



ACQUAPURA SPA ESSENTIALS



**FALKENSTEINER**

HOTEL KRONPLATZ

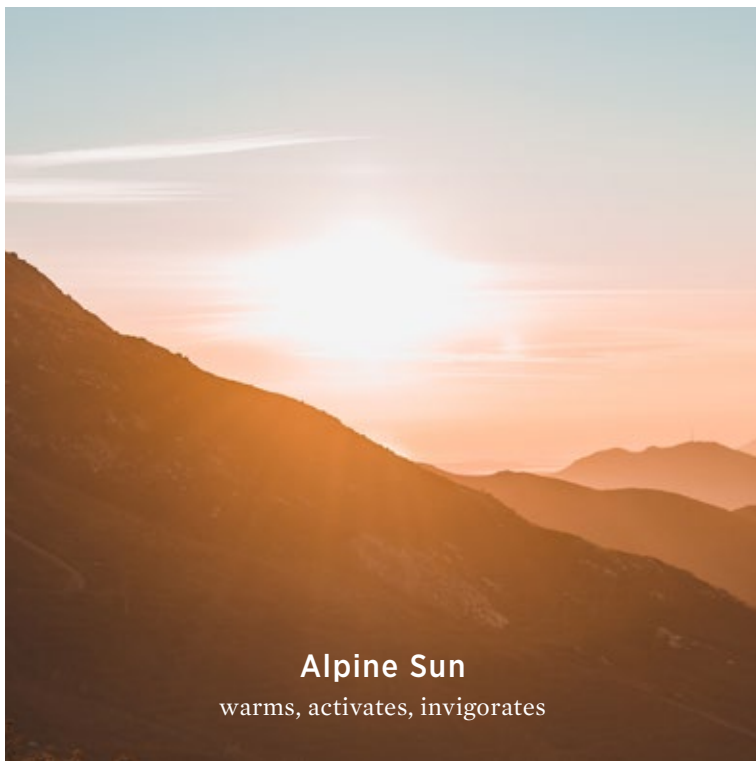
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*Premium Collection*

# unique. mountain. experience.

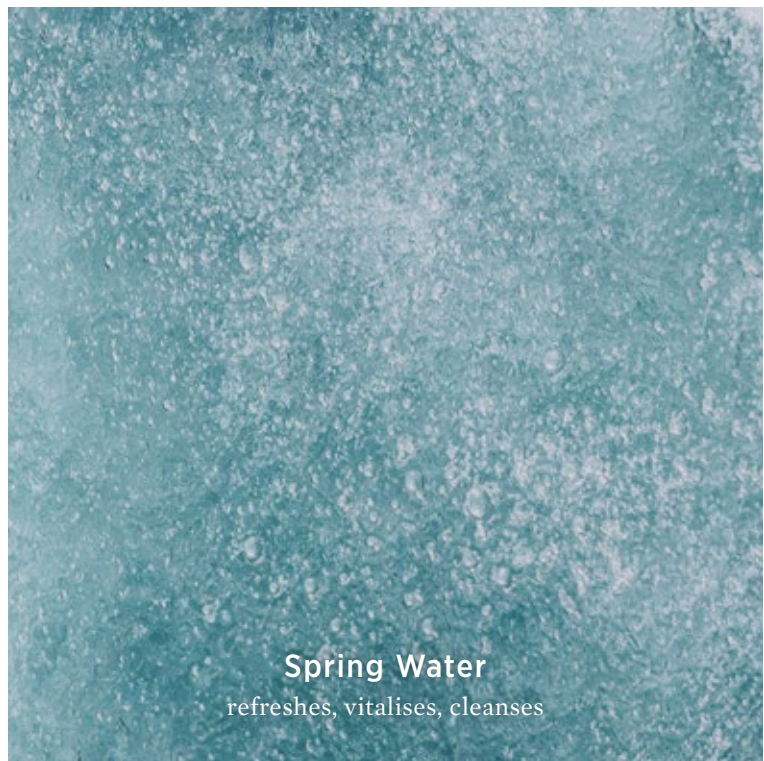
Everything flows together in harmony, reflecting the unique nature of the area.  
A calm, uncomplicated ambience, natural luxury and the South Tyrolean charm characterise the  
Acquapura Mountain SPA and make for a unique wellness experience for all of your senses.

