



FALKENSTEINER

Hotel & Spa
Bad Waltersdorf ****

PRICES ACQUAPURA SPA
BAD WALTERSDORF
ENGLISH

Styrian natural wellness

Styria is rich in natural treasures: vast forests, excellent wines, juicy apples, its famous pumpkins, pure drinking water and healthy thermal spa water.

For centuries, "wise women", traditional healers and faith healers have known about the healing powers of nature. They have used natural treasures and products such as ointments, herbal teas, plant extracts, baths and poultices in combination with the moon's mysterious forces to heal people. Our ancestors did not have the scientific method, but they were still able to use the right herbs without making mistakes. Over the centuries, traditional Styrian healing methods have been passed down from generation to generation, and the beneficial wellness and health treatments have been combined with the region's famous healing water and thermal spa water.

The Acquapura SPA at the Hotel & Spa Bad Waltersdorf has rediscovered this ancient wisdom of the Styrians and put it to use in combination with modern standards as Styrian natural wellness.

Along with international treatments, it forms the basis for our holistic, individualised wellness approach.



The special Styrian natural wellness treatments are labelled with the Styrian coat of arms.



Herbs are used for your benefit at the Acquapura SPA!

Rose, violet, sage, thyme, chamomile, marigold, sunflower, dandelion, lavender, peppermint, rosemary, St. John's wort, lemon balm, elder and many more.



Indulge yourself!

- ✂ Styrian natural wellness using local herbs – enjoy all the variations and uses of nature's treasures.
- ✂ Fragrances, natural essences, essential oils
- ✂ Tropical fruits and algae
- ✂ Bad Waltersdorf thermal spa water and healing water

All of these products are key components of the massages, cosmetics and wellness treatments at the Acquapura SPA in Bad Waltersdorf, which is run by a highly motivated and qualified spa team.

We invite you to let yourself go, relax, recuperate and discover a sense of warmth. And to enjoy with all five of your senses!

PHYTOMER  ST BARTH ÄGYPTOS

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PRIVATE SPA – Enjoy wellness with your partner

A very unique spa experience for two. Enjoy seductive treatments in a private setting and indulge in delicacies.



FRAGRANT VIOLET

70 min. € 80

Experience the invigorating effects of violet, which helps to stimulate circulation and brighten your spirits, in the form of a peeling in a fragrant herbal steam bath. After a refreshing shower, you can allow the forces of nature to really take effect while enjoying herbal tea and fruit on a waterbed.

for 2 people



SWEET SEDUCTION

80 min. € 95

Enjoy a soothing ceremony for your entire body in a steam bath with your choice of either chocolate, yogurt or honey. After a refreshing shower, you can relax over sparkling wine and sweets on a waterbed.

for 2 people

TIME TOGETHER

80 min. € 90

Experience the sensation of a special herbal cream peeling on your skin in a seraglio bath that will sweep you away with the scents of 1,001 nights. After an invigorating shower, you can unwind over tea and fruit on a waterbed.

for 2 people

PLAY OF COLOURS

90 min. € 110

This soothing ceremony involves you and your partner applying six different coloured healing and nourishing muds to each other. Gentle surges of steam spread active ingredients from individually selected herbs. Like a peeling, the muds are gently rubbed in. After a refreshing shower, the grand finale is when both partners gently massage each other with selected fragrant flower essences before relaxing over sparkling wine and sweets on a waterbed.

for 2 people

TROPICAL DREAM

70 min. € 85

Experience a tropical body wrap with clay and pineapple mousse from St. Barth in a seraglio bath and then relax after a shower while enjoying tropical fruit and sparkling wine on a waterbed.

for 2 people



Herb tip: St. John's wort oil has been proven to combat lumbago and tension!

PRIVATE SPA Suite – Enjoy wellness with your partner

A bathtub, a pleasantly warmed stone bed and a cuddly bed to relax in complete privacy await you and your partner in your Private Spa Suite.



EXQUISITE GRAPES

120 min. € 85

First you will relax in a calming bath with grapeseed oil and red wine. Then you will experience the power of grapes in a 30-minute grapeseed oil massage, which you can allow to sink in while you relax in bed with a glass of wine and fresh grapes.

per person



HONEYMOON

120 min. € 75

A beauty bath with honey, milk and fragrant oils will pamper all of your senses, and the 30-minute oil and honey massage afterwards leaves your skin feeling silky and smooth. You can then relax in bed while enjoying sparkling wine and sweets.

per person



SEDUCTIVE ROSE

120 min. € 75

Experience the aphrodisiacal, harmonising, stimulating and balancing characteristics of the rose in a bath together and then escape from your everyday concerns during the 30-minute rose oil peeling massage with sisal nests. Afterwards, you can relax in bed with rose sparkling wine and sweets.

per person



STYRIAN BATH RITUAL

120 min. € 80

Enjoy a relaxing beauty bath with precious goat's milk, minerals and vitamins as well as a milkshake. Then allow your soul to be caressed with a 30-minute goat's milk butter massage – a fresh-scented delight for your body! You can then relax in bed while enjoying cheese skewers.

per person

CARIBBEAN FLAIR

120 min. € 85

Let yourself be swept away to the Caribbean by this beauty bath with tropical oils from St. Barth. Before you doze off in bed after enjoying a cocktail and fruit, you will enjoy a fragrant 30-minute coconut and avocado massage.

