ACQUAPURA SPA ESSENTIALS

EN

ACQUAPURA SPA
Pure. Nature. Hideaway.

Unwind, disconnect, and reconnect with yourself. Take a deep breath and immerse yourself in a soothing atmosphere amidst the forest and lake. Our Acquapura SPA embodies the enchanting nature of the Antholz mountain landscape: crystal-clear forest air, warming sun, revitalizing spring water, and the unmistakable scent of mountain meadows.

Here, you will not only find physical relaxation but also regenerate your inner energies, achieve harmony, and return to everyday life strengthened by the power of nature

FALKENSTEINER
HOTEL ANTHOLZ

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.

LAKE SIGNATURES

LIGHT LEGS

Combination of leg massage and wrap | Alpine herbs synergized with mineral salts | Relaxed muscles | Vitalization

ENERGY

JUST BREATHE

Strong immune system | Breath equals vitality | Herbal inhalation | Special massage in the back and chest area | Intestinal massage

HARMONY

SILHOUETTE

Special scraping technique with fluoride wing | Elimination of toxins from tissues | Active wrap | Connective tissue firming

CLARITY

BALANCE ANTI STRESS

Timeout | Crystals stimulate energy flow | Releases blockages in the back and neck area | Grapefruit – Orange – Melissa

HARMONY

FOREST SIGNATURES

SWISS PINE ACTIVE

Nature-connected | Dynamic massage with Swiss pine wood sticks | Activating and invigorating | A walk through the Swiss pine forest

ENERGY

HERBS PADS

Herbal stamps | Gentle, flowing movements | Velvety soft skin | In harmony

HARMONY

HONEY DETOX

From head to toe | Detoxifying connective tissue | Herbs and salts for acid-base balance regulation | Magnesium massage

CLARITY

DERMA RELAX

Deep relaxation | Soothing warmth of the hot roller | Rhythmic movements | Intensively nourished skin with blackberry extract

RELEASE

MASSAGES

TAILORMADE

Relaxing, stimulating | Herbal oil | Promotes regeneration
- *Full-body massage*
- *Partial body massage*

ENERGY RELEASE

DORSAL TREATMENT

Hot roller releases blockages and regenerates the back | Cupping massage | Deep back massage | Herbal ointment

HARMONY ENERGY

FOOT REFLEXOLOGY

Stimulates self-healing powers | Stimulation | Relaxation

HARMONY CLARITY

EAR CANDLE TREATMENT

Heat and pressure equalization treatment | Candle flame acts like a gentle eardrum massage | Face, head, and neck massage

HARMONY CLARITY

HARMONIZING STONE MASSAGE

Stress-reducing treatment | Improves circulation | Deep warmth

HARMONY RELEASE

ABDOMINAL TREATMENT

Digestion-promoting cupping massage | For a good gut feeling | Warming wrap

HARMONY CLARITY

SCRUBS & PACKS

MOUNTAIN SCRUB

Full-body scrub with mountain salt and herbs | Promotes circulation | Radiant skin

HARMONY ENERGY

DERMA RELAX PACK

Harmonizing | Gently cared for skin | Moisture booster | In the heated water floatation bed

HARMONY RELEASE

MOUNTAIN MOOR PACK

Regeneration | Deep relaxation | In the heated water floatation bed

ENERGY RELEASE

BATHS

FOREST BATH

Activating | For tired muscles | Various coniferous woods | Well-tempered imperial tub | Also bookable as a couple

HARMONY ENERGY

HAY FLOWER BATH

For muscles and joints | Invigorating | In the heated water floatation bed

ENERGY CLARITY

MOUNTAIN BLOSSOM BATH

Moment of well-being | Dried mountain blossoms and gentle oils | Immersed in the imperial tub | Also bookable as a couple

HARMONY RELEASE

PRIVATE SPA

TIME TOGETHER

Time for two | Pore-opening steam bath | Cleansing herbal scrub | Immersion in the well-tempered whirlpool | Moisturizing finishing care

