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.



#### MOUNTAIN SIGNATURES

#### HOT STONE ALPIN 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.





#### SOUTH TYROLEAN SWISS STONE PINE MASSAGE

Loosens muscles | Relaxation | Strengthens the respiratory tract and immune system | Swiss stone pine sticks









#### MOUNTAIN SIGNATURES

#### FOREST HONEY MASSAGE

Impurities and toxins are brought to the body surface | Strong support for blood circulation | Strengthens the organism and cleanses the immune system Can also be booked as a couple's massage.



#### INTENSIVE BACK MASSAGE

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



#### BIO HERBAL STAMP MASSAGE

Invigorating and activating effect with warm organic herbal stamps | Improves blood circulation | Increases metabolism *Can also be booked as a couple's massage.* 



#### RECREATION BACK MASSAGE

Activates and loosens up musculature | Relieves tension | Cupping glasses 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 | Loosening | Sensitive Can also be booked as a couple's massage.







#### **MASSAGES**

#### COMBI MASSAGE

2 body parts of choice | Foot | Leg | Back

ENERGY CLARITY RELEASE

## 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

#### LEG & FOOT MASSAGE

With juniper oil and ointment rub | Alpine herb

ENERGY CLARITY RELEASE

#### AROMATIC OIL MASSAGE

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

ENERGY CLARITY RELEASE

#### ABHYANGA AYURVEDA POWER OF THE MOUNTAINS

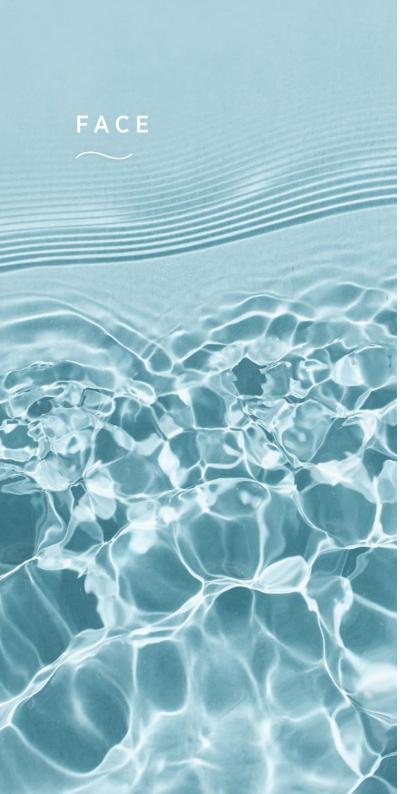
Fights off exhaustion, tiredness and nervousness | Promotes healthy sleep | Rejuvenates organs and tissues

ENERGY RELEASE HARMONY

#### SINGING BOWL MASSAGE

Activates and relaxes the muscles | Relieves tension | Singing bowls Can also be booked as a couples massage

RELEASE CLARITY HARMONY



#### ADVANCED BIO LIFTING FACE TREATMENT

BY TEAM DR JOSEPH

Individualised intensive treatment | Biodynamic lifting | Nature's technology | Ritual for all the senses | Bioenergetic

HARMONY ENERGY RELEASE CLARITY

#### CELLULAR RECREATION FACE TREATMENT

BY TEAM DR JOSEPH

Deep pampering program | Natural active ingredients | Healthy and intensely cared skin



#### FACE

#### INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Skin type-specific deep cleansing | Radiant skin | Energetic

HARMONY ENERGY RELEASE CLARITY







#### EXPRESS POWER LIFT FOR MEN

BY TEAM DR JOSEPH

Natural high-tech power for a powerful and groomed look | In touch with nature | Effective

HARMONY ENERGY RELEASE CLARITY







#### HEAVEN & EARTH

BY TEAM DR JOSEPH

Facial care with deep cleansing | Head massage | Foot massage







#### **Beauty Express**

- Eyebrow shaping
- Eyebrow coloring
- Eyelash coloring



#### 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

HARMONY ENERGY RELEASE CLARITY

#### DETOX BODY

BY TEAM DR JOSEPH

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

HARMONY ENERGY RELEASE CLARITY

#### PACK OF YOUR CHOICE

BY TEAM DR JOSEPH

Hay | Mountain salt | Evening primrose oil | Alpine mud | Algae

HARMONY ENERGY RELEASE CLARITY

#### SLIM TREATMENT

BY TEAM DR JOSEPH

Highly draining and detoxifying body treatment | Peeling | massage with lymph oil | Draining algae pack

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.