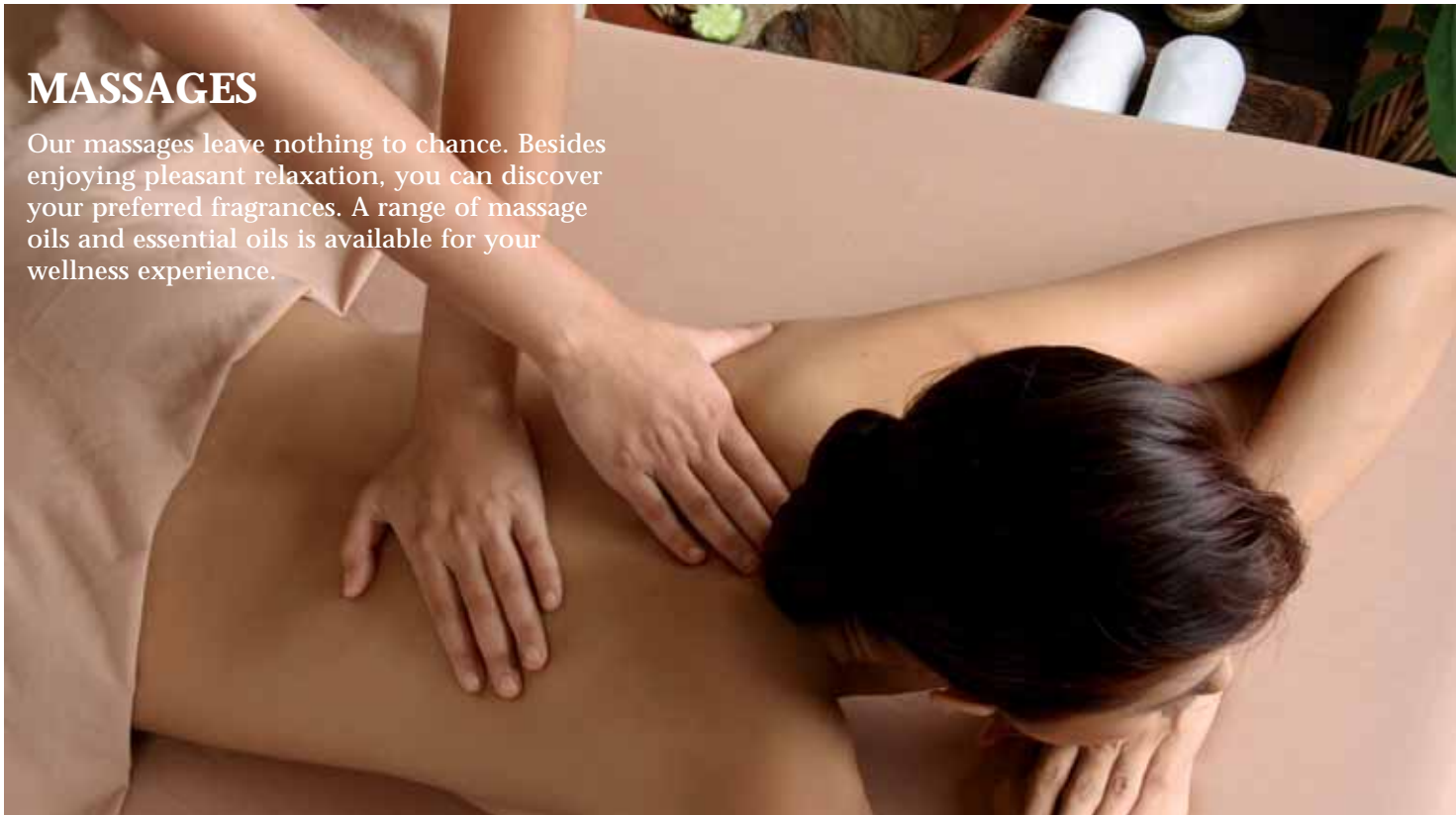
per person

A 90-minute session can be booked for one person.

Herb tip: Adding thyme to a foot bath is often effective in preventing an oncoming cold!

MASSAGES

Our massages leave nothing to chance. Besides enjoying pleasant relaxation, you can discover your preferred fragrances. A range of massage oils and essential oils is available for your wellness experience.



AROMATHERAPY

Aromatherapy à la Harald Binder is one of the most lovely relaxation massages. It is an herbal therapy developed exclusively for Acquapura SPA involving fragrant oils. Intense skin contact and slow strokes offer deep relaxation. A massage for connoisseurs that awakens all the senses!

30 min. € 35

60 min. € 62

GRAPESEED OIL MASSAGE

This treatment using regional grapeseed oil not only strengthens the immune system but also stimulates the lipometabolism as well as circulation and blood flow.

