### ACQUAPURA SPA ESSENTIALS



#### Relaxation. Enjoyment. Harmony.

Located on a hill above Rafailovići, nestled in the picturesque landscape of the Adriatic Sea, Falkensteiner Hotel Montenegro offers an unforgettable and relaxing holiday. It is an amazing experience to see the crystal blue sea and sandy beaches, and just a few hours to the north to enjoy the indescribable charms of national parks and lakes of Montenegro.

Thalassotherapy as a natural therapy for the body is the best that the coastal zone can offer us. Spa "sanus per aquam" is a concept where water as a source of life is the most important element in the composition of all living beings.

Improved use of water as our basic treatments with balneotherapy gives you an unforgettable experience of the Mediterranean. Treatments based precisely on the elements of sea water and sea ingredients, represent fast and an easy way to relax and feel how the harmonious balance of our Adriatic fills every vein of your being.

Welcome Home!

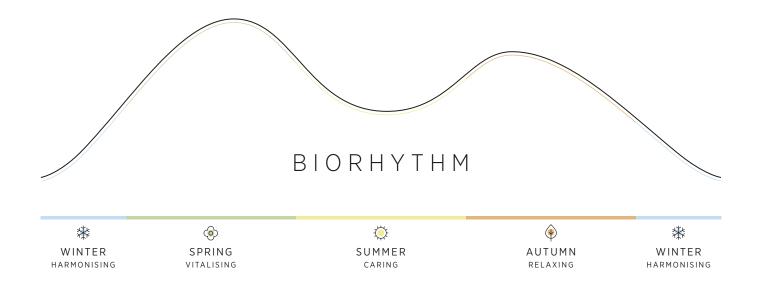


### ACQUAPURA SPA

"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

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Activation of the lymph flow | Gentle massage techniques | Promotes deep relaxation | Reduces swelling

€ 65 50 MIN € 35 25 MIN

### Image: A R O M A C A N D L E M A S S A G E

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

€68 50 MIN

# ★ ★ ♦

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

Full-body massage

€98 80 MIN

Full-body massage

€65 50 MIN

Partial-body massage

€35 30 MIN

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#### C O M B I M A S S A G E

2 partial body parts of choice: Foot reflexology | Stomach massage | Back massage

€98 80 MIN €65 50 MIN

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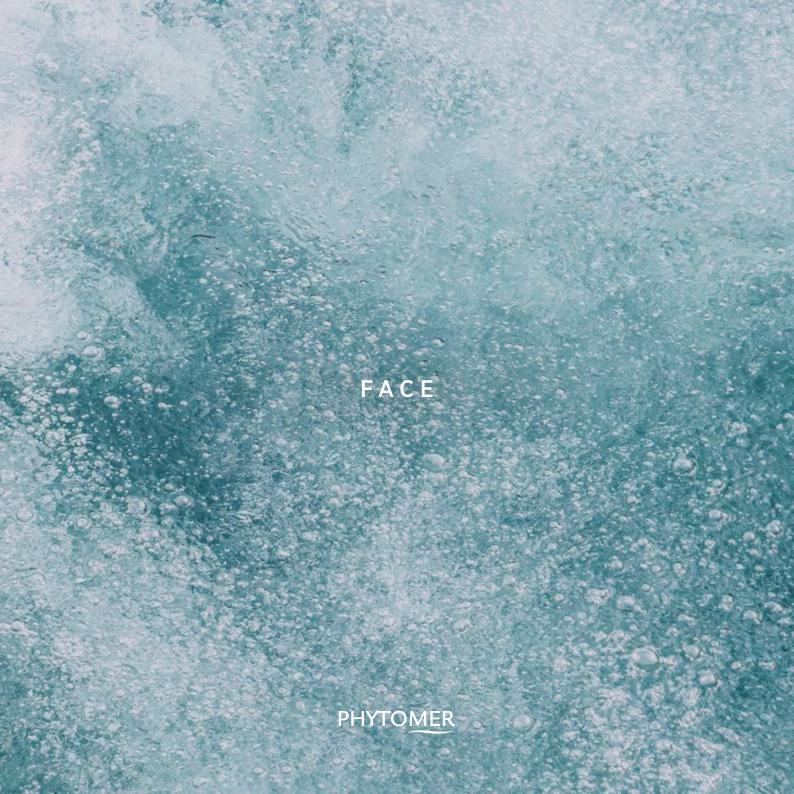
#### SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension relief | Increased flexibility

