

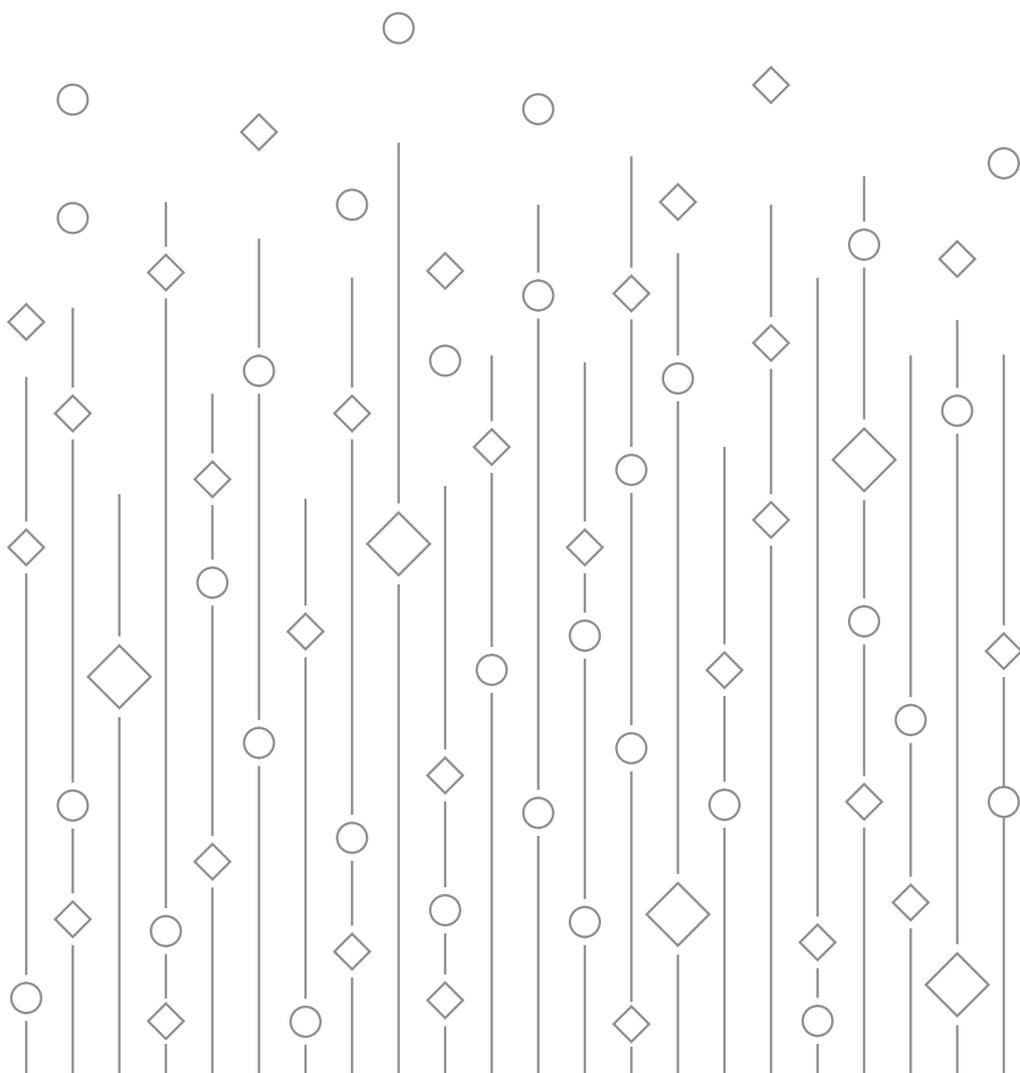


**FALKENSTEINER**

*Hotel & Spa ladera* <sup>\*\*\*\*\*</sup>

PREMIUM COLLECTION

## SPA MENU



# ACQUAPURA SPA EXCLUSIVELY AT FALKENSTEINER

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“*Acqua pura*” means “*pure water*”. Water plays the main role in the Acquapura SPA-World at the Falkensteiner Hotels & Residences. It is the elixir of life that above all has sensational features. It stimulates blood flow, activates the metabolism and enhances the whole wellbeing.

Spacious pools, inspiring sauna areas, a wide range of treatments and much more in the Acquapura SPA create the mood for relaxation, pleasure, joy, health and vitality.

Only when our cells are optimally supplied with water, food and air, we feel powerful and healthy. In addition, our performance is controlled by the so-called Biorhythm. Biorhythm is our internal clock and determines whether we are awake or asleep, whether we get tired or are active.

