

The image features a large, white, stylized letter 'A' that is the central focus. The background is a light green color with a subtle, 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 green background.

ACQUAPURA SPA ESSENTIALS



**FALKENSTEINER**

HOTEL MONTAFON

*Premium Collection*

## **ACQUAPURA Organic SPA**

### **The nature as source of energy and space of relaxation.**

Feel the power and freedom of the natural habitat in the midst of the originality of the Montafon mountains – in the heart of the three largest mountain ranges and at the strongest source of the Alps. Let yourself be touched and inspired by it in different ways and in rich varied forms. Nature is the shaping element, activating and invigorating, as the source of all energy, or relaxing and even out to find back to balance and lightness. Let yourself drift and feel the diverse power in this feel-good hideaway that inspires kids and adults alike.

*Welcome Home!*

A large, white, serif capital letter 'A' is centered in the image. The background is a close-up of water with a teal and blue color palette, featuring white foam and bubbles, suggesting a dynamic, possibly oceanic or coastal setting. The letter is rendered in a clean, classic font style, standing out prominently against the textured, slightly blurred water background.

A


## 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.

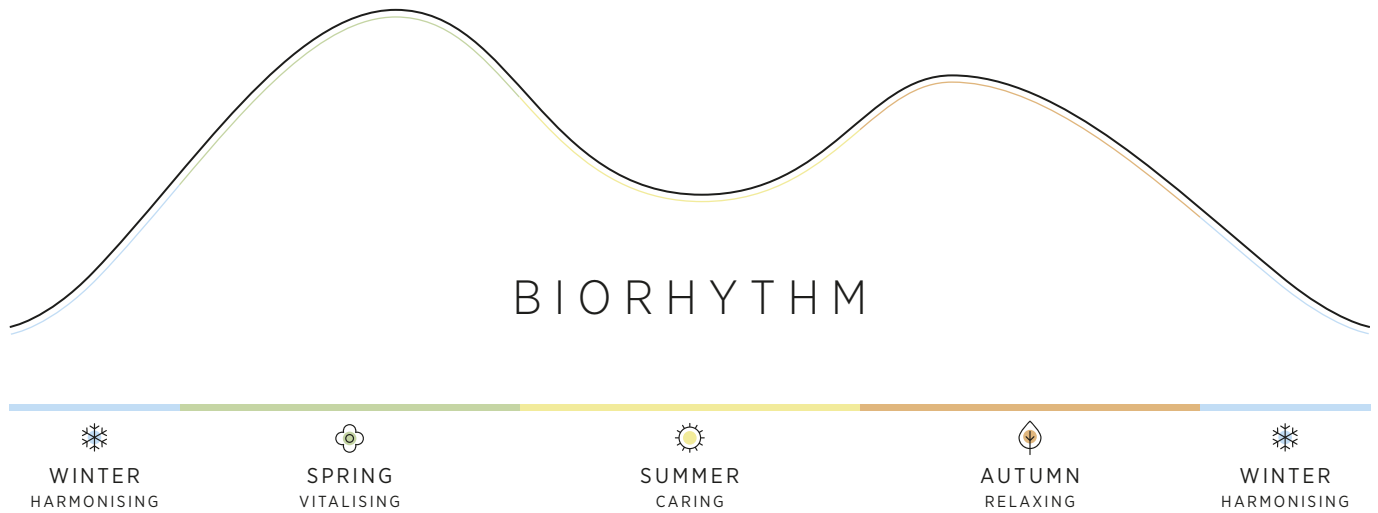
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

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.





THE ACQUAPURA PRINCIPLE



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.



#### NATURE ESCAPING

Going back to nature & being able to consciously experience its strengths for our body, mind & soul. Let go off all stress & release all burdens. Let yourself be touched by the originality of nature & feel the sense of freedom for a lasting well-being.

MONTAFONER RITUALS



PHARMOS  
NATUR



## GREENERGIZER

Full body treatment |  
Relaxing | Moisturizing |  
Strengthens connective  
tissue | Draining | Fresh  
Aloe vera plant leaf |  
Foot compresses

BY PHARMOS NATUR

€ 115 60 MIN



## ORGANIC HIDEAWAY "DOWN TO EARTH"

Full body ritual | Earthing |  
Back to the nature | Alge-salt  
full body peeling & afterwards  
massage | Fresh Aloe vera plant  
leaf | Body pack

BY PHARMOS NATUR

€ 215 120 MIN



## GREENERGIZER INTENSE

Full body treatment |  
Fresh Aloe vera plant leaf |  
Cleansing | Nourishing |  
Peeling | Freshness kick on  
face | Short facial massage  
included

BY PHARMOS NATUR

€ 165 90 MIN

 HARMONISING

 VITALISING

 CARING

 RELAXING

 NATURESCAPING





ACTIVE SIGNATURES





## ACTIVE FLOW INTENSE

Refreshing foot bath with peeling for stressed feet | Neck & shoulder massage | Powerful back, leg- & footmassage | Back wrap | Aloe Vera fresh plant leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery

