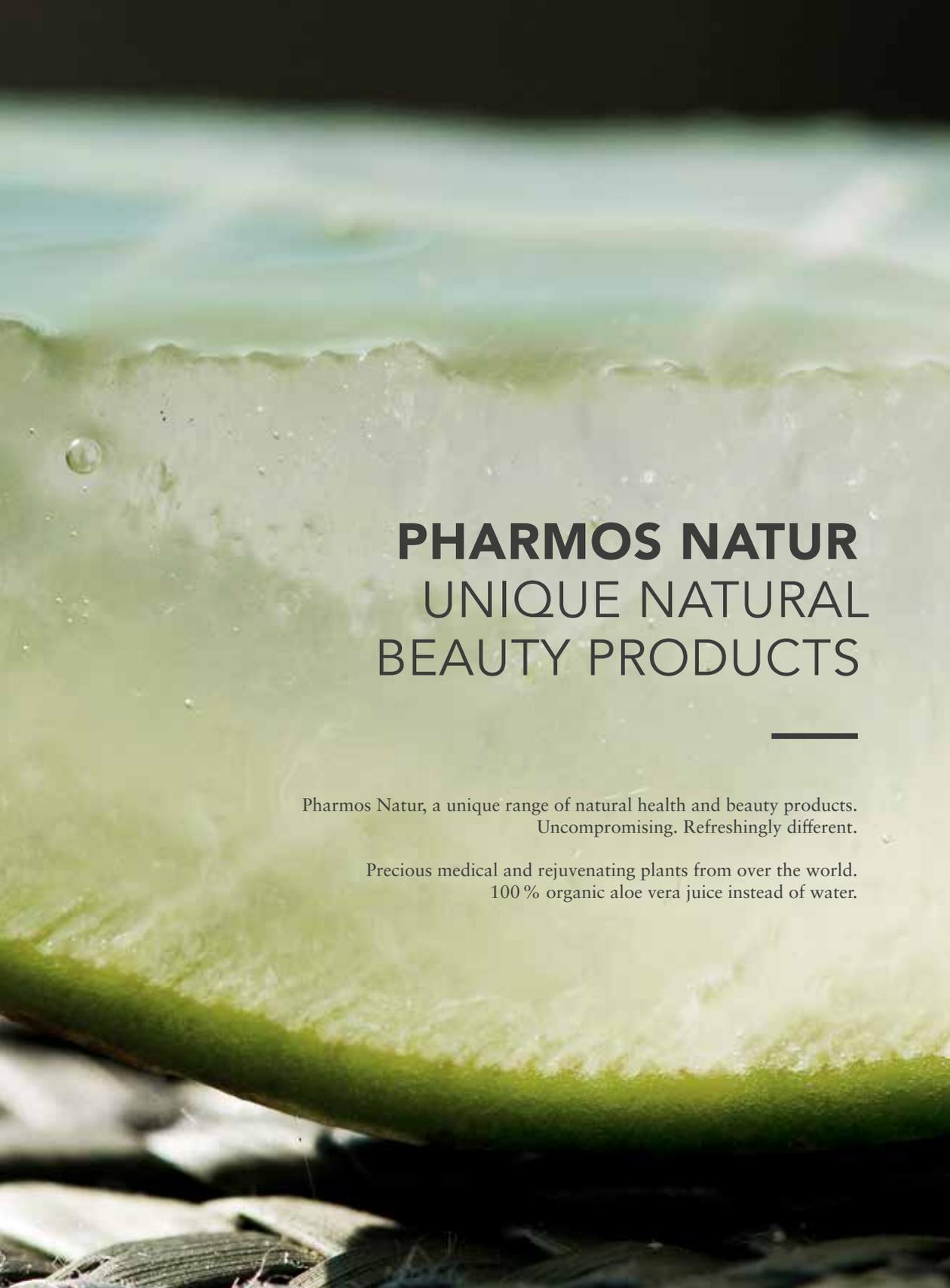
In a fast-paced environment, full of hustle and bustle, stress and never-ending reachability, times of tranquillity and relaxation are more important than ever for both body and soul. Let us accompany you on your personal path of relaxation.