The four mountain elements – **Alpine Sun** | **Spring Water** | **Mountain Air** | **Rocks** – represent living  
environment, wanderlust, companionship and power place. They embody sheer unbounded freedom  
and are a source of inspiration for shapes and colours. Together with the tailored treatment concept,  
they form the unique.mountain.experience. at the Kronplatz Falkensteiner Hotel.



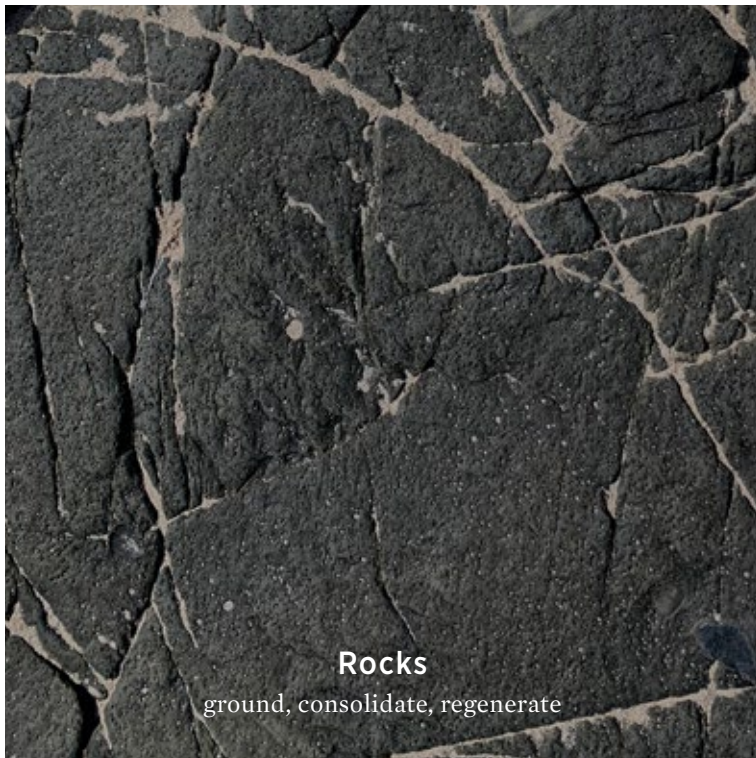
### **Alpine Sun**

warms, activates, invigorates



### **Spring Water**

refreshes, vitalises, cleanses



### **Rocks**

ground, consolidate, regenerate



### **Mountain Air**

balances, harmonises, nourishes





## 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.

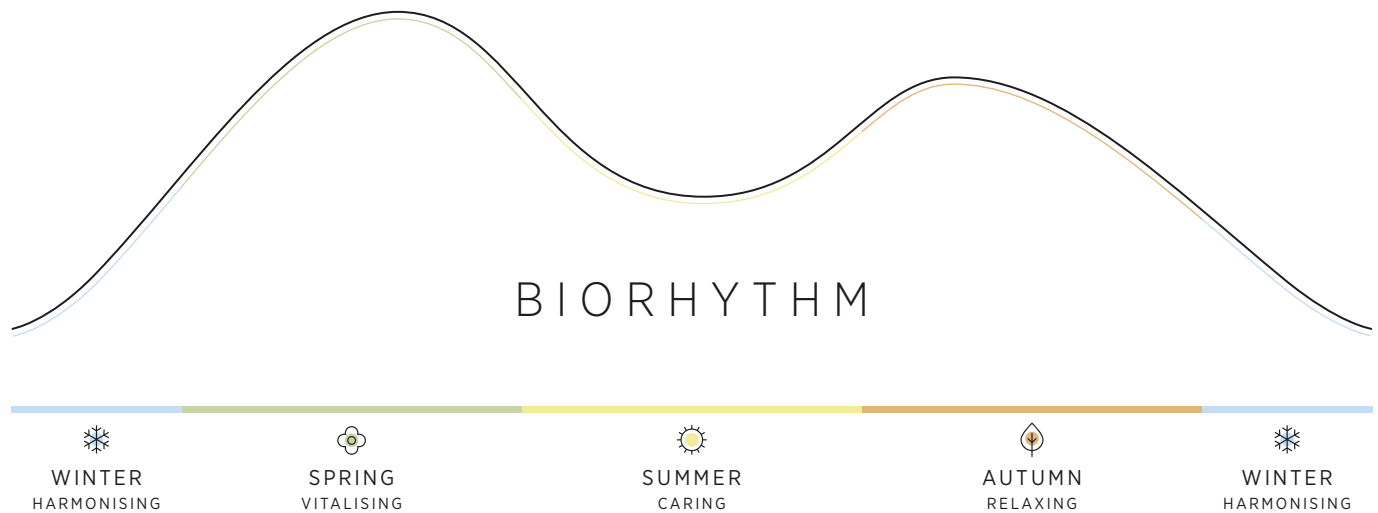
Inspired by living in harmony with nature, everything flows together smoothly in the Acquapura SPA. Here, space is created for free thoughts and inner balance. A pure, holistic spa experience, which above all should create positive states of mind, relaxation, pleasure, joy, health and vitality. The Acquapura 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.







SIGNATURE TOUCH





## UNIQUE MOUNTAIN EXPERIENCE SIGNATURE TREATMENT

Multi-sensory body treatment |  
Mental and physical harmony |  
Footbath | Surprise gift for  
home | Different massage units |  
Breathing with singing bowls |  
Post-exertion benefits

4 MOUNTAIN ELEMENTS

