

ENGLISH



FALKENSTEINER

Hotel
Sonnenalpe ^{****}

ACQUAPURA
SPA

Acquapura Spa

MASSAGES · BEAUTY · BATHS

sonnenalpe.falkensteiner.com



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Exclusive wellness

»Acqua pura« means »pure water«. Water plays a central role in the Acquapura SPA wellness concept at Falkensteiner Hotels & Residences. Water is our lifeblood and has incredible abilities. It stimulates blood circulation, activates metabolism and enhances overall well-being.

Large areas of water, inspiring sauna areas, a wide array of treatments, and many more features of the Acquapura SPA foster *relaxation, enjoyment, happiness, health, and vitality*. We can only feel energetic and healthy if our cells have the best possible supply of water, nutrients and oxygen. Our ability to perform is also controlled by our biorhythm. Biorhythm is our inner clock that determines whether we are awake or asleep, tired or active. These phases are reflected not only over the course of a day, but also in the four seasons.

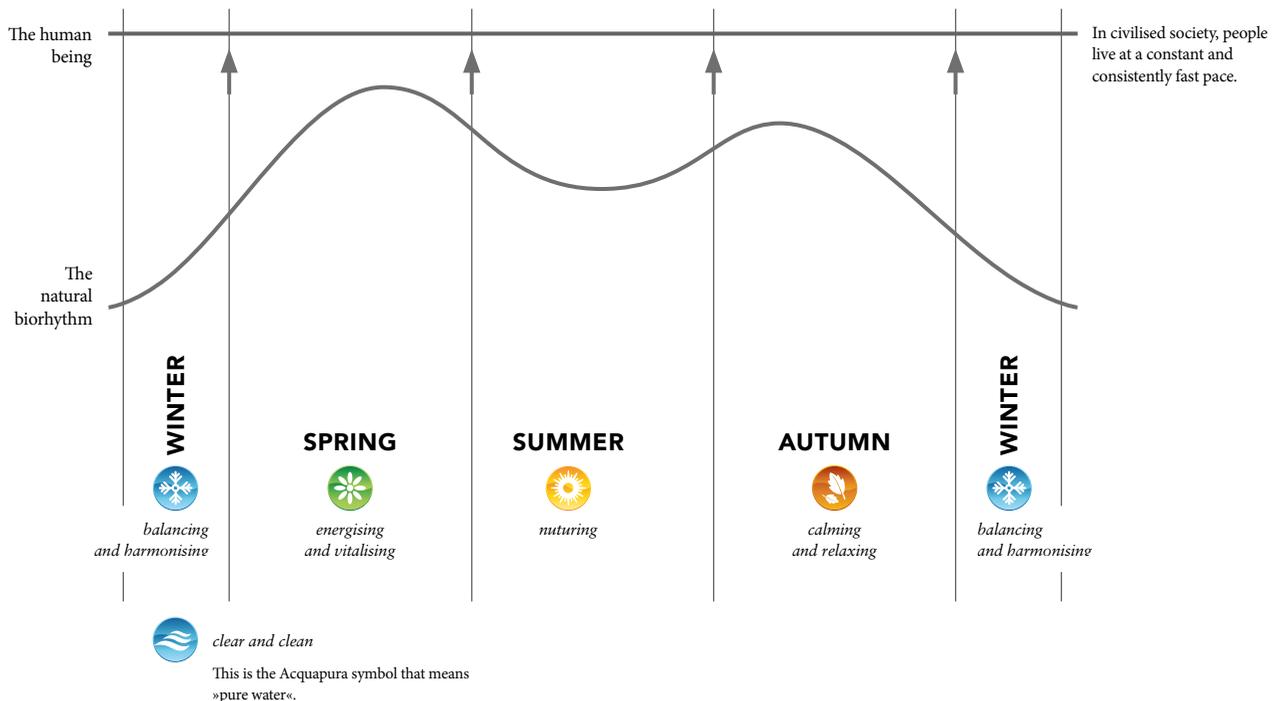
Our wellness treatments are adjusted to these natural process-

es, and can help find your biorhythm:

-  *energising and vitalising*
-  *nurturing*
-  *calming and relaxing*
-  *balancing and harmonising*
-  *clear and clean*

THE ACQUAPURA PRINCIPLE

Modern people have forgotten how to live in harmony with nature. However, just like the natural change of seasons, the human biorhythm is governed by the ups and downs of nature. The challenges of our daily lives have no regard for that. But we cannot struggle against it on a long-term basis. The consequences are stress, fatigue and general discomfort. We can help you rediscover yourself by finding your rhythmical balance. You decide whether you would like to revitalise, cultivate, relax, or recharge. We will gladly advice on how to plan your own individual wellness programme.





