ACQUAPURA SPA ESSENTIALS

#### ACQUAPURA SPA South Tyrolean mountain wellness

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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.





# 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.



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

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.

the waves aligns with our emotional

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.



#### **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



### M O U N T A I N S I G N A T U R E S

#### HOT STONE ALPINE MASSAGE

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



#### SOUTH TYROLEAN MASSAGE

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



#### 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.





#### MOUNTAIN SIGNATURES

#### FOREST HONEY MASSAGE

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





#### RECREATION BACK MASSAGE

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







#### INTENSIVE BACK MASSAGE

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





#### LYMPH STIMULATING MASSAGE

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







#### CLASSIC MASSAGE

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







#### **CLASSIC MASSAGES**

## 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

## FOOT REFLEXOLOGY MASSAGE

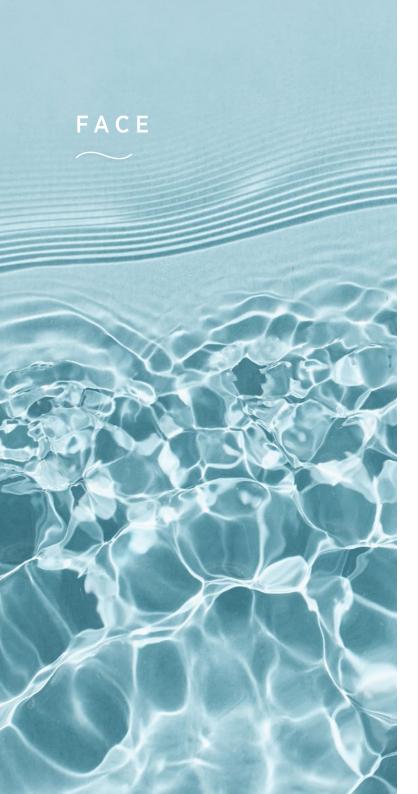
Manual stimulation of the foot's reflex zones | Points connect to organs and body systems | Promotes holistic balance

RELEASE CLARITY HARMONY

#### AROMATIC OIL MASSAGE

Aromatic fragrance of your choice | Customised to your well-being | Relaxing Can also be booked as a couple's massage.





#### 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

#### **Beauty Express**

- Eyebrow shaping
- Eyebrow coloring
- Eyelash coloring

#### INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Skin type-specific deep cleansing | Radiant skin | Energetic









#### HEAVEN & EARTH

BY TEAM DR JOSEPH

Facial care with deep cleansing | Head massage | Foot massage



#### 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









#### 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









#### DETOX BODY

BY TEAM DR JOSEPH

Mountain herb body scrub | Gentle massage with moisturizing cream









#### ANTI CELLULITE SLIM TREATMENT

BY TEAM DR JOSEPH

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







PACK OF YOUR CHOICE

BY TEAM DR JOSEPH

Mountain salt | Alpine mud | Algae









#### **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.



#### 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.

HARMONY CLARITY

#### CLEANSING

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

ENERGY CLARITY

#### 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

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#### PEDICURE CLASSIC

Footbath | Removes bruises | Nail shaping | Gently applying lotion

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#### SPA PEDICURE

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

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#### WAXING

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

RELEASE CLARITY



## Sustainable proven certified natural skincare · since 1986

TEAM DR JOSEPH has been synonymous with results-oriented, natural, and sustainable skincare since 1986. The biocertified, 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

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.

skin.

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 DR 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.

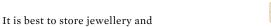


Treatment time is the total time from your pickup from the spa desk to the time the therapist says goodbye. Before your treatment, we will ask you about your wishes and will be happy to advise you.



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

valuables in your room safe.





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



The management reserves the right to make changes to treatments, prices and opening hours. Valid as December 2025. All prices include taxes and duties. All previous prices lose their validity upon publication of this brochure. Misprints and errors reserved.