



**FALKENSTEINER**

*Hotel & Spa Iadera* \*\*\*\*\*

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PREMIUM COLLECTION

ENGLISH

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ACQUAPURA  
SPA



## Let us pamper you

In a soft, elegant and cosy atmosphere, the Acquapura SPA at the Falkensteiner Hotel & Spa Iadera offers a privileged area dedicated to beauty and well-being.

Our Acquapura SPA invites you to enjoy a perfect wellness experience of the highest international standard – designed for guests seeking effective, high-quality service.

Allow us to pamper you with fantastic treatments reminiscent of One Thousand and One Nights in our spacious hamam! The intensive treatments in our Oriental steam bath offer pure pleasure for your body and stimulate your senses.

The facials and body treatments by Anne Semonin are tailored to meet your needs and aim to achieve outstanding results by offering you maximum comfort and luxury. Not only do they regenerate the skin, they also offer physical and mental relaxation.

“Because each skin is unique”, the Anne Semonin treatment collection offers a special mix of essential oils, trace elements and marine ingredients. This idea combined with the “French touch” creates a holistic, customised treatment for the body and for every skin type.

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# ACQUAPURA SPA

WELLNESS EXPERIENCE  
À LA FALKENSTEINER

We at Falkensteiner have developed our own special wellness philosophy in the form of our Acquapura SPA. Water plays a very important role here, from the spacious pools and waterscapes to the impressive sauna areas and the wide array of treatments.

Our exclusive wellness concept at the Hotel & Spa Iadera is based on three fundamental pillars: classic body massages and facials, specially developed Acquapura treatments and selected procedures using gemstones.





## ACQUAPURA SIGNATURE TREATMENTS

Acquapura Signature Treatments are wellness treatments specially developed by our experts for the Falkensteiner wellness hotels. Unique rituals, ceremonies and little extras make every Acquapura Signature Treatment an inspirational experience offered exclusively by Falkensteiner! Individual scents, colours and sounds create a luxurious atmosphere to stimulate all of your senses.

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### Acquapura löyly

There is one free löyly (the process of pouring water over the hot stones to create steam and heat) each day in the sauna area. The sauna attendant will explain the special procedure and perform it using crushed ice. And cool mint adds a special extra touch. After the löyly, each guest receives a refreshing herbal water.

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### Acquapura massage

Are you in the mood for a gentler or a more intensive treatment? Our body massages are tailored to meet your individual wishes. You also have the option of selecting the background atmosphere and the accompanying scent based on your mood. Every massage begins with a five-minute foot bath and ends with a refreshing herbal water. And you will also receive a small gift!

25 min.	KN 287,-
50 min.	KN 441,-

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### Acquapura scrub

Are you in the mood to indulge yourself properly? The relaxing full-body Acquapura scrub gives your skin a smooth, satiny feel. And you can choose the right background music to go with it, so each scrub is a completely individual wellness experience.

25 min.	KN 287,-
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### Acquapura Private SPA

An intimate bath the Acquapura way! You can look forward to a bath in our homemade mint or rosemary oil together with your partner. It's up to you whether you prefer the cooling effect of mint or the stimulating influence of rosemary. You'll also be served a sparkling Falkensteiner Prosecco and wonderfully aromatic fruit.

60 min.	KN 340,-
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# THE POWER OF STONES

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Treatments with the following symbol include a gemstone



The healing powers of crystals and gemstones have been recognised by people as far back as the Babylonians. Reports on the use of gemstones to improve the physical and mental well-being of people can be found in many ancient cultures, especially in the Orient. The effects of gemstones can be traced back to the fact that they release energy and vibrations, which help to relieve tension and pain, and also have a positive impact on mental balance.

In our Acquapura SPA, healing stones and the patron saints of Zadar play an essential role in a number of our wellness treatments, some of which are even named after them. Although water trickles away, stones remain – enjoy wellness à la Falkensteiner.

### **Relieve body pains with carnelian**

If you have a nagging ache that just won't go away, place a stone on or above the body part that hurts for around 15 minutes and let the crystal do its work.

