

A large, stylized letter 'A' in a light beige color, filled with a fine, wavy, wood-grain-like pattern. The 'A' is positioned on the right side of the page, with its left leg extending towards the center. The background is a solid, slightly darker beige color.

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA
South Tyrolean
mountain wellness



Beautiful Vals is the ideal starting point for sports, regeneration and recreation – activity in harmony with nature. The mountains, forests, lakes, rivers and streams vitalize and inspire body, mind and soul to more balance and joie de vivre.

In our Acquapura SPA all elements flow harmoniously into each other and reflect the unique nature of the surroundings. Calm, well-being and a nonchalant, natural charm characterize our South Tyrolean mountain wellness.

An unmistakable wellness time-out for all your senses. It is the variety and exclusivity of individually tailored treatments that offer both a balance to sport and activity and guarantee lasting relaxation.

ACQUAPURA SPA



The holistic and balancing effect of water on the body and mind



“Acqua pura” means “pure water” and, as such, represents the essence of the Spa worlds in the Falkensteiner Hotels & Residences. Here, the healing effects and the versatile benefits of this elixir of life are the focus.

Water has a hydrating, purifying, balancing, and toning effect. On the one hand, no other element than water is so felt in our Spas, when one considers the different forms it takes. It serves as a comfortably warm invitation to swim and let oneself drift, in the form of ice for infusions and subsequent cooling, as well as a deeply effective experience in the steam bath. On the other hand, water is perceived as a multi-sensory experience.

Hearing, seeing, feeling, tasting: the sound of gentle waves, weightless floating, a gentle embrace enveloping the body, and the enjoyment of cold, clear water as a thirst quencher – water revitalizes, relaxes, and enhances the well-being and resilience of the body and mind in a holistic and natural way.



ENERGY

renewed vitality &
strength



HARMONY

balance &
stability



CLARITY

serenity of the mind &
clarity in the body



RELEASE

relax &
unwind

Inspired by a life in harmonious balance, the concept of „Flow“ describes the ideal state of inner equilibrium. This is achieved when the four phases of harmony, clarity, release and energy are in a balanced relationship with each other.

Water has the power to bring us precisely there: the natural rhythm of the waves aligns with our emotional state and has the ability to gently influence it. Calm, steady waves, for example, have a soothing effect, while strong waves possess an energizing and revitalizing essence.

Depending on the emotional state you wish to attain or which (wave) phase you lack, in order to reach your personal flow, we select tailored treatments to let you achieve this ideal state.

The Acquapura SPA is your source of well-being. A place where you can unwind, discover your individual balance, and let your thoughts flow. What matters here is rediscovering your inner center.



SIGNATURE MOUNTAIN RITUAL

A Sensory Ritual

Inspired by the Alpine world: Warm scents of Swiss pine and lavender, soothing forest sounds and flowing water imagery create an atmosphere of deep tranquility. Arnica oil releases tension in the back, while thyme and lavender pamper feet and hands. A gentle head massage completes the experience. To finish, enjoy an Alpine herbal tea blend – surrounded by nature's sounds, forest aromas and visual magic.

SIGNATURE MOUNTAIN RITUAL

Intensive massage for back, hands, arms, feet, head and neck | Arnica & Swiss pine oil | Trigger points | Relieves localized pain | Releases tension | Anti-stress


ENERGY


RELEASE


HARMONY

MOUNTAIN SIGNATURES



HOT STONE ALPINE MASSAGE

Hot lava stones | Gentle movements | Relaxation with a combination of warmth and massage | Increased blood circulation

 ENERGY  RELEASE  HARMONY

RELAX & POWER MOUNTAIN MASSAGE

Field thyme and Swiss stone pine | Deep relaxation | Let go of stress | Recharging | Supports stress management and relaxation
Can also be booked as a couple's massage.

