

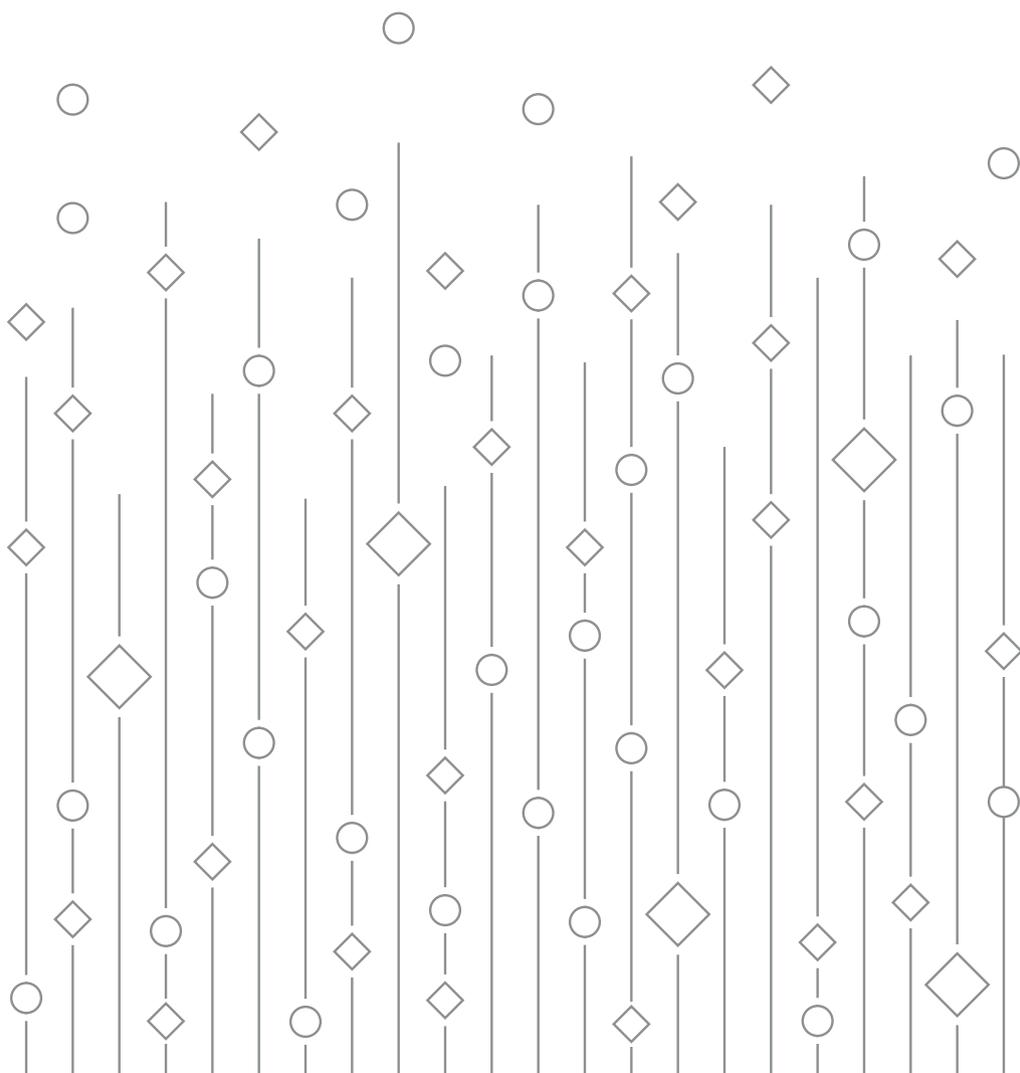


FALKENSTEINER

Balance Resort Stegersbach ****

PREMIUM COLLECTION

SPA MENU



WELCOME

Dear guest!

The Falkensteiner Balance Resort Stegersbach is your competence center for a healthy and happy lifestyle.

„Our new wellness concept offers therefore holistic and solution-oriented experiences for your wellbeing and health with surplus.“

Together with tsar®, the expert and market leader for active regeneration, we developed treatments and activity programmes specially adapted to the bio-rhythm. Discover, how great it is to live accordingly to this rhythm of activity and relaxation.

You would like to have restful nights? A bright appearance? A relaxed back? Strength and health? A good handling of life's challenges?

Our wellness concept supports you. The SPA-treatment packages contain individual analysis of the body, personal consultancy and support. Thanks to modern measurement devices we have a holistic overview over your health and can offer you tailor-made treatments. We ensure a long-lasting and productive effect through our programmes to take home.

The wellness days spend in Falkensteiner Balance Resort Stegersbach makes you strong and fit, to conquer the challenges of life with Strength and relaxation and to enjoy it to the full.

We are looking forward, welcoming you!

All the best!