30 min. € 33

HONEY MASSAGE

The honey massage improves overall blood flow, regulates the distribution of energy in the body and restores your body's healthy balance.

30 min. € 33

YOGURT MASSAGE

Yogurt contains valuable milk proteins that give the skin a unique fresh feeling and protect it from drying out. Proteins, mineral nutrients and trace elements provide moisture, promote blood flow and regenerate the skin.

30 min. € 33

GOLFER MASSAGE

A massage specially developed for golfers and using selected essential oils. The therapy is aimed at relaxing the muscles in order to provide golfers with improved concentration and better vision the next time they tee off.

60 min. € 59

ACQUAPURA HERBAL STAMP MASSAGE

Brief tapping massages alternate with slow, gliding strokes, friction and circular movements along the channels of energy. Wonderful local herbs soaked in warm oil relax tension in the muscles and tissues and provide a whole new feeling of wellbeing. The Acquapura herbal stamp massage stimulates the metabolism and the repair system and helps to purify, nourish the skin and relieve cramps.

90 min. € 93

MASSAGES



INDIVIDUAL MASSAGE 30 min. € 33

In this treatment, the therapist works specifically on your problem zones. A unique combination of various massage techniques allows you to immerse yourself in a feeling of wellbeing and serenity.

60 min. € 59

PARTIAL MASSAGE AND REFLEXOLOGY 60 min. € 59

A wonderful combination of a back and neck massage and reflexology. Beneficial for problem zones in these areas.

STOMACH MASSAGE AND REFLEXOLOGY 60 min. € 59

This combination of a stomach massage and reflexology is extremely pleasant for people with indigestion, anxiety and similar conditions.

REFLEXOLOGY 30 min. € 33

By applying pressure to specific parts of both feet, the therapist can address problem zones throughout the body and strengthen the immune system.

MANUAL LYMPH DRAINAGE 60 min. € 59

Direct, rhythmic pressure impulses promote the flow of lymph through the lymph and vein system. This gentle massage (without oil) has a very relaxing, pain-relieving and soothing effect. It is used to treat conditions such as haematomas, oedema, pulled muscles, migraines, heavy legs, etc.

MIGRAINE THERAPY 60 min. € 59

A very pleasant therapy that helps to alleviate or prevent migraine headaches. You will benefit from the helpful tips given to you during the treatment. Please plan in time to relax afterwards!

Herb tip: When you have a headache, massage each of your temples with a drop of peppermint oil!

MASSAGES

Herb tip: If your blood pressure is too low, massage your temples and neck with rosemary oil!

EAR CANDLING THERAPY

30 min. € 25

Ear candling therapy has been used as a natural healing method for about 900 years. It is used as either a primary or an accompanying treatment for problems with the sinuses and ears. Ear candles are a purely natural product made from beeswax and herbal additives.

SHIATSU

60 min. € 63

This healing massage originated in Japan and is performed using not only the fingers but also the palms and heels of the hands, forearms, elbows, knees and feet, and in particular the thumbs, to remove blocks along the body's meridians. This work on the entire body traditionally takes place on a futon on the floor and can alleviate various everyday complaints. (Treatment in comfortable clothing.)

"WEIGHTLESS" SHIATSU SOUND MASSAGE

90 min. € 93

Shiatsu involves sensitive, very effective work on the body that activates our natural self-healing powers and removes blocks in the body's own flow of energy. In combination with the ancient art of sound massage, you will experience a sense of floating within yourself. If humans are in harmony with themselves and their environment, they are also in a position to creatively shape their lives. (Treatment in comfortable clothing.)

LASTONE THERAPY – THE MAGIC OF STONES

90 min. € 93

LaStone is a particularly deep massage using hot and cold stones of various sizes to perceive the interplay of emotions. The stones are moved along the body with warm, fragrant massage oils and in this way create a unique, soothing experience. Please plan in time to relax afterwards!

SINGING BOWL THERAPY

45 min. € 53

The unique sound of a singing bowl soothes and provides energy. Singing bowls help to bring the body back into balance and activate its self-healing powers. (Treatment in comfortable clothing.)

DORN BREUSS METHOD

30 min. € 35

Relaxing and gently stretching the spine and the sacrum allows you to remove mental and physical blocks and regain energy. A gentle therapy for the spine and joints that has a positive effect on problem zones without needlessly applying great deals of pressure. Perfect for golfers!

ACQUAPURA TEEN MASSAGE

20 min. € 21

For children 6–14 years of age: The muscles are gently and tenderly relaxed using fragrant oils.

Traditional body peeling, poultices and wraps

Ancient traditional household remedies and natural cures are harmoniously combined with healing treatments from the sea and given a tropical flair.

AROMATIC POMACE PEELING 30 min. € 28

The mild fruit acid of wine pomace combined with clay is excellent for peeling.

NATURAL ACQUAPURA FRUIT ACID PEELING 30 min. € 28

The skin is wonderfully cleansed using fresh seasonal fruit, and the natural acid mantle is restored. Perfect for treating impure skin.

