

The background is a solid brown 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 is composed of two main parts: a vertical stem on the right and a triangular shape on the left that meets the stem at its top and bottom. The text 'ACQUAPURA SPA ESSENTIALS' is centered horizontally across the middle of the page, overlapping the textured background.

ACQUAPURA SPA ESSENTIALS



### **South Tyrolean mountain wellness**

Beautiful Vals is the ideal starting point for sports, regeneration and recreation – activity in harmony with nature. The mountains, forests, lakes, rivers and streams vitalize and inspire body, mind and soul to more balance and joie de vivre. In our Acquapura SPA all elements flow harmoniously into each other and reflect the unique nature of the surroundings. Calm, well-being and a nonchalant, natural charm characterize our South Tyrolean mountain wellness. An unmistakable wellness time-out for all your senses. It is the variety and exclusivity of individually tailored treatments that offer both a balance to sport and activity and guarantee lasting relaxation.

*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.

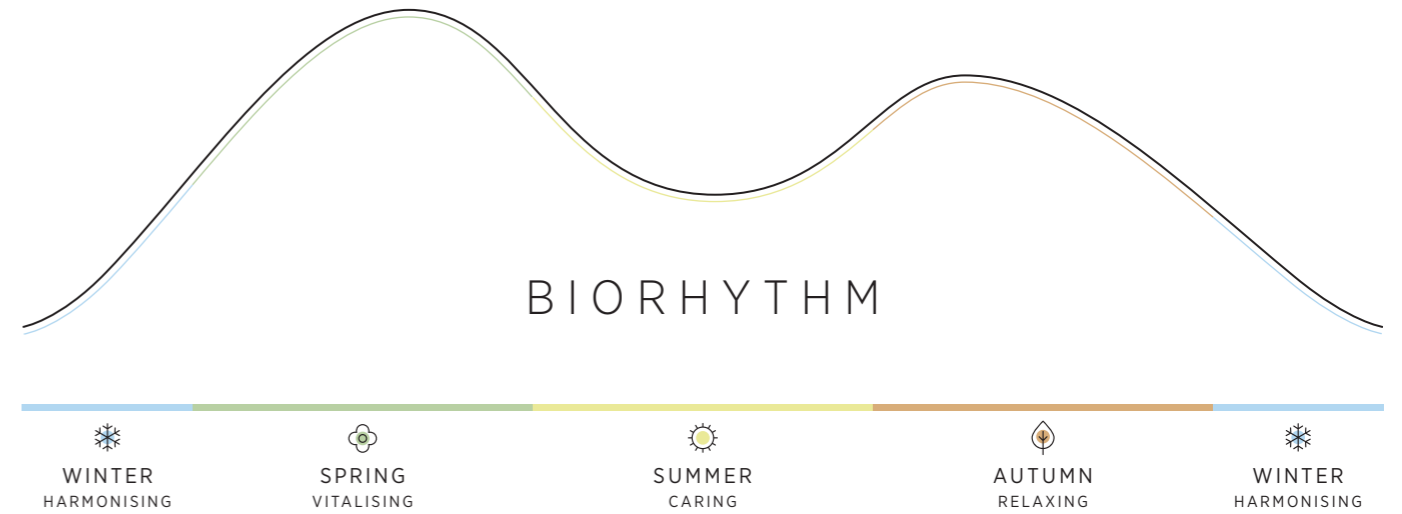
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

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.





## 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.



## SIGNATURE TOUCH



### HOT STONE ALPIN MASSAGE

Hot lava stones | Gentle movements | Relaxation with a combination of warmth and massage | Increased blood circulation

€ 90 50 MIN

€ 140 80 MIN



### SOUTH TYROLEAN MASSAGE

With arnica & St. John's wort for joints and muscles  
or:  
Wild thyme and swiss stone pine for relaxation and strengthening the nerves.  
Can also be booked as a couple's massage.

€ 90 50 MIN



### RELAX & POWER MOUNTAIN MASSAGE

Aromatic oil of your choice | Deep relaxation | Let go of stress | Recharging | Supports stress management and relaxation.  
Can also be booked as a couple's massage.

€ 85 50 MIN

€ 140 80 MIN



### SOUTH TYROLEAN SWISS STONE PINE MASSAGE

Loosens muscles | Relaxation | Strengthens the respiratory tract and immune system

€ 85 50 MIN



### FOREST HONEY MASSAGE

Impurities and toxins are brought to the body surface | Strong support for blood circulation | Strengthens the organism and cleanses the immune system.  
Can also be booked as a couple's massage.

€ 85 50 MIN



### ABHYANGA AYUR- VEDA POWER OF THE MOUNTAINS

Fights off exhaustion, tiredness and nervousness | Promotes healthy sleep | Rejuvenates organs and tissues

€ 95 50 MIN

€ 150 80 MIN



### BIO HERBAL STAMP MASSAGE

Invigorating and activating effect with warm organic herbal stamps | Improves blood circulation | Increases metabolism.  
Can also be booked as a couple's massage.

