

The background is a solid beige 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 sharp angles and a slight curve at the base.

ACQUAPURA SPA ESSENTIALS

Acquapura Botanic SPA



At the Acquapura Botanic SPA, the botanical richness of the Riviera di Salò blends with a holistic wellbeing philosophy to create a place of deep regeneration. Inspired by the unique plant world of Lake Garda – from Mediterranean herbs and fragrant citrus notes to powerful healing plants – our specially crafted signature treatments unfold their targeted effect on body, mind, and soul.

Each ritual is a sensory composition of regional active ingredients, mindful touch, and finely tuned applications. The result is an immersive journey that not only relaxes, but sustainably restores inner balance and allows new energy to be drawn from the authentic strength of the region surrounding Salò.

“There are always flowers for those who want to see them.”

– Henri Matisse

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

A scenic landscape photograph of a large, calm lake. In the background, a range of rugged mountains stretches across the horizon under a clear blue sky. The foreground is filled with lush green foliage, including olive trees and tall, slender cypresses. A small island with a cluster of trees is visible in the middle of the lake. The text 'LAKE SIGNATURES' is printed in a gold, sans-serif font in the upper left corner, with a thin gold wavy line underneath it. The entire image is framed by tree branches and leaves at the top and sides.

LAKE SIGNATURES

Experience exclusive ritual journeys inspired by the beauty and treasures of the region. Harmonious touches, natural essences, and carefully selected ingredients come together to create a journey for body, mind, and senses – a unique way to relax and renew your energy.



LAKE
SIGNATURES



LAKE SIGNATURES

LAC

In Salò, the lake is not simply called a “lake” – it is known as Lac. Your feet sink into stones smoothed by the water, while the scents of fir and pine fill the air – the essence of the forests surrounding Lake Garda. Gentle warmth envelops the head and back like the sun on a windless day. Alpine mud and arnica work deep into the muscles, while hot stones release tension, allowing body and mind to fully let go. In the end, only one feeling remains: as if you had spent hours between lake and mountains, without ever leaving the treatment bed.

Duration: 110 min

LIMÙ

In the dialect of Salò, lemon is called Limù – a precious fruit nurtured by the unique microclimate of the ancient lemon houses overlooking Lake Garda. The ritual begins with an intensive citrus scrub that deeply renews the skin and releases vibrant freshness. The body then surrenders to an enveloping full-body massage, with special focus on the back and feet. Fresh citrus notes fill the air, leaving a luminous, radiant trail on the skin. An energising, revitalising treatment that leaves the body light and the senses filled with sunshine.

Duration: 80 min

For our young guests too – more on pages 22–23

 HARMONY  RELEASE  ENERGY  CLARITY

SIGNATURE TOUCHES:

Hot stones to release tension

Alpine mud & arnica muscle care

*Warmth enveloping
head and back*

Deep relaxation & sense of escape

 HARMONY  RELEASE  ENERGY  CLARITY

SIGNATURE TOUCHES:

Citrus scrub for skin renewal

Full-body massage

Luminous, radiant skin

*Energising & revitalising
sensation*

LAKE
SIGNATURES



LAKE SIGNATURES

ULIÀ

In the dialect of Salò, an olive is called Ulià – the green gold nurtured for centuries between the lake and the sun of Lake Garda. The ritual begins with a gentle dry exfoliation that renews the skin and prepares it for touch. A soothing massage with olive wood and its rich essence then glides slowly over the muscles, melting away tension. Delicate aromatic notes leave a luminous trail on the skin. A precious, harmonising treatment that nourishes the skin and leaves the body soft, light, and deeply relaxed.