Your Michaela Hösch and
the Acquapura SPA team



Mag. Michaela Hösch
SPA manager, graduate
in sports science

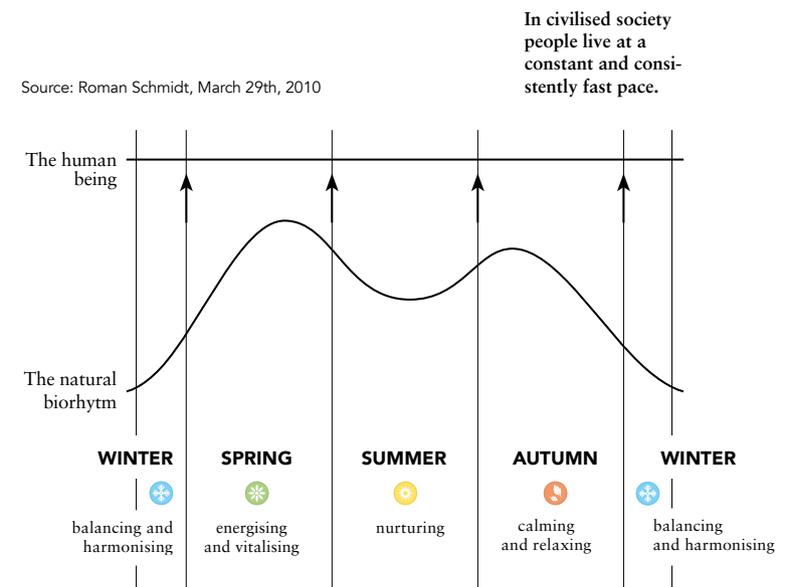
EXCLUSIVE WELLNESS AT FALKENSTEINER



„Acquapura“ means „*pure water*“ and stands for the water and wellness worlds at Falkensteiner Hotels & Residences. Extensive water features, inspiring sauna areas, a wide range of treatments and lots more are what create the right mood for relaxation, enjoyment, pleasure, health and vitality at Acquapura SPA.

THE ACQUAPURA ACTIVE PRINCIPLE

We help you find your rhythmic balance and rediscover yourself at all Falkensteiner Acquapura SPAs. It is for you to decide whether you want to be invigorated, nourished, relaxed or are actually looking to recharge your batteries.



 clear and pure
This is the Acquapura symbol, which stands for clarity and purity.

 energising and vitalizing

 nurturing

 calming and relaxing

 balancing and harmonising

 clear and pure

ACQUAPURA
SPA

TIME FOR WELLNESS

Find your personal wellness package: once we have measured your heart rate variability and carried out a personal analysis based on the tsar® principle, we invite you to sit down with us to design your perfect and customised programme. The right impetuses are given at the most suitable time in tune with the length of your stay and the desired intensity.

Naturally, you will continue to be able to book our other offers on an individual basis.

Our seasonal wellness themes, which are reflected through our hotel complex, await you all year round. Discover and experience pure regeneration coupled with highly exclusive training and find back to life's perfect rhythm.



ENERGY

„I would like to be fit again.“



BEAUTY

„I would like to be radiantly beautiful and have my preferred weight.“



RELAXATION

„I would like to have a healthy back and be free of any tension that has built up in me.“



BALANCE

„I would like to have restful nights.“



CLARITY

„I would like to be able to cope well with life's challenges.“

On request, our experts will be happy to develop an individual programme for you – as a mixture between special treatments and our free of charge activity programme.

OUR ACTIVITY PROGRAMME

Enjoy your special activity programme from morning to night. An exceptionally effective training programme that matches the wellness themes and is in tune with the natural rhythms of life.

MORNING

ENERGY – START THE DAY BURSTING WITH ENERGY

Wake up, stretch as much as you can and put the muscles where they belong. Grow back to your full size, activate your cardiovascular system in terms of variability and feel your heart beat properly for once in order to build up your strength in a targeted manner for full flexibility and power.

BEAUTY – SUPPLENESS AND GRACE

Harmonious, round movements without any sharp jerks are what improve suppleness and make instant improvements in performance visible. A beautifully shaped body and harmony can be achieved by coordinating the application of pressure and tension and training the elongate muscles.

NOON

RELAXATION – HEALTHY BACK AND POWER

Power, flexibility and coordination – a strong back can do even more. Balancing out strong stimuli easily and with suppleness. Reacting instinctively to protect the back. Meeting challenges in a flexible, effortless and comfortable manner.

EVENING

BALANCE – RESTFUL NIGHT

Easy breathing, silence, deep regeneration and mental balance make for quiet and restful nights. Like a tiger prowling through the woods and adjusting effortlessly and lithely to even the biggest unevenness in the terrain. Harmony through micro-movements in the body.

Please check our current announcements for the schedule and details of our activity programme.

TSAR®

THE SECRET OF ACTIVE REGENERATION

Learn from the body's inherent wisdom in a programme developed in step with the rhythms of nature. Together with tsar® experts, we have developed the best treatments and activity programmes exclusively for the Falkensteiner Balance Resort, aligned with each other and integrated into the existing Acquapura active principle.

And here's what makes our special tsar® programme so exceptional:

- Intelligent muscle workout instead of isolated muscle strengthening
- Round, efficient and effective movements instead of sharp jerks – this is the sure way to overcome stiffness and hardness
- No forcing – not fighting tension with tension, but making meaningful use of gravity, drag and momentum
- Inactive parts of the body are reactivated – connecting the brain and muscles
- The right impulses are given at the right time



HRV

VEGETATIVE FUNCTIONAL DIAGNOSTICS

Heart rate variability (HRV) is a parameter that measures the versatility of an organism and serves as a health indicator. HRV is calculated on the basis of the exact intervals between a person's individual heart beats measured to the nearest millisecond. Any change in the time intervals is an indicator of the regulatory capacity of the vegetative nervous system, which regulates all the essential functions of the human body. A special software converts the heart rate data into a graph.