ALPINE HERBS AND WELL-BEING FOR THE WHOLE FAMILY ...

Wellness is relaxation for the body, mind and spirit. To meet these needs, we have turned to the Carinthian countryside in search of essences that have long been used for our well-being. Mountain spring water, luscious herbs and wild flowers, light, warmth and fragrances. Forming the pillars of our SPA concept, the philosophy of Carinthian natural healing is also reflected in our treatment areas.

Welcome to Hayflower and Marigold, St. John's Wort, Marshmallow, Chamomile, Arnica and Wulfenia.

Best start your SPA experience by carefully selecting a ritual of your choosing. Follow your instincts and leave everything else to the gentle and expert hands of our team of SPA therapists. Enjoy the 1,700 sq m sauna and pool area, cosmetic treatments and massages as well as today's true luxury – Time! Time for yourself and your loved ones.



CARINTHIAN HERBOLOGY GUIDE



HAYFLOWER

The delicate and versatile hayflower lends its name to our room for softpack treatments.

Hayflower is used in compresses, poultices and baths. It eases pain and soothes and relaxes cramped and aching muscles. It also stimulates the circulation. Hayflower baths, wraps and poultices are known to boost the immune system and are used successfully for colds and fevers as well as rheumatism. Hayflower can also be applied externally to ease menopause and vegetative dystonia, as well as skin, liver and bladder complaints.

WULFENIA



Our Romantic SPA, for treatments for two, is named after a rare flower only found in the Himalayas and at Nassfeld in Carinthia. Wulfenia is an ornamental alpine flower growing only on the Carinthian and Italian side of the Gartnerkofel mountain on Nassfeld. It has shiny leaves and blue flowers that grow in grape-like clusters on stems 20 cm to 40 cm high and is listed as a strictly protected species.

MARSHMALLOW



For us, Marshmallow and Chamomile stand for radiant beauty and are therefore the names of our cosmetic treatment rooms where we apply our pampering and beautifying treatments. Marshmallow has been renowned as a medicinal plant since antiquity. Its key ingredient is the thick viscous jelly. It has a soothing effect on all mucous membranes which is why marshmallow is mainly used for respiratory infections and digestive disorders.

CAMOMILE

As one of Europe's most popular medicinal plants, Chamomile is used to treat a variety of complaints. It is astringent, relieves cramps and bloating, combats inflammation,



soothes and heals wounds. Chamomile is often used for gastrointestinal problems but proves useful in alleviating many other complaints. Used externally, chamomile has great wound healing properties.

MARIGOLD

Things are heating up in the Marigold room! Enjoy a pampering shiatsu treatment which, just like marigold, purifies and relieves cramps. Marigold petals are excellent for treating wounds and can also be taken as part of a drinking regimen or as blended tea to alleviate indigestion and menstrual pains. It is used for skin irritations, to reduce swelling, has antibacterial, anti-inflammatory properties and is particularly mild to the skin.



ARNICA

The Arnica and St. John's Wort rooms are home to our massage treatments. Arnica is also known as arnica montana, due to its mainly growing in the mountains – like here on Nassfeld. Arnica extract is highly potent and is generally used in diluted form because the pure tincture can lead to skin irritation. Arnica has antibacterial and diuretic properties, purifies the blood, soothes inflammation, irritates the skin, relieves cramps and pain and promotes sweating.



ST. JOHN'S WORT

More than any other plant, St. John's wort is associated with the sun, whose powers it absorbs and then passes on in the darker days of the year. It brings warming rays of sunshine to low spirits, helping to combat nervousness, sleeplessness and anxiety. It also soothes headaches and migraines. For external applications, a bright red oil extracted from its blossoms is applied to alleviate muscle pains, strains, bruises and other injuries.



FOUR-SEASONS SPA PACKAGES



ENERGY BOOST

90 mins. € 110

1. Fresh-up facial treatment
2. Energising shoulder, neck, and foot massage

Energy boost – a powerful combination – individually mixed for your face and body!