€89 60 MIN







# ★ ② ④ ④ EXTENDED YOUTH OF THE SEA

Wrinkle correction and lifting | "Instant effect" thanks to multiexfoliation | Marine active ingredients

€123 90 MIN

# ★ <a>left</a> ♦ <a>left</a> ♦ <p

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

€79 60 MIN

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#### MALE MARINE ENERGY

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

€83 60 MIN

#### ★ ② ④ ④ CITYLIFE MARINE DETOX

Combats urban pollution | Clarifies, detoxifies and oxygenates the skin

€83 60 MIN

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#### INTENSIVE EYE CARE

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

€50 40 MIN

#### RADIANCE DEEP CLEANSING

Express facial | Self-warming/ cooling mask | Marine sponge & multilayered alumina | Eliminates toxic substances

€50 40 MIN

#### CAN BE BOOKED WITH ANY FACIAL TREATMENT

#### RELAX DOS

Self-heating sea mud | 50% more effect

€25 15 min

#### EYE PERFECTION

Intensive eye care

€19 10 MIN

#### BEAUTY EXPRESS

Eye brows coloring | Eye lashes coloring

€15 10 MIN





# ♥ OCEAN INTENSIVE SLIMMING P5

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

€79 60 MIN

#### SEA HOLISTIC

Warm shaping massage | Lavender scents | Body scrub | Facial included | Ultra relaxing | Reduces tension | Balancing | Improved skin elasticity | Enhanced natural glow

€132 110 MIN

#### POWERSEA BACK DETOX

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

€63 50 MIN



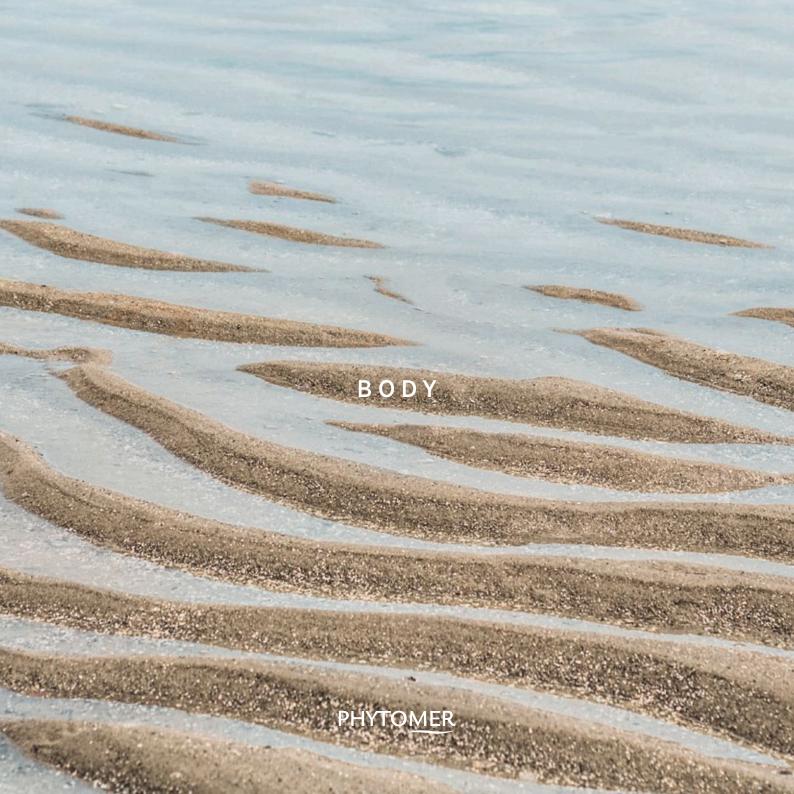


CARING

VITALISING







#### ★ ② ④ ④ OLIGOMER SPA "FEEL THE SEA"

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

€50 40 MIN

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

€79 60 MIN

#### MISTRAL BODY WRAP

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

€70 60 MIN

#### SEA TREASURES

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

€70 60 MIN





## SEA SIGNATURES

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Marine mask for regeneration | Soft massage | Light cooling effect | Calming | Reducing redness | Improving skin elasticity | Regulating sun tanning glow