The colours used in this diagram resemble the colours of a flame: the denser and more intense the colours become and the higher the „flames“ flare up in the „fire of life“, the healthier, fitter and more vibrant a person currently is. Our specially trained team is happy to discuss the results with you in detail and set up a customised programme and activities for you to do at home.

OUR BEAUTY PARTNERS

ANNE SEMONIN

As a pioneer of ‚made-to-measure‘ treatments, Anne Semonin combines essential oils and trace elements in the form of fresh herbs, plants and algae. The customised, specially devised indulge treatments revitalise, provide balance and relax.

PHARMOS GREEN LUXURY

The certified natural cosmetic line Pharmos Green Luxury provides a unique depth effect. Instead of water, precious herbal ingredients are absorbed into the cells with 100 % genuine Aloe vera juice. The combination with medicinal, rejuvenating and regenerating plants make the real difference.



ENERGY FOR MORE PHYSICAL FITNESS AND HEALTH

„I would like to have a strong body full of energy that is able to cope well with distress and masters dynamic challenges. A bolstered immune system for long-lasting health. Improved performance in my favourite sports, physical flexibility and the ability to focus my strength and use it to 100% at will in order to help my body regenerate quickly.“

Discover **ENERGY** with its many refinements that show the body how to achieve its full potential. No arbitrary exertion, but clever stimuli at the right time. An exact analysis shows where hidden strengths lie and how to better activate them. For a fit body, high flexibility and a strong immune system in order to let go in a targeted manner, not through strain and stress but through power.

On request, we will be happy to develop a programme for you to take home and ensure a long-lasting and productive effect until your next stay with us.

STARTER

€ 162

- scanning & analysis 15 min
- HRV measurement 10 min
- tsar® 30 min
- 1x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

CLASSIC

€ 325

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 30 min
- 3x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

INTENSE

€ 482

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 50 min
- 5x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

Drop by the SPA reception, so that we can sit down together to draw up your very own **ENERGY** programme.



ENERGY

MASSAGE

PARTIAL BODY MASSAGE / FULL-BODY MASSAGE / AROMA OIL MASSAGE / SPORTS MASSAGE

30min	€ 43
50min	€ 72
80min	€ 108

FOOT REFLEXOLOGY MASSAGE

30min	€ 45
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FOOT REFLEXOLOGY & PARTIAL BODY MASSAGE

50min	€ 75
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NO-TOX

80min	€ 118
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An intense full-body massage that clears acids and metabolic waste and after which you will feel light as a feather.

ACQUAPURA INDIVIDUAL

30min	€ 48
50min	€ 82
80min	€ 118

A perfect massage experience based on your preferences and our knowledge.

CRANIOSACRAL THERAPY

30min	€ 48
50min	€ 79

A treatment derived from osteopathy where gentle and rhythmic strokes are applied in order to release mental and physical tension.

TSAR®

The secret of active regeneration

50min	€ 86
80min	€ 128

Say goodbye to pain and discomfort and experience improved performance and tension relief in seconds.

ACQUAPURA SIGNATURE FLOW FASZIA MASSAGE

60min	€ 89
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Slow, deep massage improves your flexibility in an instant. You get to feel both physically and mentally restored and rejuvenated. Exercise recommendations ensure a durable impact. Highly noticeable results!

RELAX & MOVE

Pharmos, 100% nature and Aloe vera 60min	€ 96
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Body treatment for muscle relaxation and joint mobilisation using the full potential of the aloe vera plant.

COSMETICS

AEGYPTOS VITAL WRAP

110min / 3-part package	€ 145 / 420
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Highly effective full-body wrap for detoxing, tightening, relief and care.



ENERGY

SPORTS

CARDIO VASCULARE

60 min including Conconi test

€ 118

80 min including lactate test

€ 163

A stress test is conducted on the cycle ergometer along with a Conconi test and optional lactate test. Your very own training plan and scientific sports advice are just what you need for a perfect start to your workout.

KINESIO TAPING

10 min

€ 25

20 min

€ 45

BODY IMPEDANCE ANALYSIS

20 min

€ 35

Body composition analysis (muscle tissue, water, fat).

HRV 10-MINUTE SHORT-TERM MEASUREMENT

including advice

€ 59

HRV 24-HOUR MEASUREMENT

including advice

€ 149

We measure health! We do so with a scientifically-based and deeply impressive method, measuring the fire of life using heart rate variability (HRV). You are then given comprehensive holistic biofeedback on your performance potential, stress tolerance, regenerative ability, sleep quality, burnout risk, mental resilience and your biological age.