HARMONY RELEASE

HAMAM

Multisensory experience | Cleansing of body and mind | Soap foam, clear water, and hot steam | Unforgettable care ritual

HARMONY CLARITY

FACE

BALANCE FACE CARE

Deep-acting care | Activation of skin self-regeneration | Individually tailored | Velvety soft skin

RELEASE CLARITY

HOLISTIC LIFTING TREATMENT

Rejuvenating intensive care | Cell renewal | Special massage techniques for firming | Hyaluronic acid, cress, and herbs

ENERGY

BALANCE FACE CARE INTENSE

Holistic treatment | Balances the skin | Special crystal massage | Radiant skin

HARMONY

BEAUTY

ADD-ON FOR ANY HAND & FOOT TREATMENT

Available upon request and for an additional charge:

- TNS nail polish, which you can keep

LOVE YOUR HANDS MANICURE CLASSIC

Hand bath | Nail shaping | Nail smoothing | Cuticle treatment | Hand cream

LOVE YOUR FEET CLASSIC PEDICURE

Foot bath | Callus removal | Nail shaping | Nail smoothing | Cuticle treatment | Foot cream

FANCY HANDS RITUAL

Classic manicure | Hand scrub | Hand pack | Hand massage

FANCY FEET RITUAL

Classic pedicure | Foot scrub | Foot pack | Foot massage

VITALPINA

VITALPINA HAY FLOWER SCRUB

BY TEAM DR JOSEPH

Dry massage with linen glove with copper | Full-body scrub with hay extracts | Refined skin texture | Stimulation of skin metabolism | Promotion of circulation

VITALPINA BACK MASSAGE

BY TEAM DR JOSEPH

Special techniques for the head, neck, and shoulder area | Potent plant extracts release tension and clarify the mind | Promotion of microcirculation | Strengthening of vessels, sensory organs, and nerves

VITALPINA LEG MASSAGE

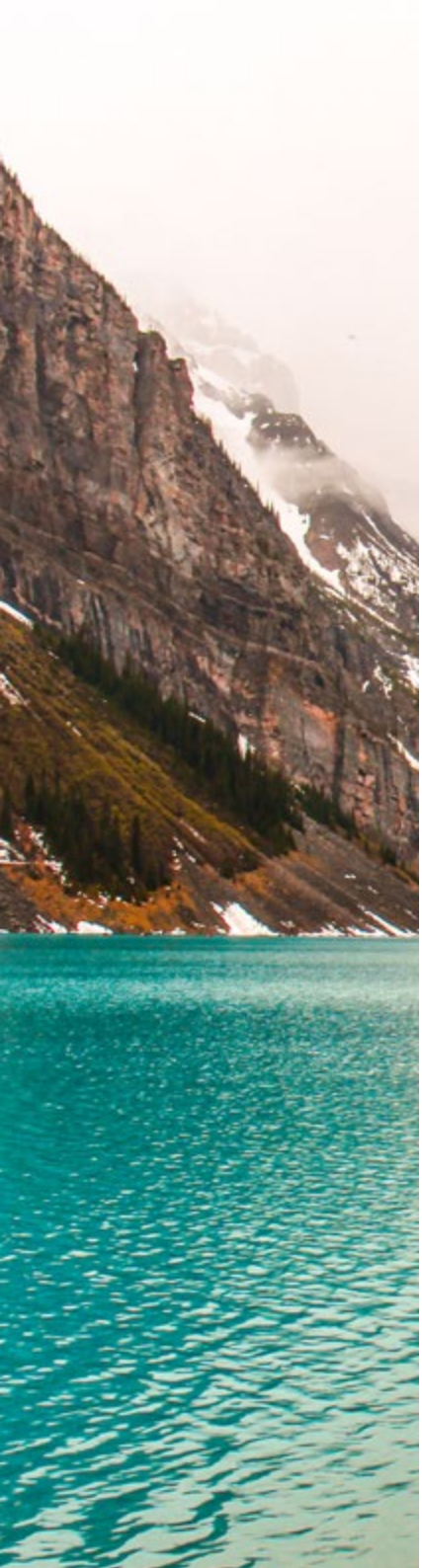
BY TEAM DR JOSEPH

Dynamic foot and leg massage | Invigorates tired legs, revitalizes, and relieves | Stimulates circulation | Activates lymph flow | Releases muscle tension