These phases are reflected not only in the course of the day, but also in all of the four seasons. Our SPA treatments are designed to reflect and support you in finding your natural biorhythm:

 *energizing & revitalizing*

 *nourishing*

 *calming & relaxing*

 *balancing & harmonizing*

 *clear & pure*

# OUR ACQUAPURA SPA

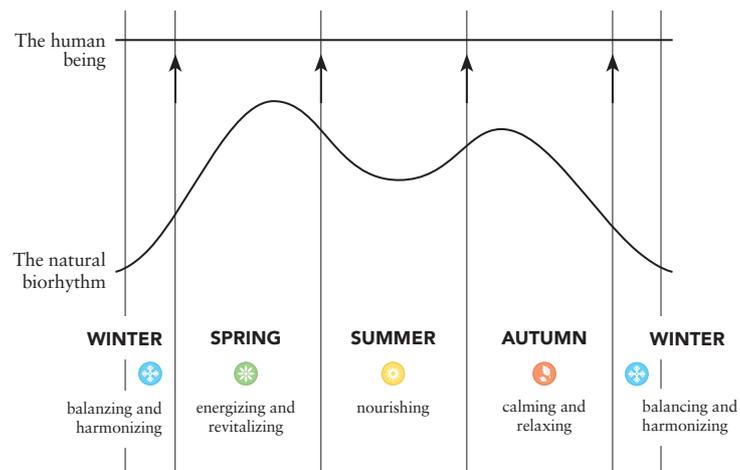
## ACTIVE PRINCIPLE

### REDISCOVER YOURSELF!

As well as the natural course of the seasons, the human biorhythm is also susceptible to ups and downs in nature. The demands of everyday life do not take that into consideration. In the long run we cannot fight against that. We encourage you to find your rhythmic balance and thereby rediscover yourself again. You choose, whether you want to revitalize, nourish, unwind yourself or recharge your batteries. We will be glad to assist you in creating your individual well feeling programme.

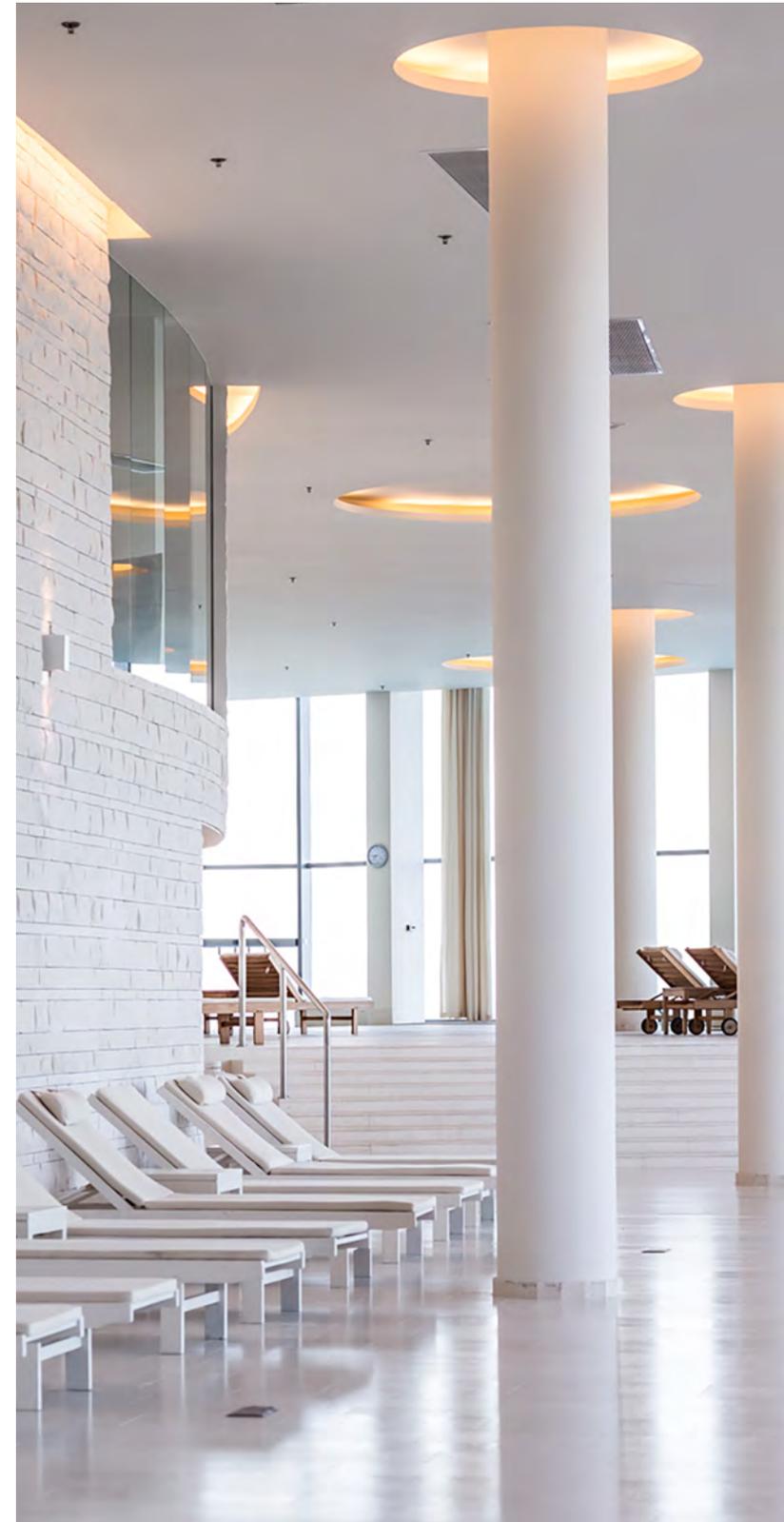
Source: Roman Schmidt, 29 March 2010

The human desire  
for a high, constant  
energy level



 clear & pure  
This is the Acquapura symbol for clarity and purity

ACQUAPURA  
SPA



# ACQUAPURA

## SPA PACKAGES

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### TREASURE OF THE SEA

Our SPA starters will assist you to find your rhythm, to recharge your batteries, experience beauty, find relaxation and balance, and meet the tradition of the original Dalmatian products.