 ENERGY  RELEASE  HARMONY

SOUTH TYROLEAN MASSAGE

Arnica & St. John's wort | For muscles and joints | Strengthens the nerves
Can also be booked as a couple's massage.

 ENERGY  RELEASE  HARMONY

An aerial photograph of a dense forest, showing a variety of tree species and shades of green. The forest is thick, with many tall, thin trees visible. The lighting creates a mix of bright and dark green areas, suggesting different types of vegetation and possibly some bare ground or fallen trees in some areas.

MOUNTAIN SIGNATURES



MOUNTAIN SIGNATURES

FOREST HONEY MASSAGE

Purifying and detoxifying |
Strong support for blood
circulation | Relaxes the muscles
*Can also be booked as a
couple's massage.*

 ENERGY  RELEASE  HARMONY

RECREATION BACK MASSAGE

Activates and loosens back
muscles | Relieves tension |
Cupping glasses
*Can also be booked as a
couple's massage.*

 ENERGY  CLARITY  RELEASE

INTENSIVE BACK MASSAGE

Hot roll | Arnica wrap | Helps
to regenerate | Dissolves
blockages and relaxes muscles
*Can also be booked as a
couple's massage.*

 ENERGY  CLARITY  RELEASE



CLASSIC MASSAGES

LYMPH STIMULATING MASSAGE

Activation of the lymph
flow | Gentle massage | Deep
relaxation | Reduction of swelling
*Can also be booked as a
couple's massage.*


ENERGY


CLARITY


RELEASE

CLASSIC MASSAGE

Stimulates circulation |
Relaxing | Loosens muscles
*Can also be booked as a
couple's massage.*


ENERGY


CLARITY


RELEASE

CLASSIC MESSAGES

HEAD, FACE & NECK MASSAGE

Multisensorial highlight |
Deep relaxation | Anti-stress
treatment | Relieves tension

*Can also be booked as a
couple's massage.*

 ENERGY  CLARITY  RELEASE  HARMONY

AROMATIC OIL MASSAGE

Aromatic fragrance of your
choice | Customised to your
well-being | Relaxing

*Can also be booked as a
couple's massage.*

 ENERGY  CLARITY  RELEASE  HARMONY

FOOT REFLEXOLOGY MASSAGE

Manual stimulation of the foot's
reflex zones | Points connect to
organs and body systems |
Promotes holistic balance

 RELEASE  CLARITY  HARMONY



FACE

ADVANCED BIO LIFTING FACE TREATMENT

BY TEAM DR JOSEPH

Individualised intensive facial
treatment | Biodynamic lifting |
Relaxing massage | Herbal stamps |
Ritual for all the senses | Bioenergetic

HARMONY ENERGY RELEASE CLARITY

CELLULAR RECREATION FACE TREATMENT

BY TEAM DR JOSEPH

Facial care | Eye area | Lip area |
Natural active ingredients |
Healthy and deeply nourished skin

HARMONY ENERGY RELEASE CLARITY

FACE

CAN BE BOOKED
WITH ANY FACIAL
TREATMENT

Beauty Express

- Eyebrow shaping
- Eyebrow coloring
- Eyelash coloring

INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Skin type-specific deep cleansing |
Radiant skin | Energetic

 HARMONY  ENERGY  RELEASE  CLARITY

HEAVEN & EARTH

BY TEAM DR JOSEPH

Facial care with deep cleansing |
Head massage | Foot massage

 ENERGY  CLARITY



EXPRESS POWER LIFT FOR MEN

BY TEAM DR JOSEPH

Skin-specific deep cleansing |
Anti-aging

 HARMONY  ENERGY  RELEASE  CLARITY

FACIAL TEEN (10-15 YEARS)

BY TEAM DR JOSEPH

Pampering program for young
skin | Ideal for the first skin
irritations and blemishes

 HARMONY  ENERGY  CLARITY



PEELINGS
& PACKS



PEELINGS & PACKS

PEELING OF YOUR CHOICE (MOUNTAIN HERBS / MOUNTAIN SALT)

