

## ACQUAPURA Organic SPA



### **The nature as source of energy and space of relaxation.**

The nature as source of energy and space of relaxation. Feel the power and freedom of the natural habitat in the midst of the originality of the Montafon mountains – in the heart of the three largest mountain ranges and at the strongest source of the Alps.

Let yourself be touched and inspired by it in different ways and in rich varied forms. Nature is the shaping element, activating and invigorating, as the source of all energy, or relaxing and evening out to find back to balance and lightness. Let yourself drift and feel the diverse power in this feel-good hideaway that inspires kids and adults alike.

### **NATURE ESCAPING**

Rediscover the beauty of nature and fully embrace its uplifting energy for your body, mind, and soul. Release all worries and let your burdens gently fade away as you step into its calming presence. Feel the inspiring originality of nature, its power to renew, and the freedom it offers.

This connection brings a sense of harmony and well-being that stays with you, nurturing positivity and inner peace.



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.



ACTIVE  
SIGNATURES



## ACTIVE SIGNATURES

### ACTIVE FLOW

BY PHARMOS NATUR

Hot or cool foot compresses | Neck & shoulder massage | Firm back, leg & foot massage | Fresh Aloe Vera leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery  
*Followed by a smoothie/shake with Sesamkraft*

### ACTIVE FLOW INTENSE

BY PHARMOS NATUR

With peeling for strained feet | Neck & shoulder massage | Powerful back, leg & foot massage | Back wrap | Fresh Aloe Vera leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery  
*Followed by a smoothie/shake with Sesamkraft*

 HARMONY  RELEASE

### BODY BOOSTER

Increases sport performance | Stretching & mobilisation | Fascia | New power & energy

 HARMONY  ENERGY

# MONTAFONER RITUALS



## GREENERGIZER

BY PHARMOS NATUR

Full body treatment | Relaxing |  
Moisturising | Strengthens  
connective tissue | Draining |  
Fresh Aloe Vera leaf |  
Foot compresses

 NATURE ESCAPING

 HARMONY  ENERGY  CLARITY

## GREENERGIZER INTENSE

BY PHARMOS NATUR

Full body treatment | Relaxing |  
Moisturising | Strengthens  
connective tissue | Draining |  
Fresh Aloe Vera leaf | Foot  
compresses | Refresh for the face

 NATURE ESCAPING

 HARMONY  ENERGY  CLARITY

# MONTAFONER RITUALS

## ORGANIC HIDEAWAY „DOWN TO EARTH“

BY PHARMOS NATUR

Full body ritual | Grounding | Back to the nature | Algae & salt full-body exfoliation with massage | Fresh Aloe Vera leaf | Hydrating Pack

 NATURE ESCAPING

 ENERGY

 CLARITY

 RELEASE

## ALPINE RENEWAL

Housemade herb stamps | Local ingredients | Soothing | Detoxifying | Skin regeneration | Harmonising retreat

 NATURE ESCAPING

 ENERGY

 CLARITY

 RELEASE

## MONTAFON VITALITY MASSAGE

Intensive full-body treatment with foot reflexology | Relieves tension | Activation of blood circulation | Supports self healing | Boosts immune system

# MASSAGES



## MOUNTAIN ESSENTIALS

Aromatic oil of your choice |  
Tailored to your well-being |

- *Full-body massage*
- *Partial-body massage*

 HARMONY  RELEASE  ENERGY

## COMBI FLEX

2 body parts of your choice |  
Feet & legs | Back | Stomach |  
Neck & shoulders

## MASSAGES

BOOKABLE  
WITH EVERY  
MASSAGE

Upon request and charge:  
- Full-body peeling

### FLOAT & FIT LYMPH STIMULATING

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

 ENERGY  CLARITY

### PEAK REJUVENATION

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

 HARMONY  ENERGY  RELEASE

### FOOT REFLEXOLOGY

Relieves discomfort |  
Promotes self-healing

 ENERGY  CLARITY

### ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility  
check | Tension relief |  
Increased flexibility

 ENERGY  CLARITY

# FACE



## BIO LIFTING

BY PHARMOS NATUR

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

 NATURE ESCAPING

 HARMONY  ENERGY

## INTENSIVE MOISTURE

BY PHARMOS NATUR

Intense moisturisation | Cooling and calming | Freshness and vitality for every kind of skin – particularly for young and dehydrated skin

 NATURE ESCAPING

 ENERGY  CLARITY

## NATURE OF MEN TREATMENT

BY PHARMOS NATUR

Perfect care for men's skin | Cell renewal and regeneration | Revitalisation | Soothes irritation  
*80-minute treatment includes: additional back massage and treatment for arms, calves and feet*

 NATURE ESCAPING

 HARMONY

# FACE

BOOKABLE WITH  
EVERY FACE  
TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

