

ENGLISH



FALKENSTEINER

Hotel
Schladming ★★★★★

*Schladming
Alpine Wellness*



ROOM FOR WELL-BEING

Wellness – pure well-being, relaxation, leaving it all behind, taking a break from stressful everyday life...

This could likely become a rather long list. It's a good thing that the Acquapura SPA at the Falkensteiner Hotel Schladming unites all of this. And there's more: in the Acquapura SPA, wellness awaits you in the mountains of Styria, which could hardly be more wonderful. The original mountain landscape is always in view.

Whether it is on a wellness holiday for two, on a skiing holiday, or after an extensive exploratory tour through the summer landscape: the Acquapura SPA is your wellness refuge when it comes to seeking relaxation and well-being – and you will find it! No matter what the season!

ACQUAPURA SPA SO MUCH WELLNESS!

Acquapura SPA Wellness, Pool and Fitness-area ranging over 1,500 sq m

- Acquapura SPA reception, including Bistro with healthy snacks section and shop
- Panorama fitness room
- Gymnastics room

Clothed Area

- Indoor and outdoor pool with whirl-loungers
- 2 relaxation rooms with direct access to the Acquapura SPA garden
- Infrared cabins and heated loungers

Nude Area

- Finnish outdoor sauna
- Outdoor warm pool with resting area
- Bio-sauna
- Saltwater steam bath
- Cold plunge pool and ice fountain
- Panorama relaxation room with mountain hay
- Acqua relaxation room with waterbeds

Acquapura SPA Treatments

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A couple is seen from behind, sitting in a hot spring. The water is calm, reflecting the surrounding snowy landscape and evergreen trees. The scene is peaceful and serene, with soft lighting suggesting a winter day.

WELLNESS EXCLUSIVE AT FALKENSTEINER

„Acquapura“ means „pure water“ and represents the water and wellness worlds in the Falkensteiner Hotels & Residences. Ample water areas, inspiring sauna facilities, an extensive range of treatments and much more create the right mood for relaxation, enjoyment, joy, health and vitality in the Acquapura SPA.

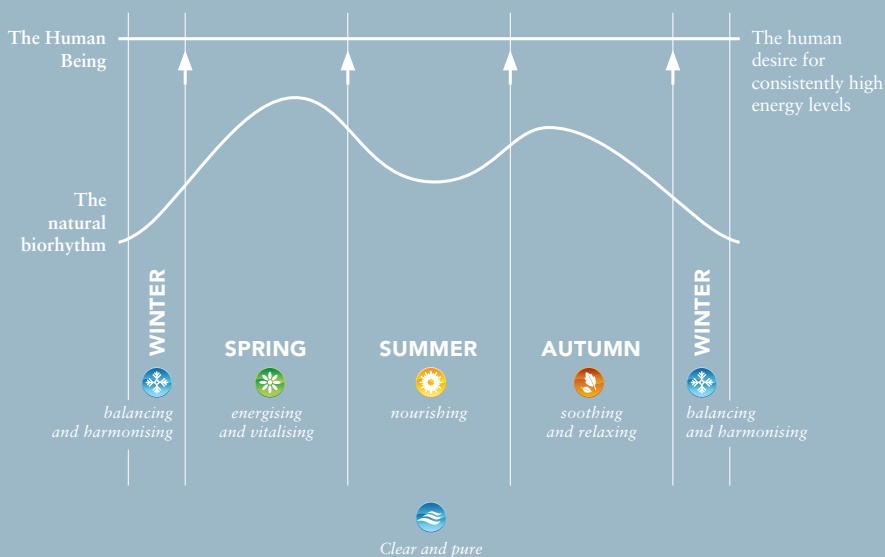
ACQUAPURA SPA

THE ACQUAPURA PRINCIPLE

We support you in finding and rediscovering your rhythmic balance in all Falkensteiner Acquapura SPAs.

You decide whether you want to invigorate, maintain, relax or recharge your energies.

-  ENERGY
-  BEAUTY
-  RELAXATION
-  HARMONY
-  CLARITY



This is the Acquapura symbol, meaning “pure water.”



INDULGING MOMENTS

Leave everyday life behind, take your time, experience nature, and let yourself be pampered with all your senses.



ENERGY

90 min € 120

Invigorating shoulder, neck and foot massage with facial treatment.



HARMONY

60 min € 90

Balancing combination of back and foot reflexology massage.



