

The image features a large, white, stylized letter 'A' that is the central focus. The background is a light green color with a subtle, repeating wavy pattern. The letter 'A' is composed of two main parts: a sharp, triangular top section and a rounded, curved bottom section. The text 'ACQUAPURA SPA ESSENTIALS' is centered horizontally across the middle of the image, overlaid on the green background.

ACQUAPURA SPA ESSENTIALS



FALKENSTEINER

HOTEL & SPA IADERA

Premium Collection

Acquapura Vitamin.Sea SPA

Somewhere, between the green of nature and the blue of the sea, lies our luxurious black and white oasis ‚Acquapura SPA‘ on an area of 6,000 square meters. Numerous saunas, a Turkish bath, Kneipp canal, relaxation rooms and swings to unwind offer a variety of opportunities for carefree relaxation. Salt and freshwater pools and exclusive spa treatments with products from Pharmos Natur and Phytomer, as well as locally grown Mediterranean herbs, round out the offerings. Indulge in the soothing treatments of our therapists, who take an individual approach to enhancing your well-being.

Welcome Home!




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.

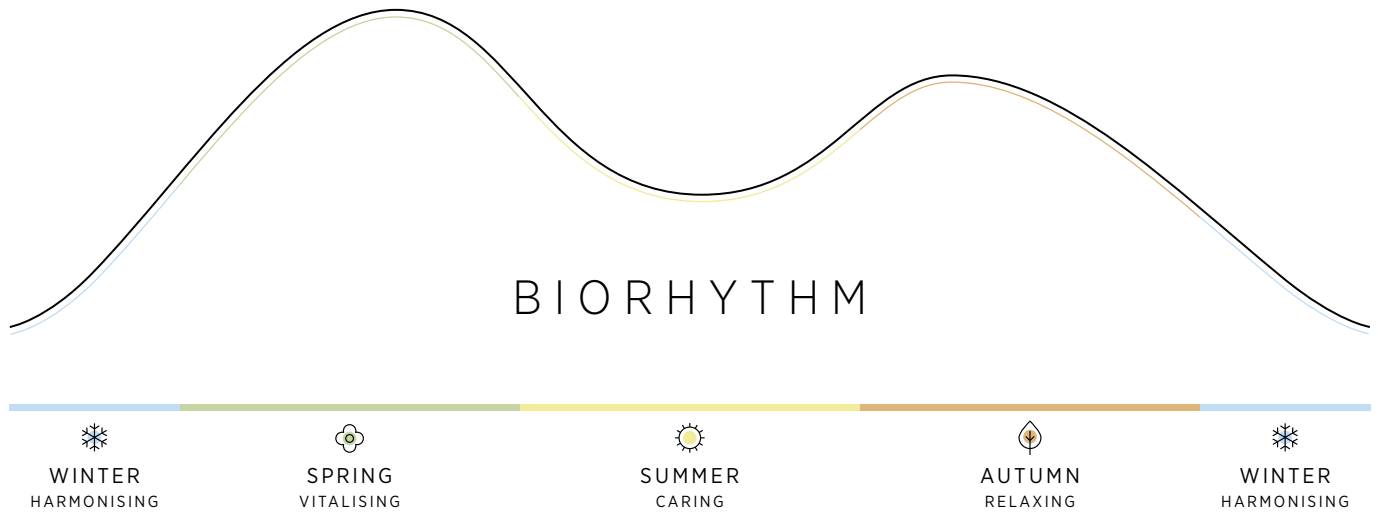
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

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.