PERSONAL TRAINING

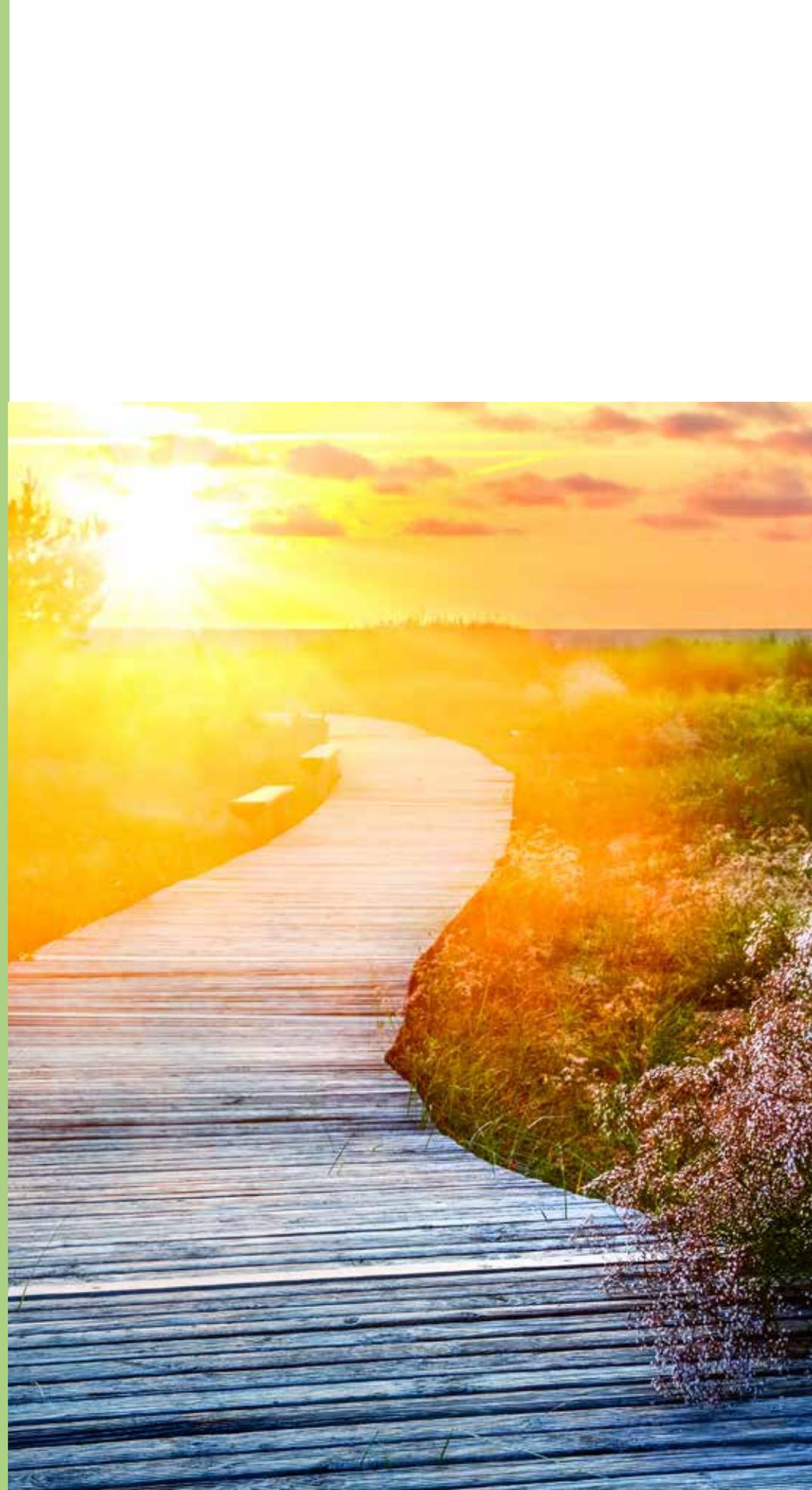
30 min

€ 45

60 min

€ 89

Exclusives personal training programme à la tsar® put together by our training experts. Balanced – astonishing – effective – health as good as it gets.





BEAUTY FOR INSIDE & OUT

„I would like to have a well-shaped body as well as tight and smooth skin, I would like to maintain a weight where I feel comfortable with myself, and I would like to have an upright posture and radiate a calm and clear disposition. To achieve this, I do not want to starve. I want to enjoy the experience.“

BEAUTY is a homage to life and enjoyment. Only if you feel happy, will you see the body shed its kilos. People in love are less hungry and eat less. Complete this gentle transformation that allows you to find yourself and gives you strength, energy and a beautiful body as if by magic.

Have your own individual programme put together based on an exact analysis. Achieve your goal not by cramping your style but with clarity and continuity, also by way of a programme that you get to take home with you and follow until your next stay with us.

Enjoy our special offers, which have been tailored to meet your very needs.

STARTER

€ 172

- scanning & analysis 15 min
- HRV measurement 10 min
- tsar® 30 min
- 1x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

CLASSIC

€ 345

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 30 min
- 3x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

INTENSE

€ 532

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 50 min
- 5x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

Drop by the SPA reception, so that we can sit down together to draw up your very own **BEAUTY** programme.



BEAUTY

COSMETICS

Our facials are all custom-made and can be booked individually. You get to choose between the Anne Semonin Beauty Collection, the elegant French luxury brand and the certified natural cosmetic line Pharmos Green Luxury, which uses the full potential of Aloe vera. What's more, you get to determine the time and focus of the treatment.

ACQUAPURA BASIC / CLASSIC / LUXURY

60min	€ 87
80min	€ 114
110min	€ 157

MEN'S SPECIAL FRESHNESS KICK / STRESSLESS / ENERGY BOOST

30min	€ 52
60min	€ 87
80min	€ 114

FOR YOUR EYES ONLY

50min	€ 78
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We put that shine back in your eyes with our intense eye massage. Shaped, tinted eyebrows and freshly tinted eye lashes will give you that special look.

