

The image features a large, stylized white letter 'A' that is the central focus. The background is a light tan color with a fine, repeating wavy pattern. The letter 'A' is composed of two main parts: a sharp, triangular top section and a rounded, curved bottom section. The text 'ACQUAPURA SPA ESSENTIALS' is centered horizontally across the middle of the image, overlaid on the textured background.

ACQUAPURA SPA ESSENTIALS





Opening hours

ACQUAPURA SPA

Daily from 12 pm – 7 pm

SAUNAS

Daily from 12 pm – 7 pm

POOL

Daily from 7 am – 10 pm

FITNESS

24 h

Contact SPA Reception

Direct number 504
spa.antholz@falkensteiner.com

Pure. Nature. Hideaway.

Our Acquapura SPA embodies the enchanting nature of the Antholz mountain landscape: crystal-clear forest air, warming sun, vitalising spring water, the unmistakable scent of mountain meadows. Alpine charm meets “dolce far niente” here in a peaceful ambience and offers a unique wellness experience in absolute harmony with nature.

In the refuge of the Falkensteiner Hotel Antholz, you can enjoy individually tailored treatments and leave your everyday life behind.

Give yourself time with our Signature Treatment. Our SPA concept means that you do not book a specific treatment, but a time slot, and together we will determine the treatments that are best for you at that moment.

For the perfect regeneration of your body and the holistic relaxation of your mind.

Welcome Home!



ACQUAPURA SPA

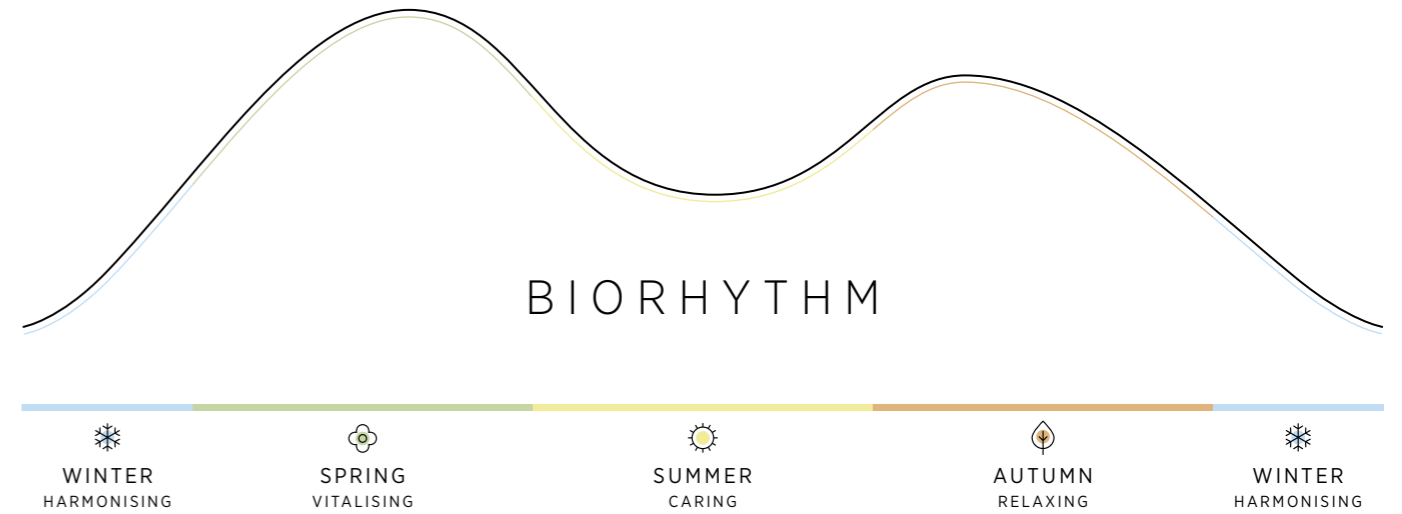
“Acqua pura” means “pure water” and is the essence of the spa worlds in the Falkensteiner Hotels & Residences. Water invigorates, relaxes and enhances physical well-being – it is not without reason that it is considered the elixir of life. From a spiritual point of view water is attributed to the second energy centre, where creativity, desires 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



Like nature, the human biorhythm is subject to constant ups and downs. At the Acquapura SPA we help you to find your rhythmic balance. Would you like to be pampered, relax or recharge your batteries? Then we recommend our Signature Treatment for an individual wellness programme. Your head will be cleared, your body will regenerate and total relaxation will take hold of you.