#### SEA CREATION

1 h 45 min

**HRK 846,- / € 113,-**

Hamam sea ritual (warm water rinses, body scrub with a silk glove, body wash and invigorating soap massage with final-care) | Slimming seaweed body wrap | Head massage  
*Recommendation 1 day*



#### SECRET OF THE SEA

2 h 45 min

**HRK 1519,- / € 204,-**

50 minutes special back treatment including self-heating marine wrap for the back, foot and back massage | 30 min facial massage with active ingredient concentrate | 30 min full body wrap in the soft pack bed | 60 min Pearl of the Sea massage  
*Recommendation 2-3 days*



#### PEARL OF THE SEA

2 h 20 min

**HRK 1152,- / € 154,-**

30 min full body scrub with marine crystals | 30 min hydrating marine body wrap | 40 min facial treatment Sunshine | 40 min massage "Pearl of the Sea"  
*Recommendation 2 days*

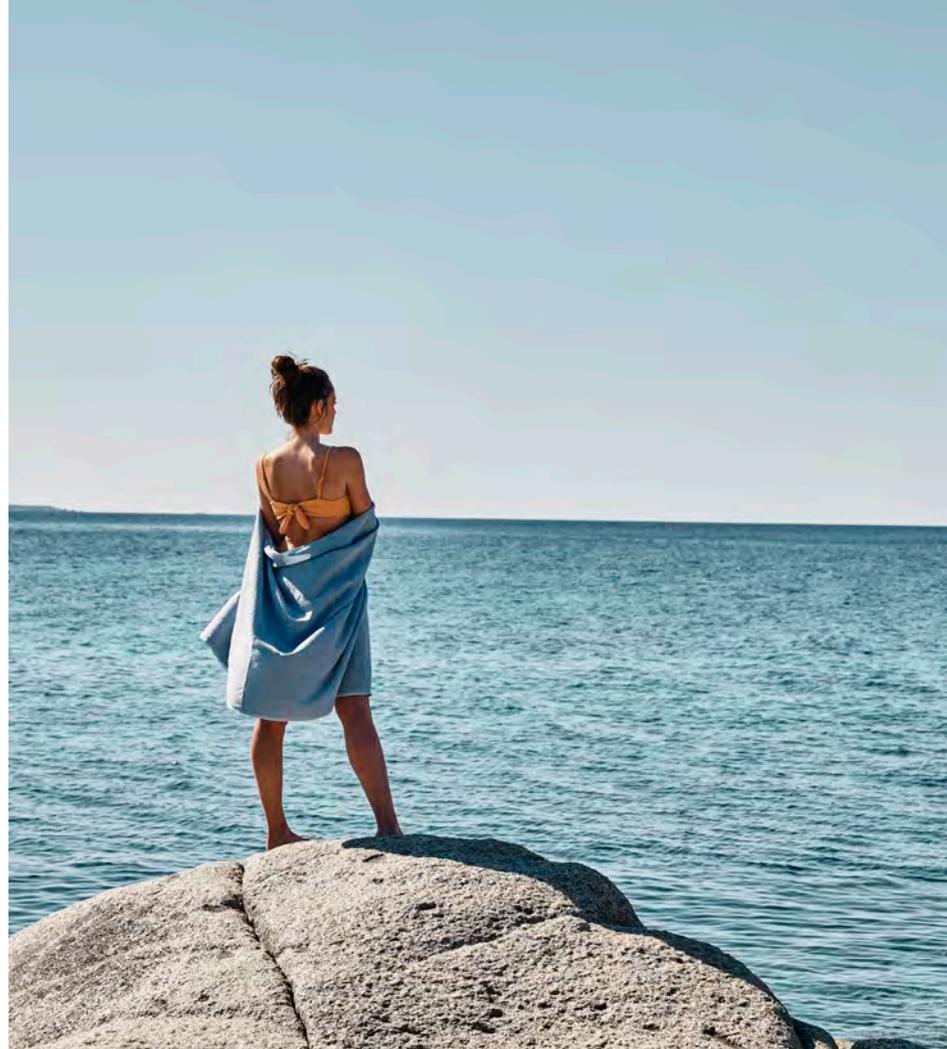


#### AQUAMARINE ANTI-AGE

2 h 50 min

**HRK 1519,- / € 204,-**

Facial treatment | Sea secret full body energetic massage | SPA manicure or SPA pedicure  
*Recommendation 2 days*



# BEAUTY

Our facials are all customized and can be booked individually.  
You can choose the focus: Hydration | Regeneration | Balancing |  
Cleansing | Happy-Aging



## ACQUAPURA BASIC

60min

**HRK 646,- / € 85,-**

Cleansing | Scrub | Care & massage | Mask |  
Hand massage | Final care

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## ACQUAPURA CLASSIC

80min

**HRK 783,- / € 104,-**

Cleansing | Scrub | Deep cleansing | Care & massage |  
Mask | Eyebrow shaping | Hand massage | Final care