FACE MASSAGE

with concentrated active ingredients 40min	€ 62
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Including décolleté, neck and nape.

BALANCE SENSATION

Pharmos, 100% nature and Aloe vera 60min	€ 96
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„Love Your Age“ – power face treatment.

PERFECT SKIN

Anne Semonin, 100% active ingredient 60min	€ 96
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Achieve a fresh and youthful complexion with in-depth cleansing using micro-crystals and a fruit acid treatment specially tailored to the needs of your skin type.

DEPILATION

Face*	10min	€ 15
Upper lip*	5min	€ 10
Bikini	15min	€ 35
Legs, complete	30min	€ 59
Legs up to the knee	20min	€ 45

*only in combination with a face treatment

BEAUTY À LA CARTE

Eyelash tinting*	10min	€ 14
Eyebrow tinting*	5min	€ 14
Eye mask*	10min	€ 14

*only in combination with a face treatment

SPECIAL MICRODERMABRASION

Instrumental cosmetics 60min	€ 104
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Efficient, intense peel with micro-crystals The skin peeler gently removes dead skin cells in a controlled manner. As a result, the skin is firmer, smoother and finer right after the treatment.

SEYO TRANSDERMAL APPLICATION

Instrumental cosmetics 40min	€ 75
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Anti-aging with high-tech – Beauty that gets under your skin. Active ingredients are transported to the deepest skin layers. The skin receives an intense nourishing treatment and turns out fresh, firm and youthful.



BEAUTY

COSMETICS

LOVE YOUR AGE: FACE & BODY RITUAL

Pharmos, 100% nature and Aloe vera

80 min € 129

Your full-body indulge programme with a relaxing back treatment, a prickling head massage and a customised face treatment.

BODY & FACE WITH ALOE VERA & ALGAE

60 min € 87

Find your balance with a full-body peel, a care pack and a freshness blast for your face.

TOP-TO-TOE REVITALIZER

Anne Semonin active ingredient booster

80 min € 129

Relaxation and beauty from head to foot with an anti-stress back treatment, a light and loose foot and leg massage, and a customised face treatment.

AEGYPTOS VITAL WRAP

110 min / 3-part package € 145 / 420

Highly effective full-body wrap for detoxing, tightening, relief and care.

SPA MANICURE

Including varnish or peel

50 min € 69

Velvety and perfectly groomed hands.

SPA PEDICURE

Including varnish or massage

50 min € 69



BEAUTY

MASSAGE

ACQUAPURA INDIVIDUAL

30min	€ 48
50min	€ 82
80min	€ 118

A perfect massage experience based on your preferences and our knowledge.

TSAR®

The secret of active regeneration

50min	€ 86
80min	€ 128

Say goodbye to pain and discomfort and experience improved performance and tension relief in seconds.

DETOX CELLULITE MASSAGE

25min	€ 42
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SPORTS

BODY IMPEDANCE ANALYSIS

20min	€ 35
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Body composition analysis (muscle tissue, water, fat).

PERSONAL TRAINING

30min	€ 45
60min	€ 89

Exclusives personal training programme à la tsar® put together by our training experts. Balanced – astonishing – effective – health as good as it gets.

WELLNESS

DETOX ALKALINE BATH / SEA SALT & ALGAE BATH / INDULGE & CARE BATH

30min	€ 38
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(€ 12 extra charge for second person in bathtub)

SEA SALT OIL PEEL / HERBAL PEEL

20min	€ 37
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SPECIAL BALANCE PEEL

35min	€ 54
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AROMA SPA

Full-body packs in the waterbed

40min	€ 52
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Detoxing, skincare deluxe, muscle relaxation, firming & regeneration

SHOCKWAVE & FIRMING

60min	€ 108
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Shockwave therapy is used to treat trigger points in a targeted manner, easing even chronic muscular and tendon disorders. Highly effective for tendon insertion issues, shoulder pain, tennis elbow, etc.

GREEN DETOX – ANTI-CELLULITE

80min / 3-part package	€ 112 / 330
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Reduces cellulite, promotes fat burning and firms up tissue.





RELAXATION FOR A HEALTHY BACK

„I would like to have a relaxed, strong back. I would like to understand why I keep on having back issues. I would like to be free of pain and don't want to be afraid of moving. An easy and simple programme that you can continue at home without much effort.“

RELAXATION is the right starting point for your body to learn how to heal itself, release blocks and tension. A refined alternation of strength and relaxation. Some movement stimuli are so small that you will not really appreciate them until you have experienced their effect. Some movements are so big that they produce a seemingly endless reach and sense of freedom in the body and mind.

Enjoy the benefits of a programme tailored to your needs and feel the small miracles as they happen, with a lasting effect that will remain with until your next stay with us. For perfect, lasting results we recommend our packs, which are customised to your personal biorhythm.

STARTER

€ 162

- scanning & analysis 15 min
- HRV measurement 10 min
- tsar® 30 min
- 1x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

CLASSIC

€ 325

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 30 min
- 3x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

INTENSE

€ 482

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 50 min
- 5x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

Drop by the SPA reception, so that we can sit down together to draw up your very own **RELAXATION** programme.