VITALPINA BACK AND LEG MASSAGE

BY TEAM DR JOSEPH

Invigorating heat experience for athletes and active individuals | Improvement of circulation | New energy for tired joints | Performance enhancement for muscles | Arnica and St. John‘s Wort



Vitalpina

As a member of the Vitalpina Hotels South Tyrol cooperation group, we are dedicated to promoting vitality, well-being, and sustainable tourism.
A central focus is on „Relax & Nature.“ Surrounded by the impressive Antholz mountain world, we offer a place of complete relaxation for body and mind. The foundation for holistic well-being is created by the essential elements of nature.

Our cosmetic products harness the concentrated power of the mountains, effective natural essences, healing herbs, and pleasant scents. Above all, we want you to feel – yourself and the deep sense of tranquility. Relaxation that moves mountains!

VITALPINA
HOTELS
SÜDTIROL

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 DR JOSEPH

SPA ETIQUETTE

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.

Cancel treatments at least 24 hours before the appointment to avoid charges.

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.

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.

PRICE LIST

LAKE SIGNATURES

Light Legs

€ 95 50 MIN

Silhouette

€ 105 50 MIN

Just Breathe

€ 95 50 MIN

Balance Anti Stress

€ 95 50 MIN

FOREST SIGNATURES

Swiss Pine Active

€ 95 50 MIN

Honey Detox

€ 115 80 MIN

Herbs Pads

€ 95 50 MIN

€ 140 80 MIN

Derma Relax

€ 95 50 MIN

€ 140 80 MIN

MASSAGES

Tailormade

- Full-body massage

€ 90 50 MIN

- Partial body massage

€ 45 20 MIN

Dorsal Treatment

€ 95 50 MIN

Foot Reflexology

€ 85 50 MIN

Harmonizing Stone Massage

€ 95 50 MIN

€ 140 80 MIN

Ear Candle Treatment

€ 85 50 MIN

Abdominal Treatment

€ 85 45 MIN

SCRUBS & PACKS

Mountain Scrub

€ 50 20 MIN

Mountain Moor Pack

€ 45 20 MIN

Derma Relax Pack

€ 45 20 MIN

BATHS

Forest Bath

€ 45 20 MIN

- Also bookable as a couple

€ 70

Mountain Blossom Bath

€ 45 20 MIN

- Also bookable as a couple

€ 70

Hay Flower Bath

€ 40 20 MIN

PRIVATE SPA

Time together

€ 140 90 MIN

Hamam

€ 160 90 MIN

Effective from March 2024. Changes regarding applications, prices and opening hours are subject to management discretion.
With the release of this SPA menu, all previous prices become invalid. All prices include taxes & fees. Printing errors and mistakes reserved.

FACE

Balance Face Care

€ 90 50 MIN

€ 130 80 MIN

Holistic Lifting Treatment

€ 140 80 MIN

BEAUTY

Love Your Hands Manicure Classic

€ 65 50 MIN

Fancy Hands Ritual

€ 95 80 MIN

Love Your Feet Classic Pedicure

€ 75 50 MIN

Fancy Feet Ritual

€ 105 80 MIN

VITALPINA

Vitalpina Hay Flower Scrub

€ 40 25 MIN

Vitalpina Leg Massage

€ 45 25 MIN

Vitalpina Back Massage

€ 45 25 MIN

Vitalpina Back and Leg Massage

€ 90 50 MIN

ADD-ON FOR ANY HAND & FOOT TREATMENT

Available upon request and for an additional charge:
- TNS nail polish, which you can keep

€ 15