€135 80 MIN



## RELAX & MOVE

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

ALPINE SUN

€85 50 MIN

€125 80 MIN



## SPORT BODY MASSAGE

Vital muscle energy | Activates  
and loosens up the muscles |  
Relieves tension and soothes  
sore muscles | Improves  
performance

ALPINE SUN

€80 50 MIN

## TAPING

Muscle and fasciae  
support | Relaxation |  
Pain relief

€30 20 MIN

## PERSONAL COACHING

Individual | Bespoke |  
Training plan |  
Tailor-made exercises

€70 45 MIN



VITALISING



CARING



RELAXING



HARMONISING





MASSAGES

A





## TAILORMADE MASSAGE

Individually tailored to your  
wishes and needs | Various  
techniques combined

ALPINE SUN | ROCKS

€ 85 50 MIN

€ 120 80 MIN



## LYMPH- STIMULATING MASSAGE

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

SPRING WATER

€ 80 50 MIN



## FEET & LEGS MASSAGE

Relief and relaxation for  
legs and feet | Decongestion |  
Tones up muscles

SPRING WATER | ALPINE SUN

€ 80 50 MIN



## FOOT REFLEXOLOGY

Relieves discomfort |  
Promotes self-healing

ALPINE SUN

€ 80 50 MIN



VITALISING




CARING



RELAXING



HARMONISING

An aerial photograph of a vast, dense forest covering a mountain slope. The trees are in various stages of autumn, with many showing vibrant yellow and orange foliage, while others remain dark green. The perspective is from a high angle, looking down into the forest canopy.