€ 95 50 MIN





### LYMPH STIMULATING MASSAGE

Activation of the lymph flow | Gentle massage | Deep relaxation | Reduction of swelling. Can also be booked as a couple's massage.

Leg and face

€90 50 MIN

Full body massage

€145 80 MIN



### CLASSIC MASSAGE

Stimulates circulation | Relaxing | Loosening | Sensitive Can also be booked as a couple's massage.

Partial body massage

€45 25 MIN

Full body massage

€75 50 MIN



### HEAD, FACE & NECK MASSAGE

Multisensorial highlight | Deep relaxation | Anti-stress treatment | Relieves tension. Can also be booked as a couple's massage.

€85 50 MIN

€45 25 MIN



### INTENSIVE BACK MASSAGE

Hot roll | Mud wrap | Helps to regenerate | Dissolves blockages and relaxes muscles. Can also be booked as a couple's massage.

€85 50 MIN



### COMBI MASSAGE

2 body parts of choice | Foot | Leg | Back

€100 50 MIN



### LEG & FOOT MASSAGE

With juniper oil and ointment rub | Alpine herb

€50 25 MIN



### AROMATIC OIL MASSAGE

Aromatic fragrance of your choice | Customised to your well-being | Pleasantly caring Can also be booked as a couple's massage.

€95 50 MIN

€150 80 MIN



### RECREATION BACK MASSAGE

Activates and loosens up musculature | Relieves tension | Cupping glasses. Can also be booked as a couple's massage.

€85 50 MIN



VITALISING



CARING



RELAXING



HARMONISING



# MASSAGES



# FACE

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



## ADVANCED BIO LIFTING FACE TREATMENT

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

€160 110 MIN



## INTENSE PURIFYING FACE TREATMENT

Skin type-specific deep  
cleansing | Radiant skin |  
Energetic

€85 50 MIN



## HEAVEN & EARTH

Facial care with deep cleansing  
| Head massage | Foot massage

€105 60 MIN



## CELLULAR RECREATION FACE TREATMENT

Deep pampering program |  
Natural active ingredients |  
Healthy and intensely  
cared skin

€115 80 MIN



## EXPRESS POWER LIFT FOR MEN

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

€90 50 MIN



## FACIAL TEEN (10 - 15 years)

Pampering program for young  
skin | Ideal for the first skin  
irritations and blemishes

€75 50 MIN

CAN BE  
BOOKED WITH  
ANY FACIAL  
TREATMENT

BEAUTY EXPRESS  
Eye brows shaping |  
Eye brows coloring |  
Eye lashes coloring

EACH €20 20 MIN

EACH €30 25 MIN



VITALISING



CARING



RELAXING



HARMONISING

# BODY

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



## PEELING OF YOUR CHOICE (mountain herbs/ mountain salt)

Full-body peeling | Promotes blood circulation | Removal of dead skin cells | Clear and radiant complexion

€55 25 MIN



## PACK OF YOUR CHOICE

Hay | Mountain salt | Evening primrose oil | Alpine mud | Algae

with partial body massage

€90 50 MIN

with full body massage

€130 80 MIN

Body pack

€55 25 MIN



## DETOX BODY

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

€90 50 MIN

€145 80 MIN



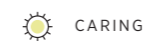
## SLIM TREATMENT

Highly draining and detoxifying body treatment | Peeling | massage with lymph oil | Draining algae pack

€95 50 MIN



VITALISING



CARING



RELAXING



HARMONISING





## MANICURE CLASSIC

Nail shaping | Treatment  
of cuticles | Manicure with  
applying lotion

€ 55 40 MIN



## PEDICURE CLASSIC

Footbath | Heals bruises |  
Nail shaping | Gently  
applying lotion

€ 70 50 MIN



## FANCY FEET RITUAL

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

€ 100 75 MIN



VITALISING



CARING



RELAXING



HARMONISING

BEAUTY

A



## SPA PACKAGES

A

### SPA PACKAGES

Feel good all around and switch off – back to inner balance and again find your own rhythm. The spa packages help you regain energy, matching your needs, to recharge and to achieve beauty, relaxation, balance or clarity.

#### ENERGY

Peeling with mountain salt |  
Hot stone alpine massage  
(50 min.) | Intensive back  
massage

€ 205

This package must be splitted and  
planned on 2 different days.

#### RELAX

Alpine fango pack |  
Relax & mountain power  
massage (50 min.) |  
Head, face & neck massage

€ 165

This package must be splitted and  
planned on 2 different days.

#### ACTIVE

Sports massage |  
Alpine fango pack

€ 125

#### BEAUTY

Cellular recreation face treat-  
ment | Anti detox body (50 min.)

€ 185

This package must be splitted and  
planned on 2 different days.

#### CLEARANCE

Intense purifying treatment |  
Fancy Feet Ritual

€ 165

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 ETIKETTE



Guarantee your desired treatment before arrival.



Allow yourself time and arrive freshly showered 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.



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



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.



Give the gift of time to your loved ones with vouchers for our SPA.