STYRIAN POLENTA PEELING 30 min. € 28

Cornmeal removes excess oil from the skin. It is gently rubbed in to remove dead skin cells wonderfully.

ST. BARTH SOFTNESS 30 min. € 42

Relaxing peeling for soft, delicate, even skin. Fruit enzymes from fresh papaya, plain yogurt and a special mineralised sea sand complex remove dead skin cells. Pure coconut oil provides sustainable nourishment for your skin and pampers it with beneficial nutrients. The perfect way to prepare the skin for an even, long-lasting tan.

Herb tip: Placing 1–2 drops of lemon oil on a vacuum bag provides a pleasantly fresh scent when you vacuum!



Traditional body peeling, poultices and wraps

Herb tip: Rinsing your hair with sage is a good way to nourish and protect your scalp and hair!

ÄGYPTOS



ACQUAPURA LIVER POULTICE

50 min. € 33

The "organ of vitality" requires relaxation, a proper diet and regular herbal detoxification treatments in order to perform its tasks (digestion, managing your body's energy, regulating hormones, circulation, clotting and detoxification).

POTATO POULTICE

50 min. € 35

The potato poultice is excellent for providing warmth and is perfect for alleviating tension (in the neck, shoulders or spine), chronic joint problems, difficulties falling asleep, stress, bloating and menstrual symptoms.

ACQUAPURA CURD AND HONEY POULTICE

50 min. € 33

Curd has a lot of positive effects. It is cooling, soothing and anti-inflammatory, and it helps to reduce swelling. In combination with honey, which cleanses, revitalises and strengthens, it provides an excellent source of nutrients for the skin.

ACQUAPURA PROBLEM ZONE AND DETOXIFICATION POULTICE

50 min. € 33

A special poultice is applied to the desired areas of the body and uses essential oils selected especially for you.

SALT POULTICE

50 min. € 31

Cold salt poultices are applied from below the chest to above the knee to improve blood flow and relieve indigestion and to improve weaknesses in the connective tissue.

ÄGYPTOS REVITALISING POULTICE

120 min. € 99

Following in Cleopatra's footsteps ...

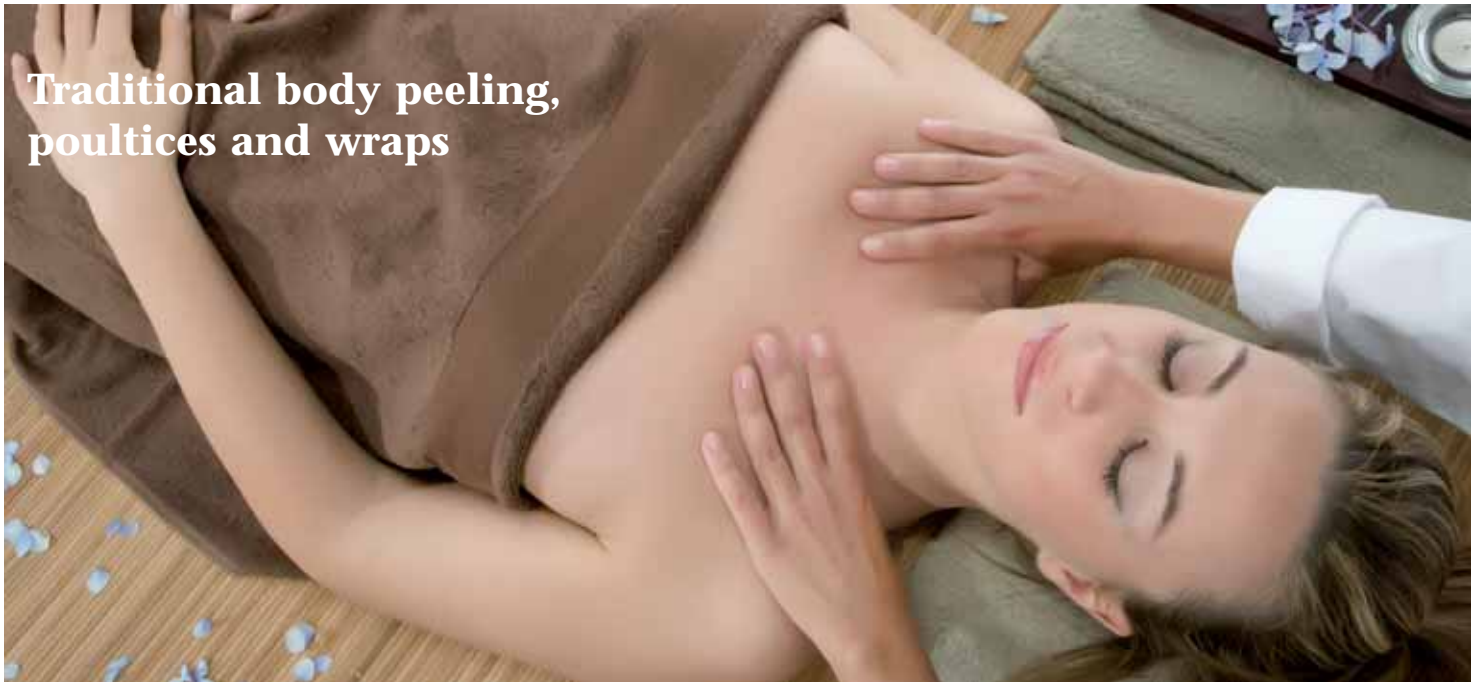
Even in the ancient world, people made use of the Dead Sea's healing powers. This knowledge of the Oriental fountain of youth has been rediscovered and further developed using the latest insights.