Your Acquapura SPA team



PHARMOS NATUR

GREEN LUXURY



PHARMOS NATUR UNIQUE NATURAL BEAUTY PRODUCTS

Pharmos Natur, a unique range of natural health and beauty products.
Uncompromising. Refreshingly different.

Precious medical and rejuvenating plants from over the world.
100% organic aloe vera juice instead of water.

Wellness exclusively

AT FALKENSTEINER



ACQUAPURA SPA

“Acqua pura” means “pure water”, the elixir of life, with the unfathomable ability to stimulate the metabolism, boost blood circulation and ensure well-being. We really only feel most energetic and healthy when our cells have the best possible supply of moisture, nutrients and oxygen. Crucial for this energy is the body’s natural biorhythm – our internal body clock. Our spa treatments are tailored to these natural processes and can help you find your own natural biorhythm.

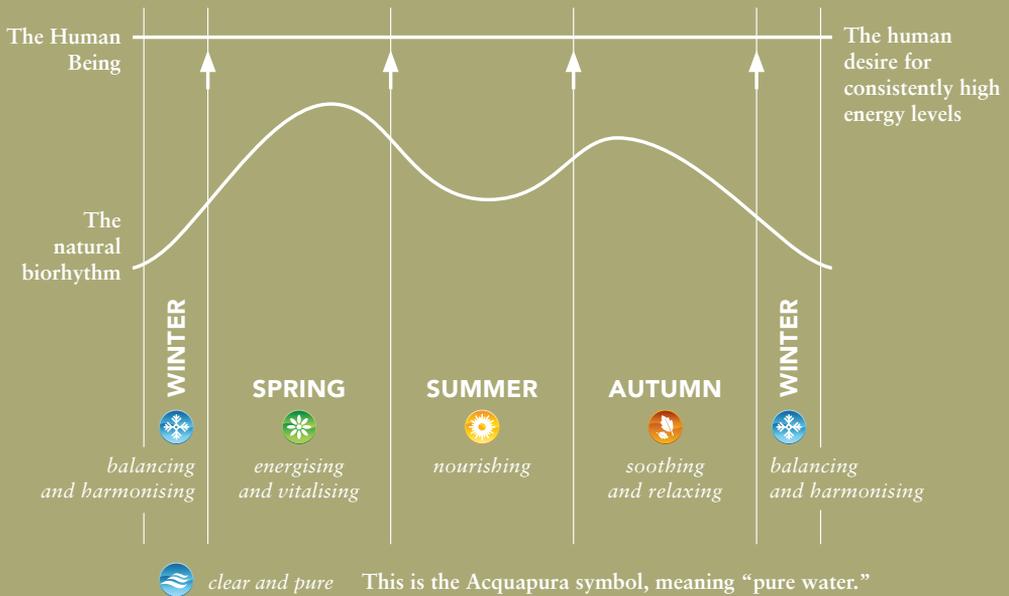
Our wellness treatments are tailored to these natural processes and can help you find your own natural biorhythm:

-  *Vitality –
energising and vitalising*
-  *Natural beauty – caring*
-  *Relaxation –
calming and relaxing*
-  *In balance –
delivering equilibrium and harmony*
-  *Clarity – clean and pure*

THE ACQUAPURA PRINCIPLE

Just like in nature, the human biorhythm is subject to a steady stream of ups and downs. However, people have forgotten how to live in harmony with this. The consequences are stress, fatigue and general malaise.

At the Acquapura SPA, we can help you find your rhythmical balance and therein rediscover yourself afresh. You decide whether you want to revitalise, care for your appearance, relax, or recharge your batteries. We will happily advise you on how to plan your individual wellness programme.





IN BALANCE – FIND YOUR INNER POISE.

In Balance with the family. Spend time together.
Recharge your batteries. With each other.

