



ACQUAPURA SPA ESSENTIALS



FALKENSTEINER

HOTEL BOZEN WALTHERPARK



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.

MASSAGES



MASSAGES

TAILORMADE

Tailored to your well-being |

Also suitable for athletes |

- *Full-body massage*

- *Partial-body massage*



AROMA SENSES

BY BERGILA

Aromatic oil of your choice |

Tailored to your well-being |

Also suitable for athletes

- *Full-body massage*

- *Partial-body massage*



PAUSE FOR THOUGHT

BY TEAM DR JOSEPH

Back-neck massage | Loosening

and relaxing | Head & face

massage | Warm neck pack





BODY

ALPINE SERENITY

BY TEAM DR JOSEPH

Full-body exfoliation with
apricot kernels and hay
extracts | Promotes blood
circulation | Clear and
radiant complexion

ENERGY CLARITY

INNER BALANCE CHAKRA TREATMENT

BY TEAM DR JOSEPH

Energetic work | Singing
Bowls | Manual modulated
massage | Stimulation of
the 7 energy centers

ENERGY CLARITY HARMONY

BODY

COOLING DETOXIFYING TREATMENT

BY TEAM DR JOSEPH

Enzyme peeling | Cupping |
Manual modulated
cellulite massage



DYNAMIC RECREATION BACK MASSAGE

BY TEAM DR JOSEPH

Activates and loosens up the
musculature | Relieves tension |
Singing bowls



FEET & LEGS

BY TEAM DR JOSEPH

Mindful treatment | Caring |
Vitalising | Relieving
& relaxing



FACE



CELLULAR RECREATION FACE TREATMENT

BY TEAM DR JOSEPH

Deep-penetrating pampering programme with immediate effect | Natural active ingredients | Healthy and well-maintained skin

 HARMONY  CLARITY  RELEASE

EXPRESS POWER LIFT

BY TEAM DR JOSEPH

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

 ENERGY  CLARITY  RELEASE

SUPREME EYE + FACE LIFT

BY TEAM DR JOSEPH

Lifting & Glow | For a fresh eye area and tight contours | Cleaning | Peeling | Mindful massage | Gua-Sha | Care mask | Eye & lip Care | Maximum effect for a visibly tightened skin

 ENERGY  CLARITY

INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Deep cleansing specific to skin type | Radiant | Energetic

 HARMONY  CLARITY



**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 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.



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



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