BY TEAM DR JOSEPH

Full-body peeling | Promotes
blood circulation | Removal of
dead skin cells | Clear and
radiant complexion

 HARMONY  ENERGY  RELEASE  CLARITY

DETOX BODY

BY TEAM DR JOSEPH

Mountain herb body scrub |
Gentle massage with
moisturizing cream

 HARMONY  ENERGY  RELEASE  CLARITY

ANTI CELLULITE SLIM TREATMENT

BY TEAM DR JOSEPH

Coffee body scrub | Draining
massage for abdomen and legs |
Slim cream

 HARMONY  ENERGY  RELEASE  CLARITY

PACK OF YOUR CHOICE

BY TEAM DR JOSEPH

Mountain salt |
Alpine mud | Algae

 HARMONY  ENERGY  RELEASE  CLARITY



SPA PACKAGES

SPA Packages

Feel good all around and switch off – back to inner balance and again find your own rhythm.

The spa packages help you regain energy, matching your needs, to recharge and to achieve beauty, relaxation, balance or clarity.

RELAX

Alpine fango pack | Relax & Mountain power massage (50 min.) |

Head, Face & Neck massage

This package must be split and planned on min 2 days.



RELEASE



HARMONY

SPA PACKAGES

PURIFYING

Purifying face treatment (50 min.) |
Detox body (50 min.) | Alpine mud
body wrap (25 min.)

*This package must be split and
planned on min 2 days.*



RECREATION

Cellular recreation face treatment
(80 min.) | Manicure (40 min.) |
Pedicure (50 min.)

*This package must be split and
planned on min 2 days.*



CLEANSING

Anti cellulite slim
treatment (80 min.) | Lymph
stimulating massage (50 min.)

*This package must be split and
planned on min 2 days..*



FOR HIM

Express Power Face Men (50 min.) |
Recreation back massage (50 min.) |
Foot reflexology massage (45 min.)

*This package must be split and
planned on min 2 days.*



BEAUTY



MANICURE CLASSIC

Nail shaping | Treatment
of cuticles | Hand cream



SPA PEDICURE

Pedicure | Exfoliation |
Foot massage | Soft and
well-groomed feet | Foot Mask



PEDICURE CLASSIC

Footbath | Removes bruises |
Nail shaping | Gently
applying lotion



WAXING

Warm wax | Aloe vera
to soothe the skin | Gentle
massage





**Sustainable proven
certified natural skincare ·
since 1986**

TEAM DR JOSEPH has been synonymous with results-oriented, natural, and sustainable skincare since 1986. The bio-certified, award-winning products follow a holistic approach and incorporate combinations of active ingredients from various plants, refined using advanced technological processes to guarantee the best results for the skin.

The holistic facial and body treatments not only involve techniques from fascia massage but also utilize special tools such as flower stamps or cups for biodynamic cupping.

The commitment to quality and efficacy is always linked to a responsible approach to nature and its resources for this climate- and plastic-neutral family-owned business.

TEAM D^R JOSEPH

SPA ETIQUETTE



Guarantee your desired treatment before arrival.



To avoid fees, please cancel treatments by 4 p.m. the day before.



Allow yourself time and arrive freshly showered 10 minutes before your treatment.



Please wear swimwear in the pool area and abstain from clothes in the sauna area.



Please come to your treatment dressed in a bathrobe.



Be considerate of guests looking for peace and calm and respect the mobile phone ban.



Do not reserve loungers.



Treatment time is the total time from your pickup from the spa desk to the time the therapist says goodbye. Before your treatment, we will ask you about your wishes and will be happy to advise you.



Please tell us about any health concerns, illnesses or allergies in advance. If pregnant, please consult with your doctor.



Give the gift of time to your loved ones with vouchers for our SPA.



It is best to store jewellery and valuables in your room safe.