RELAXATION

MASSAGE

PARTIAL BODY MASSAGE / FULL-BODY MASSAGE / AROMA OIL MASSAGE / SPORTS MASSAGE

30min	€ 43
50min	€ 72
80min	€ 108

FOOT REFLEXOLOGY MASSAGE & NECK MASSAGE

50min	€ 75
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HEAD, SHOULDER & NECK MASSAGE

30min	€ 43
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ANTI-STRESS BACK TREATMENT

50min	€ 82
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Replenish your energy reserves for your everyday challenges by enjoying an energising back and foot massage and a heat pack to release all the tension stored up in you.

ACQUAPURA SIGNATURE FLOW FASZIA MASSAGE

60min	€ 89
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Slow, deep massage improves your flexibility in an instant. You get to feel both physically and mentally restored and rejuvenated. Exercise recommendations ensure a durable impact. Highly noticeable results!

GENTLE VERTEBRAL REGULATION ACCORDING TO DORN & BREUSS

80min	€ 118
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Easing tenseness with warm St. John's wort oil, readjusting displaced vertebrae. Instantaneous deep relaxation. Simple, safe, effective.

BREUSS MASSAGE

50min	€ 82
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Lockernde, wärmende und sanft rhythmische Rückenmassage.

CRANIOSACRAL THERAPY

30min	€ 48
50min	€ 79

A treatment derived from osteopathy where gentle and rhythmic strokes are applied in order to release mental and physical tension.

TSAR®

The secret of active regeneration	
50min	€ 86
80min	€ 128

The secret of active regeneration
Say goodbye to pain and discomfort and experience improved performance and tension relief in seconds.

SHIATSU

50min	€ 79
70min	€ 104

Wear casual, comfortable clothes and enjoy a combination of stretching, mobilisation, acupressure for strengthening and release of tension.

RELAX & MOVE

Pharmos, 100% nature und Aloe vera	
60min	€ 96

Body treatment for muscle relaxation and joint mobilisation using the full potential of the aloe vera plant.

SCENAR

30min	€ 48
50min (including partial body massage)	€ 79

Become pain-free through electrical impulses.

SHOCKWAVE & MASSAGE

30min	€ 64
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Shockwave therapy is highly effective when treating chronic muscle and tendon issues, e.g. tennis elbow.



RELAXATION

WELLNESS

DETOX ALKALINE BATH / SEA SALT & ALGAE BATH / INDULGE & CARE BATH

30 min

€ 38

(€ 12 extra charge for second person in bathtub)

SPORTS

HRV 10-MINUTE SHORT-TERM MEASUREMENT

Inklusive Beratung

€ 59

HRV 24-HOUR MEASUREMENT

Inklusive Beratung

€ 149

We measure health! We do so with a scientifically-based and deeply impressive method, measuring the fire of life using heart rate variability (HRV). You are then given comprehensive holistic biofeedback on your performance potential, stress tolerance, regenerative ability, sleep quality, burnout risk, mental resilience and your biological age.

PERSONAL TRAINING

30 min

€ 45

60 min

€ 89

Exclusives personal training programme à la tsar® put together by our training experts. Balanced – astonishing – effective – health as good as it gets.

KINESIO TAPING

10 min

€ 25

20 min

€ 45





BALANCE FOR RESTFUL NIGHTS

„I would like to fall asleep quickly and sleep through the night without interruption. No more nasty snoring, no more thinking in circles. I want to wake up in the morning feeling rested and fresh. Quiet nights with deep, regenerative relaxation for high-energy days.“

BALANCE is based on the right impetuses and rhythms. Just as deep sleep and the rem phase alternate, a day also has its natural rhythm. As soon as it has been re-established, you will once again be able to benefit from sleep's regenerative potential. Once you understand the secret of alternating contraction and relaxation and figure out the role of the heart – the pulse of life – you will be able to harness the body's true resources. So provide the right impetus and see your sleep improved from day to day. You are welcome to continue the programme at home until your next stay with us.

For perfect, lasting results we recommend our packs, which are customised to your personal biorhythm.

STARTER

€ 162

- scanning & analysis 15 min
- HRV measurement 10 min
- tsar® 30 min
- 1x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

CLASSIC

€ 325

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 30 min
- 3x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

INTENSE

€ 482

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 50 min
- 5x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

Drop by the SPA reception, so that we can sit down together to draw up your very own **BALANCE** programme.



BALANCE

MASSAGE

TSAR®

The secret of active regeneration

50min	€ 86
80min	€ 128

Say goodbye to pain and discomfort and experience improved performance and tension relief in seconds.

ACQUAPURA INDIVIDUAL

30min	€ 48
50min	€ 82
80min	€ 118

A perfect massage experience based on your preferences and our knowledge.

CRANIOSACRAL THERAPY

30min	€ 48
50min	€ 79

A treatment derived from osteopathy where gentle and rhythmic strokes are applied in order to release mental and physical tension.

SLOW DOWN

50min	€ 79
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A moving yet gentle massage for head, shoulder, neck, legs and feet. A snug, warm neck cushion and a cold eye pack ensure lasting regeneration.

NO-TOX

80min	€ 118
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An intense full-body massage that clears acids and metabolic waste and after which you will feel light as a feather.