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## 100% NATURAL AFTER SUN

30min

**HRK 426,- / € 56,-**

Express treatment with cooling effect; aloe vera after-sun  
treatment | Radiant freshness | Intense relaxation | Hydration



## 100% NATURAL WITH ALOE VERA

60min

**HRK 646,- / € 85,-**

80min

**HRK 783,- / € 104,-**

Cleansing | Scrub | Deep cleansing or Care & massage |  
Massage with aloe vera leaf | Hand massage | Final care

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## GENTLEMAN'S FIRST CHOICE

60min

**HRK 646,- / € 85,-**

80min

**HRK 806,- / € 106,-**

Cleansing | Scrub | Deep cleansing or intensive care &  
massage | Active concentrate | Mask | Eyebrow shaping |  
Hand massage | Final care

# TURN BACK TIME FACIAL TREATMENTS



## SILICIUM SUPER LIFT TREATMENT

75min

HRK 960,- / € 128,-

This treatment with marine silicium excels in correcting loss of firmness and smoothing deep wrinkles. At the heart of its treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.

Toned skin | Lifted facial contours | Tighter skin



## HYALURONIC TREATMENT

60min

HRK 720,- / € 95,-

An anti-wrinkle solution drenched in high penetration hyaluronic acid, this treatment fills and corrects deep wrinkles thanks to its exclusive massage and double professional mask. From the first session, the skin looks younger and smoother. The complexion is glowing with youth.

Smooths wrinkles | Filled-in deep wrinkles | Hydration | Rejuvenation



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## TURN BACK TIME TREATMENTS

Unique experience with pure oxygen treatments that leads to immediate results. Oxygen aids delivering of age-defying ingredients to the skin with a calming effect. Unique serum contains lightweight hyaluronic acid and a powerful combination of vitamins and antioxidants. Hyaluronic acid instantly hydrates the skin, which as a result leads to an increased firmness and reduced appearance of the fine lines. Finally, vitamins, such as vitamin C serve as a protection against environmental damage and visible signs of premature aging.



### INTRACEUTICALS REJUVENATE

50min

**HRK 750,- / € 100,-**

Pure oxygen treatment for stressed skin with signs of premature aging with accentuated expression lines, visible pores, dehydration and loss of elasticity.

Hydration | Lifting | Tightening | Smoothing

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### INTRACEUTICALS OPULENCE

50min

**HRK 800,- / € 107,-**

Unique oxygen treatment for dull and devitalized skin with pigmentation disorders, dark circles around the eyes, age-resulted spots, dry and sagging skin.

Brightening of pigmentation spots | Balancing | Smoothing wrinkles



### INTRACEUTICALS BOOSTER

50min

**HRK 900,- / € 120,-**

Perfect combination of vitamins and antioxidants in an oxygen treatment individually made for dull, dehydrated skin with deep wrinkles and lines, visible pores and puffy eyes.

Lifting | Plumping | Revitalization | Tightening | Hydration

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### INTRACEUTICALS ATOXELENE

15min

**HRK 400,- / € 53,-**

Powerful upgrade for Rejuvenate or Opulence treatment with focusing on expression lines, while eye and lip contour is plumped up.

