



ACQUAPURA SPA ESSENTIALS



**FALKENSTEINER**

SPA RESORT MARIÁNSKÉ LÁZNĚ

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*Premium Collection*

# Heal. Restore. Relax.

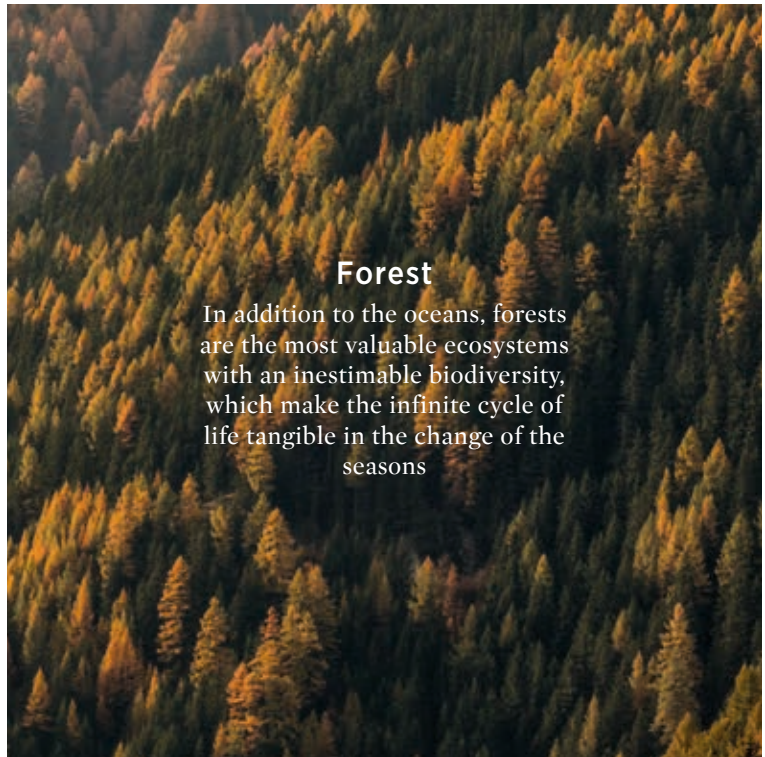
Everything flows harmoniously into one another and reflects the unique nature of the surroundings. Feel the beneficial effects of centuries-old healing springs. Let yourself be carried away by the warm water and feel weightless or gain new vitality with health massages and active units.

Switch off, take a deep breath and get rid of old ballast. Whether you look for peace and find deceleration in the wellness area or you want activities such as yoga and forest bathing to get you back to your center - we help you to maintain your health and bring about positive changes.



## Air

Mariánské Lázně is in the process of being certified as a climatic health resort. Without industry, little traffic and fine dust pollution, the city and the surrounding area offer many opportunities for unpolluted outdoor activities




## Forest

In addition to the oceans, forests are the most valuable ecosystems with an inestimable biodiversity, which make the infinite cycle of life tangible in the change of the seasons



## Earth

Free CO<sub>2</sub> and CO<sub>2</sub> bound in the sources are used for specific treatments. The moor mud opens up valuable nutrients that have been compressed over millennia for medical applications



## Mineral spring water

The occurrence of dozens of mineral sourlings of various compositions with different healing effects is a rarity in this diversity

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## ACQUAPURA SPA

„Acqua pura“ means „pure water“ and is the essence of the spa worlds in the Falkensteiner Hotels & Residences. Water revitalizes, relaxes and promotes physical wellbeing - it is not without reason that it is considered the elixir of life. From a spiritual point of view, water is assigned to the second energy centre, where creativity, wishes and dreams are anchored.