BEAUTY

95 min € 130

Intensive facial treatment with eye care and whole-body exfoliation.



CLARITY

60 min € 100

Algae exfoliation and body wrap with head and facial massage.



RELAXATION

50 min € 80

Pampering foot bath with exfoliation and gentle aroma candle massage.



SCHLADMING ALPINE WELLNES

You will find that good things from nature abound in the Austrian mountains.

Knowledge of the healing power of Alpine herbs has been handed down and passed on to this day. With this valuable knowledge and a bit of skill, Alpine herbs and plants will unfold their full power. In the Schladming Acquapura SPA we make use of this know-

ledge and utilise local herbs and plants for our wellness treatments.

You choose your Schladming Alpine Wellness pampering moment depending on your desired effect.

ST. JOHN'S WORT

- Relieves muscle pain
 - Promotes blood circulation
-

STONE PINE

- Improves sleep
- Activates the heart and cardiovascular system

BIRCH

- Strengthens the connective tissue
 - Used for detoxification
-

ARNICA

- Helps with sore muscles
- Relieves joint discomfort



THE POWER OF PLANTS

Experience herbs and aromas up close and be amazed by the natural healing powers.



ST. JOHN'S WORT

FULL BODY MASSAGE 60min € 85

Powerful massage techniques and a „hot roll“ grant pure relaxation. This deep-acting full-body massage with St. John's Wort oil relaxes muscles stressed by exercise.



BIRCH

DETOX-MASSAGE 60min € 85

This regenerating detox massage with special massage cups intensively stimulates circulation and enhances individual beauty. A special birch oil facilitates purification and detoxification.



STONE PINE

STRESS-REDUCING
FULL-BODY MASSAGE 60min € 90

This deep full-body massage with stone pine oil, handmade massage balls and rods made of stone pine wood grants general well-being and induces a deep state of relaxation.



ARNICA

ALPINE
LEG REFRESHMENT 30min € 48

The combination of relaxing massage techniques and the power of arnica releases cramps and tension in the legs.



CLASSIC MASSAGES

The classic Schladming Acquapura SPA treatments bestow relaxation and rejuvenation with nourishing oils, experienced hands, and a pleasant ambience.



ENNSTAL CLASSIC CLASSIC MASSAGE

Partial body massage 30 min € 46
Full-body massage 60 min € 85

The intensity and the massage itself are tailored to your needs. Targeted, classic massage techniques make the musculature supple and efficient again.



FACIAL LYMPHATIC DRAINAGE

30 min € 46*

Manual facial lymphatic drainage is a soothing and relaxing massage with gentle but effective techniques for reducing swelling in the eye area and throughout the face.

* Can also be booked alongside every facial treatment.



MOUNTAIN AIR BACK, SHOULDER, NECK MASSAGE

45 min € 72

This massage is for stretching and relaxing the muscles around the neck, back and shoulder. This helps release blocked energy and relieve symptoms such as headaches or back pain.



MOUNTAIN CLIMBER MAGNESIUM SPORTS MASSAGE

30 min € 46
60 min € 90

The intense combination of fascia techniques, classic massage, treatment of trigger points and use of magnesium oil supports regeneration, eases tensions and improves performance.



MOUNTAIN SPRING LYMPHATIC DRAINAGE

Facial lymphatic drainage 30 min € 46
Body lymphatic drainage 60 min € 85

Gentle, circular and rhythmic massage techniques activate the body's lymphatic system to accelerate the removal of water retention and bring the body back into harmony.



ACQUAPURA SPA SIGNATURE FLOW

60 min € 90

An intensive massage that goes deep using a fascia tool instantly increases mobility. This promotes a positive effect on the nervous system and contributes to inner balance.



LET GO

Wellness – pure well-being, relaxation, leaving it all behind, taking a break from stressful everyday life.



SOUL SOOTHER

FACIAL AND
HEAD MASSAGE

30min **€ 46**

This face and head massage provides a relaxing experience. Well-being is increased with various massage techniques and products individually adapted to your skin.



ALOHA SCHLADMING

LOMI LOMI NUI
MASSAGE

80min **€ 115**

This Hawaiian massage will impress you with its flowing movements and gentle stretching. Warm, fragrant oil and relaxing music create an incredibly relaxing experience.