Duration: 80 min

FIUR

In the dialect of Salò, a flower is called Fiùr. This ritual is inspired by its delicate beauty. The experience begins with a floral foot bath as the gentle scents of local blossoms fill the air. Warmth embraces the neck, head, and shoulders, inviting the body to slowly release tension. A fresh citrus body scrub brightens the skin and awakens the senses, like a spring morning by Lake Garda. Afterwards, a nourishing massage with coconut oil and flower essentials pampers feet, hands, neck, face, and scalp. A light, radiant ritual that leaves the skin soft and the senses in full bloom.

Duration: 110 min

 HARMONY  RELEASE  ENERGY  CLARITY

SIGNATURE TOUCHES:

Gentle exfoliation for renewed, radiant skin

Warm olive wood massage for deep relaxation

Silky, nourished skin

Harmonising body and senses

 HARMONY  RELEASE  ENERGY  CLARITY

SIGNATURE TOUCHES:

Floral foot bath

Citrus body scrub

Coconut oil & flower essentials

Lightness and radiance for body and senses

For our young guests too – more on pages 22–23

BOTANIC
RITUALS



BOTANIC SIGNATURES

LAKESIDE ESCAPE RITUAL

BY PHARMOS NATUR

A holistic indulgence ritual for body, face, and mind: gentle full-body massage and nourishing facial application soothe the skin, provide deep hydration, and promote profound relaxation – an experience that brings body and senses into harmony.

Duration: 90 min

HOLISTIC HERBAL FACE & BODY RITUAL

BY TEAM DR. JOSEPH

A deeply regenerating treatment that supports skin and body on a cellular level and restores nervous system balance. Targeted face and body techniques combined with botanical ingredients promote circulation, strengthen the skin barrier, and activate natural regeneration processes.

Duration: 80 min

HERBAL STAMP RITUAL

BY TEAM DR. JOSEPH

Heated herbal stamps with selected medicinal plants stimulate circulation, release aromatic plant essences, and gently activate metabolism – a deeply relaxing ritual that brings new energy and vitality.

Duration: 50 min

 HARMONY  RELEASE  CLARITY

SIGNATURE TOUCHES:

*Full-body massage with
revitalising citrus oil*

Facial treatment including mask

Fresh Aloe Vera gel

Inner balance

Radiant glow

 HARMONY  RELEASE

SIGNATURE TOUCHES:

*Holistic wellness ritual
for face & body*

*Mindful massage sequences
& harmonising techniques*

*Supports detoxification
& regeneration*

 HARMONY  RELEASE

SIGNATURE TOUCHES:

*Energising herbal stamp ritual
for the body*

*Gentle pressure techniques
& rhythmic tapping*

*Promotes circulation
& cellular vitality*



PHARMOS
NATUR

PHARMOS NATUR

Green Luxury



Welcome to the world
of Pharmos Natur.

HOLISTIC BEAUTY —
FROM INSIDE & OUT

Tangible results & deep regen-
eration through our healing and
rejuvenating plants.

Feel happiness in every cell with
holistic natural cosmetics and
powerful superfoods from
PHARMOS NATUR.
Nature with effect, since 1986.

Discover the radiant power of
sacred plants with PHARMOS
NATUR, where nature and
science unite through living
actives from medicinal plants.
At the heart of every treatment
is freshly cut Aloe Vera — a
powerful source of moisture
and regeneration. Through the
Biophoton Effect®, plant energies
help activate the skin's natural
renewal process and restore
microbial balance.

Each ritual is designed to support
the skin holistically, encouraging
regeneration, harmony, and
lasting natural beauty.

A close-up photograph of several green leaves, likely from a cucumber or similar vegetable, covered in small, glistening water droplets. The leaves are layered, with some in sharp focus and others blurred in the background, creating a sense of depth. The lighting is soft and natural, highlighting the texture of the leaves and the clarity of the water.