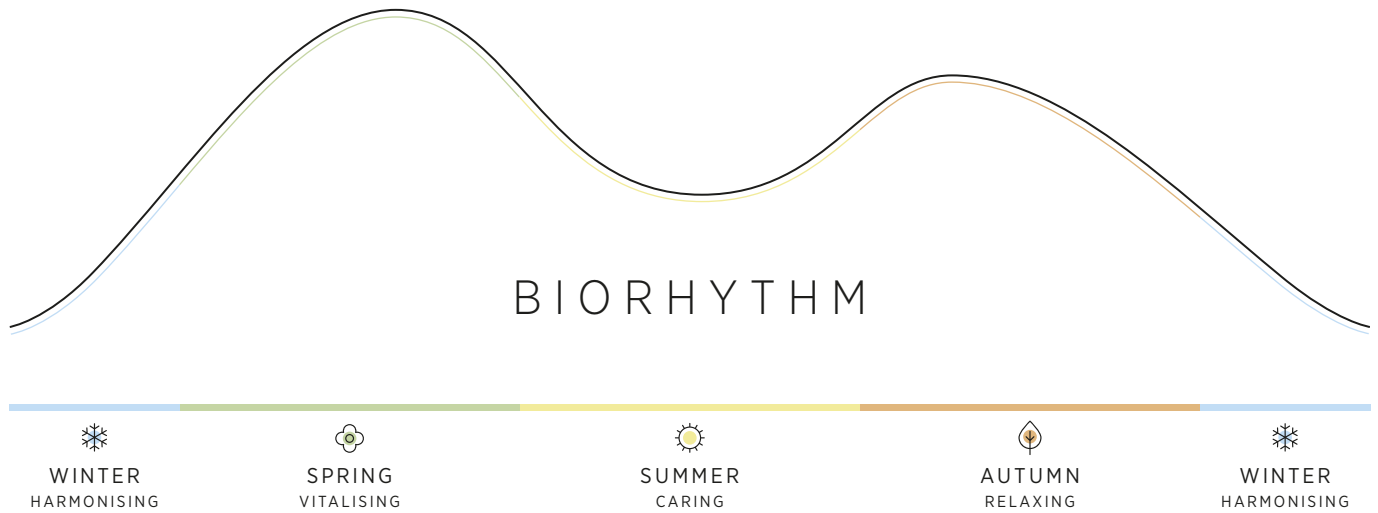
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

Inspired by living in harmony with nature, everything flows together smoothly in the Acquapura SPA. Here, space is created for free thoughts and inner balance. A pure, holistic spa experience, which above all should create positive states of mind, relaxation, pleasure, joy, health and vitality. The Acquapura SPA is a place where you can rediscover your own centre and simply surrender to the moment.





THE ACQUAPURA PRINCIPLE



Overwhelmed by the complexity of everyday life, many people have partially forgotten to live in harmony with nature and themselves. The Acquapura principle is therefore geared towards personal balance and the natural biorhythm of life. These distinct, rhythmic phases reflect the course of the day and mirror the seasons.

All Acquapura SPA Treatments & Rituals are based exclusively on natural products, combat personal imbalance, and are tailored to individual needs. Energising and vitalising, nourishing and calming, relaxing, balancing and harmonising, or clear and pure.





SIGNATURE TOUCH



## DOWN TO EARTH

Body pack with green clay and colloidal silver | Kaolin face mask | Effective full body massage | Balance | Regeneration ritual

EARTH

## WAVE ENERGIZER

Relaxing full body peeling with sea salt | Nutrient-rich body pack | Gentle and relaxing facial massage | Stress relief | Relaxation ritual

WATER

## YOUR RITUAL FOR TWO

Enjoy your treatment together. We are pampering you with individual rituals in an exclusive atmosphere.