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Marine wrap for regeneration | Soft massage | Light cooling effect | Calming | Reducing redness | Improving skin elasticity | Regulating sun tanning glow

€65 50 MIN

## ★ ● ● ● MEDITERRANEAN

### ADVENTURE

Full body retreat | Scrub | Sea salt | Mediterranean herbs | Essential oils | Massage techniques in the rhythm of waves

€103 80 MIN





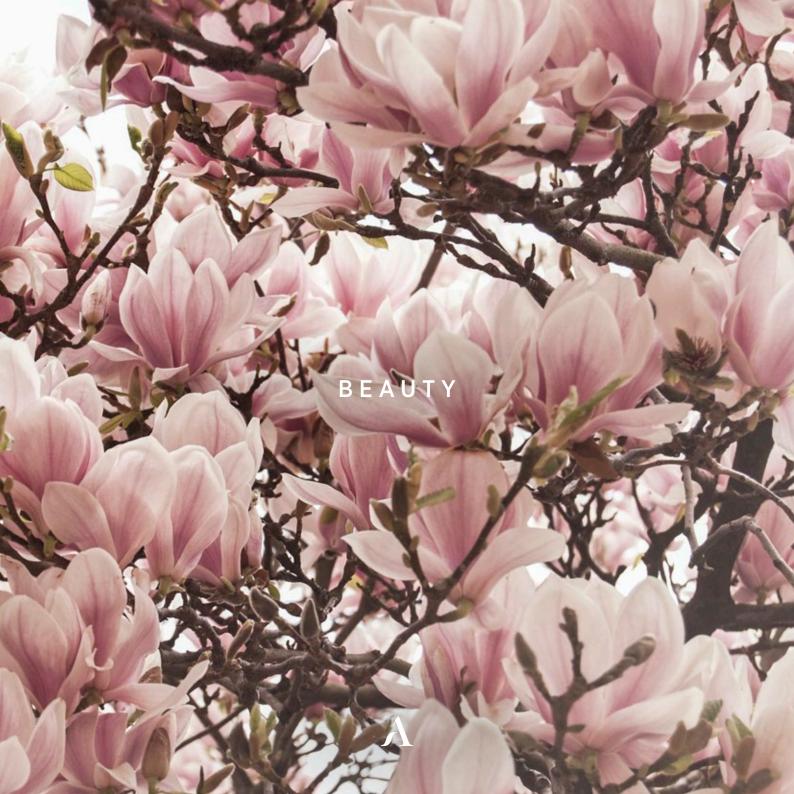




## PHYTOMER

#### 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.



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Nail shaping | Treatment of cuticles | Manicure with massage

€39 30 MIN

# ♥ ♥ PEDICURE CLASSIC

Footbath | Healing bruises | Nail shaping | Gentle foot massage

€65 50 MIN

#### BOOKABLE FOR EVERY HAND & FOOT APPLICATION

Alessandro coloured varnish

€15

Alessandro strip varnish (Gel Varnish)

€25

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#### HAPPY HANDS RITUAL

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

€65 50 MIN

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#### HAPPY FEET RITUAL

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

€89 75 MIN







### SPA ETIQUETTE

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Guarantee your desired treatment before arrival.



Allow yourself time and arrive 10 minutes before your treatment.



Please come to your treatment dressed in a bathrobe.



Do not reserve loungers.



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.



To avoid fees, please cancel treatments by 4 p.m. the day before.



Please wear swimwear in the pool area and abstain from clothes in the sauna area.



Be considerate of guests looking for peace and calm and respect the mobile phone ban.

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Treatment time is the time from the moment you are picked up at the spa desk until the therapist says goodbye. Before the application, we will ask you about your wishes and will be happy to advise you.

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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 of October 2020. All prices include taxes and duties. All previous prices lose their validity upon publication of this brochure. Misprints and errors reserved.

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