Followed by a smoothie/shake with Sesamkraft

BY PHARMOS NATUR

€ 160 90 MIN



## ACTIVE FLOW

Hot or cool foot compresses | Neck & shoulder massage | Powerful back, leg & foot massage | Aloe Vera fresh plant leaf | Reduces tension | Warms up muscles | Prevents muscle soreness | Supports muscle recovery

Followed by a smoothie/shake with Sesamkraft

BY PHARMOS NATUR

€ 110 60 MIN



## SPORT & VITALITY

Body Wrap| Activating | Arnica & St. John's wort | Improves blood circulation | Keeps the muscles supple | New strength for tired joints | Increased performance of muscles | Vitalizing warmth experience for athletes and active people

BY TEAM DR JOSEPH

€ 48 25 MIN

## BODY BOOSTER

Increases sport Performance | Stretching & mobilization | Fascia | New power & energy

BY PINO

€ 110 60 MIN

## TAPING TIME OUT

Muscle pain relief massage with Med Gun 20 min | Taping support | Magnesium shot

€ 85 45 MIN

## PUSH YOUR LIMIT

Private training session 60 min | Med Gun massage 20 min | Refresher

€ 145 80 MIN



HARMONISING



VITALISING




CARING



RELAXING



NATURESCAPING



# MASSAGES



## FOOT REFLEXOLOGY

Relieves discomfort |  
Promotes self-healing

€ 48 25 MIN

€ 95 50 MIN



## FEET & LEGS

Relief and relaxation for legs  
and feet | Decongestion |  
Tones up muscles

€ 48 25 MIN

€ 95 50 MIN





## TAILORMADE MASSAGE

PINO aromatic oil of your choice | Tailored to your wellbeing | Also suitable for athletes

Full-body massage  
Partial-body massage

€ 48 25 MIN

€ 95 50 MIN

€ 140 80 MIN



## MONTAFIRE

Aromatherapy candle of your choice | Tailored to your wellbeing | Pleasantly nourishing

€ 95 50 MIN



## ACQUAPURA SIGNATURE FLOW

Fascia Massage | Mobility check | Tension relief | Increased flexibility

€ 110 60 MIN



## FLOAT & FIT LYMPHSTIMULATING

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

€ 95 50 MIN

## COMBI FLEX

2 body parts of choice | Feet & legs | Back | Stomach | Neck & Shoulders

€ 48 25 MIN

€ 95 50 MIN

€ 140 80 MIN



FACE

  
PHARMOS  
NATUR



## NATURE OF MEN TREATMENT

Perfect care for men's skin |  
Cell renewal and regeneration |  
Revitalisation | Soothes  
irritation

€ 95 50 MIN

€ 145 80 MIN

80-minute application includes:  
additional back massage and  
treatment for arms, calves and feet



## EXKLUSIV ROHINI REGENERATING TREATMENT

Individualised effective  
power of adaptogenic plants |  
Selection of active ingredients |  
Deep-level regeneration |  
Treatment ritual for every  
kind of skin

€ 150 80 MIN



## INTENSIVE MOISTURE

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

€ 95 50 MIN

€ 145 80 MIN



## BIO-LIFTING

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

€ 95 50 MIN

€ 145 80 MIN

## BOOKABLE FOR EVERY FACE TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye



## DETOX FACE

Cleansing | Activates lymph flow | Strengthens the connective tissue for every kind of skin – particularly for stressed skin and for couperose

€ 95 50 MIN

€ 145 80 MIN




## LOVE YOUR AGE - POWER TREATMENT

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

€ 95 50 MIN

€ 145 80 MIN





FACE

HIGHTECH NATURAL COSMETICS

TEAM DR JOSEPH

SÜDTIROL



## ADVANCED BIOLIFTING FACE TREATMENT

Individualised intensive treatment | Biodynamic lifting | Nature's technology | Ritual for all the senses | Bioenergetic

€ 195 110 MIN



## EXPRESS POWERLIFTING FOR HIM

Natural high-tech power for a powerful and groomed look | In touch with nature | Effective

€ 95 50 MIN



## INTENSE PURIFYING FACE TREATMENT

Deep cleansing specific to skin type | Radiant | Energetic

€ 95 50 MIN



## CELLULAR RECREATION FACE TREATMENT

Deep-penetrating pampering programme with immediate effect | Natural active ingredients | Healthy and well-maintained skin

€ 145 80 MIN



## SUPREME EYE & FACE LIFT

Lifting & glow | For fresh eye area and tight contours | Cleaning | Peeling | Mindful massage | Gua-Sha | Care mask | Eye & lip Care | Maximum effect for a visibly tightened skin

€ 95 50 MIN



HARMONISING



VITALISING



CARING



RELAXING



NATURESCAPING



BODY



PHARMOS  
NATUR



## RELAX & MOVE

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

€ 110 60 MIN



## DETOX-BODY

Cleansing | Activates lymph flow | Strengthens the connective tissue for general tissue cleansing, for congestion and heavy legs, for cellulite

€ 110 60 MIN



## STRESS AWAY BODY

Deep relaxation | Let go of stress | Recharge your batteries | Stress management and relaxation

€ 110 60 MIN

 HARMONISING

 VITALISING

 CARING

 RELAXING

 NATURESCAPING

A close-up photograph of pine needles, showing their fine texture and vibrant green color. The needles are arranged in dense, vertical clusters, with some showing small, yellowish-brown tips. The background is dark and out of focus, emphasizing the sharp details of the needles in the foreground.