4 ELEMENTS

## FOREST DEEPNESS

Balancing body peeling | Self-warming slimming pack with lipolitic ingredients | Massage with a special slim booster serum | Forest aroma | Formation of body problem areas | Purification | Detox ritual

FOREST

## A BREATH OF FRESH AIR

Soothing leg peeling | Special leg wrap with cooling gel | Detoxifying legs and foot massage | Lightness feeling | Energy kick | Vital ritual

AIR



VITALISING



CARING



RELAXING



HARMONISING



SIGNATURE TOUCH

A

## RELAXING BATH IN THE HOTEL'S OWN SPRING ALEXANDRA

Stimulates the parasympathetic system | Relieves stress | Unwinding down health and body | Harmony and balance | Positive effect on skin | Relaxing effect on muscular system

WATER

## DRY CO<sub>2</sub> BATH WITH OXYGEN INHALATION

Increase of blood flow | Anti-inflammatory effect | Increasing reflex and reaction skills | Vitality | More motivation and energy in stressful everyday life

AIR

## WHOLE BODY MOOR MUD PACK WITH COLLOIDAL SILVER

Natural moor from the region | Purification | Accelerates the regeneration process | The warmth works deep inside | Stimulates the metabolism | Relaxes the muscles | Cares for stressed and dry skin | Has a detoxifying and rejuvenating effect | Ideal preparation for the massage

EARTH

## INTENSIVE MUD BATH WITH FOREST ESSENTIAL OILS

Relaxation | Combined beneficial effects of warm water and mud | Natural minerals and humates | Loosens muscles and relieve pain | Antimicrobial and antiviral effect | Positive effect on the immune system | Cell regeneration

FOREST



VITALISING




CARING



RELAXING



HARMONISING



# MASSAGES



## DETOX MASSAGE

Cleansing | Activates the lymph flow | Strengthens the cleansing of connective tissue against congestion, heavy legs and cellulite



## SHIATSU

Blockages in the energy flow are released through gentle pressure on meridians and acupuncture points | Deep well-being | Calm and soothing



## PURIFYING FACIAL MASSAGE WITH HONEY

Beneficial for face, soul and spirit | Stimulation of blood circulation and metabolism | Purification and detoxification

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## TAILORMADE MASSAGE

PINO aromatic oil of your  
choice | Tailored to your well-  
being | Suitable for athletes



## LYMPH DRAINAGE EVERYTHING IN FLOW

Activation of lymph flow |  
Gentle massage techniques |  
Promotes deep relaxation |  
Reduces swelling



## ACQUAPURA SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension  
relief | Increased flexibility



## THAI MASSAGE

Traditional form | Combination  
of pressure massage and  
stretching exercises |  
Reinforcement of muscles  
and ligaments



## HOT STONE MASSAGE

Deep relaxation | Anti-stress |  
Multi-sensory experience |  
Stimulation of the energy  
centers



## AROMA CANDLE MASSAGE

PINO aromatherapy candle  
of your choice | Tailored to  
your wellbeing | Pleasantly  
nourishing



## GOLF MASSAGE

Specific full body massage |  
Tailored to the needs of golfers



## OIL DISPERSION

Gentle pearl bath with nouris-  
hing oils | Strengthening of the  
immune system



VITALISING



CARING



RELAXING



HARMONISING

FACE



PHARMOS  
NATUR



## NATURE OF MEN TREATMENT

Perfect care for men's skin |  
Cell renewal and regeneration |  
Revitalisation | Soothes  
irritations

80 minute application includes:  
additional back massage and  
treatment for arms, calves  
and feet



## INTENSIVE MOISTURE

Intensive humidity | Cooling  
and calming | Freshness and  
vitality for every skin type |  
Particularly for young and  
dehydrated skin

CAN BE  
ADDED TO  
ANY FACIAL  
TREATMENT

On request for a  
surcharge

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye



## LOVE YOUR AGE - POWER TREATMENT

Intensive regeneration | Wrinkle  
smoothing | Rejuvenation  
for mature skin in need of  
regeneration



## DETOX FACE

Cleaning | Activates the Lymph  
flow | Strengthens the connec-  
tive tissue | For every skin -  
especially for stressed skin and  
with couperose