# MESSAGES

HIGHTECH NATURAL COSMETICS

**TEAM D<sup>R</sup> JOSEPH**

SÜDTIROL





## DEEP RELAX STONE MASSAGE

Deep relaxation | Anti-stress |  
Multi-sensory experience |  
Stimulation of the 7 energy  
centres

ROCKS | ALPINE SUN

€85 50 MIN



## RECREATION BACK MASSAGE

Activates and loosens up  
musculature | Relieves  
tension | Singing bowls

ALPINE SUN | MOUNTAIN AIR

€80 50 MIN



## HEAD & NECK MASSAGE

Multi-sensory highlight |  
Deep relaxation |  
Anti-stress treatment |  
Relieves tension

MOUNTAIN AIR

€80 50 MIN



RELAXING



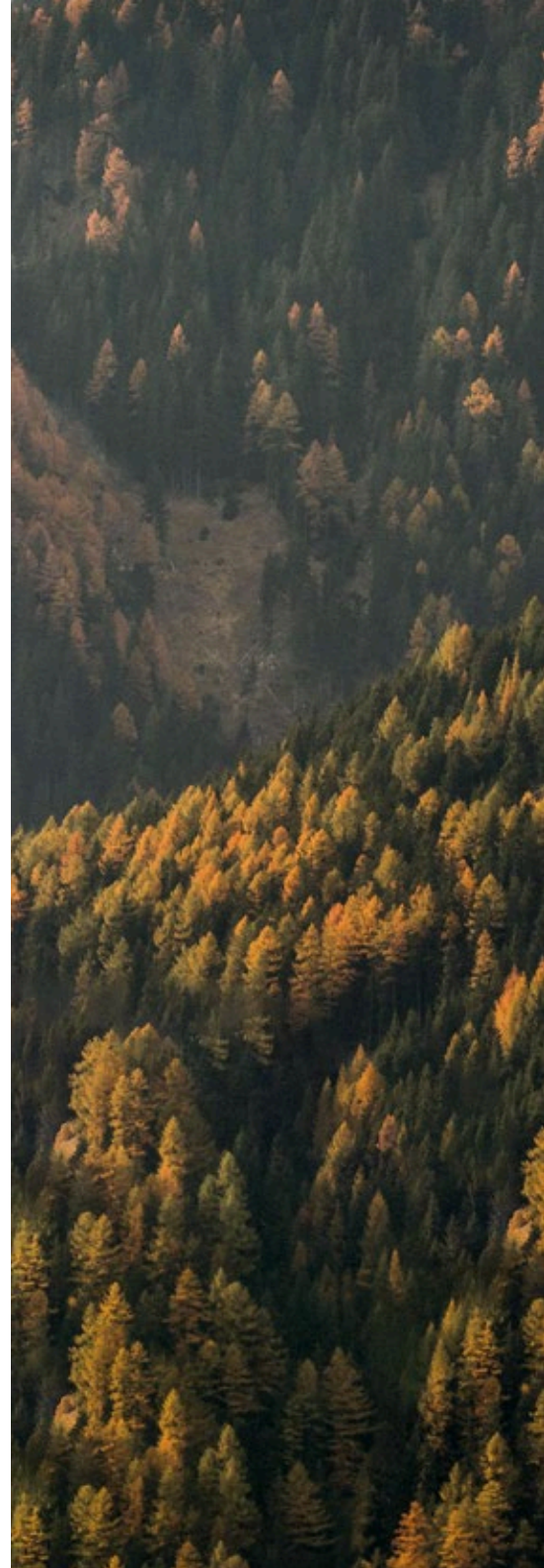
HARMONISING




VITALISING



CARING







# MASSAGES



PHARMOS  
NATUR





## ANTI-STRESS BODY

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

MOUNTAIN AIR

€ 85 50 MIN

€ 125 80 MIN



## DETOX-BODY

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

SPRING WATER

€ 85 50 MIN

€ 125 80 MIN



RELAXING



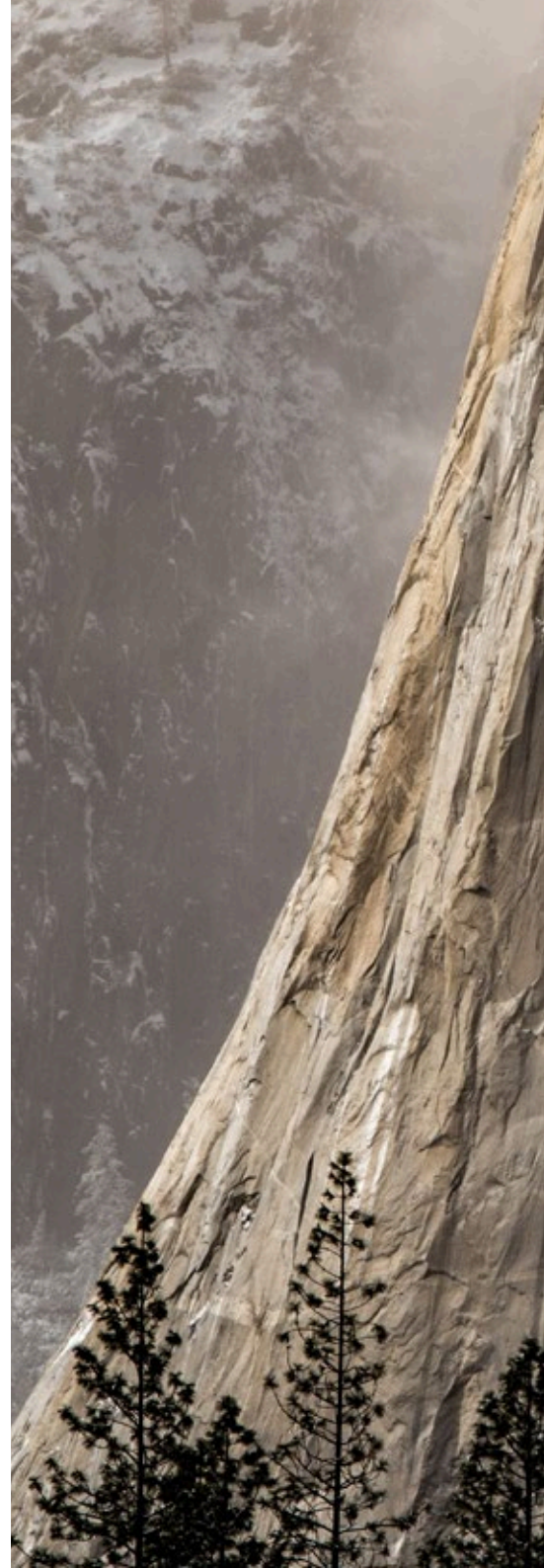
HARMONISING




VITALISING



CARING







FACE

HIGHTECH NATURAL COSMETICS  
**TEAM DR JOSEPH**  
SÜDTIROL





## ADVANCED BIO LIFTING FACE TREATMENT

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

MOUNTAIN AIR

€140 110 MIN