#### ACTIVE

Sports Massage | Alpine fango pack

ENERGY

#### ENERGY

Peeling with mountain salt | Hot Stone Alpine Massage (50 min.) | Intensive Back Massage This package must be splitted and planned on 2 different days.

ENERGY

#### BEAUTY

Cellular recreation face treatment | Anti detox body (50 min.) This package must be splitted and planned on 2 different days.

HARMONY CLARITY

#### RELAX

Alpine fango pack | Relax & Mountain power massage (50 min.) | Head, Face & Neck massage This package must be splitted and planned on 2 different days.

MELEASE

#### CLEARANCE

Intense Purifying Treatment | Fancy Feet Ritual

CLARITY

### BEAUTY

#### MANICURE CLASSIC

Nail shaping | Treatment of cuticles | Manicure with applying lotion

RELEASE CLARITY

#### PEDICURE CLASSIC

Footbath | Heals bruises | Nail shaping | Gently applying lotion

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#### FANCY FEET RITUAL

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

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.

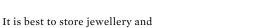


Treatment time is the total time from your pickup from the spa desk to the time the therapist says goodbye. Before your treatment, we will ask you about your wishes and will be happy to advise you.



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 vouchers for our SPA.



The management reserves the right to make changes to treatments, prices and opening hours. Valid as November 2023. All prices include taxes and duties. All previous prices lose their validity upon publication of this brochure. Misprints and errors reserved.



#### MOUNTAIN SIGNATURES



#### Hot Stone Alpin Massage

€ 95 50 MIN

€ 145 80 MIN

#### South Tyrolean Massage

€ 95 50 MIN

#### Relax & Power Mountain Massage

€ 90 50 MIN

€ 145 80 MIN

#### South Tyrolean Swiss Stone Pine Massage

€ 90 50 MIN

#### **Forest Honey Massage**

€ 90 50 MIN

#### Intensive Back Massage

€ 90 50 MIN

#### Recreation Back Massage

€ 90 50 MIN

#### Bio Herbal Stamp Massage

€ 100 50 MIN

#### MASSAGES

Lymph Stimulating Massage

LEG AND FACE

€ 95 50 MIN

FULL BODY MASSAGE

€ 150 80 MIN

#### **Classic Massage**

PARTIAL BODY MASSAGE

€ 49 25 MIN

FULL BODY MASSAGE

€ 80 50 MIN

#### Abhyanga Ayurveda Power of the Mountains

€ 100 50 MIN

€ 155 80 MIN

#### Head, Face & Neck Massage

€ 49 25 MIN

€ 90 50 MIN

#### Combi Massage

€ 105 50 MIN

#### Leg & Foot Massage

€ 55 25 MIN

#### Aromatic oil massage

€ 100 50 MIN

€ 155 80 MIN

#### **Singing Bowl Massage**

€ 100 50 MIN

€ 155 80 MIN

#### FACE

FACE

## Advanced Bio Lifting Face Treatment

€ 165 110 MIN

## Cellular Recreation Face Treatment

€ 120 80 MIN

#### Intense Purifying Face Treatment

€ 90 50 MIN

#### **Express Power Lift for Men**

€ 95 50 MIN

#### Heaven & Earth

€ 110 60 MIN

#### Facial Teen (10 - 15 years)

€ 80 50 MIN

## Can be booked with any Facial Treatmen

#### **BEAUTY EXPRESS**

- Eyebrow shaping
- Eyebrow coloring
- Eyelash coloring

ACH € 23 20 MIN

#### PEELINGS & PACKS

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Peeling of your choice (mountain herbs / mountain salt)

€ 60 25 MIN

#### **Detox Body**

€ 95 50 MIN

€ 150 80 MIN

#### Pack of your Choice

WITH PARTIAL BODY MASSAGE

€ 95 50 MIN

WITH FULL BODY MASSAGE

€ 135 80 MIN

BODY PACK

€ 60 25 MIN

#### **Slim Treatment**

€ 150 80 MIN

#### SPA PACKAGES

Energy

€ 220

Relax

€ 180

Active

€ 140

**Beauty** 

€ 195

Clearance

€ 175

#### BEAUTY

**Manicure Classic** 

€ 60 40 MIN

**Pedicure Classic** 

€ 75 50 MIN

**Fancy Feet Ritual** 

€ 105 75 MIN