MASSAGES

A



SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension relief | Increased flexibility

€ 94,63

60 MIN



AROMA SENSES MASSAGE

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

€ 88,66

50 MIN



COMBI MASSAGE

2 partial body areas according to choice:
Foot reflexology | Stomach massage | Back massage

€ 84,68

50 MIN



LYMPH- STIMULATING MASSAGE

Decongestion | Discharge | Promotes blood circulation | Stimulates the immune system

€ 47,78

30 MIN

€ 94,63

60 MIN



TAILORMADE MASSAGE

PINO aromatic oil of your choice | Tailored to your wellbeing | Also suitable for athletes

Full-body massage

€ 84,68

50 MIN

€ 124,49

80 MIN



VITALISING



CARING



RELAXING



HARMONISING



FACE


PHARMOS
NATUR



EXCLUSIVE ROHINI REGENERATING TREATMENT

Individualised effective power
of adaptogenic plants | Selection
of active ingredients | Deep-
level regeneration | Treatment
ritual for all skin types

€ 146,39

80 MIN



NATURE OF MEN TREATMENT

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

€ 94,63

60 MIN

€ 127,41

80 MIN

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



DETOX FACE

Cleansing | Activates lymph flow | Strengthens the connective tissue | For all skin types – particularly for stressed skin and for couperose

€94,63

60 MIN



LOVE YOUR AGE - POWER TREATMENT

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

€127,41

80 MIN

BOOKABLE
FOR EVERY
FACE
TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye



BIO LIFTING

Intensive humidity | Cooling and calming | Freshness and vitality for all skin types – particularly for young and dehydrated skin

€94,63

60 MIN



INTENSIVE MOISTURE

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

€94,63

60 MIN



VITALISING



CARING



RELAXING



HARMONISING

FACE

PHYTOMER



MARINE EXPRESS HOT/COLD

Express facial | Self-warming/
-cooling cleaning mask |
Seaminerals & multilayered
alumina | Eliminates toxic
substances

€ 64,77

40 MIN



YOUTH REVEALER

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

€ 146,39

80 MIN



EXTENDED YOUTH OF THE SEA

Wrinkle correction and lifting |
“Instant effect” thanks to
multi-exfoliation | Marine
active ingredients

€ 94,63

60 MIN



CITYLIFE MARINE DETOX

Combats urban pollution |
Clarifies, detoxifies and
oxygenates the skin

€ 94,63

60 MIN



HYDRA ORIGINAL

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

€ 94,63

60 MIN



EYE PERFECTION

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

€ 64,77

40 MIN



“MALE PRESERVE” NEW SKIN FOR MEN

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

€ 94,63

60 MIN

CAN BE
BOOKED WITH
ANY FACIAL
TREATMENT

RELAX DOS

Self-heating sea mud |
50% more effect

€ 19,91

PERFECT REGARD

Intensive eye care

€ 19,91



VITALISING



CARING



RELAXING



HARMONISING



BODY



PHARMOS
NATUR



DETOX BODY

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

€94,63

60 MIN



RELAX & MOVE

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

€94,63

60 MIN



ANTI-STRESS BODY

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

€94,63

60 MIN



RELAXING



HARMONISING



VITALISING



CARING





BODY

PHYTOMER

MISTRAL BODY WRAP

Marine body wrap | Relaxing
body massage | Light cooling
effect | Tonifying effect |
Eliminating toxins

€ 55,74

40 MIN

SEA HOLISTIC

Body massage with warm
lavender stamps | Body scrub |
Facial included | Ultra relaxing |
Reduces tension | Balancing |
Improves skin elasticity |
Enhances natural glow

€ 164,31

110 MIN



OCEAN INTENSIVE SLIMMING P5

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

€94,63

60 MIN



MARINE SCULPT ZONE

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

€94,63

60 MIN



OLIGO SPA “FEEL THE SEA“

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

€139,36

90 MIN

SEA TREASURES

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

€94,63

60 MIN

POWERSEA BACK DETOX

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

€84,68

50 MIN



VITALISING



CARING



RELAXING



HARMONISING



H A M A M

A

SAIL AWAY

Warm water rinses | Body scrub with a silk glove | Full-body massage with aromatic oils

€ 132,46

90 MIN

LAVENDER MOMENTS

Hamam with sea salt and lavender | Massage with lavender | Deep moisture wrap with lavender and immortelle

€ 197,09

120 MIN

ORIENTAL DREAMS IN IADERA

Warm water rinses | Body scrub with a silk glove | Soap foam massage | Head massage

