

The background is a solid tan color with a fine, repeating wavy pattern. A large, white, stylized letter 'A' is positioned on the right side of the page, extending from the top to the bottom. The letter has a modern, geometric feel with a pointed top and a rounded base.

ACQUAPURA SPA ESSENTIALS

**Acquapura
Cocoon SPA**



Let the timeless spirit of Sardinia's unspoiled nature guide you back to your natural rhythm.

Inspired by the island's Blue Zone philosophy – where movement, mindful nourishment, connection and purpose shape everyday life – Cocoon is your retreat to slow down, reconnect and rediscover your own flow.

Within this protected space, body, mind and soul realign through holistic rituals and signature treatments rooted in regional traditions, restoring balance in a sustainable and meaningful way. **Cocoon – a sanctuary for your natural rhythm.**



FALKENSTEINER
FAMILY RESORT CAPO BOI



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.

SIGNATURES



MYCOCOON

BY PHARMOS NATUR

A sanctuary ritual that wraps the body in nourishment, calms the system and renews skin vitality in gentle, sustainable balance.

Full body moisturising massage with balancing oil | Body lotion and freshly scraped Aloe Vera | Intensive moisturising facial | Foot massage with warm or cool aloe vera leaf | Enriches hydrating effect and strengthens connective tissue | Nourished and refreshed skin | Reduced redness

 HARMONY  RELEASE  CLARITY

SHARDANA ESCAPE

A Sardinian ritual inspired by the island's Blue Zone philosophy – where sea salt, lavender and mindful touch restore inner rhythm, ease tension and reconnect body and spirit in natural balance.

Body scrub | Cocktail of Sardinian ingredients | Sea salt & lavender | Body massage with warm lavender herbal compresses | Ultra relaxing and balancing | Reduces tension | Improved skin elasticity

 HARMONY  RELEASE

SIGNATURES



SUN HARMONY FACE

BY PHARMOS NATUR

A soothing facial ritual that cools, restores and strengthens the skin's natural resilience before or after sun exposure.

Regeneration | Cools & soothes |
Ideal for reddened, irritated,
or sensitive facial skin

 HARMONY  CLARITY

SUN HARMONY BODY

BY PHARMOS NATUR

A cooling body ritual that replenishes moisture, calms sun-stressed skin and supports natural recovery before or after sun exposure.

Regeneration | Cools & soothes |
Intensive moisturising massage
with nourishing active
ingredients | Gentle care for
reddened, irritated skin

 HARMONY  CLARITY

An aerial photograph of a coastline. A large, white, foamy wave is crashing onto a dark, sandy beach. The ocean is a deep, dark blue, and the sky is a lighter, hazy blue. The text 'MASSAGES' is overlaid in the upper left corner in a white, sans-serif font, with a small white wave icon below it.

MASSAGES



MASSAGES

TAILORMADE

Tailored to your well-being |

Also suitable for athletes

- *Full-body massage*

- *Partial-body massage*



FLOAT & FIT LYMPH-STIMULATING

Decongestion | Discharge |

Promotes blood circulation |

Stimulates the immune system



AROMA SENSES

Aromatic oil of your choice |

Tailored to your well-being |

Also suitable for athletes

- *Full-body massage*

- *Partial-body massage*



ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility

check | Tension relief |

Increased flexibility



FACE



LUNAR SKIN RITUAL – NIGHT TREATMENT

BY PHARMOS NATUR

A deeply regenerating night treatment that supports the skin during its natural nocturnal renewal phase while guiding the nervous system into a state of soothing calm. Ideal for transitioning from the activity of the day into the regenerative phase of the night. Recommended from 4:00 PM onwards for optimal overnight regeneration.



*Promotes nighttime
skin regeneration*

*Supports inner calm
and relaxation*

*Leaves the skin nourished
and balanced by morning*

INTENSIVE MOISTURE

BY PHARMOS NATUR

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



DEEP NOURISHING

BY PHARMOS NATUR

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



FACE

BOOKABLE FOR EVERY FACE TREATMENT

Upon request and charge:

- 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


ENERGY

LOVE YOUR AGE - POWER TREATMENT

BY PHARMOS NATUR

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

 HARMONY  CLARITY  RELEASE

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*


HARMONY

BODY



BODY

RELAX & MOVE

BY PHARMOS NATUR

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

 ENERGY

STRESS AWAY

BY PHARMOS NATUR

Deep relaxation | Balancing | Rejuvenating | Stress management and relaxation

 HARMONY  CLARITY  RELEASE

DETOX BODY

BY PHARMOS NATUR

Holistic detox treatment | Stimulates lymphatic flow | Strengthens and firms connective tissue | Supports heavy legs, fluid retention and cellulite

 HARMONY  RELEASE

DETOX SALT SCRUB

BY PHARMOS NATUR

Intensive sea salt scrub with precious herbs | Gently stimulates metabolism and supports natural skin renewal

 HARMONY  CLARITY

BEAUTY



BEAUTY

BOOKABLE
WITH EVERY
HAND & FOOT
TREATMENT

- Coloured varnish
- Gel varnish

MANICURE CLASSIC

Nail shaping |
Treatment of cuticles |
Manicure with massage

FANCY HANDS RITUAL

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

PEDICURE CLASSIC

Foot bath | Heal
bruises | Nail shaping |
Gentle foot massage

FANCY FEET RITUAL

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

SIGNATURES FOR FALKONS & TEENS

FALKONS

Our holistic wellness approach invites young guests from the age of 8 to discover relaxation in a mindful way. Specially developed treatments are tailored to the needs of young skin and growing bodies – gentle, nurturing and soothing. This creates special moments of wellbeing that restore energy and offer space to arrive, unwind and simply let go.



SIGNATURES FOR FALKONS & TEENS

GREENY TEENIE

BY PHARMOS NATUR

Facial with sacred plants |
Preventive care treatment for
young skin | Also especially
suitable for blemished and
acne-prone skin | For a fresh
and clear complexion


HARMONY

ALOE BODY CEREMONY

BY PHARMOS NATUR

Full-body treatment with
fresh Aloe Vera | Warm foot
compresses | Gentle massage
for back, legs and arms |
Cools, nourishes and cares
for young skin

 
HARMONY RELEASE

GREEN HARMONY BODY PEEL

Arms & back peeling |
Moisturising skin mask |
Purifying | Refreshing |
Especially suitable for
blemished and acne-
prone skin


HARMONY

FALKON RELAX

Full-body massage |
Relaxing | Stimulating |
Energising

  
HARMONY RELEASE ENERGY



**PHARMOS
NATUR**

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.

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.