FAMILY TREATMENTS

PRIVATE FAMILY SPA – TIME JUST FOR US

80 mins. **€88**

Relax together with a facial mud pack in the family steam sauna and in the whirlpool. The special potency of the aloe vera plant and pure black sesame oil from Pharmos Natur will ensure a silky-soft skin. A large relaxation bed invites you to dream.

FAMILY DAY "MUM, DAD & ME"

80 mins. **€138**

Relax together, with a mud pack in the steam bath or in the whirlpool and dream afterwards in a large bed. Only ourselves – all of us together. A partial massage for the big ones and a full body massage for the little ones – time for the family.

MOTHER AND DAUGHTER DAY „BEAUTIFUL JUST LIKE MUMMY“

90-120 mins. **€158**

A “small” facial treatment of a very special kind with the application of a fresh leaf from the aloe vera plant. A foot spa together. A pedicure for mummy and a manicure with glittering gems for me – beautiful just like mummy!

FATHER AND SON DAY

90-120 mins. **€138**

Following a soothing hay bath, lie back, rest on the waterbed and enjoy a relaxing massage for two.

WELLNESS FOR MUMS-TO-BE

50 mins. **€76**

For light legs, strong connective tissue and a relaxed back. Relaxation and pure nature, for mother and child.







VITALITY – EXPERIENCE THE SPA.

TREATMENTS FOR CHILDREN FROM 4–12 YEARS OLD

ELSA BATH

20 mins. €32

Bathe with the singing Elsa in an aromatic bubble bath, with the natural vitality of pure black sesame oil from Pharmos Natur.

ARIELLE BATH

20 mins. €32

A fragrant milk bath with aromatic cleansing oils and delicate rose petals, accompanied by a wonderful fairy tale. Little princesses will also receive a crown and a children's cocktail.

FALKY'S ADVENTURE PIRATE BATH

20 mins. €32

Time out for little pirates in a relaxing bubble bath. For our little conquerors of the sea, there is also an eye patch and a refreshing children's cocktail.

DINO BATH

20 mins. €32

Dive into an aromatic bubble bath with prehistoric giants – along with a surprise Dino gift.

CHILDREN'S BATH FOR TWO

20 mins. €45

All children's baths are supervised by our spa team.

CHILDHOOD DREAM

20 mins. €32

A soothing full body massage with pure natural oil, surrounded by warm, radiating candlelight.

LITTLE HANDS

30 mins. €34

A manicure with nail polish and glittering gems for little, beautiful hands.





VITALITY – EXPERIENCE THE SPA.

TREATMENTS FOR TEENAGERS
FROM 13–17 YEARS OLD

**FACIAL
TREATMENTS** 40mins. **€52**

Preventive skin care treatment for young skin, which effectively removes impurities, with the special fresh leaf from the aloe vera plant. For a fresh, radiant complexion.

**FULL BODY
MASSAGE** 40mins. **€52**

A detoxifying massage, which relieves tension. Harmony for body, soul and mind with Pharmos Natur.

**BACK
MASSAGE** 15mins. **€26**





NATURAL BEAUTY – LOVE THE NATURAL LOOK.

Opening the way to beauty
in a natural way.

Experience the unique and regenerative effect of selected, adaptogenic (helping the body to adjust) healing and rejuvenating plants, as well as the application of the unique fresh aloe vera leaf, the highlight of every Pharmos Natur treatment.

Experiencing the perfection of nature with products in treatments – this is green luxury. Book some time to slow down, regenerate and recharge your batteries, feeling animated and beautiful in an hour or an hour and a half.



„Plants too have a consciousness, they are nature’s memory
and have tremendous intelligence.“

Rupert Sheldrake, plant physiologist







FACIAL TREATMENTS

Choose your treatment intensity
and area of focus:

INTENSIVE FACE-, NECK- AND DÉCOLLETÉ RITUAL

80 mins. **€108**

Soothing, warming foot compress and relaxing face-, head-, shoulder-, neck-, arm- and hand massage.