POWER OF THE EARTH

FOOT REFLEXOLOGY
MASSAGE

60min **€ 85**

Almost all organs, joints and body parts have associated reflex zones on the foot. This special pressure massage activates the body's metabolism and strengthens the immune system.



NATURAL TALENT

HERBAL STAMP
MASSAGE

60min **€ 95**

Linen bags hand-filled with mountain herbs are heated in nourishing oil and used to release tension. This full-body massage promotes circulation and leaves the skin feeling supple.



ANCIENT STONE

HOT STONE
MASSAGE

80min **€ 115**

Warm lava stones and flowing massage techniques enable the heat to deeply penetrate the body. The muscles relax and energy blockages are released by the targeted use of hot stones.



MOUNTAINS & SEA

LAVENDER STAMP
MASSAGE

60min **€ 95**

Small linen bags filled with lavender flowers and coarse sea salt are heated in steam and used for a gentle massage of the whole body. This has an exfoliating and nourishing effect.



BODY TREATMENTS

Soothing body treatments for relaxation, calm or nourishment.



FINISHING TOUCH

PEELING TREATMENT

30min € 48

Flowing stroke techniques with an exfoliating treatment made of Alpine herbs, white clay, coarse sea salt and nurturing oil leave your body feeling fresh.



PEAT

HEAT TREATMENT

30min € 46

Peat is an ancient natural remedy. A fleece bag filled with natural peat and a heat medium guarantee a deep, circulation-enhancing effect (partial body treatment).



ALPINE CALM

PACK

30min € 48

A wrap adapted to your care needs is applied and then left to sink in while you rest. For silky, deeply nourished skin.



PAIN RELIEF

KINESIO TAPING

15min € 25

Colourful elastic tapes are used to support stressed and achy joints or muscles. This strengthens joint function, relaxes muscles and stimulates lymphatic flow.



SUMMIT BREAK EXFOLIATION

TREATMENT & PACK

60min € 85

The combination of the FINISHING TOUCH exfoliation treatment and the ALPINE CALM pack provides you with complete, all-round nourishing pleasure. Well-being without end.



VIP TREATMENTS FOR TWO

Relaxation is good. Relaxation for two in the VIP treatment room is even better.



STONE PINE MAGIC

BUBBLE BATH
AND MASSAGE

80min € 225

Experience pampering moments together in the spirit of stone pine. To start with, a stone pine bubble bath awaits you with candlelight and a stone pine sour cocktail. You are also presented with small salt-oil sacks to exfoliate with. Afterwards, a deep full-body massage using high-quality stone pine oil and hand-crafted massage balls and rods made of stone pine wood ensures exquisite relaxation.



TOGETHERNESS

BUBBLE BATH
AND MASSAGE

90min € 220

The first moments of relaxation are encouraged by a cosy, warm aromatic bubble bath and Prosecco in our VIP treatment room. The subsequent body exfoliation treatment with Alpine herbs and nourishing oils provides the desired refreshment and leaves your skin feeling completely smooth all over. The crowning glory is a classic full-body massage.



FONT OF RELAXATION

BUBBLE BATH

25min € 45

A relaxing aromatherapy bath accompanied by candlelight and Prosecco invites you to enjoy and relax in the VIP treatment room.



COSMETICS

Lean back and relax. Being pampered by expert hands isn't just good for the skin - it's good for the soul.



NATURAL VITALITY

FACIAL
TREATMENT

60min **€ 86**

Pure pampering with a facial treatment tailored to your individual needs. The active ingredients of Alpine rose regenerate and create skin that is full of vitality and energy.



ROSE STAMP

FACIAL AND
NECKLINE MASSAGE

25min **€ 45**

This face and neckline massage promotes circulation and improves the skin's elasticity. Accompanied by the sensual scent of premium rose petals, you can quickly leave everyday life behind.



FOUNTAIN OF YOUTH

ANTI-AGEING
TREATMENT

60min **€ 96**

This luxury treatment revitalises, activates, and moisturises the skin. Exclusive anti-ageing extracts smooth wrinkles, strengthen skin structure and rejuvenate the complexion.



SPARKLING EYES

TREATMENT
EYE AREA

30min **€ 51**

This intensive pampering treatment for the demanding eye area with selected active ingredients and eyebrow shaping was specially developed to make the eyes visibly radiate.



FOR MEN –

FACIAL
TREATMENT

60min **€ 86**

The soothing facial for the well-groomed man. A powerful active natural ingredient complex ensures vitality and energy, intensively moisturising and reducing wrinkles.