### **Get rid of stress with amethyst**

In stressful situations, hold the stone to your forehead or simply in your hand. Allow your body to be calmed by the vibrations of the crystal.

### **Regain energy with a jade foot bath**

Placing a crystal in your bath water will give you that extra burst of energy your body needs.

### **Say goodbye to headaches with larimar**

Sit down in a darkened room and hold the stone firmly in your hand. Place the stone on the place that aches for 5–10 minutes.

### **Alleviate back pain with smoky quartz**

Lie down flat and place the stone under the part of your body that aches for 15 minutes. You can also have someone else move the stone in clockwise circles above the painful area.

### **Soothe muscle cramps with haematite**

If you are prone to muscle cramps, you should always carry your haematite crystal around with you. This stone promotes circulation.

### **Calm your anger with agate**

If you feel like you are about to explode with anger, use agate to calm your emotions.



Carnelian



Amethyst



Jade



Larimar



Smoky quartz



Haematite



Agate

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# HAMAM

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

Relax, wash yourself and chat in our Oriental bathing rooms – enjoy the pleasure of being swept away to a place far from your hectic everyday life. The hamam not only cleanses you physically but also bathes the body and spirit in mild warmth and soft light. Soothing heat, water, foam, scents and touches create a complex work of art whose main aim is to make you feel good.

Enjoy this traditional Oriental bathing culture.

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### **The full hamam experience**

Hamam bathing and relaxation area including a pestemal towel.  
Free of charge for our guests.

You enter the bathing area wrapped in a pestemal towel. After taking a shower, you take a seat at one of the water basins. The water is scooped out of the marble basin using the copper bowls provided and poured over the body in the seated position. Once you have been rinsed from head to toe, you lie down on the heated stones to allow the warmth to loosen up your muscles and open up your pores. This makes it possible for the body to release toxins, leaving the skin soft and smooth. The wet cotton towel worn around your body helps to ensure that you do not get too hot or cold.

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### **Hamam treatments**

Every hamam treatment includes a body scrub using a special “kese” glove. The scrub cleanses the skin deeply, promotes regeneration and leaves the skin looking refined, clearer and fresher. After the skin has been cleansed, the body is massaged with soap lather. The result is noticeably softer, silkier skin and pure relaxation. The warm lather also helps to give the body a pleasant overall sensation. During the treatments, you remain covered by the pestemal towel.

After each treatment, we will pamper you with dried fruit and a special drink to go with your treatment.

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### **Oriental dreams**

The ultimate Oriental experience. A raw silk glove, or “garshan”, is used to exfoliate, scrub and stretch the body – a treatment that allows you to enjoy the hamam to the fullest. A delightful soap lather massage rounds off this wellness treatment. After this traditional ritual, your skin will feel silky and smooth. And every sip you take of the traditional apple tea served afterwards will fill you with a deep sense of relaxation.

Warm water rinses  
Body scrub with silk glove  
Soap lather massage  
Dried fruit and apple tea

For 1 person            50 min KN 410,-  
For 2 people            90 min KN 620,-

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### **Alexandrite revitalising energy**

Gain strength and recharge your batteries with this invigorating ritual in the hamam bath. Your body is scrubbed gently using an exfoliating glove. This special massage technique helps to promote the flow of energy in order to offer you soothing relaxation. Stimulate your senses afterwards with a refreshing mint sorbet.

Warm water rinses  
Body scrub with silk glove  
Body cleanse and exhilarating massage  
Dried fruit and mint sorbet

For 1 person            50 min KN 410,-  
For 2 people            90 min KN 620,-

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### **Leyla enchanting beauty**

In the warm hamam, we will treat your skin to a velvety body scrub. Then you can relax and enjoy a facial with aromatic oils and serums that moisturise the skin and leave it looking radiant. Begin your relaxation phase with a strawberry sorbet.

Warm water rinses  
Body scrub with silk glove  
45 min. facial  
Dried fruit and strawberry sorbet

For 1 person            80 min KN 510,-  
For 2 people            105 min KN 960,-

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### **Meteorite inner balance**

Experience weightless relaxation on the warm hamam stone while you enjoy a fragrant scrub. The singing bowl massage that follows will harmonise your aura and put a smile on your face.