FACE-, NECK- AND DÉCOLLETÉ TREATMENT

60 mins. **€88**

You can also decide on the theme
of facial treatment:

INTENSIVE MOISTURE

Flood your skin with moisture and care for it right down to the depths. Experience and enjoy the fullness of nature, for a fresh and vibrant complexion.

SUN HARMONY

Cooling, calming, imbuing, regenerating. The self-healing process is accelerated. Fresh energy for sun-stressed skin.

SKIN BALANCE

Your complexion will be refined by deep cleansing – balancing and regenerating.

ANTI-STRESS

Relaxation for skin and soul. Cell renewal is stimulated and neural pathways are invigorated. New energy arises as stress and tension subside.

LOVE YOUR AGE

Reduce fine lines and wrinkles. Full to the brim and beautifully even all over; your skin really shows what's inside – sheer radiance!

DETOX

Prized herbs stimulate the lymphatic flow and the skin's whole metabolism. At the same time, tissue is intensively detoxified. Clear skin, great tone, firm contours and diminished veins are the result.

BIO LIFTING

Real regeneration for your skin. Fine lines and wrinkles are visibly reduced. You will radiate from the inside out.

NATURE OF MEN

Experience new energy and vitality with smooth, radiating skin and a fresh complexion.

DELUXE TREATMENTS FOR THE FACE

BEAUTIFUL EYES

30mins. **€46**

The delicate area of skin around the eyes is firmed. Swelling, shadowing and bags under the eyes recede. The result is eyes that are full of expression for a moment of shining radiance.

ROHINI FACIAL RITUAL

110mins. **€196**

A facial ritual that goes from the head right into the heart. A perfectly coordinated 3-phase cycle systematically hones and rejuvenates the skin. True regeneration, which comes from deep inside and radiates outwards.

WELL-CARED FOR HANDS & LEGS

SPA MANICURE

60mins. **€76**

Manicure with peel and pack for silky-soft, well-cared hands.

SPA PEDICURE

90mins. **€88**

Pediküre mit Peeling und Packung für schöne, glatte Füße.

MANICURE

30mins. **€42**

PEDICURE

60mins. **€68**

HAIR REMOVAL

60mins. **€66**



We burn incense with care every day in our spa.
In so doing, we greet every new day with purity,
positive energy and renewed vigour.







We touch people.