BEAUTY À LA CARTE

Beauty is not a gift but the sum of natural charisma, unique pampering moments and high-quality care.



HANDIWORK

MANICURE	45 min	€ 50
with nail polish	60 min	€ 60
with gel colour	60 min	€ 65

A nourishing manicure with that extra touch.



FOOT VITALITY

PEDICURE	45 min	€ 60
with nail polish	60 min	€ 70
with gel colour	60 min	€ 75

A real treat, nourishment for the feet.



BEAUTY MOMENTS

MAKEUP		
Daily makeup	25 min	€ 35
Evening makeup	35 min	€ 45
Eyebrow shaping		€ 15
Eyebrow tinting		€ 15
Eyelash tinting		€ 15

Highlight your natural advantages.



DEPILATION

HAIR REMOVAL		
Upper lip		€ 15
Armpit		€ 35
Legs to knees		€ 45
Whole legs		€ 70
Bikini line		€ 40

Smooth skin with hair removal using warm wax.



ACQUAPURA

SPA ETIQUETTE

ADVICE AND INFORMATION

You can contact us for a competent consultation during our opening hours by calling +43 (0) 3687/214 660 (room extension number 660) or by email at at.fsg.spa@falkensteiner.com

OPENING HOURS

Treatments (please reserve early)
10.00 – 20.00

SUMMER

Acquapura SPA reception	09.30 – 20.00
Indoor pool	06.00 – 24.00
Outdoor pool	08.00 – 20.00
Panorama fitness room	06.00 – 24.00
Nude sauna area	10.00 – 20.00
Infrared cabins and heated loungers	09.30 – 20.00

WINTER

Acquapura SPA reception	08.30 – 21.00
Indoor pool	06.00 – 24.00
Outdoor pool	08.00 – 20.00
Panorama fitness room	06.00 – 24.00
Nude sauna area	09.00 – 21.00
Infrared cabins and heated loungers	08.30 – 20.00

ATMOSPHERE

Our Acquapura SPA is for rest and relaxation, so we would ask you to please take other guests into consideration. Mobile devices (e.g. mobile phones) should only be used in silent mode. It is not permitted to bring food and drinks. We would also ask you to please respect our posted bathing and sauna rules.

CLOTHING

To make you feel comfortable in our Acquapura SPA, we would ask you to comply with our dress code: Swimwear in the pool area and comfortable sportswear in fitness classes. We explicitly request that you do not wear clothing in the Acquapura SPA sauna area. This is a textile-free (= nude) area.

HYGIENE

For reasons of hygiene, we would ask you to take a shower before each use of the pool and sauna facilities and to comply with our posted bathing and sauna rules.

TREATMENT

In order to record your personal requirements and wishes for the booked Schladming Alpine Wellness treatment, we would ask you to come to our Acquapura SPA reception desk roughly 10 minutes before the treatment starts, wearing a bathrobe. Your privacy will be guarded during each treatment by the provided disposable briefs and use of various covering techniques.

BOOKING AND CONFIRMATION

Due to the high demand, we recommend reserving your desired Schladming Alpine Wellness treatment in good time. Your personal appointment confirmation (including booking conditions) will be sent directly to you on the day of arrival upon check-in or upon booking on site at the Acquapura SPA reception. Your confirmed appointment can be cancelled up to 12 hours before the

treatment starts at the Acquapura SPA reception. In the event of a later cancellation, 100 % of the booked treatment will be charged.

Out of respect for subsequent guests, we would ask for your understanding that in the event of delays on your part, the treatment time will be shortened.

VALUABLES

We recommend locking valuables directly in your room safe or in the designated lockers in the locker rooms. No liability is assumed for lost valuables.

KIDS AND TEENAGERS

We would ask you to please supervise your children. Teenagers from the age of 16 are welcome in our fitness and sauna area.

Changes to applications, pricing and opening hours are reserved by the management. Valid from September 2020. All prices include taxes and fees. All previous prices lose their validity with the publication of this brochure. Misprints and errors are reserved.

CONTACT ACQUAPURA SPA:

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A photograph of a modern interior space. In the foreground, a large glass door with a vertical metal handle is visible. The door has three small, stylized bird logos etched into it. Behind the door, a wooden bench with a slatted design is visible. The background is a blurred view of a forest with tall trees.

WELCOME HOME!

falkensteiner.com/schladming