Lifting of the contours of the face | Tightening

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## BEAUTY Á LA CARTE

**WAXING ARMPIT**

20min

**HRK 75,- / € 10,-****WAXING ARMS**

20min

**HRK 110,- / € 15,-****WAXING BACK**

45min

**HRK 260,- / € 35,-****WAXING CHEST**

30min

**HRK 210,- / € 28,-****WAXING BIKINI LINE**

20min

**HRK 110,- / € 15,-****WAXING FULL LEGS**

45min

**HRK 260,- / € 35,-****WAXING HALF LEGS**

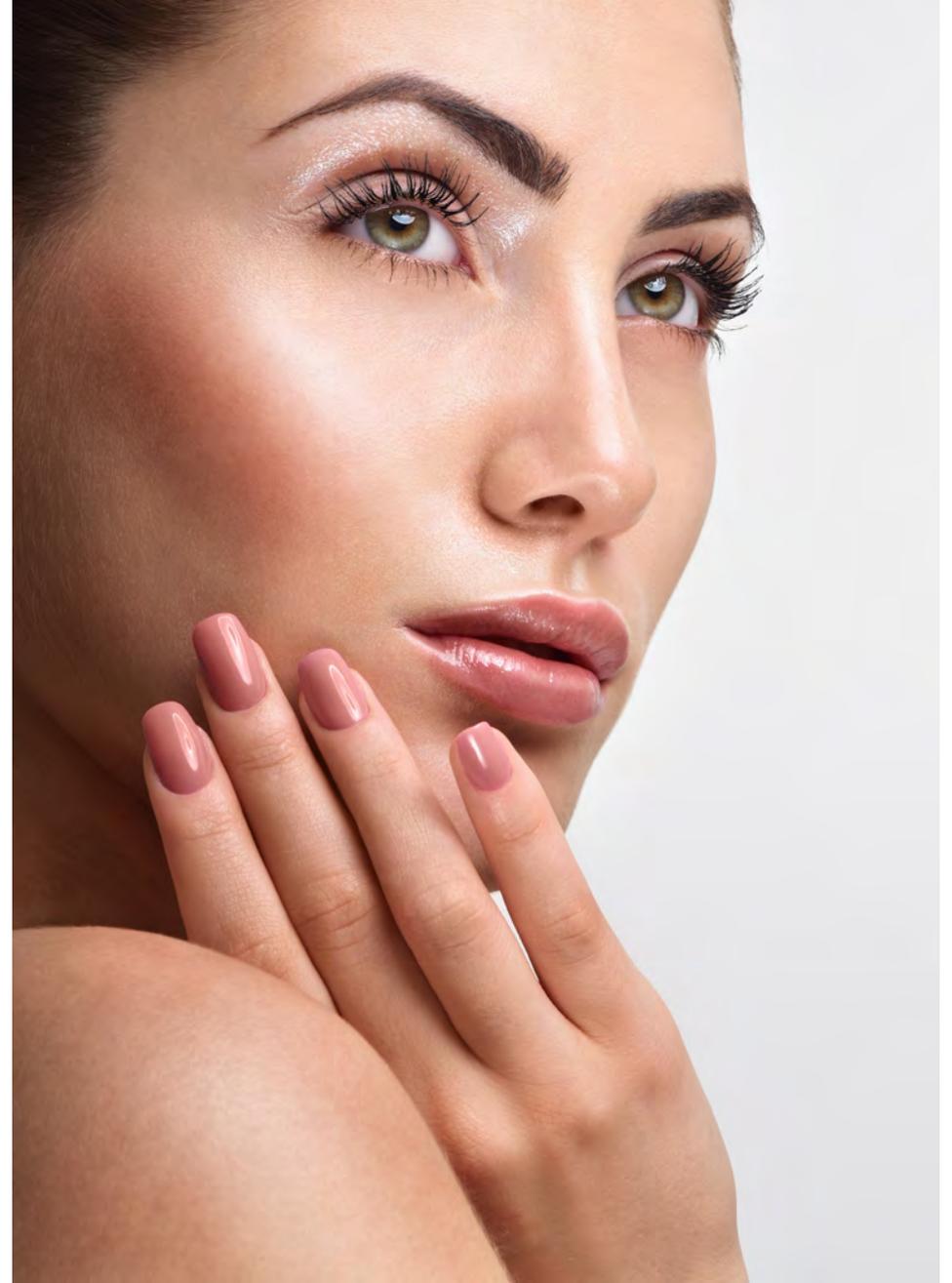
30min

**HRK 185,- / € 25,-****WAXING CHIN**

10min

**HRK 40,- / € 5,-****WAXING UPPER LIP**

10min

**HRK 40,- / € 5,-****EYELASH TINTING**

10min

**HRK 110,- / € 15,-****EYEBROW SHAPING**

20min

**HRK 75,- / € 10,-****EYEBROW TINTING**

20min

**HRK 65,- / € 9,-**

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## MANICURE & PEDICURE



### MANICURE

Without polish 30 min  
With polish 45 min

**HRK 289,- / € 39,-**  
**HRK 350,- / € 47,-**

Hand bath | Nails shaping | Cuticles care | Final care

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### MANICURE DE LUXE

60min

**HRK 593,- / € 79,-**

Manicure | Hand-scrub | Hand-wrap | Hand massage |  
Nail polish

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### PEDICURE

Without polish 40 min  
With polish 55 min

**HRK 372,- / € 50,-**  
**HRK 433,- / € 58,-**



### PEDICURE DE LUXE

70min

**HRK 661,- / € 88,-**

Pedicure | Foot-scrub | Foot-wrap | Foot-massage | Nail polish |  
Gentle and well-groomed feet



### GELCOLOR BY O.P.I.

The popular OPI nail polishes are now also available as a long-lasting, semi-permanent with UV lamp hardened and removable gel polishes.

Express Manicure & Gel Color  
Express Pedicure & Gel Color

**HRK 455,- / € 59,-**  
**HRK 520,- / € 68,-**

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### REMOVING GEL NAIL POLISH

30min

**HRK 110,- / € 15,-**

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### NAIL POLISH

10min

**HRK 120,- / € 16,-**

# MASSAGE

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## ACQUAPURA CLASSIC



### PARTIAL & FULL BODY MASSAGE

30 min	<b>HRK 330,- / € 44,-</b>
50 min	<b>HRK 490,- / € 65,-</b>
80 min	<b>HRK 742,- / € 99,-</b>

Partial or whole body massage  
*Stimulates circulation, relaxing and unwinding*

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### AROMA OIL MASSAGE

30 min	<b>HRK 362,- / € 48,-</b>
50 min	<b>HRK 540,- / € 72,-</b>
80 min	<b>HRK 790,- / € 105,-</b>



### FOOT REFLEXOLOGY

30 min	<b>HRK 352,- / € 47,-</b>
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Activating the self-healing powers  
*Eases tension, stimulating, soothing*

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### HEAD-SHOULDERS-NECK MASSAGE

30 min	<b>HRK 330,- / € 44,-</b>
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*Relaxing, revitalizing, soothing*



### PURE ENJOYMENT<sup>2</sup>

40 min	<b>HRK 790,- / € 105,-</b>
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Harmonious work of two therapists  
in a four-handed massage

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### QUEEN & KING

50 min	<b>HRK 1080,- / € 144,-</b>
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Relaxing massage with nourishing, exotic oils  
for a couple in the same room