SIGNATURE TREATMENT ANTHOLZ

Precious time for yourself

Resting in yourself and encountering the pleasure of well-being. This is the goal of our Signature Treatment. It is made up of everything what your body and mind need at this precise moment.

Together with our trained and highly specialised spa team, you can choose the treatments that will allow you to let go and let your thoughts fly. The air is filled with a subtle scent, while trained hands sensitively massage, knead, cleanse and stimulate the muscles and skin. At the end of the treatment we serve you a hot tea in the relaxation room. Perfectly happy.

Choose your feel-good time

€ 84 60 MIN

€ 114 90 MIN

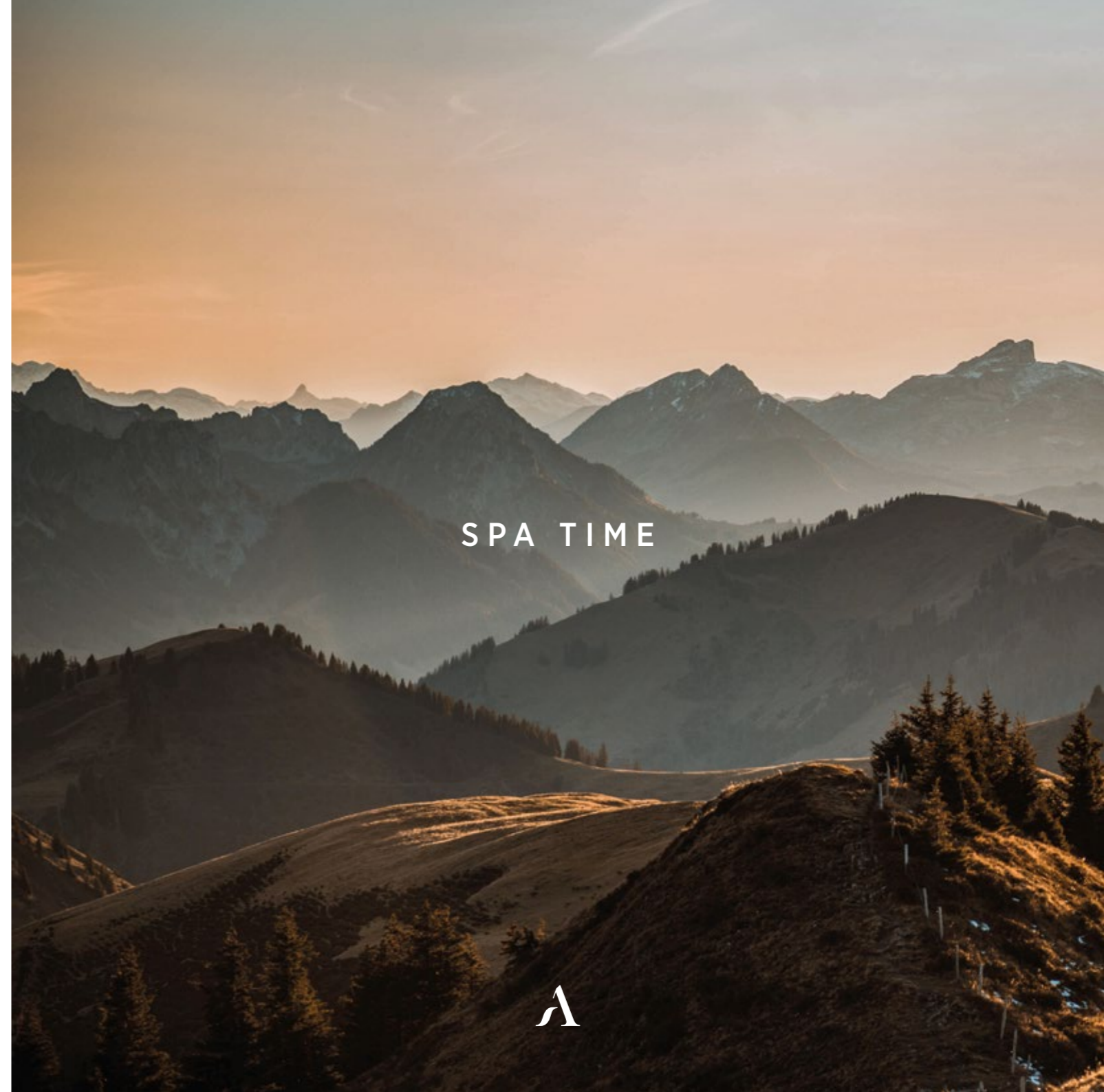
€ 138 120 MIN

INDIVIDUAL TREATMENT


Choose your focus
face and/or body

Choose your
fragrance experience

Close your eyes
Breathe deeply
Enjoy mindful touch



 VITALISING

 CARING

 RELAXING

 HARMONISING

A



JUST BREATHE

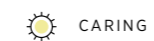


I BREATHE

I BREATHE. That sounds quite natural. But breathing is inseparably connected with the life force and of immense importance for our well-being. Therefore, with this special treatment for your respiratory tract and lungs, you release vitality, relieve tension and improve your attitude to life.

Valuable herbs from the alpine nature are important elements: through the inhalation of cornflower, myrtle and elder and lime blossoms cleanses and strengthens the respiratory tract. Yosp and fennel additionally clear them. This allows more oxygen to be absorbed and can be passed on. The intensive massage of the back and chest muscles loosens deep-lying adhesions in the rib area, opens up the chest and enables deeper breathing. An additional reflex zone massage has a positive effect on the lungs and rounds off this treatment.

€ 84 60 MIN





PRIVATE SPA TIME FOR TWO

