



FALKENSTEINER

RESORT CAPO BOI

Premium Collection

Acquapura Cocoon SPA

Let yourself be touched by the power of our island escape, surrounded by the elemental nature of Sardinia. It inspires you to regain your inner balance in a very quiet, cocooning atmosphere. Our spa is a very personal place, which allows you to fully concentrate on yourself in a holistic way. Regenerate body and mind sustainably from the inside! You will experience the energy, beauty and all the sensibility of the surrounding Sardinian nature reserve through unique signature treatments, rituals and retreats that find their roots in regional traditions.

Beauty is YOU!

Welcome Home!



A large, white, serif capital letter 'A' is centered on a background of dynamic, teal and blue water splashes. The water is captured in motion, with various shades of turquoise and deep blue, creating a textured and energetic backdrop. The letter 'A' is a classic, slightly stylized serif font, standing out prominently against the fluid, organic patterns of the water.


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.

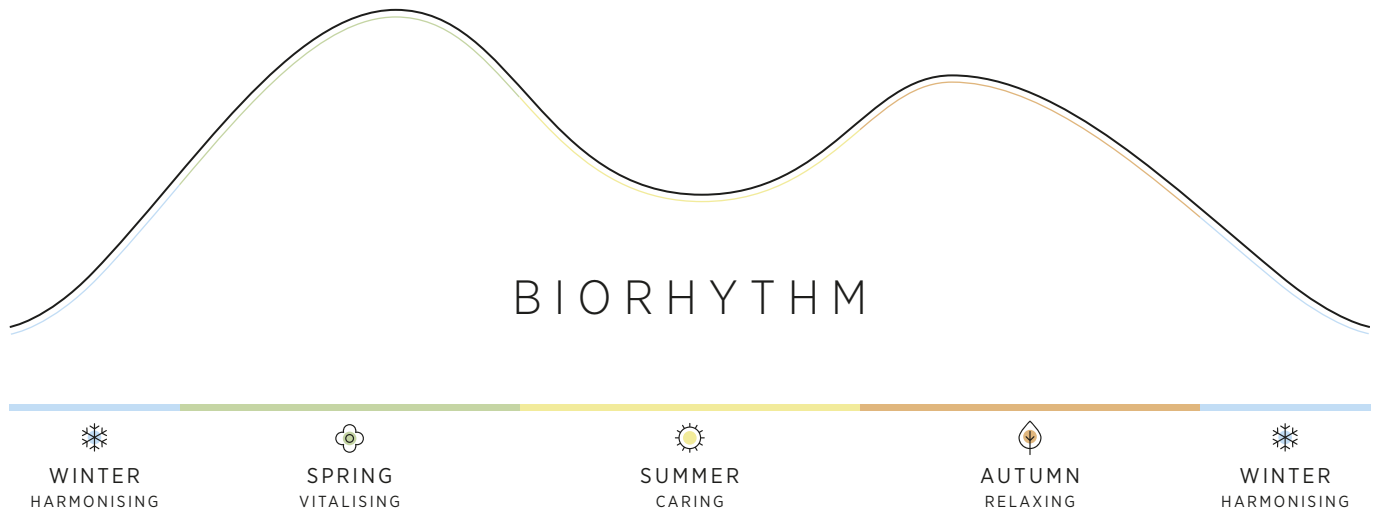
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

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.



A close-up photograph of an olive branch with several green olives. The leaves are dark green and elongated, while the olives are a lighter green color. The background is a soft, out-of-focus light blue sky.

SIGNATURE TOUCH

PHYTOMER



PHARMOS
NATUR

MYCOCOON SIGNATURE

Full body moisturizing massage with balancing oil | Body lotion and freshly scraped aloe vera | Enriches hydrating effect | Strengthens connective tissue | Small intensive moisturizing facial | Foot massage with warm or cool aloe vera leaf | Soothing effect | Nourishes and refreshes skin | Reduces redness

BY PHARMOS NATUR

€140 90 MIN

MEDITERRANEAN WAVES

Outdoor ritual | Massage techniques in unison with waves and wind | Revitalising benefits | Relaxing & energizing | Seaside feeling