This is how the Ägyptos revitalising poultice evolved. It contains the finest active ingredients from the Dead Sea and entails wrapping the body in soft, pleasantly warm cotton bandages – a pure wellness treatment with exceptional results:

- Rejuvenates, firms and tightens the skin even after the very first treatment
- Detoxifies, purifies, neutralises – improves health and strengthens the body's immune system
- Reduces the waist size by centimetres and helps to get rid of stubborn fat pockets and cellulite
- Works intensely on the problem zones to reshape your figure
- A fountain of youth for everyone who is plagued by stress – invigorates and provides new energy

Wellness that works for HIM and HER! Treat yourself to something special!

Traditional body peeling, poultices and wraps



HAY WRAP 30 min. € 32

Relax in fragrant local hay. Perfect for relieving tension and symptoms of rheumatism.

MOOR WRAP 30 min. € 34

The moor wrap is applied to problem zones and has a positive, relieving and balancing effect on the entire body.

EVENING PRIMROSE OIL CREAM WRAP 30 min. € 36

This moisturising cream wrap with evening primrose oil has proven effective for very dry, irritated and sensitive skin (neurodermatitis, psoriasis).

INDIVIDUALISED HERBAL WRAP 30 min. € 34

An herbal wrap that is specially designed to meet your needs. Perfect for relieving back problems, tension, debilities and lethargy.

STYRIAN PUMPKIN SEED WRAP 30 min. € 34

This very rich, natural pumpkin seed wrap with a large amount of unsaturated fatty acids, trace elements, vitamins and minerals helps to remove water and purify.

LOAM WRAP 30 min. € 34

Loam is used preventively but also to treat pathological processes such as inflammatory diseases, skin diseases, the accumulation of toxins in the tissues, metabolic disorders, rheumatic and chronic diseases, headaches and throat aches, phlebitis, swelling and sprains.

ENZYMATIC EARTH 30 min. € 36

Enzymatic earth is a stone dust with urea, magnesium and fruit powder, and it is wonderfully relaxing for your problem zones.

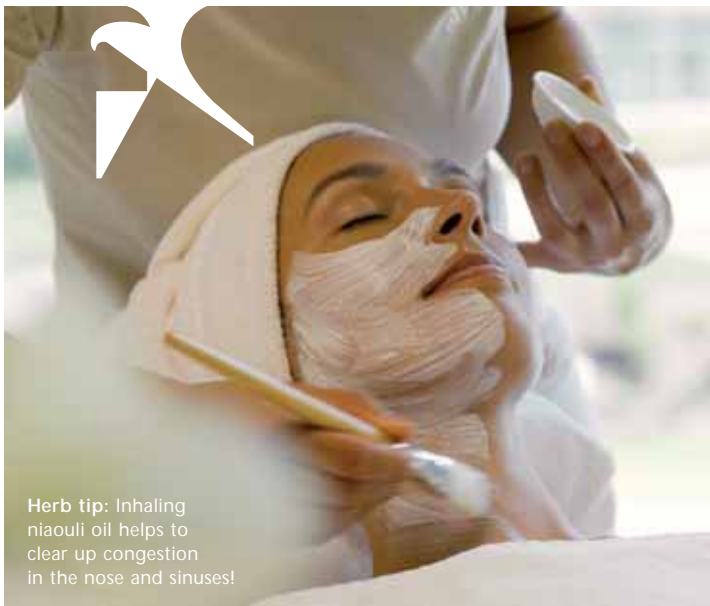
THALASSO WRAP 30 min. € 34

Thalasso wraps stimulate the cell metabolism and are perfect for purifying the body and firming the skin.

HEALING CHALK WRAP 30 min. € 34

Healing chalk has a soothing and balancing effect to relieve many skin problems, warms and purifies the body and cleanses the skin. In addition, it helps to stimulate blood flow and the metabolic process throughout the body.

Herb tip: If you have a sunburn, massage a few drops of pure lavender oil into the affected areas!



Herb tip: Inhaling niaouli oil helps to clear up congestion in the nose and sinuses!

CHOCOLATE CREAM WRAP

30 min. € 38

Chocolate cream regenerates skin that has been worn out by the stresses of everyday life and in this way helps to combat early skin aging. It also promotes skin blood flow and makes the skin silky and fresh. The addition of natural cocoa butter and almond milk provides the skin with essential fats and moisture, allowing worn out, dry skin to recover.

ST. BARTH ELASTICITY

30 min. € 45

This intense body care improves your skin complexion with the valuable vitamins and minerals that are naturally contained in clay and with fresh pineapple or cucumber mousse. Ivy, menthol and camphor invigorate and purify the tissue, and cold-pressed avocado oil provides valuable nutrients. The result is visibly improved and firmed skin.