This wellness treatment ends with a glass of lemon balm water.

Warm water rinses  
Body scrub with silk glove  
Singing bowl massage  
Dried fruit and lemon balm water

For 1 person                      80 min KN 570,-

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### **Anastasia spiritual awareness**

Anastasia, the patron saint of the coastal town of Zadar, has long been called on to heal head conditions. Relax in our modern hamam while your body is scrubbed with a glove made of natural fibres. The invigorating head massage that follows will help to improve your concentration and relieve neck tension. And the gemstone water for you to drink afterwards will give you an extra boost of energy.

Warm water rinses  
Body scrub with silk glove  
Singing bowl massage  
Dried fruit and lemon balm water

For 1 person                      60 min KN 430,-  
For 2 people                      90 min KN 750,-

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### **Donatus cleanse for body and spirit**

St. Donatus was known to work wonders with water. This cleansing bath ritual for the body begins with a purifying sea salt scrub on a pleasantly heated hamam stone. The special Oriental rinses not only cleanse your aura but also regenerate your entire body. The application of high-quality oils at the end will leave you with a fresh complexion, and the lemon water for you to drink will give you newfound strength.

Warm water rinses  
Body scrub  
Sea salt scrub  
Warm and cold water rinses  
Dried fruit and lemon water

For 1 person                      45 min KN 320,-  
For 2 people                      75 min KN 480,-



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### **Yasemine glowing magic**

A deep cleanse for the entire body. We will pamper your skin in the warm hamam with a delightful aloe vera full-body scrub. This is followed by a silky body wrap of your choice – nourishing, purifying or revitalising – which will lend your skin a special radiance. We will then offer you jasmine tea to awaken your inner beauty.

Warm water rinses

Aloe vera body scrub

Body wrap of your choice: nourishing/purifying/revitalising

Dried fruit and jasmine tea

For 1 person                      75 min KN 410,-

For 2 people                      90 min KN 620,-

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### **Mimar Sinan complete harmony**

Mimar Sinan, the Michelangelo of the Ottomans, created the first hamam and always strived for perfection. This harmonious treatment experience begins with a body scrub. The shiatsu treatment that follows stimulates the flow of energy and promotes physical and mental balance. By activating the body's self-healing powers, we'll help you get rid of your aches and pains. Green tea will enhance your sense of well-being.

Warm water rinses

Body scrub with silk glove

Shiatsu 60 min.

Dried fruit and green tea

For 1 person                      90 min KN 630,-

For 2 people                      120 min KN 1020,-

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# PRIVATE SPA

## Your dream of well-being for two

Choose the most exclusive kind of relaxation and enjoy luxurious time alone with your partner in our Private SPA. In a sensual ambience, you can enjoy soothing care rituals using regional herbs and relax in private.

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### “Iadera” Private SPA

Allow yourself to be swept away to the coastal region of Dalmatia and enjoy the effects of precious regional active ingredients on your skin. These treatments begin with a shared aromatic bath of your choice. Then you can relax and enjoy an aromatic oil massage along with a fresh fruit cocktail and a lemon balm sorbet.

Aromatic bath of your choice  
Aromatic oil massage (30 min. per person)  
Prosecco and fruit

80 min                      KN 520,- per person

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### “Maritime Emotion” Private SPA

An exciting seaside sensation combined with a mix of sea salt and aromatic oils offers a refreshing, invigorating sense of well-being in the form of a body scrub. This is followed by a soothing herbal bath. After a refreshing shower, a revitalising body massage awaits you. You can enjoy a mint parfait with fresh strawberries to go with it.

Sea salt and oil scrub  
Eucalyptus oil bath  
Invigorating body massage (30 min. per person)  
Mint parfait with fresh strawberries

90 min                      KN 620,- per person

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### “Dalmatia” Private SPA

It seems that wine not only contains the truth – In vino veritas – but also the key to beauty. You’ll start with a shared bath made of wine and oil with grape extract followed by a nourishing body cream wrap. This ritual ends with a relaxing body massage. You can then enjoy the bliss of complete privacy while you savour Prosecco and fresh fruit in an exclusive water bed.