BY PHYTOMER

€85 50 MIN

€125 80 MIN

SHARDANA ESCAPE

Body scrub | Cocktail of Sardinian ingredients | Sea salt & lavender | Body massage with warm lavender boluses | Ultra relaxing | Reduces tension | Balancing | Lightness | Improves skin elasticity

€115 75 MIN

SUN HARMONY FACE

Regeneration | Cooling and soothing effect | Self-healing process before or after sun exposure | For reddened and irritated skin

BY PHARMOS NATUR

€95 60 MIN



MASSAGES

A



SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension relief | Increases flexibility

€95 60 MIN



AROMA SENSES MASSAGE

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

€89 50 MIN



COMBI MASSAGE

Partial body parts of choice: Foot reflexology | Stomach massage | Back massage

€85 50 MIN



LYMPH- STIMULATING MASSAGE

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

€48 30 MIN

€95 60 MIN



TAILORMADE MASSAGE

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

Full-body massage

€125 80 MIN

Partial-body massage

€85 50 MIN



VITALISING



CARING



RELAXING



HARMONISING



FACE


PHARMOS
NATUR



EXCLUSIVE ROHINI REGENERATING TREATMENT

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

€147 90 MIN



NATURE OF MEN TREATMENT

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

€95 60 MIN

€128 80 MIN

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



DETOX FACE

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

€95 60 MIN



LOVE YOUR AGE - POWER TREATMENT

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

€128 80 MIN

BOOKABLE FOR EVERY FACE TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye



BIO LIFTING

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

€95 60 MIN



INTENSIVE MOISTURE

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

€95 60 MIN



VITALISING



CARING



RELAXING



HARMONISING



FACE

PHYTOMER

MARINE EXPRESS HOT/COLD

Express facial | Self-warming/
-cooling cleaning mask | Sea
minerals & multilayered
alumina | Eliminates toxic
substances

€ 65 40 MIN

YOUTH REVEALER

Signature facial treatment |
„Happy aging“ care for face, lips
& décolleté | Mask and final
care | Firm & radiant skin

€ 147 90 MIN



EXTENDED YOUTH OF THE SEA

Wrinkle correction and lifting |
„Instant effect“ thanks to
multi-exfoliation | Marine
active ingredients

€95 60 MIN



CITYLIFE MARINE DETOX

Combats urban pollution |
Clarifies, detoxifies and
oxygenates the skin

€95 60 MIN



HYDRA ORIGINAL

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

€95 60 MIN



EYE PERFECTION

Firming care for radiant eyes
& expressions | Smooths out
laughter lines and wrinkles

€65 40 MIN



„MALE PRESERVE“ NEW SKIN FOR MEN

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

€95 60 MIN

CAN BE
BOOKED WITH
ANY FACIAL
TREATMENT

RELAX DOS
Self-heating sea mud |
50% more effect

€20 10 MIN

PERFECT REGARD
Intensive eye care

€20 10 MIN





BODY

PHYTOMER

MISTRAL BODY WRAP

Marine body wrap | Relaxing
body massage | Light cooling
effect | Tonifying effect |
Eliminating toxins

€56 40 MIN

SEA HOLISTIC

Body massage with warm
lavender boluses | Body
scrub | Facial included | Ultra
relaxing | Reduces tension |
Balancing | Improved skin
elasticity | Enhanced natural
glow

€165 110 MIN



OCEAN INTENSIVE SLIMMING P5

Moulding, contouring
massage | Slimming lotion to
reduce curves | Slimming
pack with algae jam

€95 60 MIN



MARINE SCULPT ZONE

Slimming ritual for stomach,
legs and buttocks and
stubborn cellulite | Gentle
marine exfoliation |
Warming, contouring wrap

€95 60 MIN



OLIGO SPA „FEEL THE SEA“

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

€140 90 MIN

SEA TREASURES

Remineralizing relaxing treat-
ment | Sea fragrances & sea
salts | Lymphatic stimulation |
Body hydration