ST. BARTH SLIMNESS

30 min. € 39

For quick relief and relaxation for heavy legs, for example after sitting or standing for a long time or after long flights, or simply to give you great legs. Our ivy gel helps to remove blocks and water, strengthens the veins and stimulates the lymphatic system. Menthol and camphor promote microcirculation, refresh and invigorate. As a special final touch, your legs are pampered with a touch of the Caribbean: You can choose your favourite body lotion with cold-pressed avocado oil and the scent of either pure Bourbon vanilla, the Caribbean tiare flower or the especially fine lily.



ST. BARTH SENSATION

60 min. € 82

This pleasant body wrap offers intense moisture and is a pleasure for all of your senses. You can choose your favourite scent from Bourbon vanilla, the delicate tiare flower or the exotic lily. A creamy, silky wrap is gently smoothed onto your body. After the nourishing body wrap has provided your skin with nutrients and lipids from premium vegetable oils, you can relax while enjoying a wonderfully fragrant cosmetic massage. The result is visibly finer and silky soft skin all over your body.

SEA ESSENTIAL MARIN MINCEUR SLIMMING ALGAE WRAP

60 min. € 69

A full-body algae wrap with active ingredients from the sea to improve your figure, stimulate lypolysis, purify, firm and remove water. A modelling massage with trace elements from the sea and contour cream helps to actively slim your figure. At the end of the treatment, you'll feel light and relaxed.

SEA ESSENTIAL CELLULO ACTIF SPECIAL CELLULITE TREATMENT

60 min. € 73

An anti-cellulite treatment with self-warming sea mud that combats specific rounded areas. This thalassotherapy is one of the best cellulite killers and gives your skin back its youthful appearance.

Herb tip: Grapefruit oil has been shown to relieve anxiety and stress caused by studying. Simply rub a few drops into the back of your hands!

Radiant beauty for ME

Tropical meets thalasso:
Facial treatments from our top cosmetic
lines, St. Barth and Phytomer



We will sweep you away to the world of Caribbean relaxation with exquisite elixirs and spa treatments from St. Barth. Exotic fruits and the scent of the Caribbean tiare flower, fine lily or the essence of pure Bourbon vanilla caress your soul and pamper your senses.

PHYTOMER

Phytomer is a cosmetic line made with ingredients from the sea with 104 trace elements for your wellbeing, radiantly beautiful skin and a slim, firm figure. The Phytomer concept selects concentrates from seawater, algae and sea mud as the basis for its products in order to combat cosmetic problems effectively. The reflexothermal method with self-warming sea mud makes Phytomer particularly unique and forms the basis of all treatments.

ST. BARTH PURENESS FOR HIM AND HER

60 min. € 90

Experience an exceptionally gentle treatment for your face, throat, décolleté and hands. Enjoy natural elixirs and fresh fruits reminiscent of a colourful Caribbean fruit basket. This particularly serene, indulgent treatment helps you to achieve deep relaxation. The high-quality vegetable-based products with natural vitamins and minerals are intensely clarifying and stimulate your skin's activities. You will gain a clear, even and fresh complexion. A soothing hand massage rounds off this gentle treatment.

ST. BARTH FRESHNESS

90 min. € 110

Enjoy an intensely relaxing and restorative treatment for your face, throat, décolleté and hands. The effects of the high-quality vegetable-based products with natural vitamins and minerals is complemented by fresh fruits such as pineapple, papaya or cucumber. This feeling of natural freshness on your skin is enhanced by wonderfully gentle Caribbean scents to sweep you away to an exotic world. Your complexion will become visibly clearer, more even and fresher. A soothing hand massage with the scent of Bourbon vanilla, fine lily or the Caribbean tiare flower rounds off this wellness experience.

Herb tip: For a facial steam bath to relieve tired skin, pour hot water over 2–3 tablespoons of lemon balm leaves.

Radiant beauty for ME



SEA ESSENTIAL APAISANT

60 min. € 65

Sensitive, irritable skin

90 min. € 95

This treatment helps to calm the skin, alleviate redness and heat sensations, and strengthen the blood vessels in cases of facial erythrosis with active ingredients such as mineral-rich seawater and coral concentrate. It reduces the sensitivity of the skin and strengthens the skin's defences.

SOIN ACCEPT CAPITAL DEFENSE

60 min. € 65

Irritable, allergy-prone skin

Women with extremely sensitive or allergy-prone skin have a difficult time accentuating their beauty. For these women, Phytomer developed the ACCEPT CAPITAL DEFENSE system with products that smooth, repair and strengthen even the most sensitive skin.

RITUEL AUX PERLES D'EAU DE MER

60 min. € 65

Moisturising care ritual for dry, dehydrated skin

90 min. € 95

A range of gentle facial massages with sea stamps made of algae gel and seawater pearls gives the skin all of the nutrients and remineralising sea salts that are essential for moisturisation. The stamp massage relieves tension and pampers you with an intense feeling of wellbeing. Your skin will become softer, pleasantly smooth and better moisturised. The best weapon against early skin aging.