## CELLULAR RECREATION FACE TREATMENT

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

MOUNTAIN AIR

€110 80 MIN



## EXPRESS POWER LIFTING FOR HIM

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

ROCKS

€85 50 MIN



## SUPREME ULTRASONIC FACIAL LIFT

Intensive premium ultrasound lifting treatment | Natural active ingredients enter and tighten deeper skin layers due to ultrasound frequencies

SPRING WATER | ALPINE SUN

€125 80 MIN



## INTENSE PURIFYING FACE TREATMENT

Deep cleansing specific to skin type | Radiant | Energetic

MOUNTAIN AIR

€85 50 MIN



VITALISING



CARING



RELAXING



HARMONISING



FACE

  
PHARMOS  
NATUR



## NATURE OF MEN TREATMENT

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

ROCKS

€ 85 50 MIN

€ 125 80 MIN

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



## BIO- LIFTING

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

ALPINE SUN | MOUNTAIN AIR

€ 85 50 MIN

€ 125 80 MIN



## EXCLUSIVE ROHINI REGENERATING TREATMENT

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

MOUNTAIN AIR

€145 80 MIN



## INTENSIVE MOISTURE

Intensive humidity | Cooling  
and calming | Freshness and  
vitality for every kind of skin –  
particularly for young and  
dehydrated skin