## BIO- LIFTING

Intensive care | Treatment with  
nutrients | Natural tightening  
for dry, tired and loose skin



VITALISING



CARING



RELAXING



HARMONISING





FACE

PHYTOMER



## YOUTH REVEALER

Signature facial treatment | Happy aging care for face, lips & décolleté | Mask and final care | Firm & radiant skin



## PERFECT REGARD INTENSIVE EYE CARE

Firming care for radiant eyes & expressions | Smooths out laughter lines and wrinkles

CAN BE ADDED TO ANY FACE TREATMENT

RELAX DOS  
Self-heating sea mud | 50% more effect

PERFECT REGARD  
Intensive eye care



## CITY LIFE MARINE DETOX

Combats urban pollution | Clarifies, detoxifies and oxygenates the skin



## HYDRA ORIGINAL

Plumping moisturising treatment | Organic algae | Filling & nourishing for more radiance



## „MALE PRESERVE“ NEW SKIN FOR MEN

Custom high-tech care with marine active ingredients | Supplies oxygen, moisturises, and combats skin ageing



VITALISING



CARING



RELAXING



HARMONISING



BODY

PHYTOMER

  
PHARMOS  
NATUR



## SEA TREASURES

Remineralizing relaxing treatment | Sea fragrances & sea salts | Lymphatic stimulation | Body hydration

BY PHYTOMER



## POWERSEA BACK DETOX

Warm sea mud | Neck | Shoulders | Spine | Relaxing back & foot massage

BY PHYTOMER



## LEG REVIVAL

Targeted treatment for tired legs | Refreshing, stimulating gel | Drainage massage | Softer and lighter legs

BY PHYTOMER



## RELAX & MOVE

Relieves tension | Revitalises muscles and joints | Promotes blood circulation | Therapeutic after sports activities and for muscle and joint problems

BY PHARMOS NATUR



## DETOX BODY

Cleansing | Activates lymph flow | Strengthens the connective tissue for general tissue cleansing, against congestion and heavy legs, for cellulite

BY PHARMOS NATUR



## ANTI-STRESS BODY

Deep relaxation | Let go of stress | Recharge your batteries | Stress management and relaxation

BY PHARMOS NATUR



## OCEAN INTENSIVE SLIMMING P5

Moulding and contouring massage | Slimming lotion to reduce curves | Slimming pack with algae jam

BY PHYTOMER



## MARINE SCULPT ZONE

Slimming ritual for stomach, legs, buttocks and stubborn cellulite | Gentle marine exfoliation | Warming and contouring wrap

BY PHYTOMER



## OLIGOMER SPA „FEEL THE SEA“

Relaxing full-body exfoliation | Sea salt crystals | Massage for skin remineralisation and hydration

BY PHYTOMER



VITALISING




CARING



RELAXING



HARMONISING



BEAUTY

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## MANICURE CLASSIC

Nail shaping | Treatment of  
cuticles | Manicure with  
massage



## PEDICURE CLASSIC

Footbath | Healing bruises |  
Nail shaping | Gentle foot  
massage

CAN BE  
ADDED TO ANY  
HAND & FOOT  
TREATMENT

Alessandro colour polish

Alessandro gel polish



## FANCY HANDS RITUAL

Manicure | Hand exfoliation |  
Hand wrap | Hand massage |  
Hands as soft as velvet



## FANCY FEET RITUAL

Pedicure | Foot exfoliation |  
Foot wrap | Foot massage | Soft  
and well-groomed feet



VITALISING



CARING



RELAXING



HARMONISING



SPA PACKAGES

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## SPA PACKAGES

Feel good all-around and switch off - back to inner balance and find your own rhythm again. The spa packages help you to recharge your batteries and regain beauty, relaxation, balance or clarity, depending on your needs.