SEA ESSENTIAL JEUNESSE

60 min. € 65

Anti-aging treatment for healthy skin

90 min. € 95

The ultimate treatment for preserving a youthful appearance. Extremely powerful active sea ingredients as well as phytosterols and fatty acids visibly firm, regenerate and rejuvenate the skin! This treatment should always be booked before the end of a wellness holiday so that you can shine with a wonderful new brilliance when you return home!

SEA ESSENTIAL PURIFANT

60 min. € 65

Detoxification treatment for shiny, impure skin

90 min. € 95

When the sebaceous glands are not functioning properly, skin problems arise such as shiny sections of the face, a dull complexion, impurities and even acne. The Purifiant treatment is deeply cleansing, detoxifying and healing, and gives you a clear, relaxed complexion.

SEA ESSENTIAL CONTOUR DES YEUX

30 min. € 35

Special care for the eye area

The delicate eye area requires special care. The Contour des Yeux treatment firms the eye area, wrinkles, crow's feet and dark circles around the eyes and alleviates bags under the eyes. The radiant, healthy look in your eyes is the visible result of this treatment, which can be booked in addition to any other facial treatment.

SEA MASCULIN FACIAL DETOX

70 min. € 75

Special care for men

This treatment is designed to meet the precise skin care needs of men using exclusive active ingredients from the sea and the reflexothermal method. The treatment is extremely relaxing, relieves stressed and irritated skin, regulates sebum production, retains an extra portion of moisture and leaves tired skin looking healthy in no time. + cleansing back mask and back peeling

90 min. € 95

ACQUAPURA TEENS FACIAL TREATMENT

40 min. € 39

For children 6–14 years of age – after all, they want to be pampered, too. Cleaning, peeling, deep cleansing, masque, day skin care and skin care tips.

Beauty classics

CLEANSING FACIAL TREATMENT 60 min. € 62

To solve minor skin problems: cleaning, peeling, intensely deep cleansing with steam, masque and protective day skin care

NATURAL FRUIT ACID MASQUE FOR YOUR FACE 20 min. € 25

Vitamins offer protection from free radicals, are very moisturising and help to restore your skin's natural acid mantle. This treatment uses fresh fruit to give your skin back its radiant glow. Perfect for impure skin!

MEDICAL PEDICURE 50 min. € 36

Classic pedicure, foot peeling, foot bath, foot care, foot massage, no nail varnish

MANICURE 40 min. € 32

Hand bath, nail care, hand peeling, hand massage, no nail varnish

NAIL VARNISH EXTRA 10 min. € 4

PARAFFIN HAND WRAP WITH PEELING 30 min. € 28

Care for dry, chapped, stressed hands. First the hands are peeled and then dipped in warm paraffin. This helps the active ingredients to filter deeper into your skin and make it even smoother.

SPARKLING EYES 25 min. € 25

Brow and lash tinting, brow shaping

Brow shaping	15 min.	€ 10
Brow tinting	10 min.	€ 8
Lash tinting	15 min.	€ 10

GENTLE HAIR REMOVAL WITH WARM WAX € 9

Face (upper lip, lower lip/chin or eye brows)

Back	€ 35
Chest	€ 35
Calf to knee	€ 28
Thigh including knee	€ 29
Arms	€ 28
Underarm	€ 15
Bikini	€ 16



Herb tip: Lay two cotton pads soaked in cooled hyssop tea on closed eyes to relieve red, swollen eyelids!

Pampering packages

Unique feel-good packages to try out, relax and enjoy. Designed especially for Acquapura SPA.

FOLLOW THE SCENT

150 min. € 140

Follow the unique scent of herbs in a soothing herbal peeling and then relax with a wonderfully fragrant herbal poultice. After this, you can unwind and enjoy pure herbs in an herbal stamp massage. It's just as good for you as it smells!

PASSION

120 min. € 115

You can experience one of the unique, beneficial stone therapy treatments created by our Acquapura SPA team using essential oils and herbs to activate and harmonise your flow of energy. The individualised approach by our "master of ceremonies" is in tune with the vibrations of your body, your health and your energy, and offers balance, contemplation and unity.

CAST OFF

150 min. € 145

A beauty ceremony from head to toe! An individualised full-body peeling, facial treatment with cleaning and the cosmetic line of your choice (St. Barth, Phytomer), masque, manicure, facial massage, day skin care and pedicure.

DANCE OF THE SENSES

120 min. € 110

See, hear, feel, smell – experience extraordinary relaxation for these four senses in our alpha bed. Afterwards, you can truly relax while enjoying a fragrant chocolate wrap before you allow your skin to become pure silk in an aromatherapy session.

BALANCE

120 min. € 110

The perfect treatment for golfers, with an invigorating fruit/herb peeling along with a relaxing healing chalk wrap in a warm bed to target your problem areas. This amazing package is rounded off by a wonderful, balancing partial massage and reflexology so that you are full of energy and loosened up for the next time you tee off.