AROMATIC CANDLE MASSAGE

30min	€ 48
50min	€ 75
80min	€ 120

Let us indulge your skin with warm coconut oil and beeswax, tickle your senses and release mental-physical blocks.

LOMI LOMI NUI

Hawaiian full-body relaxation	
60min	€ 86
80min	€ 124

Using warm coconut oil and Hawaiian music to achieve deep relaxation.

GET STONED

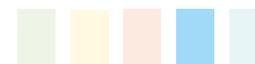
50min	€ 79
80min	€ 124

Enjoy the grounding power of hot basalt and cool marble stones in a full-body treatment to achieve a deep loosening of muscles.

SHIATSU

50min	€ 79
70min	€ 104

Wear casual, comfortable clothes and enjoy a combination of stretching, mobilisation, acupressure for strengthening and release of tension.



BALANCE

MASSAGE

NUAD – THAI YOGA MASSAGE

50min	€ 79
70min	€ 104

Lie down on the mat and enjoy a delightful and uplifting full-body massage consisting of rhythmic strokes and dynamic stretching.

NUAD TAO – COCONUT LUXURY

60min	€ 89
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Bathe your feet in coconut milk while you enjoy a head and neck massage. Then have the reflex zones of your feet and lower thighs activated with a wooden stick.

HERBAL STAMP MASSAGE

60min	€ 89
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We use hot herbal stamps and aromatic herbal oil to achieve optimal regeneration. Tapping, stroking and circling movements cause the whole body to relax.

INDIAN STYLE

50min	€ 82
80min	€ 120

You path to weightlessness and deep relaxation with Ayurvedic massage – from head to toe.

COSMETICS

BODY & FACE WITH ALOE VERA & ALGAE

60min	€ 87
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Find your balance with a full-body peel, a care pack and a freshness blast for your face.

WELLNESS

HERBAL PEEL

20min	€ 37
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DETOX ALKALINE BATH / SEA SALT & ALGAE BATH / INDULGE & CARE BATH

30min	€ 38
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(€ 12 extra charge for second person in bathtub)

SPORTS

HRV 10-MINUTE SHORT-TERM MEASUREMENT

including advice	€ 59
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HRV 24-HOUR MEASUREMENT

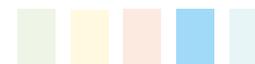
including advice	€ 149
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We measure health! We do so with a scientifically-based and deeply impressive method, measuring the fire of life using heart rate variability (HRV), . You are then given comprehensive holistic biofeedback on your performance potential, stress tolerance, regenerative ability, sleep quality, burnout risk, mental resilience and your biological age.

PERSONAL TRAINING

30min	€ 45
60min	€ 89

Exclusives personal training programme à la tsar® put together by our training experts. Balanced – astonishing – effective – health as good as it gets.





CLARITY FOR LIFE

„I would like to get back my inner sense of balance! I would like to put an end to that nagging feeling of not having taken care of everything. Free of everyday concerns and simply living in the here and now. I would like to have my sense of creativity back so that finding solutions becomes easy again and I can concentrate on what I need to do.“

We humans are movement, and the right impetus produces deep relaxation, eliminates stress and ensures regeneration. Get your body back into the right rhythm. Empty your mind by combining your work-out with relaxation. Experience the moment where inner peace begins and full vigour is restored. CLARITY centres your focus and lets you live life to the full again, allowing you to experience a sense of freedom in body and mind; you are welcome to continue with the programme at home until your next stay with us.

Enjoy our special offers, which have been tailored to meet your very needs.

STARTER

€ 162

- scanning & analysis 15 min
- HRV measurement 10 min
- tsar® 30 min
- 1x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

CLASSIC

€ 325

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 30 min
- 3x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

INTENSE

€ 482

- scanning & analysis 15 min
- 24-hour HRV measurement
- tsar® 50 min
- 5x 50 min treatment
- activity programme acc. to plan and recommendation
- personal training for an extra charge
- programme to take home with you

Drop by the SPA reception, so that we can sit down together to draw up your very own **CLARITY** programme.



CLARITY

MASSAGE

ACQUAPURA INDIVIDUAL

30min	€ 48
50min	€ 82
80min	€ 118

A perfect massage experience based on your preferences and our knowledge.

AROMATIC CANDLE MASSAGE

30min	€ 48
50min	€ 75
80min	€ 120

Let us indulge your skin with warm coconut oil and beeswax, tickle your senses and release mental-physical blocks.

SLOW DOWN

50min	€ 79
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A moving yet gentle massage for head, shoulder, neck, legs and feet. A snug, warm neck cushion and a cold eye pack ensure lasting regeneration.

ME IN THE MIDDLE – MASSAGE RITUAL

50min	€ 82
80min	€ 120

Relaxation of the exquisite kind. Massage techniques from East and West bring you deep relaxation from head to toe, ensuring inner peace and clarity.

INDIAN STYLE

50min	€ 82
80min	€ 120

You path to weightlessness and deep relaxation with Ayurvedic massage – from head to toe.

TSAR®

The secret of active regeneration	
50min	€ 86
80min	€ 128

Say goodbye to pain and discomfort and experience improved performance and tension relief in seconds.

FOOT REFLEX & STOMACH MASSAGE

50min	€ 75
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BRUSH MASSAGE INCL. BRUSH

30min	€ 49
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For a peaches and cream complexion and a wonderful sense of freshness.