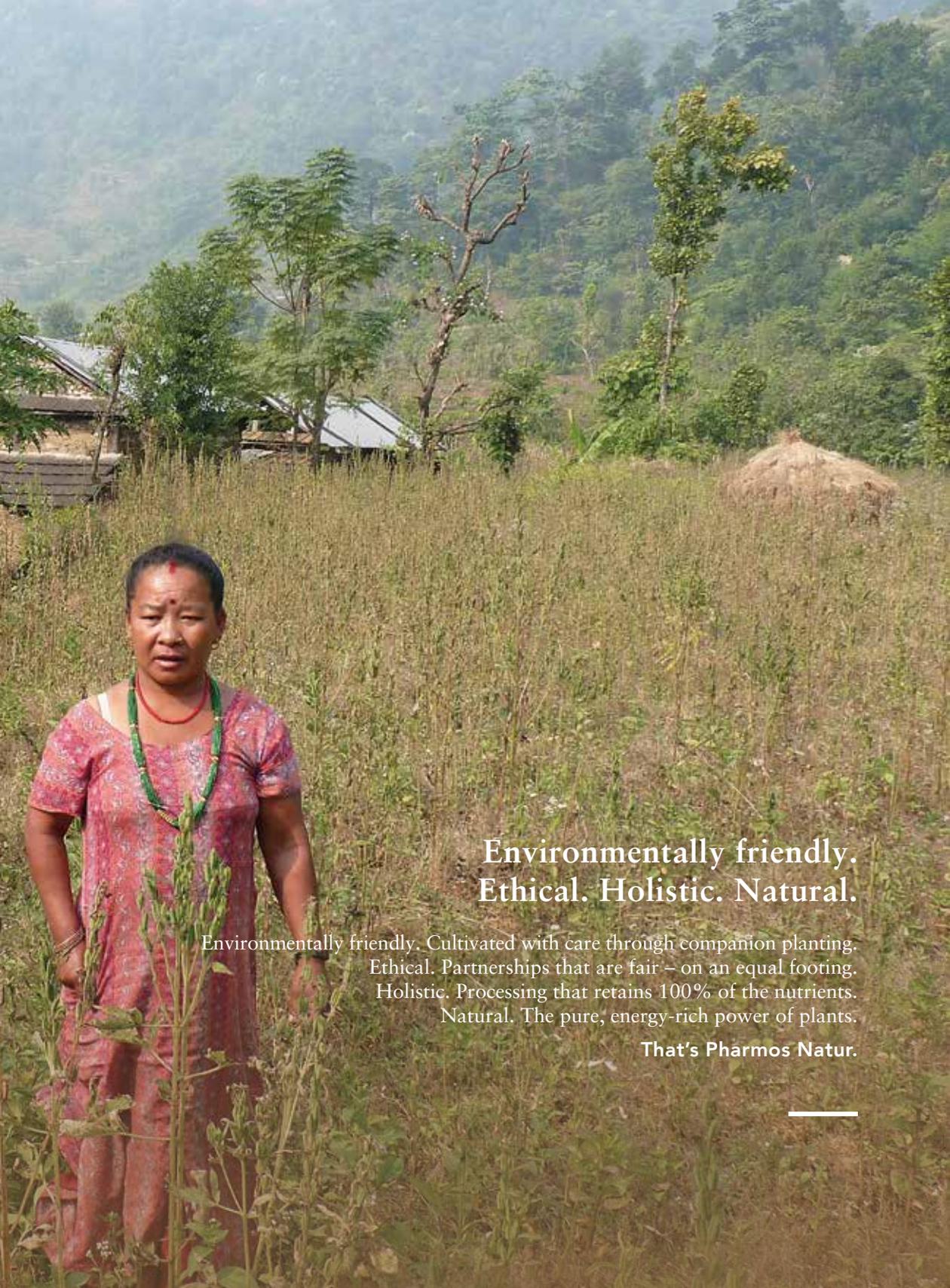
RELAXATION – FIND YOUR OWN RHYTHM.

Slow down. Chill out.
Relax.

Attentive body treatments bring thoughts to a state of rest and relaxation. Experience the unique and regenerative effect of selected, adaptogenic (helping the body to adjust) healing and rejuvenating plants with the application of the unique fresh aloe vera leaf.

BOOK SOME TIME FOR YOURSELF to slow down, regenerate, recharge your batteries, feel animated and beautiful – you decide how long you want: half an hour, an hour, two hours or even just 20 minutes.





**Environmentally friendly.
Ethical. Holistic. Natural.**

Environmentally friendly. Cultivated with care through companion planting.
Ethical. Partnerships that are fair – on an equal footing.
Holistic. Processing that retains 100% of the nutrients.
Natural. The pure, energy-rich power of plants.

That's Pharmos Natur.



MASSAGE AND BODY TREATMENTS

Choose your treatment intensity and area of focus for your body treatment:

PARTIAL MASSAGE 30 mins. €40

FULL BODY MASSAGE 60 mins. €74

BODY RITUAL 120 mins. €144

PEEL 20 mins. €38

PACK 20 mins. €46

You can also decide on the theme of your treatment:

RELAX & MOVE

Joints and muscles are freed up, tension and cramping relieved. Blocked energy is released for more movement and energy.

INTENSIVE MOISTURE

Flooded with moisture to the depths inside. With precious, pure plant oils and the special aloe vera plant. For a silky-smooth skin.

LOVE YOUR AGE BODY

The purest of plant power for firm connective tissue and toned, rejuvenated skin.

BODY DETOX

Tissue is drained, the metabolism is stimulated and cellulite is reduced. For a greater feeling of well-being and ease.