Five elements – Individually designed for you

WATER 60 min. € 55

- Ear candling therapy
- Herbal salt peeling

FIRE 60 min. € 55

- Rosemary-mint peeling
- Thalasso wrap

AIR 60 min. € 55

- Aroma pomace peeling
- Individual herbal wrap

EARTH 60 min. € 55

- Fruit acid peeling
- Enzymatic earth wrap

WOOD 60 min. € 55

- Special eye treatment
- Moor wrap

Herb tip: Dandelion helps to purify the blood in the spring and autumn, and as a tea it relieves gout and rheumatic symptoms!

Acquapura special

ACQUAPURA FOUR-SENSES LOUNGER – AN EXCEPTIONAL RELAXATION EXPERIENCE

25 min. € 19

Experience a unique, multi-sensory journey into the world of deep relaxation and wellbeing.

Lie down – close your eyes – let yourself go!

The light in the four-senses lounger wraps you in a sense of security. The warmth and gentle vibrations of the lounger's surface help to calm your body. Pleasant sounds and scents bring your spirit into a meditative state.



Sport, fitness and relaxation

Experience the joy of movement in the great outdoors or in a fitness studio! Our wellness trainers provide a varied programme for you every day. The meeting place is the spa reception area!



HEART & CIRCULATION

Nordic walking, power walking, cycling, etc.

ENERGY & FIGURE

Fitness cardio studio, exercise studio (alternating programme of activities), aqua fitness, etc.

SPINE & BACK

Gym, coordination, balance, stretching, etc.

RELAXATION & MEDITATION

Meditation, Qigong, aroma meditation, löyly, etc.

PERSONAL TRAINING

60 min. €59

Problem zones, weight loss, muscle gain, refresher training, training for beginners, learning new techniques. Our wellness trainer will provide you with tips and tricks as well as advice for wonderful and motivating training to reach your goals.

Herb tip: Violet tea has been proven to work as an expectorant and to combat coughing!

Information, tips and explanations for your visit to the Acquapura SPA!

CONSULTATION, INFORMATION AND RESERVATIONS

You can arrange appointments for your wellness programme by telephone: +43 / (0)3333 / 31 065, e-mail: spa.bad-waltersdorf@falkensteiner.com or fax: +43 / (0)3333 / 31 065-900 or you can make an appointment in person at the spa reception desk.

EARLY RESERVATIONS

We recommend that you book your wellness treatments several days before your arrival so that we can optimally plan your desired treatments and packages.

CANCELLATION POLICY

We carefully prepare for the appointments you book, so you will be charged 50% of the price for treatments cancelled within six hours of the appointment. If you do not show up for your appointment, you will be charged the full price.

CLOTHING

For full-body and relaxation massages, wraps, peelings, etc., you should undress completely. For this reason, we request that you arrive in a bathrobe. You will be covered during the massage and only the parts being massaged will be exposed.

Please wear comfortable clothing for the shiatsu treatment and the singing bowls therapy.

Please remove your jewellery and watch for all treatments.

Please wear **dry clothing** for beauty treatments.

Bathing attire is required in the wellness and pool area, and the sauna area and saunas are a **nude zone**. Please use a towel in the saunas – **except for in the steam bath**.

CHILDREN

Please note that our pool area is open to children under the supervision of their parents or guardians as long as other guests are not disturbed while trying to relax. The sauna area is an absolute quiet zone and is therefore only open to guests aged 16 and older.

HEALTH RESTRICTIONS

If you are aware of illnesses, problems or pregnancy, or you are under medical treatment, please inform us of this when you make your appointment because not all treatments are suitable in these cases.

WHAT TO BE AWARE OF AFTER EVERY TREATMENT

We recommend that you avoid activities directly after each treatment and that you relax for at least half an hour afterwards. Please also be sure to drink enough liquids after every treatment.

ITEMS FOR SALE

All of the cosmetic products and essential oils used at our spa and vouchers can be purchased in the spa shop. For specific questions about how the products work and their prices, please ask our cosmeticians and spa receptionists for advice.

PAYMENT

The treatments are directly booked to your hotel room.

VALUABLES

Please do not bring any valuables along. Management assumes no liability for these!

HOURS

You can find our opening hours in our hotel brochure in your room, on the keycard and at the spa reception desk.

IMPORTANT INFORMATION

The Acquapura SPA is a non-smoking area!

Please turn off your mobile phone in all parts of the Acquapura SPA so that you do not disturb other guests while they are trying to relax.

We would like to thank you in advance for complying with our spa etiquette.

Sincerely,

Harald Binder and the Falkensteiner Acquapura SPA Team at Bad Waltersdorf

Subject to changes regarding treatments, prices and opening hours. Prices are valid from May 2009. All prices include taxes and fees. The publication of this brochure makes all previous brochures invalid. Misprints and errors excepted.

An old piece of wisdom goes:

**“Herbs hold the energy of the entire world;
those who understand their secret powers are almighty!”**

ACQUAPURA SPA

Falkensteiner Hotel & Spa Bad Waltersdorf****

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Welcome Home!