



#### Strength. Vitality. Balance.

The sound of the sea, the scents of the pine forest, the vastness of space. Everything that surrounds us is a source of inspiration for our private corner of peace and relaxation, in the heart of the most vital part of Calabria.

Here you can take care of your body, seeking a new balance with your spirit, thanks to treatments designed to combine the best of Falkensteiner knowledge with the best of local influences. So that you can really get away from it all, with massages that give you the feeling of being at the centre of the world and at the same time away from everyday toutine. Choose your emotion.

Welcome Home!



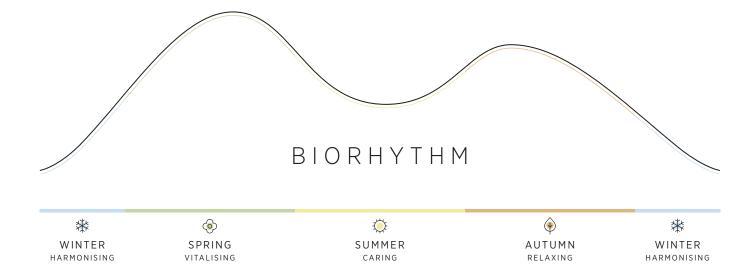
## ACQUAPURA SPA

"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.







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.







#### LYMPHDRAINAGE EVERYTHING IN FLOW

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

€ 65 50 MIN

€35 25 MIN



#### AROMA CANDLE MASSAGE

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

€68 50 MIN



#### TAILORMADE MASSAGE

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



#### COMBI MASSAGE

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

€ 98 80 MIN € 65 50 MIN



#### SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension relief | Increased flexibility

€89 60 MIN







FACE

PHYTOMER



#### EXTENDED YOUTH OF THE SEA

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

€123 90 MIN





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

€ 79 60 MIN



#### MALE MARINE ENERGY

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

€83 60 MIN



#### CITYLIFE MARINE DETOX

Combats urban pollution | Clarifies, detoxifies and oxygenates the skin

€83 60 MIN



#### 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

#### **RELAX DOS**

Self-heating sea mud | 50% more effect

€ 25 15 MIN

#### **EYE PERFECTION**

Intensive eye care

€19 10 MIN

#### **BEAUTY EXPRESS**

Eve 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



RELAXING



HARMONISING

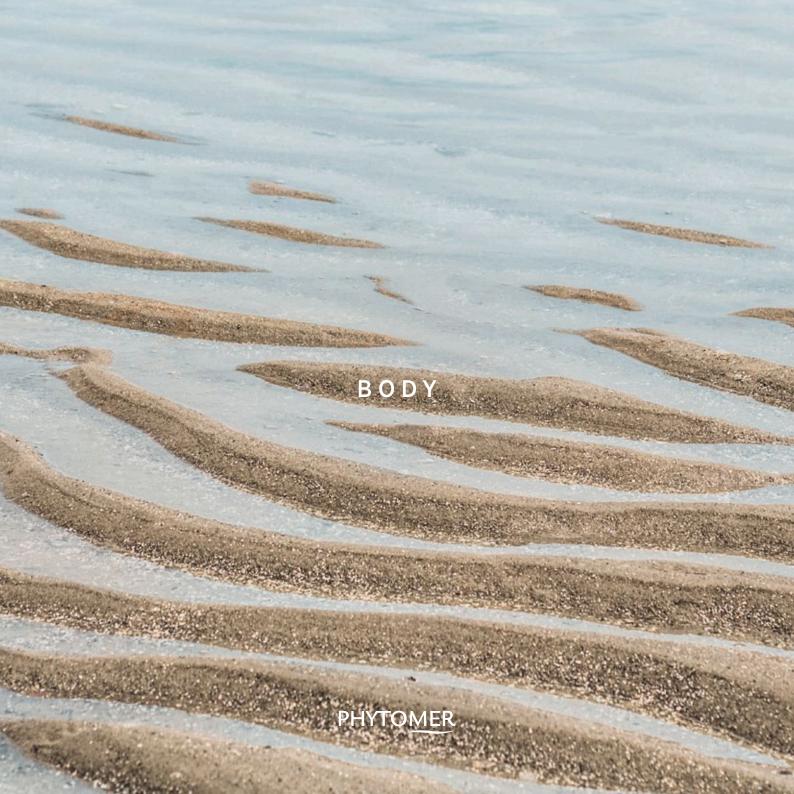


VITALISING



CARING







#### OLIGOMER SPA "FEEL THE SEA"

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

€50 40 MIN



#### MARINE SCULPT ZONE

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











#### AFTER SUN BREEZER FACE

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

€39 30 MIN



#### AFTER SUN BREEZER BODY

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



RELAXING



HARMONISING



VITALISING



CARING







# 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.





### MANICURE CLASSIC

Nail shaping | Treatment of cuticles | Manicure with massage

€39 30 MIN



### PEDICURE CLASSIC

Footbath | Healing bruises | Nail shaping | Gentle foot massage

€65 50 MIN

Alessandro coloured varnish

Alessandro strip varnish



#### HAPPY HANDS RITUAL

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

€ 65 50 MIN



#### HAPPY FEET RITUAL

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

€89 75 MIN







# SPA ETIQUETTE



Guarantee your desired treatment before arrival.



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



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.