Pampering each other – when do you ever do you get to do that in everyday life? In our Private SPA you will find the space and time for it: you start with a soothing cleansing with gentle herbal peeling in the steam bath, dive into the well-tempered whirlpool for two and then pamper yourself with fragrant essences from nature. The best time for each other is now.

€110 90 MIN



HAMAM

“Hamam” is the wonderful and mysterious bathing culture of the Orient: It stands for “warming and bathing” and is used for relaxation as well as personal well-being. Soapy lather, clear water and hot steam provide a multi-sensory and holistic experience, to cleanse the body and mind. It begins with the opening of the pores in the steam bath, followed by an intensive cleansing ritual on the warm marble slab. Afterwards, you can unwind in the warm whirlpool. Care and enjoyment in one unforgettable ritual.

€115 90 MIN



VITALISING



CARING




RELAXING



HARMONISING

PRIVATE SPA



A close-up photograph of several pink tulips in bloom, filling the left side of the page. The petals are soft and layered, with some showing a gradient from light pink to white. The background is a blurred green, suggesting foliage.

FUTURE MOMS



PAMPERING MOMENTS FOR MOTHERS-TO-BE

Simply being pregnant. Especially during pregnancy it is nice to reward yourself with an extra portion of attention: consciously taking time for yourself, treating pregnancy-typical tensions and fatigue and pampering your skin, treat yourself to a beauty treatment – whatever you feel like. Together with our SPA team, you can create your own personal treatment, tailored to your needs.

€78 60 MIN



VITALISING



CARING



RELAXING



HARMONISING

PACKS



ALPINE MOOR PACK

Regeneration and relaxation for the whole body. The body pack with pure fango in the heated water floating bed provides deep relaxation and relieves pain.

€ 45 20 MIN

BATHS



SOUTH TYROLEAN HAY FLOWER BATH

Purification and detoxification for muscles and joints in the well-tempered floating waterbed. Even the old mountain farmers knew about the healing effect of warm meadow hay.