Revitalising wine and oil bath  
Regenerating wine peel-off masque  
Relaxation massage (30 min. per person)  
Fruit cocktail with lemon balm sorbet

120 min                      KN 740,- per person



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**Private SPA “Just for us”**

An hour dedicated to you and your partner. You will begin by performing a scrub on each other. The fragrant lagoon bath scented with coconut will leave your skin feeling soft and silky. You can also enjoy a luxurious milkshake and fruit dipped in chocolate.

Scrub performed on each other

Lagoon bath

Milkshake with fruit and chocolate

70 min

KN 280,- per person

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**Anne Semonin SPA time – Time all for myself**

Allow our SPA team to create a completely personal treatment ritual for you. When you book a “SPA time”, we get to create the best treatment package to meet your needs. Can also be booked as a partner ritual. The perfect gift for your loved ones. Can be booked for 2 hours, 3 hours or 4 hours of Anne Semonin SPA time.

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# TREATMENTS BY ANNE SEMONIN

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## IADERA SIGNATURE TREATMENTS BY ANNE SEMONIN

These extraordinary Anne Semonin treatment ceremonies were created exclusively for the Acquapura SPA at the Hotel & Spa Iadera, with a strong emphasis placed on local healing methods. Allow our professional staff to pamper you with holistic body treatments and facials using exquisite aromatic oils and trace elements. Every Signature Treatment begins with the Iadera Health Ritual, which allows you to recharge your batteries while your feet soak in an aromatic bath with healing stones. This unique SPA experience ends with gemstone water and herb sorbet.



### **Jade – Inner peace**

This soothing foot reflexology massage stimulates the nerve endings in your feet by applying pressure and in this way gently revitalises the entire body. The feet are then wrapped in a warm, gently bubbling masque. This treatment finally achieves its full effect during the relaxing head massage.

60 min

KN 480,-



### **Sapphire – Dazzling beauty**

*Pampering from head to toe.*

This treatment starts with a gentle back scrub to invigorate and care for the skin. The back, neck and head massage gets rid of tension and prepares you for the nourishing “Made to Measure” facial, which hydrates your facial skin to give it new radiance. To round off this unique experience, you’ll enjoy a pampering pressure point foot massage that will revitalise your entire body.

90 min

KN 680,-



### **Pearl – Heaven on Earth**

This ultimate ritual begins with a scrub using black volcanic sand and aromatic oils. While you soak in a soothing bath, you can relax and enjoy a head massage. The treatment ends with the “Made to Measure” full-body massage, which will relax your muscles and revitalise your senses.

120 min

KN 880,-

## ANNE SEMONIN SIGNATURE FACIAL COLLECTION

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### **Anne Semonin Haute Couture**

*Intense treatment for the face, eyes and décolleté*

This ultimate facial incorporates an eye and décolleté treatment designed especially for you. Aromatic intensive complexes and serums will boost cellular renewal while a firming algae masque detoxifies the skin to give it a whole new radiant shine. Your personal gemstone accompanies you throughout this treatment to give you a sense of well-being and harmonise your body, mind and spirit.

90 min                      KN 810,-

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### **Anne Semonin Deep Marine**

*Deeply cleansing facial*

Ideal for oily, impure, combination skin. This skin-purifying treatment combines steam and deep cleansing with a relaxing drainage technique to promote lymph flow. A detoxifying and anti-inflammatory peel-off masque with intensive aromatic complexes is then used to gently calm and rebalance the skin. The result is a clear, visibly refined complexion.

80 min                      KN 720,-

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### **Anne Semonin “Made to Measure”**

This skin-enhancing, customised facial ensures visible, long-lasting results. It was designed to address your personal skin needs with individually blended active plant serums, masques and intensive aromatic complexes.