FACE



INTENSIVE MOISTURE

BY PHARMOS NATUR

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

Duration: 60 min

 **ENERGY**  **CLARITY**

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

Duration: 60 min

 **ENERGY**

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*
Duration: 60, 80 min



LOVE YOUR AGE - POWER TREATMENT

BY PHARMOS NATUR

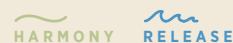
Intensive regeneration |
Wrinkle smoothing |
Rejuvenation for mature
skin in need of regeneration
Duration: 80 min



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. Recommen-
ded from 4:00 PM onwards for
optimal overnight regeneration.
Duration: 60, 80 min



*Promotes nighttime
skin regeneration*

*Supports inner calm
and relaxation*

*Leaves the skin nourished
and balanced by morning*

TEAM D^R JOSEPH



TEAM DR JOSEPH
Skin Longevity —
the Art of Timeless
Skin Health



Inspired by the power of nature and supported by modern longevity science, our treatments are designed to strengthen the skin's natural vitality and support long-term skin health. Rooted in the philosophy of Skin Longevity, each ritual works beyond classical skincare by activating cellular regeneration, reinforcing the skin barrier, and restoring balance from within.

Highly effective botanical actives, refined manual techniques, and regenerative formulations work in harmony with the skin's natural processes to promote resilience, radiance, and visible wellbeing. The result is healthy, balanced, and resilient skin — nourished for today and strengthened for the future.

FACE



FACE

BOOKABLE FOR EVERY FACE TREATMENT

Upon request and charge:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

CELLULAR HERBAL RENEWAL

BY TEAM DR. JOSEPH

Botanical and regenerating care |
Warm compresses | Promotes
cellular regeneration | Strengthens
the skin barrier & microbiome
Duration: 80 min

 HARMONY  CLARITY  RELEASE

HERBAL PURITY SKIN RESET

BY TEAM DR. JOSEPH

Botanical actives for skin clarity
& balance | Supports the skin's
natural cleansing process |
Clarifying | Reduces inflammation-
related skin stress
Duration: 50 min

 HARMONY  CLARITY  RELEASE

BLOOMING RADIANCE

BY TEAM DR. JOSEPH

Bioenergetic massage | Warm
blossom compresses | Deeply
regenerating care | Supports skin re-
generation & resilience | Calms the
nervous system | Reduces emotional
stress | Enhances radiance & vitality
Duration: 80 min