€ 45 20 MIN



FOREST BATH

Enjoy an activating forest bath in our imperial tub. Various conifers promote blood circulation and regenerate stressed muscles.

€ 45 20 MIN

As a couple

€ 60 20 MIN




MOUNTAIN BLOSSOM BATH

Immerse yourself in our well-tempered imperial tub. Dried mountain blossoms and gentle oils nourish the skin and invite you to feel good.

€ 45 20 MIN

 VITALISING

 CARING

 RELAXING

 HARMONISING

PACKS & BATHS

A



PACKS



MOUNTAIN AIR

For all sports enthusiasts. The warm pack with South Tyrolean hay flowers in the heated floating water lounge ensures deep relaxation. The subsequent partial massage of your choice pays attention to particularly stressed areas.

€78 60 MIN



MOUNTAIN BREAK

Treat yourself to a rest after a day in the mountains. A special peeling with various herbs stimulates the circulation and regenerates. A partial massage of your choice cares for particularly stressed areas.

€78 60 MIN



VITALISING



CARING



RELAXING



HARMONISING

BEAUTY CLASSICS

MANICURE & PEDICURE



CLASSIC WHOLE BODY-MASSAGE

Relaxing, stimulating and regenerating. Thanks to the sensitive hands of our Spa team and the certified organic oils from Art of Care.

€72 50 MIN

Partial-body massage

€36 20 MIN



LOVE YOUR HANDS

with hand & arm massage, with varnish on request. You will receive our nail polish as a gift after the treatment.

€64 60 MIN



LOVE YOUR FEET

with foot & leg massage, with varnish on request. You will receive our nail polish as a gift after the treatment.

€64 60 MIN



VITALISING



CARING



RELAXING



HARMONISING

OUR CLASSICS





PHYTO ART®

bio care and more

ART OF CARE - PHYTO ART

We pamper our guests with the unique, natural and gentle Phyto Art care line by Art of Care. Because our heart beats in time with nature. It is rooted in the plant world, just as the healing herbs are rooted in the earth. Thus we can reveal the natural beauty of each person with the help of the power of nature.

Art of Care products are made in South Tyrol and from local plants. The four elements play an essential role. The highly technologically refined, protective and regenerating beauty products and treatment methods are based on old are based on ancient European healing methods (TEM) and traditional folk medicine. They are free of paraffins, PEGS, silicones, perfume and without any animal additives.

SPA ETIQUETTE



Our advice is to book your treatment at the Acquapura Spa before your stay or directly upon arrival. You can contact us by phone (internal number) 504 or by e-mail: spa.antholz@falkensteiner.com



Please arrive at the SPA reception 10 minutes before the start of your treatment.



The indicated treatment time is understood to be cabin time and includes the preliminary talk and consultation with our SPA team, the treatment you have chosen and a short feedback.



Out of respect for subsequent guests, we ask for your understanding that if you are late for your appointment, the treatment time will be reduced and you will still be charged in full. Please inform us at least 24 hours before the appointment if you are unable to attend. Only then can we cancel the appointment free of charge. If you cancel less than 24 hours before your treatment, we will have to charge you the full cost of the service.



Our SPA is a place of peace and harmony. Please do not use mobile phones. In addition, our SPA area is a non-smoking area. Thank you for your understanding.



Please inform us of any health problems, allergies or pregnancies prior to your booking so that we can give you the most appropriate advice on treatments and services. Your personal information will of course be treated with discretion.



Please arrive for your treatment in a bathrobe. You will be given disposable briefs for each treatment. For some treatments you may optionally come in comfortable clothing. We recommend that you come to your treatment without jewellery and that you lock your valuables directly in the room safe for your own safety. We are not responsible for lost valuables.



Please wear swimwear in the pool area. In the sauna area, however, we ask you not to wear any clothing for hygienic reasons. In order to ensure a pleasant stay for you and all guests in the wellness area, we kindly ask you not to reserve loungers with towels, bags or similar.