60 min                      KN 515,-

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### **Anne Semonin Cryotherapy**

*An effective treatment to combat early signs of skin ageing*

A firming facial designed to combat the visible signs of ageing. Excellent for mature, dehydrated and dry skin. Neurocosmetic ingredients are combined with 100% Active Serum and modern cryotherapy to give the skin back its natural, youthful glow. The result is instantly firmed, younger-looking skin. A superb treatment to prepare for special occasions.

60 min                      KN 620,-

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### **Anne Semonin Sun Glow**

*Express treatment using cooling cryotherapy*

This mini-facial was created to refresh “thirsty” summer skin. Your skin will instantly be hydrated and beautiful, with a soft, smooth and revitalised finish. The ultimate kick of freshness to give tanned skin a fresh new glow.

40 min                      KN 404,-

## ANNE SEMONIN EYE AND DÉCOLLETÉ COLLECTION

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### **Anne Semonin Miracle Eyes**

Designed to firm your eye area and give it a radiant new glow. State-of-the-art ice cubes containing active ingredients with a cryotherapeutic effect are combined with a lymphatic eye massage to relax the muscles and instantly give you a radiant glow. Throughout this treatment, your personal gemstone will give you a sense of well-being and harmonise your body, mind and spirit.

45 min                      KN 450,-

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### **Anne Semonin Wonder Bust**

A firming, remodelling treatment for the chest and décolleté. The gentle exfoliation and active marine ingredients improve and firm the texture of your skin.

45 min                      KN 404,-

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## ANNE SEMONIN BODY COLLECTION

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### **Anne Semonin Black Sand Body Scrub Ritual**

This ultimate exfoliating experience with black sand and aromatic oils will leave your skin silky smooth and pure, for a radiant, youthful appearance. The treatment ends with a relaxing “Made to Measure” full-body massage.

90 min                      KN 670,-

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### **Anne Semonin Black Sand Polish**

An express exfoliation using black sand from Tahiti and aromatic oils will leave your skin silky smooth and moisturised.

30 min                      KN 320,-

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### **Anne Semonin Express Aromatic Salt Exfoliation**

This express aromatic sea salt scrub will hydrate your skin and leave it silky smooth.

30 min                      KN 280,-

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<b>Anne Semonin Anti-Cellulite Therapy</b>	75min	KN 550,-
<b>Anti-Cellulite Follow-Up Treatment</b>	50min	KN 350,-

A special treatment designed to have a long-lasting impact on the body's circulation and positive effects for treating cellulite and an uneven skin tone. The legs and feet are treated using massage and lymph drainage techniques. The detoxifying masque not only clears up blockages and promotes circulation but also firms the skin. A course of treatments is recommended.

*TIP:* Enjoy a soothing algae aromatic bath before the anti-cellulite treatment. It will nourish your skin with valuable trace elements, stimulate your metabolism and help to rid your body of toxins faster.

## ANNE SEMONIN BODY SCRUBS AND WRAPS

The following treatments are performed in our exclusive floating water bed. During the wrap, your body will be surrounded by soothing warmth while you relax and enjoy a sense of weightlessness.

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### **Anne Semonin Sea Salt and Aromatic Oil Wrap & Scrub**

A moisturising scrub experience along with a relaxing head massage. After warmed aromatic oil is massaged into the body, a sea salt scrub is applied. This not only cleanses but also smooths, nourishes and revitalises your skin during the body wrap. This treatment is the ideal preparation for special occasions and intense tanning because it leaves the skin deeply hydrated and silky smooth

50 min                      KN 380,-

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### **Anne Semonin Detoxifying Spirulina Wrap**

This detoxifying, purifying and energising treatment starts with a gentle salt exfoliation in order to boost circulation. A wrap made of algae extracts not only mineralises the skin but also helps to give it a long-lasting cleanse. The natural effect of algae helps to kick-start the metabolism and promotes the elimination of toxins. An essential treatment for people who are on a diet, are doing a detox cleanse or just want to increase their overall well-being.