SPRING WATER

€85 50 MIN

€125 80 MIN

## BOOKABLE FOR EVERY FACE TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye



## DETOX- FACE

Cleansing | Activates lymph  
flow | Strengthens the  
connective tissue for every  
kind of skin – particularly for  
stressed skin and for couperose

SPRING WATER

€85 50 MIN

€125 80 MIN



## LOVE YOUR AGE - POWER TREATMENT

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

MOUNTAIN AIR

€85 50 MIN

€125 80 MIN



VITALISING



CARING



RELAXING



HARMONISING





BODY

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## BODY PACKAGES

A whole new body feeling thanks to individually tailored allround care from head to toe.  
The skin is optimally cleaned through gentle exfoliation, the complexion is refined and blood circulation is stimulated.

### Step 1 BODY SCRUB

Optimal purity | Skin refining | Invigorating effect



### ENERGIZING

#### Step 2

BODY WRAP

Alpine Fango | Detoxifying | Strengthens the connective tissue | Promotes blood circulation | Stimulates the metabolism | Relieves tension

ALPINE SUN | SPRING WATER

€ 85 50 MIN

#### Step 3 (optional)

BODY CARE

Apply | Lotion | Care

€ 115 80 MIN



### DETOXIFYING

#### Step 2

BODY WRAP

Detoxifies and decongests via the lymphatic system | Tightening | Aloe Vera | Strengthens the connective tissue | Stimulates | Alleviates cellulite

SPRING WATER | ROCKS

€ 85 50 MIN

#### Step 3 (optional)

BODY CARE

Apply | Lotion | Care

€ 115 80 MIN



### MOISTURIZING

#### Step 2

BODY WRAP

Intensive moisturising | Nourished | Velvety | Silky

SPRING WATER | MOUNTAIN AIR

€ 85 50 MIN

#### Step 3 (optional)

BODY CARE

Apply | Lotion | Care

€ 115 80 MIN



VITALISING



CARING



RELAXING



HARMONISING





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## THE WONDERFUL AND MYSTERIOUS BATHING CULTURE OF THE ORIENT:

“Hamam” means “to warm and bathe” and is used for relaxation and personal wellbeing.  
Soap foam, clear water and hot steam – a multi-sensory and holistic experience for cleansing  
the body and mind.

## SUMMIT HAMAM: ORIENT MEETS SOUTH TYROL

Virtue and tradition from 2 countries | Body exfoliation with a special “Kese” glove |  
Deep cleansing of the skin | Beautiful, clear and fresh skin | Soap lather massage | Soft skin |  
Aromatic experience for all senses | Pure relaxation



### HAMAM AND THE POWER OF THE MOUNTAIN ELEMENTS

Warm water showers |  
Exfoliation with hay extracts |  
Soap lather massage | Head &  
neck massage

4 MOUNTAIN ELEMENTS

€125 80 MIN



### HAMAM DREAMS

Warm water showers |  
Body exfoliation with silk  
glove | 50 min. relaxing  
aroma massage

4 MOUNTAIN ELEMENTS

€115 80 MIN



### CLASSIC SUMMIT HAMAM

With every foam bubble that  
bursts, a worry disappears as  
well | Warm water showers |  
Body exfoliation with silk  
glove | Soap lather massage

4 MOUNTAIN ELEMENTS

€80 50 MIN



VITALISING



CARING



RELAXING



HARMONISING



A close-up photograph of a pine tree's branches, showing dense clusters of long, thin, green needles. The lighting is soft, highlighting the texture of the needles against a dark, blurred background.

## SPA PACKAGES

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## SPA PACKAGES

Feeling good all over and switching off – return to inner balance and find your own rhythm again. Depending on your needs, the spa packages help you to relax, recharge your batteries and become more beautiful, balanced and clear-headed.