€95 60 MIN

POWERSEA BACK DETOX

Warm sea mud | Neck | Shoul-
ders | Spine | Relaxing back &
foot massage

€85 50 MIN



VITALISING



CARING



RELAXING



HARMONISING





DETOX BODY

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

€95 60 MIN

€128 80 MIN



RELAX & MOVE

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

€95 60 MIN



ANTI-STRESS BODY

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

€95 60 MIN



RELAXING



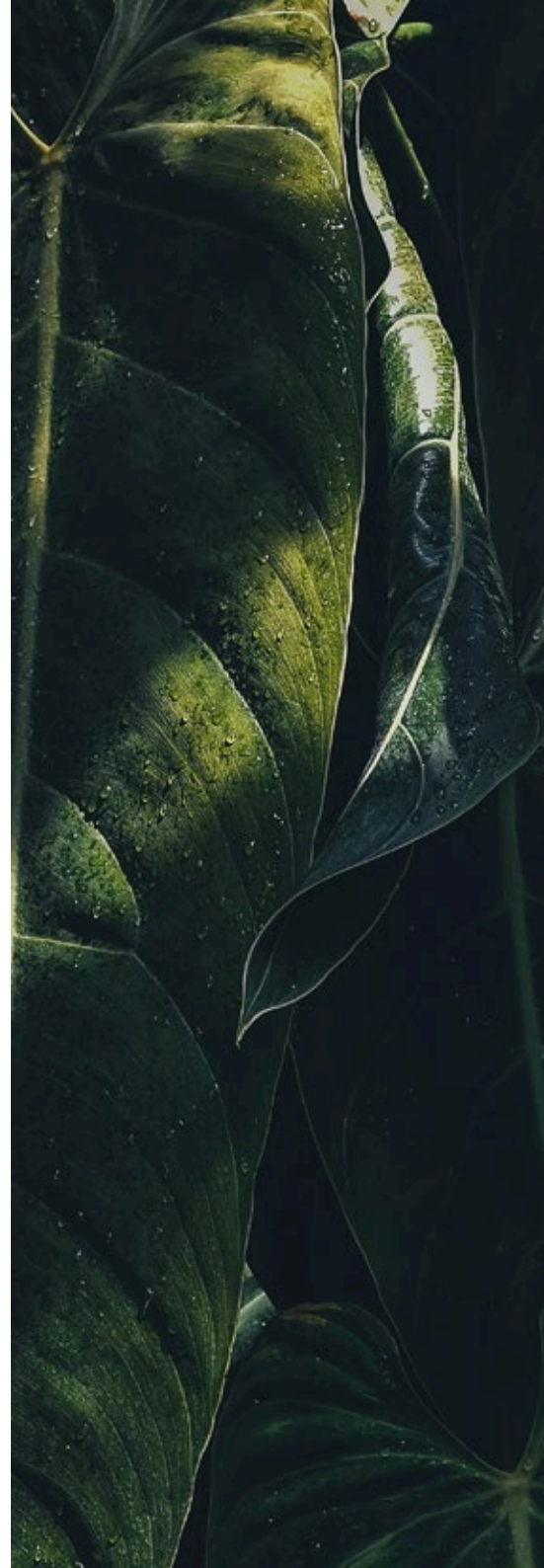
HARMONISING



VITALISING



CARING





PHYTOMER



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.





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's special about them is the use of ingredient-rich aloe vera instead of water, without the addition of alcohol and without classic preservatives.



BEAUTY

A



MANICURE CLASSIC

Nail shaping | Treatment
of cuticles | Manicure with
massage

€45 30 MIN



PEDICURE CLASSIC

Footbath | Healing
bruises | Nail shaping |
Gentle foot massage

€69 50 MIN

BOOKABLE
FOR EVERY
HAND & FOOT
TREATMENT

Alessandro colour polish

€15

Alessandro gel polish

€25



FANCY HANDS RITUAL

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

€75 50 MIN



FANCY FEET RITUAL

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

€95 75 MIN



VITALISING



CARING



RELAXING



HARMONISING

SPA ETIQUETTE



Secure your desired treatment before arrival.



Cancel applications by 4:00 p.m. the day before to avoid fees.



Take your time and arrive 10 minutes before your treatment.



Wear swimwear in the pool area and refrain from wearing clothes in the sauna area.



Attend the treatment dressed in your bathrobe.



Be considerate of guests seeking peace and quiet and respect the cell phone ban.



Do not reserve any couches.



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 inform us in advance of any health concerns, illnesses or allergic reactions. Consult your physician if you are pregnant.



It is best to keep jewelry and valuables in the room safe.



Gift time to your loved ones with our SPA vouchers.