A MATTER OF SKIN

95 mins. € 120

1. Refreshing, nourishing body peeling with body care
2. Intensive facial treatment using ampoules
3. Pure nurture for the eyes

A Matter of Skin, your protection package providing care and balance for your skin – an all-round deeply effective package!



TIME-OUT

75 mins. € 97

1. Relaxation bath
2. Individual massage with herbal inhalation

Time-out – natural relaxation for the body, muscles, and your senses!



WARM-HEARTEDNESS

65 mins. € 75

1. Hot aroma pack
2. Acquapura aromatic candle massage

Warm-heartedness – the inner harmony will warm you up blissfully. Enjoy pure silence and soothing warmth!





ACQUAPURA SIGNATURE FLOW



ACQUAPURA SIGNATURE FLOW

60 mins. € 79

Mobility check up | Intensive massage techniques | Stretching and relaxation of the fascia | Fascia tool |

Tips for home

Flexible, balanced, light, relaxed in body & spirit

Let us help you find balance and wellbeing with selected treatments in our Acquapura SPAs. For this purpose our Acquapura SPA experts, in cooperation with PINO specialists, have developed a very special ceremony: A highly effective treatment of the fasciae, embedded in a special wellness ritual.

This holistic body treatment serves to maintain health and optimize body performance and is especially effective in providing relief for chronic musculoskeletal pain.

Our ritual begins with an agility check, followed by the treat-

ment of your fasciae. These fine connective tissue fibres – the fasciae – enclose and separate all muscles and organs. Due to bad posture and over-exertion, but also through a lack of exercise, these elastic fibres can get twisted and stuck together and become increasingly strained. You may feel stressed and unable to find inner peace. For a long time, the focus of massages lay exclusively on the muscular system, but it was recently discovered that relaxed fasciae create balance and vigour in our bodies.

Through sensitive treatment of this tissue we will relieve your tension; you will notice an increased agility and flexibility and feel regenerated in body and spirit. This in-depth treatment, carried out in a slow but intense manner. At the end of the ritual we perform another agility check in order to demonstrate the effectiveness and improvements. You can retain the treatments' effects for a long time with just a few simple exercises, which we will explain and demonstrate to you.

Let us help you gain a completely new awareness of your body with the help of this modern, holistic wellness ritual!

COSMETICS



ACQUAPURA BELLA DONNA 50 mins. € 60
80 mins. € 90

Acquapura Bella Donna – the ultimate gift for your skin. During this fully individual ritual, you will experience pure relaxation and maximum effectiveness:

- Individual Solutions for different skin types
- Structuring, smoothing and firming of the skin
- Intensive treatment for very sensitive and/or dry skin

50 mins. Duration of well-being: Skin analysis, cleansing, peeling, optional focus on deep cleansing or massage, active-ingredient concentrate, mask, hand massage and finishing treatment

80 mins. Duration of well-being: Skin analysis including vitality check, cleansing, peeling, shaping of eyebrows, deep cleansing, active-ingredient concentrate, thorough face/neck and décolleté massage, special mask, hand or foot massage and individual finishing treatment



**ACQUAPURA MAN'S OPTION –
FACIAL TREATMENT FOR MEN** 50 mins. € 60

Everything a man needs. Innovative blends of active ingredients contain the power of the natural world and supply your skin with new energy and dynamic radiance. Acquapura Man's Thing – new energy, pure vitality!



**EYECATCHER –
EYE TREATMENT**

25 mins. € 30

The sensitive eye area is in the focus of the Eyecatcher treatment, which includes shaping of eyebrows, application of an individual active ingredient concentrate, massage and a special eye mask. Dazzlingly beautiful eyes as the eye-catcher of your face!



A MOISTURISING HIT

45 mins. € 55

A facial treatment with pure moisture. The ampoule crash treatment provides vitality and freshness for all skin types, including cleansing, peeling, 5 moisturising ampoules, individual mask, and finishing treatment.



BEAUTY À LA CARTE



**SHADES OF COLOUR –
MAKE-UP ADVICE** 40mins. € 50

Would you like to learn which make up perfectly complements your skin type, and what to wear for certain occasions? We show you different types of make up and provide you with tips to use at home.



**SOOTHE YOUR SOUL –
FACE & HEAD MASSAGE** 25mins. € 30

This relaxing head and facial massage with pure essential oils gives you a sense of pure harmony and relaxation. Soothe your soul – deeply relaxing and balancing!