€ 89,59

60 MIN

HEAVENLY WHITE HAMAM

Warm water rinses | Body scrub with silk glove | Full body massage with aromatic oils | Relaxing whirlpool bath with milk and honey

€ 157,28

110 MIN

SECRET OF DALMATIA

Warm water rinses | Body scrub with a homemade salt and herbs peeling | Soap foam massage | Head massage

€ 89,59

60 MIN

An aerial photograph of a tropical beach. The left side shows a dense line of green vegetation with a single palm tree leaning towards the sand. The middle is a wide, light-colored sandy beach. The right side is the turquoise ocean with visible seabed patterns. The text 'SIGNATURE TOUCH' is centered in white, uppercase letters.

SIGNATURE TOUCH



PHARMOS
NATUR

VITAMIN SEA

Full-body peeling with sea salt | Full-body massage with Mediterranean oils | Refreshing face treatment | Mediterranean bath | Sparkling wine & sea delicacies | Private spa

€ 262,79

150 MIN

IMMORTELLE EMBRACE

Relaxing salt foot bath | Full-body massage with hot pindas, filled with 100% natural lavender and immortelle

€ 99,54

60 MIN

SUN HARMONY FACE

Regeneration | Cooling and soothing effect | Self-healing process before or after sun exposure | For reddened and irritated skin

BY PHARMOS NATUR

€ 94,63

60 MIN

ROSEMARY SPIRIT

Going to the salt sauna | Full-body peeling with sea salt and rosemary

€ 32,92

20 MIN

LAVENDER TOUCH & FEEL

Relaxing full-body massage with lavender oil | Present: bag of hand picked lavender

€ 89,59

60 MIN

The logo for PHYTOMER, featuring the brand name in a white, sans-serif font with a thin white wave-like underline beneath the letters 'O' and 'M'. The logo is positioned on the left side of the page, set against a background of a blue sky with soft, wispy clouds and the dark silhouettes of evergreen trees at the bottom.

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.



BEAUTY

A

MANICURE CLASSIC

Nail shaping | Treatment
of cuticles | Manicure with
massage

€ 39,82

30 MIN

PEDICURE CLASSIC

Footbath | Heel
bruises | Nail shaping |
Gentle foot massage

€ 54,81

50 MIN

BOOKABLE FOR EVERY HAND & FOOT TREATMENT

Alessandro colour polish

€ 15

Alessandro gel polish

€ 24,95

FANCY HANDS RITUAL

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

€ 69,68

50 MIN

FANCY FEET RITUAL

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

€ 79,63

75 MIN

An aerial photograph of a coastline. The top left corner shows a sandy beach meeting the ocean. The water is a vibrant turquoise color with visible ripples and small waves. The text 'SPA PACKAGES' is centered in the middle of the image.

SPA PACKAGES

A

SPA PACKAGES

Back to inner balance: feeling truly at ease, switching off and rediscovering your own rhythm. The spa packages help you to recharge your batteries and regain beauty, relaxation, balance or clarity, depending on your needs.

SWING WITH THE WAVES

Full-body scrub with sea salt | Massage with moving waves | Seaweed wrap | Sea whirlpool bath

€164,31

110 MIN

ELEMENTS OF THE SEA

Sea foot bath | Pedicure or manicure | Head and neck massage | Facial treatment | Recommendation: 2 days

€194,17

130 MIN





PRIVATE SPA

A

PRIVATE SPA

Enjoy all body treatments and massages in private with your partner in the light-flooded private spa suite.

PRIVATE SPA “EXCEPTIONAL MOMENTS”

30 min. massage for a couple |
Relaxing whirlpool bath |
Iadera's coconut & bites

€ 69,68

60 MIN

Price per person

PRIVATE SPA “UNWIND”

50 min. couple massage | Warm
and rich body mask | Ice mask
for the eyes | Relaxing whirl-
pool bath time | Sparkling wine
& chocolate covered fruits

€ 179,18

120 MIN

Price per person



SPA ETIQUETTE



Secure your desired treatment before arrival.



Cancel appointment by 4:00 p.m. 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 loungers.



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.



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