NO-TOX

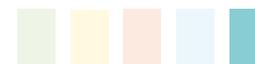
80min	€ 118
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An intense full-body massage that clears acids and metabolic waste and after which you will feel light as a feather.

LYMPHATIC DRAINAGE

30min	€ 48
60min	€ 82

Very gentle partial and full-body treatment to destress and detox your body. Strengthens your immune system.



CLARITY

WELLNESS

FOAM PEEL

40 min

€ 68

A purifying steam bath followed by a soap foam peel to purify, nourish, warm and relax.

SALT ON MY SKIN

80 min

€ 112

Feel like a newborn after this combination of invigorating massage, sea salt peel and calming bath. The bestseller among our cosmetic body treatments!

DETOX ALKALINE BATH / SEA SALT & ALGAE BATH / INDULGE & CARE BATH

30 min

€ 38

(€ 12 extra charge for second person in bathtub)

SPORTS

HRV 10-MINUTE SHORT-TERM MEASUREMENT

including advice

€ 59

HRV 24-HOUR MEASUREMENT

including advice

€ 149

We measure health! We do so with a scientifically-based and deeply impressive method, measuring the fire of life using heart rate variability (HRV). You are then given comprehensive holistic biofeedback on your performance potential, stress tolerance, regenerative ability, sleep quality, burnout risk, mental resilience and your biological age.



CLARITY

SPORTS

PERSONAL TRAINING

30min

€ 45

60min

€ 89

Exclusives personal training programme à la tsar® put together by our training experts. Balanced – astonishing – effective – health as good as it gets.

PRIVATE SPA

CHAMPAGNE BATH FOR TWO

Including 0.375 l Veuve Clicquote

50min

€ 99

Only you and me – sparkling champagne and delectable chocolate fruits!

MASSAGE DELIGHT ²

80min

€ 162

A full-body massage for two with aromatic conditioning oils for you to enjoy, followed by an aroma whirl bath to plunge into and relax.

PRIVATE SPA ²

WELLNESS OF THE FINEST

110min

€ 168

FRUIT DELIGHT

Steam bath, fruity sea-salt peel, honey-lime bath, oil treatment with coconut oil

CHOCOLATE DELIGHT

Self-made chocolate-sugar peel, in the steam bath, nurturing bath, cocoa butter massage on a warm ceramic recliner, chocolate fruits



SPA ETIQUETTE

ADVICE | INFORMATION

Contact SPA reception:

by telephone at +43 (0) 3326/55 155 (internal tel. ext. 519)

or by e-mail at at.fst.spa@falkensteiner.com

Level 0: SPA-Reception | Massage | Beauty | Fitness | Yoga Room

Level -1: Pool and Sauna Landscape | Sauna Garden |

SPA Bistro | Silent Room | Quiet Areas

OPENING HOURS

Beauty & massage 9.00 am – 07.00 pm

Fitness 6.00 am – 08.00 pm

Indoor pools (summer 29°C | winter 34°C) 6.30 am – 12.00 pm

Outdoor pools (summer 29°C | winter 34°C) 6.30 am – 10.00 pm

Sauna whirlpool (36°) 10.00 am – 10.00 pm

Sauna landscape 10.00 am – 10.00 pm

Acquapura SPA reception:

Sunday – Thursday: 9.30 am – 6.00 pm

Friday and Saturday: 9.30 am – 7.00 pm

SPORTS | ACTIVITIES | FITNESS

Participation in the daily programme is free of charge | Registration one day in advance | For your own safety, we recommend wearing gym shoes in the fitness area | Personal training available for booking | Use and participation at your own risk

ATMOSPHERE | TRANQUILITY | WELL-BEING

Please do not telephone at all or only in a low voice |

No reservations needed for recliners | No-smoking zone |

Special mobile-free zones

BOOKING | RELAXATION | WISH FULFILMENT

Making your appointment in a timely manner will allow us offer you the time slots that suit you best | Kindly arrive a few minutes before your appointment for a treatment | Arriving late will shorten the treatment | Enjoy a cup of tea or a glass of water | We will ask you about your personal needs before the treatment starts | Competent advice and planning for your customised SPA programme | Please make sure you let us know any preferences you have even during the treatment | Do not use the solarium and avoid extended sun exposure after face treatments

PREGNANCY | HEALTH | HYGIENE

Please let us know if you are pregnant, have health concerns, suffer from any illnesses or allergic reactions to any particular oils | Please never come for a treatment if ever you have fever | Use and participation at your own risk | Please shower before entering the pools

CLOTHES

Swim wear only in the pool area | The sauna landscape is a nudist area | Please wear a bathrobe to the massage treatment | Please wear comfortable clothes for Shiatsu and Nuad treatments | We are committed to protecting your privacy

VALUABLES

We accept no liability for lost property | Please leave your cash, jewellery and other valuables in your room safe

CANCELLATIONS

Booked appointments may be cancelled free of charge until 12 hours before the treatment is scheduled to begin | After this point in time, 100% of the price will be charged if the time slot is not taken by another guest

VOUCHER

Gifting time | Rediscovering oneself | Individuell Further information at the hotel reception

FALKENSTEINER

BALANCE RESORT STEGERSBACH *****

Panoramaweg 1, A-7551 Stegersbach

Tel. +43/(0)3326/55 155

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