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## ACQUAPURA SPECIAL



### ACQUAPURA INDIVIDUAL

30 min	<b>HRK 365,- / € 48,-</b>
50 min	<b>HRK 593,- / € 78,-</b>
80 min	<b>HRK 897,- / € 118,-</b>

Individual, according to your needs and preferences, optimal results

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### HOT STONE

60 min	<b>HRK 669,- / € 88,-</b>
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Massage with warm and hot basalt stones with scented oils  
*Deep relaxing effect, balancing, refreshing*

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### SPECIAL BACK TREATMENT

50 min	<b>HRK 590,- / € 79,-</b>
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Self-heating sea mud wrap for the shoulders, neck and spine |  
Relaxing back and foot massage  
*Relax, recharge your batteries*



### 100% NATURE

50 min	<b>HRK 593,- / € 79,-</b>
80 min	<b>HRK 897,- / € 120,-</b>

Herbal massage with aromatic oil and warm herbal compresses made with regional herbs | Tapping | Stroking | Circular movements  
*Regenerating, invigorating, relaxing*

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### THAI MASSAGE – THAI DELIGHTS

50 min	<b>HRK 733,- / € 98,-</b>
80 min	<b>HRK 1037,- / € 138,-</b>

Thai Yoga massage in comfortable clothes on the mat  
Rhythmic pressure | Gentle stretching  
*Powerful, dynamic, pain relief, improved well-being*

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### MOVING WAVES – LOMI LOMI NUI

50 min	<b>HRK 623,- / € 83,-</b>
80 min	<b>HRK 935,- / € 125,-</b>

Traditional Hawaiian massage as a combination of massage techniques  
Warm nourishing oil | Continuous, flowing strokes done with hands and forearms  
*Blissful, detoxifying, rejuvenating*




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## SCRUBS & WRAPS



### FULL BODY SCRUB WITH SALT FROM NIN

20min

HRK 286,- / € 38,-

Choose between lavender or rosemary

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### DEEP MOISTURE BODY WRAP

20min

HRK 339,- / € 45,-

Nourishing | Hydrating

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### SEAWEED WRAP APPLICATION

45min

HRK 363,- / € 48,-

### 3 SEAWEED WRAPS

for optimal results

3x40 min

HRK 989,- / € 132,-



### 3 ALGAE

45 min

HRK 460,- / € 61,-

Body wrap made from micronized algae that help with weight loss and remove cellulite

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### CHRONO-SLIMMING MARINE TREATMENT

45 min

HRK 363,- / € 48,-

Body wrap made from sea algae paste which is highly effective in detoxification of the body, gives draining effect and helps with weight loss.

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### FRIGI-THALGO TREATMENT

45 min

HRK 460,- / € 61,-

Anti-cellulite treatment with salt wraps that give cooling effect, improve circulation, make the skin more smooth and firm.





## PRIVATE (SPA) COLLECTION

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### SILVER PRIVATE SPA

80min

HRK 532,- / € 72,- per person

30 min oil massage for a couple & bath  
Tea and rahat lokum

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### GOLD PRIVATE SPA

120min

HRK 1100,- / € 147,- per person

Couple massage 50 min  
Express Facial treatment 30 min  
Relaxing whirlpool bath  
Sparkling wine & chocolate truffles,  
chocolate-covered strawberries

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### PLATINUM BLACK & WHITE

150min

HRK 1500,- / € 200,- per person

Couples massage 50 min  
Body wrap & Caviar facial mask  
Golden whirlpool bath  
Champagne & Aphrodisiac finger food

## HEAVENLY FACE & BODY EXPERIENCE



### THE PRODIGY OF THE OCEAN – FACE & BODY RITUAL

120min

HRK 1395,- / € 186,-

Ultimate treatment experience in a luxurious and innovative ritual for the harmony of both body and mind. Facial treatment with innovative products and unique massage used as a manual facelift restores firmness and elasticity of the skin, while body massage relieves tension. A moment of pure pleasure that extends from head to toe to feel deeply revitalized.

Premium Professional formulas | Exclusive massage techniques | Innovation

# BACK TO ORIENT

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The wonderful and mysterious bathing culture of the Orient: the Arabic word “hamam” means “to warm” and “to bathe” and it stands for relaxation, well-being and purity.

The hamam cleanses you not only physically but also bathes the body and spirit in mild warmth of a soft light. Soothing heat, water, foam, scents and touch create a complex work of art whose main aim is to make you feel good.

## HAMAM TREATMENTS

Every hamam treatment includes a body scrub with a special “Keselik” glove. The scrub deeply cleanses the skin, promotes regeneration and leaves the skin looking refined, more fresh and clear. After cleansing the skin, the body is massaged with the soap foam. The result is noticeably softer and silkier skin and the overall feeling of pure relaxation.