50 min                      KN 430,-

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### **Anne Semonin Hydrating Rose Kaolin Clay Body Wrap**

This moisturising wrap was created to regenerate dry skin and combat the effects of sun damage. The treatment begins with a full-body scrub followed by a relaxing head massage. Enjoy a kaolin clay wrap enriched with botanical oils. The perfect treatment for the whole body – revitalises tired, sensitive skin

50 min                      KN 430,-

## ANNE SEMONIN POUR HOMME

Men have different wishes, problem areas and skincare needs as well as completely different skin: Here are our special treatment recommendations just for men...

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### **Deep Cleansing Facial pour Homme**

Ideal for men with impure, stressed skin prone to inflammation and breakouts. This skin-purifying treatment combines steam and deep cleansing with a relaxing drainage technique to promote lymph flow. A cooling masque with intensive aromatic complexes is then used to gently calm and rebalance the skin. The result is a clear, visibly refined complexion.

75 min                      KN 580,-

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### **„Made To Measure“ Facial pour Homme**

Eine phyto-aromatische Gesichtsbehandlung, die ganz speziell auf Sie abgestimmt wird. Nach einer persönlichen Hautanalyse wird eine Behandlung mit Aromaölen, Spurenelementen, Seren und pflanzlichen Ölen Ihrer Haut angepasst. Exklusiv für anspruchsvolle Männerhaut.

50 min                      KN 480,-

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### **SOS Facial pour Homme**

This effective mini-facial was created to calm and strengthen men's sensitive skin and to achieve rapid, long-lasting results.

25 min                      KN 330,-

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### **Back, Face and Scalp Therapy pour Homme**

This "all in one" treatment starts with a gentle back massage to ease any muscle tension. Your relaxation continues with a soothing facial and reaches all new heights with a therapeutic head massage... simply heavenly.

60 min                      KN 590,-

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### **„Made to Measure“ Massage pour Homme**

This tailor-made body massage combines classic Anne Semonin treatment methods with a personally prescribed blend of intensive complexes and warmed botanical oils. After your initial consultation, your therapist will blend a special aromatic oil for you.

25 min                      KN 280,-

50 min                      KN 440,-

80 min                      KN 590,-

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### **Business Relaxation Massage**

A self-heating marine mud treatment with natural minerals relieves deep muscle tension in the back, shoulder and neck area. The feet and lower legs are massaged gently to improve circulation. This energising, stimulating therapy has a balancing effect, revitalises your senses and gives you a deep sense of well-being.

55 min                      KN 420,-

*TIP:* Enjoy a soothing aromatic bath before. Not only will it allow you to unwind, but it will also relax your muscles so that you are optimally prepared for your coming treatment.

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### **Black Sand Polish pour Homme**

An express exfoliation using black sand from Tahiti and aromatic oils will leave your skin silky smooth and hydrated.

30 min

KN 320,-

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### **Grooming for the Hands & Feet pour Homme**

This nourishing, revitalising foot and hand treatment begins with a mineral-enriched bath and gentle exfoliation. Warm aromatic oils and serums are applied along with a rich, creamy masque. Then a massage offers complete relaxation!

60 min

KN 520,-



## ANNE SEMONIN MASSAGE COLLECTION

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### **Anne Semonin “Made to Measure” Massage and Gemstone Therapy**

This tailor-made body massage combines classic treatment methods and gemstone therapy with a personally prescribed blend of intensive complexes and warmed botanical oils. After your initial consultation, your therapist will blend a special aromatic oil for you. Your personal healing stone accompanies you throughout this holistic massage to give you a sense of well-being and harmonise your body, mind and spirit.

80 min                      KN 670,-

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### **Anne Semonin “Made to Measure” Massage**

A tailored body massage using warmed aromatic oils.

25 min                      KN 280,-

50 min                      KN 440,-

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### **Anne Semonin Volcanic Thermal Stones Ritual**

Heated black basalt stones are used to massage the whole body for long-lasting relief from deep tension and muscle pain. This intense, unusual treatment is a holistic therapy that gets rid of the deepest energy blocks in order to energise the body, mind and spirit.