**MULTIPLE-TALENT – HOLIDAY CHECK
FOR HANDS AND FEET** 60mins. € 70

A refresher for your hands and feet, including nail length and shape correction, cuticle care, and skin care – a potent multiple talent!

HAIR REMOVAL

Hair removal on forearms, lower legs or back	20mins. € 30
Complete leg hair removal	40mins. € 50
Bikini line or armpit hair removal	15mins. € 20
Upper lip hair removal	10mins. € 10

IN THE BLINK OF AN EYE

Eyebrow adjustment	10mins. € 10
Eyebrow tinting (during treatment)	10mins. € 10
Eyelash tinting (during treatment)	10mins. € 10
Eyelash and eyebrow tinting	15mins. € 20

BODY TREATMENTS



ESOURCE OF RELAXATION – BATH

25 mins. € 57

A warm bath for two with a variety of bath products ensures deep muscle relaxation. Source of Relaxation – simply relax and forget everyday life!

- A Gaialtal valley herbal salt bath with refreshment
 - Cleopatra bath with refreshments
-



ADAM & EVE

55 mins. € 100

A shared experience for all the senses, either foamy, creamy, or bubbly: we ensure that your bath is an unforgettable experience. Enjoy a bottle of Prosecco with fresh strawberries (depending on the season). After you have soaked in the bath, we pamper your skin with pure moisture while you relax with your loved one by your side.



FINAL TOUCH – PEELING

20 mins. € 30

At first, you will choose your own final touch as a product, and then we'll give you purity and freshness down to your toes!

Available peelings:

- Herbal oil
- Salt oil
- Aromatic salt



CLOUD NINE – PACK

30 mins. € 37

After carefully applying the individual pack, it will take a deep effect, while your body relaxes in a warm and comfortable water bed.

Available packs:

- Intensive body pack – with vitamins
 - Lifting pack
-



ALGAE & COCONUT WRAP

40 mins. € 55

The power of algae to combat cellulite. The detoxifying effect of bandages infused with sea water and algae is stimulated by the application of heat.



CLASSIC MASSAGES

Bodily well-being is a luxury that also requires a little effort. Or better still, let someone make that effort for you. Allow their skilled hands to release blockages, bring physical and spiritual relaxation, and get your energy flowing. You are certain to find your own personal path to a greater sense of well-being by choosing from our wide range of massage treatments.



ACQUAPURA BODY CULT – INDIVIDUAL, CLASSIC MESSAGES

Partial body massage 25 mins. € 35
Full body massage 50 mins. € 65

In the available treatment times, we work with various massage techniques, using your chosen aromatic oil, working entirely individually on your focal points. Acquapura Body Cult – for sportspersons, relaxation seekers, and targeted muscle relaxation!



ACQUAPURA AROMA – AROMATIC CANDLE MESSAGE

Partial body massage 25 mins. € 30
Full body massage 50 mins. € 60

Aromas have a variety of effects on our nervous and muscular system – they can be activating, balancing or calming. At first, you will choose the desired aromatic candle, according to your sense of well-being. The warm beeswax massage with floating massage grips will accompany you into a deep and healing calmness. Acquapura Auroma – fantastically warming!



PAUSE FOR THOUGHT – HEAD, SHOULDER AND NECK MESSAGE 50 mins. € 60

Releasing, relaxing and opening techniques free the head and relax the neck. Pause for Thought – totally light and free!



ENERGY SOURCE – FOOT REFLEX ZONE MESSAGE 30 mins. € 40

Your feet know you! Stimulating the foot reflex zones has a positive effect on the organs, nervous system, hormones, spine, and joints. Tired feet are refreshed and warmed. Energy Source – sustainable, extensive and delightful!



MAGIC TAPE & MESSAGE 50 mins. € 68

Elastic cotton tapes are applied to defined areas in order to stabilise joints, balance out muscle tone, and support the healing process. The soothing massage has a balancing effect.

HOLISTIC MASSAGES



SLOWING DOWN – MASSAGE EXPERIENCE

60mins. € 70

This soothing body treatment activates bodily energies and brings them into harmony. It relaxes muscle tension and fills your body, mind and soul with soothing relaxation. Your skin appears visibly clearer, smoother, and brilliantly fresh.



INDIVIDUAL PROGRAMME

50mins. € 68

We focus entirely on your wishes and carry out the treatment exactly how you want it. This option is ideal for treating specific, individual needs individually.