### 4 MOUNTAIN ELEMENTS

Soap lather massage |  
Body wrap | Head & neck  
massage | Pharmos Natur Face  
(50 min. ) with your desired  
area of focus

€ 235 160 MIN

### SPORTS ACTIVE

Sport body massage | Tailor-  
made Massage (80 min.) |  
Feet & legs Massage or foot  
reflexology

€ 250 180 MIN

This package is split across 3 days

### STRESS RELIEF

Massage | Facial treatment |  
Beauty

#### **For Men**

Recreation Back Massage |  
Nature of Men Treatment |  
Pedicure basic

€ 210 150 MIN

#### **For Women**

Anti-stress body (50 min.) |  
Advanced organic face-lifting  
treatment | Classic manicure  
with coloured varnish

€ 255 200 MIN







**PHARMOS  
NATUR**

## PHARMOS NATUR

Green Luxury cosmetics for health, beauty and joie de vivre, inspired by the unique potential of mother nature. Pharmos Natur uses highly valued plants with medicinal and rejuvenating properties from all over the world and combines the complex active ingredients in a sophisticated way. All active ingredients are adaptogenic, which means they know where and how to work best.

The SACRED PLANTS are processed carefully and holistically. Their rich active ingredients, intense light energy and strong vibrations are contained in the valuable care products. What's special about them is the use of ingredient-rich aloe vera instead of water, without the addition of alcohol and without classic preservatives.



HIGHTECH NATURAL COSMETICS

**TEAM D<sup>R</sup> JOSEPH**

SÜDTIROL

HIGH-TECH, ORGANIC, NATURAL  
COSMETICS FROM SOUTH TYROL

TEAM DR JOSEPH was founded in 1986 and is the expression of a profound fascination with the ingenuity of plants and their active ingredients. Here, a combination of herbal ingredients, cutting edge technology and an understanding for the complexity of the human body are united. Team Dr Joseph harnesses the abundance of nature, carefully processes deep-acting combinations of active ingredients from the plant world, and thus follows a holistic approach towards nourishing skin care and lasting skin health.







FOOT & HAND





## MANICURE CLASSIC

Nail shaping | Treatment  
of cuticles | Manicure with  
massage

€45 30 MIN



## PEDICURE CLASSIC

Footbath | Heal bruises |  
Nail shaping | Gentle  
foot massage

€70 50 MIN



## HAND TREATMENT

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

€75 50 MIN



## FOOT TREATMENT

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

€95 75 MIN

## BOOKABLE FOR EVERY HAND & FOOT APPLICATION

Alessandro coloured  
varnish

€15

Alessandro Strip Varnish  
(Gel Varnish)

€25



VITALISING



CARING



RELAXING



HARMONISING





PRIVATE SPA DELUXE



## PRIVATE SPA

Peace, seclusion and pure bliss – a short break from everyday life and a shared „I totally lost track of time“ feeling. The private spa experience begins with soothing treatment for the both of you, allowing for unadulterated relaxation. Every spa suite is equipped with massage tables, a Finnish sauna and a cosy corner.



### ROMANTIC EXPERIENCE

Relaxing aroma massage |  
Sauna | Relax for two | South  
Tyrolean sparkling wine |  
homemade Delicacies

4 MOUNTAIN ELEMENTS

€ 275 120 MIN



### ALLROUND EXPERIENCE

Body scrub and body wrap |  
Sauna | Relax for two | South  
Tyrolean sparkling wine |  
homemade delicacies

4 MOUNTAIN ELEMENTS

€ 295 150 MIN

€ 445 200 MIN

At 200 minute experience:  
additional relaxing aroma  
massage (50 min.)

Bookable on request  
for both packages:  
either one 50 minutes  
Facial application or  
more time (€ 45/h)  
for two in the Spa Suite



VITALISING



CARING



RELAXING



HARMONISING



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.