### ORIENTAL DREAMS

60 min

HRK 617,- / € 82,-

Warm water rinses | Body scrub with a silk glove |  
Soap foam massage | Head massage



### MIMAR SINAN COMPLETE HARMONY

90 min

HRK 845,- / € 113,-

Warm water rinses | Body scrub with a silk glove |  
60 min massage with aromatic oils



### CLEOPATRA “HEAVENLY WHITE”

110 min

HRK 845,- / € 113,-

Warm water rinses | Body scrub with a silk glove |  
60 min massage with aromatic oils | 20 min milk bath



### HAMAM MEETS DALMATIA

60 min

HRK 637,- / € 85,-

Warm water rinses | Body scrub with a homemade  
salt peeling | Soap foam massage | Head massage



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## DIVE INTO THE LUXURY



### MADEMOISELLE

80min

HRK 1275,- / € 170,-

This brand new treatment includes a series of comprehensive lifting and drainage massage techniques that are ideal for those suffering from loss of firmness and a tired complexion. The perfect remedy for mature skin.

Golden part body massage | Radiance enhancing facial treatment | Nourishing hand mask



### MERVEILLE ARCTIQUE

120min

HRK 1395,- / € 186,-

Luxury treatment where ice meets heat in a body treatment inspired by special massage techniques and ancestral Nordic rituals. It delivers intense manoeuvres, warm kneading and stretching combined with cryotherapy ice balls creating a heat exchange on the skin's surface. Pushing the limits of your senses the treatment results in deep relaxation, release of muscle tension and an overall feeling of harmony. Discover the wonders of arctic nature for an exhilarating SPA experience.

Arctic Shower foam | Salt flake scrub | Moisturizing wrap



### JOYAUX ATLANTIQUE

90min

HRK 1275,- / € 171,-

Inspired by marine lithotherapy, the Luxury Spa ritual harnesses the power of semi-precious stones in order to restore the vital energy of the body. The pink sand body scrub will leave your skin feeling silky smooth, while the revitalising massage with stone crystals and traditional African techniques stimulate circulation and rejuvenate the body.



### **INDOCEANE – JOURNEY AROUND THE WORLD**

120 min

**HRK 980,- / € 131,-**

First step of the ritual begins with exfoliation with a scrub that leaves skin smooth and revitalized. A milk bath, with aromatic oils, like those made for Cleopatra, as pure luxury brings the body into harmony. Massage with ayurvedic elements releases tension accumulated and as a final touch, a divine cream body wrap leaves skin velvety smooth and reinvigorated.

Mediterranean sugar scrub | Egyptian milk bath | Massage with Qi-balm & ayurvedic elements | Far Eastern body envelopment



**NEW!**

### **ILES PACIFIQUE – PACIFIC PARADISE ISLANDS**

90 min

**HRK 980,- / € 131,-**

Embark on a journey to the beautiful islands of the Pacific at the end of the world with this relaxing ritual. The ritual begins with a bora bora peeling of the entire body, followed by a lagoon bath for hydration. A relaxing Mahana massage combines Lomi Lomi massage sessions and warm pindas with sand to relax your muscles.

Bora-Bora-Peeling | Lagoon-bath | Mahana massage with pindas



# TARGETED PROGRAMMES

## SPORT



### STARTER

HRK 480,- / € 64,-

1. Body scan ( measurements of the body) and consultation 20 min
2. 1× Personal training 1h  
Including an energy drink & recovery drink



### CLASSIC

HRK 1150,- / € 154,-

1. Body scan ( measurements of the body) and consultation
2. Calculation of daily calorie consumption & nutrition plan to support you in reaching your goal
3. 3 times a week 1h personal training  
Including an energy drink & recovery drink



### INTENSE

HRK 2300,- / € 307,-

1. Body scan ( measurements of the body) and consultation
2. 5 times a week training  
3 heavy weight training and 2 functional training  
Including recovery drink
3. Weekly meal plan for you to follow at home
4. Training plan to do at home
5. Full body massage 50 min for the last day



# SPA-ETIQUETTE

## ENVIRONMENTAL AWARENESS

We are a Green Resort, please support us and only take as many towels as you need.

## ATMOSPHERE

What we would very much appreciate ...

Silent or no phone calls | the reservation of the beds is not recommended | non smoking area | indoors Sauna and Hamam area is a nudist area from 16 years old | selected relaxation rooms are for adults only | for your own safety, we recommend wearing sports shoes | Personal Coaching can be booked

## EARLY RESERVATIONS & TAKE YOUR TIME

Punctual appointment allows you to have your desired date | it is recommended to come few minutes before your appointment | please understand that in case of delay the treatment time is shortened | you can enjoy a cup of tea or a glass of water | take some deep breaths | we collect your individual needs in advance | introduce us with your individual needs even during the treatment | Gentlemen, please have a shave at least 3 hours before a facial treatment | avoid solarium and sunbathing after facials and peelings | we recommend you to remove contact lenses before facials | do not eat anything 1h before a treatment | after the treatment drink plenty of water

## FULFILLMENT OF REQUESTS

Share your wishes with us. We are happy to adjust all aspects of the treatment individually to your preferences: light, music, male or female therapists, intensity of massage | on request we organize a hair appointment.

## PREGNANCY & HEALTH

Please inform us in advance about pregnancy, health concerns, diseases or allergic reactions to certain oils | please never come to treatments with a fever | the usage and participation is on your own health risk

## CLOTHING

For massage the treatment is in the bathrobe | for Thai treatments come in comfortable clothes | we respect your privacy

## VALUABLE OBJECTS

We take no responsibility for lost property | please deposit money, jewelry or other valuables in your room safe

## SPORTS AND ACTIVITIES PROGRAMME

Participation in the daily program activities is free | registration is requested the day before.