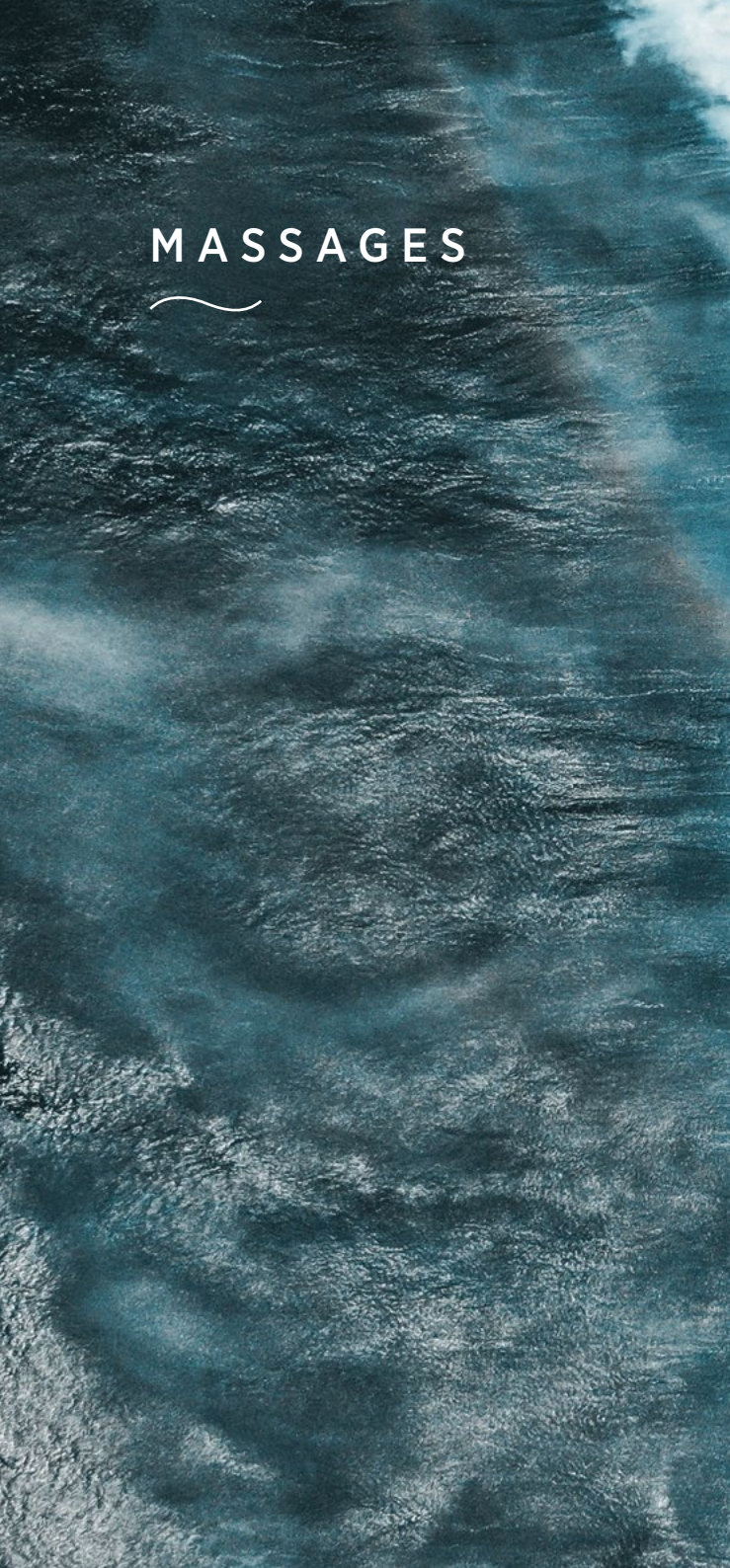
 ENERGY  CLARITY

EXPRESS POWER LIFT FOR MEN

BY TEAM DR. JOSEPH

Natural high-tech power for a
strong & well-groomed radiance |
Activating massage techniques |
Natural | Highly effective
Duration: 50 min

 ENERGY  CLARITY  RELEASE



MASSAGES



TAILORMADE

Tailored to your well-being |

Also suitable for athletes

– *Full-body massage*

– *Partial-body massage*

Duration: 25, 50, 80 min


HARMONY


RELEASE


ENERGY

AROMA SENSES

Aromatic oil of your choice |

Tailored to your well-being |

Also suitable for athletes

– *Full-body massage*

– *Partial-body massage*

Duration: 25, 50, 80 min


HARMONY


RELEASE


ENERGY

MASSAGES

FLOAT & FIT LYMPH-STIMULATING

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

Duration: 25, 50 min

ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility
check | Tension relief |
Increased flexibility

Duration: 60 min

BOTANICAL BLISS

BY TEAM DR. JOSEPH

A fragrant and sensory journey
with high-quality aroma oils,
where gentle, flowing strokes
guide body and mind into deep
relaxation, relieve stress, and
harmonise the nervous system –
perfect for anyone seeking calm
and mental restoration.

Duration: 25, 50 min

SIGNATURE TOUCHES:

*Supports nervous system
regulation*

Balancing & calming

*Promotes deep relaxation
& regeneration*

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

Duration: 60, 90 min



DETOX BODY

BY PHARMOS NATUR

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

Duration: 60 min



STRESS AWAY

BY PHARMOS NATUR

Deep relaxation | Balancing | Rejuvenating | Stress management and relaxation

Duration: 60 min



HAY HERB BLEND BODY RENEWAL

BY TEAM DR. JOSEPH

Revitalising body scrub with fine hay flower extracts | Activates skin renewal | Enhances circulation and oxygen supply