ANTI-STRESS FOR THE BODY

Your spirit enters a state of rest and your elemental force is strengthened. Deep relaxation and slow down time for skin and soul.

DETOXIFYING AROMATIC MASSAGE

The nervous system is calmed and the immune system strengthened. New energy flows through your whole body. Harmony for body, mind and soul.

ALGAE PEEL

Finely ground silicon algae with bio aloe vera gently remove dead, flaky areas from the skin. For silky-smooth, bright skin.

SALT PEEL DETOX

Precious sea salt from Palestine removes dead, flaky areas from the skin. Prized healing plants and black sesame oil promotes the metabolism and detoxifies tissue.

Massages

OF A
DIFFERENT KIND



CLASSIC MASSAGE 50 mins. €58

CLASSIC PARTIAL MASSAGE 20 mins. €38

BACK CEREMONY 50 mins. €68

A ritual for your back with sounds from the Far East. Blockages disappear, your energy is brought back into its flow.

HONEY MASSAGE 50 mins. €66

Adhesions and tension ease themselves. A real boon for your back!

SPORTS MASSAGE, FASCIA MASSAGE 50/40 mins. €68

Adhesions and tension ease themselves through gentle stretching. Pure regeneration for your muscles.

TIBETAN SOUND BOWL MASSAGE 25 mins. €38

Sounds from the Far East and rhythmic waves for an unparalleled light bodily feeling.

STONE RITUAL

Recharge your batteries with the energy from warm volcanic stones and the freshness of rock crystals.

50 mins.
with warm volcanic stones €66

80 mins. with warm
volcanic stones and rock crystals €88

**WORLD OF RELAXATION
TWO PAIRS OF HANDS** 50 mins. €116

Let yourself be carried away into the world of senses. Surrounded by gentle hands – fullness and wholeness arise.

FREE YOUR MIND 45 mins. €58

Relax deeply and slow down. Clear your mind. Let your spirit rest and let yourself be massaged by gentle hands. More light for skin and soul.

HERBAL STAMP MASSAGE 50 mins. €68

Gentle massaging movements with warm herbal stamps have a detoxifying effect. Let yourself be carried away into the gentle and fragrant world of herbs.





Macerated black sesame seeds.
High-energy and nutrient-rich cell power
for big and small – young and old.







CLARITY – WATER, THE SOURCE OF OUR LIFE.

Back to the source.
Back to the origin.

DETOX BATH

20 mins. **€36**
Bath for two 30 mins. **€56**

Acids and waste are simply “bathed away”,
muscles and joints loosen up.

BATH FOR COLDS AND FLU

20 mins. **€36**
Bath for two 30 mins. **€56**

Eucalyptus frees your respiratory system and
your body’s defences are bolstered.

HAY BATH

20 mins. **€38**

Get energetic and fit with the natural power
of the traditional South Tyrolean hay bath.

ALKALINE SKIN COMPRESS

45 mins. **€69**

The lymphatic flow is stimulated and acids
are neutralised. Effective detoxification for
the whole body.



PRIVATE SPA

Time for two



**A BOUNDLESS EXPERIENCE –
THE BODY PURIFICATION RITUAL**

80 mins. **€98**

A purification ritual for two – experience relaxation and harmony.

**BATH FOR THE SENSES –
PRIVATE SPA**

110 mins. **€98**

Switch off in a steam bath and relax in the whirlpool. Romantic time for two.



Black sesame seeds

FEEL-GOOD

packages

DEEP RELAXATION

3-4 days €261

Relax –
with all senses and on all levels.

- Relaxation massage with two pairs of hands
- Sound bowl massage
- Herbal stamp massage
- Fascia massage

HEALTHY BACK IN 3 DAYS

3 days €114

New flexibility –
through freed-up muscles and joints.

- Pharmos Natur back massage
- Relax & Move pack
- Hay bath

TIME-OUT “JUST FOR ME ON MY OWN”

3-4 days €250

Treat yourself to some repose –
for body, mind and soul.