## CANCELLATIONS

Reserved appointments can be cancelled free of charge until 6 hours before the treatment. Then the offset is 100%, if it cannot be appointed with other guests.

## SPA SHOP

In our SPA shop you are welcome to purchase our exclusive products with which we pamper you during the treatment, but also for your wellness programme at home.

## THE VOUCHER

Time away | rediscover yourself | individual | further information on the SPA reception

## OPENING HOURS

Fitness & solarium	6.30 am - 9 pm
Pool area	8 am - 10 pm
Beauty & massages	8 am - 9 pm
Sauna area	10 am - 9 pm

We are looking forward to welcoming you in our SPA and our Acquapura SPA hosts will advise you personally about our treatment offers on Tel. +385/(0)23/500 940 or via e-mail: [spa.iadera@falkensteiner.com](mailto:spa.iadera@falkensteiner.com)

For more information and current offers, please visit our website at: [falkensteiner.com/iadera](http://falkensteiner.com/iadera) and visit us on Facebook.

Prices in euros are for informational purposes only and are subject to change based on the exchange rate.

## FALKENSTEINER HOTEL & SPA IADERA \*\*\*\*\*

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Head office: Zadar, Commercial (register) court: Zadar

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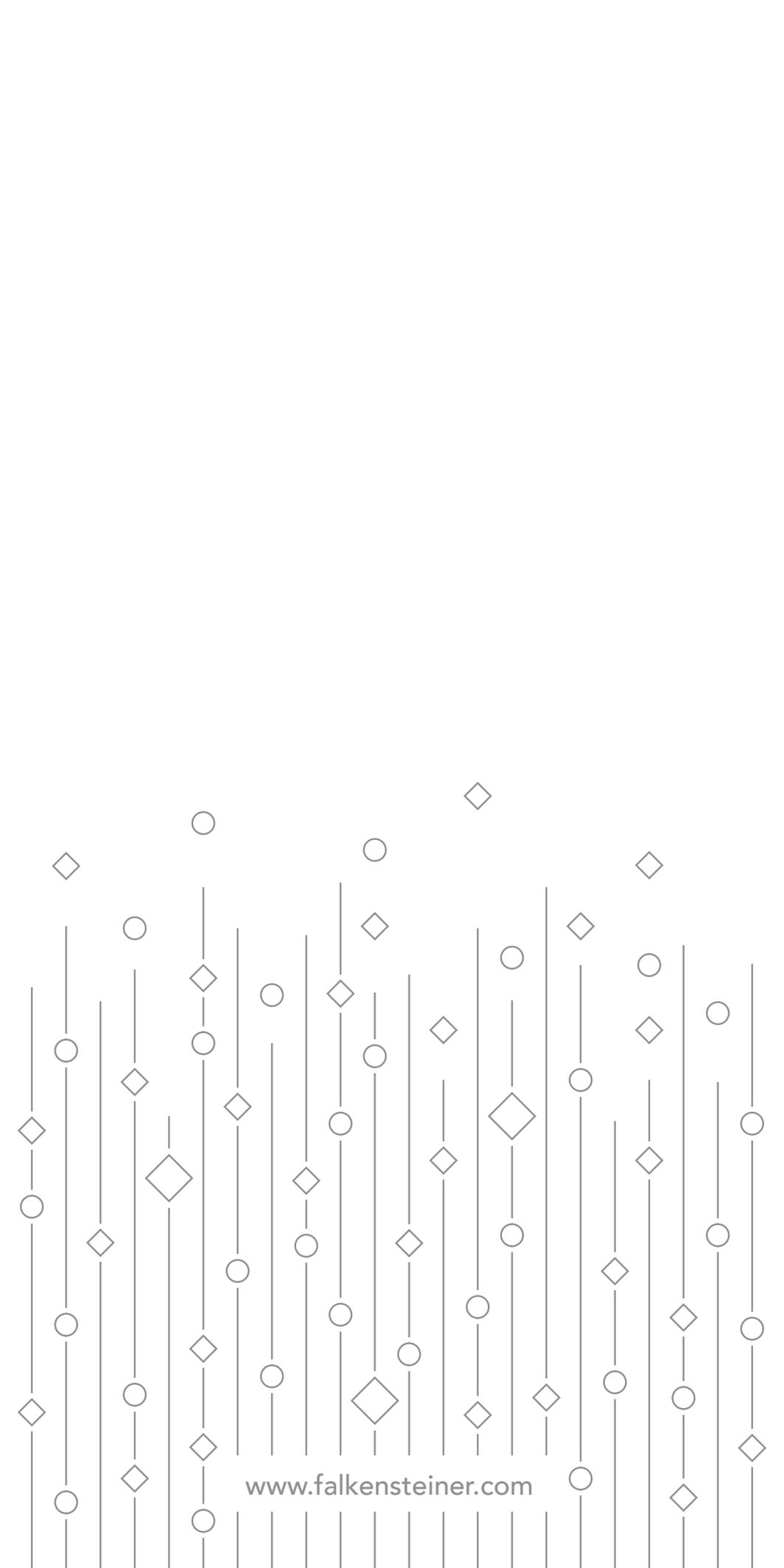
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[www.falkensteiner.com](http://www.falkensteiner.com)