## DETOX FACE

BY PHARMOS NATUR

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

 NATURE ESCAPING

 ENERGY

## LOVE YOUR AGE - POWER TREATMENT

BY PHARMOS NATUR

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

 NATURE ESCAPING

 HARMONY  CLARITY  RELEASE

## EXCLUSIVE ROHINI REGENERATING TREATMENT

BY PHARMOS NATUR

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

 NATURE ESCAPING

 ENERGY  CLARITY  RELEASE  HARMONY

FACE



CELLULAR  
RECREATION  
FACE TREATMENT

BY TEAM DR JOSEPH

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

 NATURE ESCAPING

 HARMONY

 CLARITY

 RELEASE

## EXPRESS POWER LIFTING FOR HIM

BY TEAM DR JOSEPH

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

 NATURE ESCAPING



ENERGY



CLARITY



RELEASE

## INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Deep cleansing tailored to your skin type | Radiant | Energetic

 NATURE ESCAPING



HARMONY

## ADVANCED BIOLIFTING FACE TREATMENT

BY TEAM DR JOSEPH

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

 NATURE ESCAPING



ENERGY



CLARITY



RELEASE

## SUPREME EYE AND FACE LIFT

BY TEAM DR JOSEPH

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

 NATURE ESCAPING



ENERGY



CLARITY

BODY



## RELAX & MOVE

BY PHARMOS NATUR

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

 NATURE ESCAPING

 ENERGY

## STRESS AWAY

BY PHARMOS NATUR

Partial body massage | Deep relaxation | Let go of stress | Recharge your batteries | Stress management and relaxation | Massage is recommended for pregnant women.

 NATURE ESCAPING

 HARMONY  CLARITY  RELEASE

# BODY

## DETOX BODY

BY PHARMOS NATUR

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

 NATURE ESCAPING  
 HARMONY  RELEASE

## RECREATION BACK MASSAGE

BY TEAM DR JOSEPH

Activates and loosens up musculature | Relieves tension | Singing bowls

 NATURE ESCAPING  
 HARMONY  RELEASE

## DEEPRELAX STONE MASSAGE

BY TEAM DR JOSEPH

Deep relaxation | Stress reduction | Multi-sensory experience | Stimulation of the 7 energy centres

 RELEASE

## HEAD & NECK MASSAGE

BY TEAM DR JOSEPH

Multi-sensory highlight | Deep relaxation | Stress reducing treatment | Relieves tension

 ENERGY  RELEASE

BEAUTY



## BEAUTY

BOOKABLE  
WITH EVERY  
HAND & FOOT  
APPLICATION

- Alessandro coloured varnish
- Alessandro strip varnish  
(gel varnish)

### MANICURE CLASSIC

BY ALESSANDRO

Nail shaping | Treatment of  
cuticles | Manicure with massage

### FANCY HANDS RITUAL

BY ALESSANDRO

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

### PEDICURE CLASSIC

BY ALESSANDRO

Footbath | Heal bruises | Nail  
shaping | Gentle foot massage

### FANCY FEET RITUAL

BY ALESSANDRO

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



## Pharmos Natur Power of Sacred plants

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.



**PHARMOS  
NATUR**



**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<sup>R</sup> JOSEPH**

# FALKONS SIGNATURES



FROM 8 YEARS OLD

## **Nature is our most valuable source of strength.**

It gives us new energy and at the same time allows us to relax. In our Organic Spa, we cordially invite you, dear „Falkons“ from the age of 8, to approach „Mother Earth“, nature, in a gentle way and to trust in her natural and holistic effects.

We feel closely connected to the uniqueness of nature, its great diversity and its stunning beauty. With specially created treatments, it is very important to us to inspire you long term. You will be rewarded with an all-round feel-good experience for your charisma, health, life energy, thirst for adventure and curiosity in harmony with a feeling of happiness, harmony and security.

## TEENATURE MOISTURIZING

BY TEAM DR JOSEPH

Teen facial | Regenerating hydration mask | Soft facial massage | Freshness & vitality for young skin

 NATURE ESCAPING

  
ENERGY

## GREENY TEENIE

BY TEAM DR JOSEPH

Green facial | Sacred plants | Preventive care treatment for young skin | Especially suitable also for blemished skin and acne | For a fresh and clear complexion

 NATURE ESCAPING

  
HARMONY

## FALKONS SIGNATURES

### MONTAFLOW

BY TEAM DR JOSEPH

Little mind journey |  
Deep & relax | Body  
massage with aromatic oil |  
Soothing | Relaxing

 NATURE ESCAPING

 RELEASE

### GREEN HARMONY BODY PEEL

Arms & back peeling |  
Moisturizing skin mask |  
Purifying | Refreshing |  
Especially suitable also for  
blemished skin and acne

 HARMONY

### MONTAFANCY HANDS

My favorite look & feel |  
Manicure | Hand massage |  
colorful nail polish

### MONTAFANCY FEET

Life is colorful | Pedicure |  
Foot massage | Colorful  
nail polish

### FALKY TATTOOS

Small time out | Mountain  
breezer cocktail | New look  
with uncomplicated removable  
tattoos | Punchy | Colorful |  
Cheeky | Cool | Temporary



# SPA ETIQUETTE



Guarantee your desired treatment before arrival.



To avoid fees, please cancel treatments by 4 pm 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.