FALKENSTEINER – HOT STONE MASSAGE

75mins. € 98

Natural basalt stones, penetrating warmth, and gentle massage techniques result in a deep relaxation that will make you close your eyes and rest. Falkensteiner – the grounding power of stones ... perfectly palpable!



NATURAL TALENT – HERBAL STAMP MASSAGE

50mins. € 68

80mins. € 98

Warm herbs wrapped in linen are used to tap, caress, and perform circular movements. The aim is to stimulate blood circulation, have a positive effect on the immune system, and invite you to take a deep breath and recharge. Natural talent – naturally healthy and nurturing!



ENERGY MIX – BELEZA DO BRASIL

50mins. € 68

Allow us to pamper your skin with a gentle full body scrub and intensive moisturizing full body relaxation massage. This aromatic experience leaves your skin feeling soothed and protected.



HONEY MASSAGE

30mins. € 35

The honey massage stimulates blood circulation, supports the flow of energy throughout the body and leads to a healthy balance.



PARTIAL AND FOOT REFLEX ZONE MASSAGE

60mins. € 75

A comprehensive combination massage treating the back, neck and foot reflex zones. Ideal for those with special needs in these areas.

Phytomer

BODY TREATMENTS



SCULPT ZONE – SLIMMING TREATMENT
FOR LEGS, BUMS, AND TUMS 50 mins. € 60

Sleek and slim in record time: more than 1 cm off your waist after only 4 treatments - a gentle, remineralising marine scrub provides delightful relaxation and smooth, silky soft skin all over the body. The warming shaping wrap „melts away“ unsightly bulges. The follow-on slimming massage has a long-lasting contouring effect. The outcome: less visible cellulite, smoother problem areas, fewer stubborn fat bulges.



SEA HOLISTIC – RELAXATION &
REGENERATION TREATMENT USING
LAVENDER COMPRESS BALLS 60 mins. € 75

A special massage technique inspired by a traditional Thai method provides total relaxation and regeneration. A full-body sea salt crystal peel with firming essences and sea salt crystals that are massaged into the skin using warm lavender compress balls bestows absolute well-being and smooth, silky soft skin.



JAMBES LÉGÈRES – COOLING LEG
& VEIN TREATMENT 35mins. € 45

A remineralising sea scrub promotes better blood circulation and leaves the skin feeling pleasantly refreshed. The cooling leg and vein treatment provides relief during pregnancy or for those with a tendency for swollen and heavy legs and blood circulation problems.



PHYTOMER

FACIAL TREATMENTS



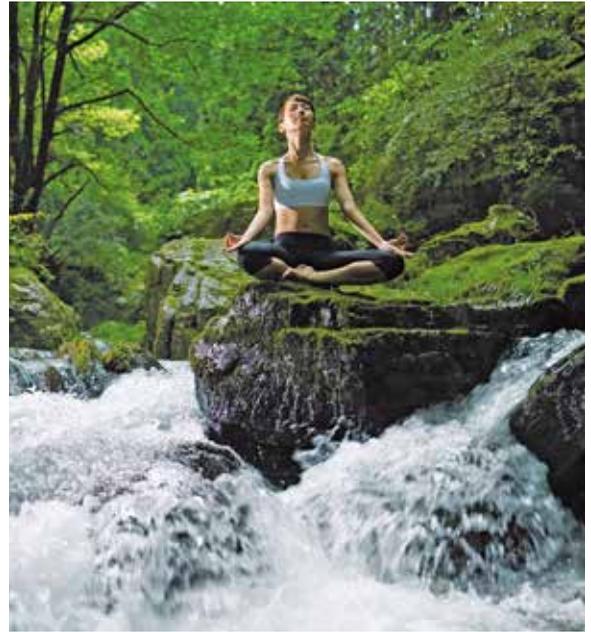
CITADINE – TO PROTECT AGAINST ENVIRONMENTAL STRESS Deep cleansing & eyebrow shaping 60 mins. € 78

Comprehensive skin care for city dwellers and anyone exposed to urban pollution. With this treatment, shiny parts of the face, a dull complexion, impurities simply disappear like magic. The skin becomes clear, is detoxed and infused with oxygen. For clear, fresh and fine-pored skin



PIONNIER RÉVÉLATEUR DE JEUNESSE
The PREMIUM anti-aging treatment
for face, lips and décolleté 75mins. € 105

This high-performance treatment gives you youthful, firm, and radiant skin. This special form of facial modelling is the perfect way to enhance the effect of the products.