### MASSAGE SPECIAL

- Foot reflexology massage
- Partial body massage
- Head and neck massage

### ANTICELLULITE

- 1 x Detox pack
- 1 x Dry CO<sub>2</sub> bath
- 2 x Lymphoven

### RELAX À LA CARTE PREMIUM

#### **Choose 5 out of 8 spa treatments**

- Whole body massage
- Foot reflexology massage
- Body pack with fleece mask
- Alexandra spring water bath with aroma oil and kaolin mask
- Dry CO<sub>2</sub> bath with inhalation
- Body peeling
- Face treatment
- Mud bath with colloidal silver

### DETOX

- Detox pack
- Dry CO<sub>2</sub> bath
- Peeling
- Lymphatic drainage

### ALLROUND COSMETICS (4 IN 1)

- Pedicure
- Manicure
- Facial treatment
- Peeling

### FOOT SPECIAL

- Foot pack
- pedicure
- Foot massage

### WELLNESS TESTER

- 2 x Partial body massages
- 2 x Mineral spring water baths from our own spring
- 1 x Fango pack or 1 x dry CO<sub>2</sub> bath



SPORT

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## ACTIVE AND HEALTHY YOUR WELL-BEING IS OUR PRIORITY

At the Falkensteiner Spa Resort Mariánské Lázně we help you to recharge your batteries, improve your performance or relax your mind, body and soul.

Every week we prepare a new sport program for you. In the pool, gym or outdoors - keep fit under the guidance of experienced trainers!

We offer special exercises for: abdominals, legs and buttocks, aquafit, theraband, fascia training, back exercises, stretching, exercise ball training, yoga, progressive muscle relaxation, bioenergetic exercises, circuit training or Qi Gong.

You feel more comfortable when you train alone or the course date does not suit you? We will be happy to care for your individual wishes and adapt the appointment. Please inform yourself at the spa reception.

### PERSONAL TRAINING

Individual - tailor-made exercises - personal training plan

### UKK TEST

Simple test measuring the fitness index and to determine efficiency of cardiovascular system

### YOGA

Intensive yoga weekends on fixed dates  
(ask for our calendar)



PHYTOMER

ENVIRONMENTALLY  
FRIENDLY  
BIOTECHNOLOGY  
FROM THE SEA

For more than 40 years, research and development teams have been working on powerful marine ingredients, developing the cosmetics of tomorrow. The assets of the sea are combined with unique biotechnology.

PHYTOMER decodes the power of natural active substances from the sea and uses micro-organisms to develop modern and innovative ingredients. This new high-tech biochemistry is effective and harnesses nature's potential without harming it.



## PHARMOS NATUR

Green luxury cosmetics for health, beauty & joie de vivre, inspired by the unique potential of Mother Nature. Pharmos Natur uses precious healing & rejuvenating plants from all over the world and combines the complex active ingredients in a sophisticated way. All essences are adaptogenic, i.e. they know where and how to act best.

Carefully and holistically the SACRED PLANTS are processed. Their rich active ingredients, their intensive light energy and their high vibration are contained in the valuable care products. The special feature: active ingredient-rich aloe vera instead of water, without the addition of alcohol and without classic preservatives.

# SPA ETIQUETTE



Secure your desired treatment before arrival.



Cancel reservations by 4:00 p.m. of the day before to avoid fees.



Take your time and arrive 10 minutes before your treatment.



Wear swimwear in the pool area and refrain from wearing clothes in the sauna area.



Attend the treatment dressed in your bathrobe.



Be considerate of guests seeking peace and quiet and respect the cell phone ban.



Do not reserve any couches.



Treatment time is the time from the moment you are picked up at the spa desk until the therapist says goodbye. Before the treatment, we will ask you about your wishes and will be happy to advise you.



Please inform us in advance of any health concerns, illnesses or allergic reactions. Consult your physician if you are pregnant.



It is best to keep jewelry and valuables in the room safe.



Gift time to your loved ones with our SPA vouchers.