90 min                      KN 670,-

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### **Anne Semonin Anti-Stress Back Therapy**

A self-heating marine mud treatment with natural minerals relieves deep muscle tension in the back, shoulder and neck area. The feet and lower legs are massaged gently to improve circulation. This energising, stimulating therapy has a balancing effect, revitalises your senses and gives you a deep sense of well-being.

55 min                      KN 420,-

*TIP:* Before your massage, an aromatic bath – designed to meet your individual needs – will revitalise you and help to relieve muscle tension!

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# SPECIAL MESSAGES

Remove blocks, get your energy flowing, and relax your body and mind. Enjoy the greatest luxury of all: reclaimed wellness.

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### **Customised massage**

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

25 min	KN 280,-
50 min	KN 460,-

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### **„Lomi Lomi Nui“**

The Lomi Lomi Nui massage involves rhythmic, kneading movements of the hands and lower arms using plenty of high-quality oil. This original Hawaiian temple massage was used to offer people a new start in life. Lomi is the Hawaiian word for “press, knead, rub”, and the double use of Lomi emphasises the intensity and quality of the massage. Nui means “important, unique, great”.

60 min	KN 520,-
90 min	KN 720,-

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### **Shiatsu**

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

60 min	KN 460,-
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### **Nuad Thai Yoga/Thai massage**

Die Thai Massage hat eine lange Tradition und wird auch Nuad Phaen Boran genannt, was so viel wie „uralte heilsame Berührung“ bedeutet. Diese Massage ist eine wohltuende Kombination aus passiven Dehn- und Streckübungen, sanften Gelenkmanipulationen, Akupressur der Meridianlinien, Reflexzonenbehandlung, Energiearbeit und Meditation. Sie wird mit Händen, Füßen, Knie und Ellbogen ausgeführt. Als allgemeine Entspannungstechnik ist die Thaimassage wunderbar geeignet, um eine umfassende Ganzkörper-Entspannung zu erreichen. Nach einer Behandlung fühlen Sie sich wunderbar leicht, kraftvoll und viel beweglicher. Das Kreislaufsystem wird harmonisiert, und Ihr körpereigenes Abwehrsystem wird angeregt (Behandlung in bequemer Kleidung).

60 min	KN 460,-
90 min	KN 640,-

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### **Herbal stamp massage**

Brief tapping massages alternate with slow, gliding strokes, rubbing and circular movements along the channels of energy. The wonderful scent of local herbs soaked in warm oil relaxes tension in the muscles and tissues and provides a whole new sense of well-being. The Acquapura herbal stamp massage stimulates the metabolism and the repair system and helps to purify, nourish the skin and relieve cramps

60 min	KN 440,-
90 min	KN 640,-

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### **Singing bowl treatment**

Too much stress, too little exercise and incorrect posture often lead to tension and muscle cramps. During this massage, singing bowls in various pitches are placed on the body and played. The various vibrations created in this way penetrate the tissue and cause the body to vibrate, which helps to clear inner blockages (treatment in comfortable clothing).

50 min	KN 380,-
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### **Head massage**

Enjoy this relaxing massage for your head and neck area, performed without any oil – also recommendable for relieving headaches.

20 min	KN 180,-
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### **Foot reflexology massage**

Take the opportunity to gain balance through your feet. There are countless nerve endings on the feet that your therapist can stimulate in order to activate your body's self-healing powers.

30 min	KN 220,-
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### **Lymph drainage**

This extremely gentle massage technique stimulates the lymph system. The treatment has a purifying effect and stimulates the metabolism.

30 min	KN 220,-
50 min	KN 380,-

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### **Outdoor massages**

All classic massage treatments can also be booked as an outdoor highlight for a surcharge – weather and space permitting.



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# BEAUTY

## ROUTINE & EXTRAS

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### Luxury hand treatment

This arm, hand and nail treatment includes gentle exfoliation and a luxurious Southern Sea Ocean hand bath. Care for your cuticles and nails and hydration for your hands.

Manicure, hand scrub,  
hand wrap, hand massage      60 Min.      KN 440,-

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### Manicure

Care for your nails and cuticles!