Duration: 25 min



BOTANICAL SALT BODY DETOX

BY TEAM DR. JOSEPH

Clarifying body treatment to support natural detoxification processes | Mineral-rich ingredients & botanical actives | Supports detoxification | Restores balance to body and mind

Duration: 25 min



MOMENTS OF HARMONY

BY TEAM DR. JOSEPH

Relaxing ritual for expectant mothers | Gentle touches & harmonising techniques | Accompanied by soothing sounds | Nurturing care & fine plant essences

For maximum safety & well-being, we recommend consulting with your attending physician before the treatment

Duration: 50 min



BEAUTY



BEAUTY

BOOKABLE WITH EVERY HAND & FOOT APPLICATION

– Coloured varnish

– Gel varnish

(Treatment duration will
be adjusted accordingly)

MANICURE CLASSIC

Nail shaping |

Treatment of cuticles |

Manicure with massage

Duration: 40 min

FANCY HANDS RITUAL

Manicure | Hand exfoliation |

Hand wrap | Hand massage |

Hands as soft as velvet

Duration: 70 min

PEDICURE CLASSIC

Foot bath | Reduces signs

of pressure | Nail shaping |

Gentle foot massage

Duration: 50 min

FANCY FEET RITUAL

Pedicure | Foot exfoliation |

Foot wrap | Foot massage |

Soft and well-groomed feet

Duration: 80 min

FALKONS SIGNATURES

Our holistic wellbeing 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.

ALESSIO

Start your journey with a fun lake-inspired foot bath, followed by a gentle scented cloud that feels like walking through a forest. Warmth and cozy stones prepare the body for a relaxing experience full of calm and wonder.

Duration: 40 min

HARMONY RELEASE ENERGY CLARITY



BEA

Step into a floral foot bath, then feel a soft, warm hug on your back as a gentle floral massage with coconut oil, flowers, and sweet tonka bean essence begins. A little ritual that helps you relax and float into a happy daydream.

Duration: 40 min

HARMONY RELEASE ENERGY CLARITY



LIMO

Enjoy a gentle facial mask and soothing massage, wrapped in the fresh citrus scents of Salò. Feet, neck, and shoulders unwind, leaving the whole body feeling light and refreshed.

Duration: 20 min

HARMONY RELEASE ENERGY CLARITY



OLIVIA

Pamper your skin with deep hydration using precious Garda olive oil, followed by a gentle citrus rain. The body relaxes, and the skin feels soft, happy, and cared for.

Duration: 20 min

HARMONY RELEASE ENERGY CLARITY

TEENS SIGNATURES

GREENY TEENIE

BY PHARMOS NATUR

Green facial | Sacred plants |
Preventive care treatment for
young skin | Especially suitable
also for blemished skin and acne |
For a fresh and clear complexion
Duration: 60 min

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
Duration: 45 min

HARMONY RELEASE



TEENS SIGNATURES

TEENIE BALANCE

BY TEAM DR JOSEPH

Deep-cleansing & balancing |
Plant clarifying mask |
Purity & balance for young skin
Duration: 40 min



ENERGY



CLARITY

LAKEFLOW

BY TEAM DR JOSEPH

Mini mind journey | Deep & relax |
Body massage with aromatic oil |
Soothing | Relaxing
Duration: 30, 50 min



RELEASE

BLOSSOM & NATURE RESET

BY TEAM DR JOSEPH

Gentle floral treatment with soft
blossom compresses | Calms the
nervous system | Enhances body
awareness & relaxation |
Reconnects with nature
Duration: 30, 50 min



HARMONY



RELEASE

TEENIE HYDRATE & GLOW

BY TEAM DR JOSEPH

Gentle cleansing & enzyme
peeling | Revitalising plant mask |
Freshness & hydration for young skin
Duration: 25 min



ENERGY



CLARITY

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.