- Face ritual from Pharmos Natur
- Free your mind
- Tibetan sound bowl massage
- Anti-stress massage

GREEN LUXURY

3 days €306

Feel the “green luxury” on your skin –
unique and naturally beautiful.

- Detox face ritual – 80 mins.
- Bio lifting facial treatment – 60 mins.
- “Love your age” body ritual

FEEL-GOOD PACKAGE FOR MUMS-TO-BE

3 days €207

Enjoy the moment of intimate togetherness –
a natural programme of care for mother and
child.

- Wellness for mums-to-be
- Face ritual – 80 mins.
- “Love your age” body package

TEENIE PACKAGE

2-3 days €112

Experience relaxation –
the feeling of pure nature on your skin.

- Facial treatment
- Back massage
- Body pack



Spa etiquette

To arrange your selected treatment, we recommend making a booking at our spa reception before arriving. You will receive your booking confirmation upon arrival at our hotel.

SPA RECEPTION CONTACT DETAILS

Tel.: +39 0474 56 23 33
beauty.ehrenburgerhof@falkensteiner.com

OPENING HOURS

Acquapura Family SPA: 9:00 am - 7:00 pm
Pool area: 7:00 am - 7:30 pm
Sauna: 2:00 pm - 7:30 pm

TAKE TIME FOR YOURSELF

In line with our Acquapura SPA philosophy, we would like to invite you to our spa reception about 10 minutes before your treatment

begins and get you in the mood for the treatment with a soothing cup of tea. If you arrive late, the treatment will be shortened accordingly, out of respect for subsequent guests. We ask for your understanding in this matter.

ACQUAPURA SPA ATMOSPHERE

To ensure that all guests can enjoy their stay, the Acquapura SPA is a non-smoking area. We also request that you switch your mobile phone off.

FULFILLING WISHES AND YOUR IDEAL PACKAGE

Competent advice is an important and integral part of the treatment, which we regard as essential. We are happy to put together an individual package for you.

HEALTH AND PREGNANCY

Please let us know before booking of any health issues, allergies or if you are pregnant, so that we can advise you on suitable treatments. It goes without saying that we will treat your information discreetly. Please note that you are responsible for your own health.

CLOTHING

Please come to the treatment wearing your bathrobe. To protect your privacy you will receive disposable underwear for each treatment. For some treatments, you can also wear comfortable clothes. We will be happy to provide you with information about this.

VALUABLES

We recommend that you don't bring any jewellery to your treatment. For your own peace of mind, please secure any valuables in your room safe. We do not accept liability for any lost valuables.

CANCELLATIONS

Please note that in case of cancellation, you must inform the spa reception at least 24 hours before the treatment. Later cancellations will be charged in full.

VOUCHERS

Give the gift of time – we are happy to tell you more about our Acquapura SPA gift vouchers at the spa reception.

AGE LIMIT

The spa is an area of rest and relaxation that is reserved for adults. Children under 16 may only enter if accompanied by an adult. Our spa reception team will be happy to provide you with dates for the family sauna and during which times children can use the sauna when accompanied by their parents. Please refer to the hotel noticeboard for more details. All additional sauna rules (e.g. rest area, nude zone, no play pool) apply.

POOL AND SAUNA AREA

In the pool area, swimwear is required. In the sauna area, please do not wear any clothing, for reasons of hygiene. The pool is also a family area. Nevertheless, we request that you please show consideration for other guests who wish to enjoy peace and quiet. To ensure that you and all other guests have an enjoyable stay, we ask that you do not reserve loungers with towels, bags or other items.

The management reserves the right to make any changes to treatments, prices and opening hours. Valid from July 2019. All prices include any taxes and duties. The publication of this brochure supersedes all previous prices. Errors and omissions excepted.

FALKENSTEINER FAMILY HOTEL LIDO EHRENBURGERHOF

Via Stazione 7
I-39030 Casteldarne/Chienes
falkensteiner.com/lido-ehrenburgerhof



WELCOME HOME!

falkensteiner.com/lido-ehrenburgerhof