No nail varnish      35 Min.      KN 220,-  
With nail varnish      45 Min.      KN 280,-  
French manicure      50 Min.      KN 335,-

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### Luxury foot treatments

Enjoy a very special kind of foot treatment. This treatment not only takes care of your feet and nails but also offers long-lasting revitalisation.

Pedicure, foot scrub,  
foot wrap, foot massage      70 Min.      KN 480,-

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### Classic pedicure

Care and pampering for your feet

No nail varnish      45 Min.      KN 290,-  
With nail varnish      55 Min.      KN 320,-  
French manicure      60 min.      KN 360,-

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### Eye shaping service

Eyelash tinting      20 Min.      KN 80,-  
Eyebrow tinting      10 Min.      KN 65,-  
Eyebrow shaping      10 Min.      KN 50,-

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### Hair removal

Long-lasting, non-irritating hair removal performed using vegetable-based ingredients. Treatment of your choice.

Bikini      KN 100,-  
Underarm      KN 75,-  
Face (upper lip, eyebrows or chin)      KN 40,-  
Legs to knee      KN 170,-  
Entire legs      KN 210,-  
Arms      KN 100,-  
Back      KN 210,-  
Chest      KN 210,-

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# SPORT AND FITNESS

Experience the joy of exercise! Besides our fitness area, we offer exciting group and individual sessions led by our trainers. Physical exercise and mental relaxation are offered daily corresponding to the season and the weather.

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### **It's all about ME**

2x personal Training	60min	
2x customised massages	30min	KN 1080,-

Enjoy the best form of training: the completely personal kind. With a professional personal trainer at your side and a customised training plan, you'll reach your goals in the most effective way possible.

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### **Personal training**

Your trainer will provide you with customised advice based on your needs. Book your personal legs, bum and tum class, Nordic walking session, anti-stress course and much more.

30 Min.	KN 220,-
50 Min.	KN 320,-

Cardiovascular: jogging, hiking, Nordic walking, aqua fitness, etc.

Strength and toning: fitness studio, Fit Pilates, Tae Bo, Step & Tone, Aeromix, etc. Spine and back: workout, exercises sitting on a ball, stretching, etc.

Relaxation and meditation: yoga, etc.

# TIPS FOR ENHANCING YOUR WELLNESS EXPERIENCE

### **Early reservations**

Regardless of whether you are interested in individual treatments or packages: In order to be able to plan your days of wellness optimally, we would request that you book your treatments a few days before your arrival.

### **Preparation**

So that you can truly relax and enjoy your treatments, we recommend that you arrive ten minutes before your appointment. A warm shower or a visit to a sauna bath helps you to relax and cleanse yourself. Men should shave at the latest three hours before a facial treatment.

### **Clothing**

Please come to your massage in a bathrobe. Bathing attire is required in the pool area, and the sauna area is a nude zone.

### **Children**

Please note that our pool area is open to children, but that the sauna area is an absolute quiet area and is only open to guests over 16.

### **What else we should know**

Please inform us about your wishes when you book your treatments. This is particularly important for people who are pregnant, are experiencing pain or have illnesses.

### **Rest and drink**

We recommend that you avoid activities directly after a treatment and that you relax for half an hour. Please be sure to drink enough water or tea, which we would be happy to provide for you in the SPA reception area.

### **Cancellation policy**

We have prepared carefully for your appointments. Please be aware that you will be charged 50% of the price for treatments cancelled within six hours of your appointment. "No shows" are charged the full price.

### **Vouchers**

An ideal gift to pamper your partner, friends or family members. Our SPA reception staff will be happy to inform you about our Acquapura SPA vouchers!

We would like to thank you in advance for following the rules of SPA etiquette that are posted.

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### **Beratung und Information**

Our employees at the SPA reception desk would be happy to provide you with advice about designing your customised wellness programme. Simply dial the internal number 1940, call +385/(0)23/555 1940 or send an e-mail to [spa.iadera@falkensteiner.com](mailto:spa.iadera@falkensteiner.com)