BODY

HIGHTECH NATURAL COSMETICS

**TEAM D<sup>R</sup> JOSEPH**

SÜDTIROL



## DEEP RELAX STONE MASSAGE

Deep relaxation | Anti-stress |  
Multi-sensory experience |  
Stimulation of the 7 energy  
centres

€ 95 50 MIN



## HEAD & NECK MASSAGE

Multi-sensory highlight |  
Deep relaxation | Stress  
relieving effect | Relieves  
tension

€ 95 50 MIN



## RECREATION BACK MASSAGE

Activates and loosens up  
musculature | Relieves tension |  
Singing bowls

€ 95 50 MIN

 HARMONISING

 VITALISING

 CARING

 RELAXING

 NATURESCAPING

A close-up, shallow depth-of-field photograph of a field of yellow buttercup flowers. The flowers are in various stages of bloom, with some in sharp focus and others blurred in the background. A single dandelion seed head is visible in the foreground on the right side. The lighting is warm and golden, suggesting late afternoon or early morning. The overall mood is serene and natural.

BEAUTY

A



## MANICURE CLASSIC

Nail shaping | Treatment of  
cuticles | Manicure with  
massage

€ 58 30 MIN



## PEDICURE CLASSIC

Footbath | Heal bruises |  
Nail shaping | Gentle foot  
massage

€ 95 50 MIN

BOOKABLE  
FOR EVERY  
HAND & FOOT  
APPLICATION

coloured varnish

€ 15

Strip Varnish  
(Gel Varnish)

€ 25



## FANCY HANDS RITUAL

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

€ 95 50 MIN



## FANCY FEET RITUAL

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

€ 140 75 MIN



HARMONISING



VITALISING



CARING



RELAXING



NATURESCAPING



# PHARMOS NATUR

## PHARMOS NATUR

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 is special about them is the use of ingredient-rich Aloe Vera instead of water, without the addition of alcohol and without classic preservatives.





HIGHTECH NATURAL COSMETICS  
**TEAM D<sup>R</sup> JOSEPH**  
SÜDTIROL

HIGH-TECH, ORGANIC, NATURAL  
COSMETICS FROM SOUTH TYROL

Team Dr Joseph was founded in 1986 and is the expression of a profound fascination with the ingenuity of plants and their active ingredients. Here, a combination of herbal ingredients, cutting edge technology and an understanding for the complexity of the human body are united. Team Dr Joseph harnesses the abundance of nature, carefully processes deep-acting combinations of active ingredients from the plant world, and thus follows a holistic approach towards nourishing skin care and lasting skin health.



# 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 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.

*Falcons*  
SIGNATURES



Nature is our most valuable source of strength. It gives us new energy and at the same time allows us to relax. In our Organic Spa, we cordially invite you, dear „Falkons“ from the age of 8, to approach „Mother Earth“, nature, in a gentle way and to trust in her natural and holistic effects.

We feel closely connected to the uniqueness of nature, its great diversity and its stunning beauty. With specially created treatments, it is very important to us to inspire you long term. You will be rewarded with an all-round feel-good experience for your charisma, health, life energy, thirst for adventure & curiosity in harmony with a feeling of happiness, harmony and security.



## GREENY TEENIE

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

BY PHARMOS NATUR

€ 110 60 MIN



## TEENATURE MOISTURIZING

Teen Facial | Regenerating hydration mask | Soft facial massage | Freshness & vitality for young skin

BY TEAM DR JOSEPH

€ 58 30 MIN



## MONTAFLOW

Little mind journey | Deep & Relax | Body Massage with aromatic oil | Soothing | Relaxing

BY TEAM DR JOSEPH

€ 58 30 MIN

€ 95 50 MIN



## MOUNTAIN TREASURES

Explore and pick up your own herbs | Beauty secrets of mixology | Make your own ritual products with mountain herbs, salt & honey from the region & oliveoil | Outdoor or in Lab

Express your herbal artistry and create your own products: Peelings | Mini soaps | Masks Mixologist experience (45 min) + body treatment (30 min) with your own product or Herbalist experience or Mixologist experience & #takespahome

€ 160 90 MIN





## MONTAFANCY HANDS

My favorite look & feel |  
Manicure | Hand massage |  
Pop art nail polish

€ 85 45 MIN

## FASHION TATTOOS

Small time-out | Mountain  
breezer | New fashion look  
with uncomplicated removable  
tattoos | Punchy | Colorful |  
Cheeky | Cool | Temporary

€ 29 15 MIN

Bookable until 15:00 o'clock



## MONTAFANCY FEET

Life is colorful | Pedicure |  
Foot massage | Pop art nail  
polish

€ 110 60 MIN