SPORT AND *Fitness*

First the bad news: It is not possible to feel good without exercising. The good news, however, is that our range of activities is sure to include your favourite sport. Physical exercise and mental relaxation are offered daily corresponding to the season and the weather. Our trainers will also be happy to provide individual training sessions.

ACTIVE IN THE HOTEL

- Fitness Center
- Various activity programmes
(please check the bulletins in the hotel)

SUMMER

- Hiking, mountain climbing, climbing park
- Cycling, mountain biking
- Swimming
- Hiking, Nordic walking
- Golf
- Rafting, canyoning
- Summer tobogganing

WINTER

- Skiing, snowboarding, night skiing
- Cross-country skiing
- Snowshoeing, winter hikes
- Ice skating
- German curling
- Tobogganing, etc.



ACQUAPURA SPA **COSMETICS**

Treat yourself to the very finest care and cosmetic products from Acquapura SPA, the exclusive product range from Falkensteiner Hotels & Residences. High quality essences invigorate body and soul – revitalising the senses. Precious vitamins and active ingredients nourish your skin with extra moisture – leaving a beautifully soft and smooth finish.

The products are available from SPA reception.

SPA ETIQUETTE

BOOK A TREATMENT

To arrange your selected treatment, we recommend making a booking at our SPA reception prior to arrival. You will receive your booking confirmation directly upon arrival at our hotel.

TIME FOR YOURSELF

In accordance with our Acquapura SPA philosophy, we would like to invite you to our SPA reception about 10 minutes before your treatment to get into the right mood for the treatment, for instance with a soothing cup of tea. If you arrive late, the treatment will be shortened accordingly, out of respect for subsequent guests.

CLOTHING

Please come to the treatment wearing a bathrobe. To protect your privacy, we provide a disposable slip for every treatment and we work with various covering techniques. For some treatments, you can also wear comfortable clothes. We will be happy to provide you with information about this.

WISH FULFILMENT

In accordance with our motto Rediscover yourself, we want to fulfil your wish to achieve vitality, care, relaxation, balance and / or purity. Therefore, before the treatment we will ask you what you consider to be the most important. Competent advice is an integral part of the treatment, and we regard it as essential.

VALUABLES

We recommend that you do not bring any jewellery to your treatment. For your own peace of mind, please secure any valuables in your room safe. We accept no liability for any lost valuables.

CANCELLATION

Please note that in the case of cancellation, you must inform the Spa reception at least 12 hours before the treatment. Later cancellations will be charged in full.

OPENING HOURS

- Cardio fitness, solarium: 08.00 am – 08.00 pm
- Sauna: 10.00 am – 08.00 pm
- Indoor pool: 07.00 am – 08.00 pm
- Treatments: 09.00 am – 08.00 pm

ARE THERE ANY AGE RESTRICTIONS?

The sauna area is dedicated to rest and relaxation and is therefore reserved for adults. Children under the age of 16 may only enter when accompanied by an adult. For information on family sauna times – when children are invited to accompany their parents to the sauna – please refer to the SPA reception or the posting in the hotel. All other sauna rules (e.g. rest area, unclothed area, no play pool) apply.

Falky children's SPA: We have a range of child-friendly spa treatments designed in conjunction with our team of experts. More detailed information is available from the SPA reception and the Falky children's SPA menu.

HEALTH & PREGNANCY

Please inform us before booking if you have any health issues or if you are pregnant. You are responsible for your own health. Every time you book or use the SPA facilities, you declare that you have consulted a doctor regarding SPA usage. Usage and participation are entirely at own risk.



POOL/SAUNA AREA

In the pool area, bathing suits are required. In the sauna area, please do not wear any clothing, for hygienic reasons. The pool area is also a family area. Nevertheless, please be considerate of other guests seeking rest. 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.

ACQUAPURA SPA ATMOSPHERE

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

VOUCHER

The ideal gift – adjusted individually or specifically for one treatment. Be it for your partner, friends or family – the time to rediscover oneself feels really good. For information about our Acquapura SPA vouchers, please ask at our SPA reception.

The management reserves the right to make any changes to treatments, prices and opening hours. All prices include any taxes. The publication of this brochure invalidates any previous prices. Misprints and errors are excepted. As of December 2017.

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