

A large, stylized white letter 'A' is the central focus, set against a tan background with a fine, repeating wavy pattern. The letter is composed of two main parts: a sharp, triangular top and a rounded, curved base. The text 'ACQUAPURA SPA ESSENTIALS' is centered horizontally across the middle of the 'A'.

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA
South Tyrolean
mountain wellness



Beautiful Terenten 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.



FALKENSTEINER

HOTEL & SPA SONNENPARADIES



ACQUAPURA SPA



The holistic and balancing effect of water on the body and mind



“Acqua pura” means “pure water” and, as such, represents the essence of the Spa worlds in the Falkensteiner Hotels & Residences. Here, the healing effects and the versatile benefits of this elixir of life are the focus.

Water has a hydrating, purifying, balancing, and toning effect. On the one hand, no other element than water is so felt in our Spas, when one considers the different forms it takes. It serves as a comfortably warm invitation to swim and let oneself drift, in the form of ice for infusions and subsequent cooling, as well as a deeply effective experience in the steam bath. On the other hand, water is perceived as a multi-sensory experience.

Hearing, seeing, feeling, tasting: the sound of gentle waves, weightless floating, a gentle embrace enveloping the body, and the enjoyment of cold, clear water as a thirst quencher – water revitalizes, relaxes, and enhances the well-being and resilience of the body and mind in a holistic and natural way.



ENERGY

renewed vitality &
strength



HARMONY

balance &
stability



CLARITY

serenity of the mind &
clarity in the body



RELEASE

relax &
unwind

Inspired by a life in harmonious balance, the concept of „Flow“ describes the ideal state of inner equilibrium. This is achieved when the four phases of harmony, clarity, release and energy are in a balanced relationship with each other.

Water has the power to bring us precisely there: the natural rhythm of the waves aligns with our emotional state and has the ability to gently influence it. Calm, steady waves, for example, have a soothing effect, while strong waves possess an energizing and revitalizing essence.

Depending on the emotional state you wish to attain or which (wave) phase you lack, in order to reach your personal flow, we select tailored treatments to let you achieve this ideal state.

The Acquapura SPA is your source of well-being. A place where you can unwind, discover your individual balance, and let your thoughts flow. What matters here is rediscovering your inner center.

An aerial photograph of a vast mountain forest. The trees are densely packed and show a mix of green and golden-brown hues, suggesting an autumn or early winter setting. In the upper portion of the image, rugged mountain peaks are visible, partially covered in snow. The overall scene is a high-angle, wide shot of a natural landscape.

MOUNTAIN
SIGNATURES



MOUNTAIN SIGNATURES

HOT STONE ALPIN MASSAGE

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

 ENERGY  RELEASE  HARMONY

SOUTH TYROLEAN SWISS STONE PINE MASSAGE

Loosens muscles | Relaxation | Strengthens the respiratory tract and immune system | Swiss stone pine sticks

 ENERGY  RELEASE  HARMONY

RELAX & POWER MOUNTAIN MASSAGE

Field thyme and Swiss stone pine | Deep relaxation | Let go of stress | Recharging | Supports stress management and relaxation

 ENERGY  RELEASE  HARMONY

MOUNTAIN
SIGNATURES



MOUNTAIN SIGNATURES

FOREST HONEY MESSAGE

Impurities and toxins are brought to the body surface | Strong support for blood circulation | Strengthens the organism and cleanses the immune system

 ENERGY  RELEASE  HARMONY

BIO HERBAL STAMP MESSAGE

Invigorating and activating effect with warm organic herbal stamps | Improves blood circulation | Increases metabolism

 ENERGY  RELEASE  HARMONY

INTENSIVE BACK MESSAGE

Hot roll | Cupping | Helps to regenerate | Dissolves blockages and relaxes muscles

 ENERGY  CLARITY  RELEASE



MASSAGES

LYMPH STIMULATING MESSAGE

Activation of the lymph
flow | Gentle massage | Deep
relaxation | Reduction of swelling

 ENERGY  CLARITY  RELEASE

CLASSIC MESSAGE

Stimulates circulation |
Relaxing | Loosening | Sensitive

 ENERGY  CLARITY  RELEASE

MASSAGES

HEAD, FACE & NECK MASSAGE

Multisensorial highlight |
Deep relaxation | Anti-stress
treatment | Relieves tension

 ENERGY  CLARITY  RELEASE

LEG & FOOT MASSAGE

With juniper oil and
ointment rub | Alpine herb

 ENERGY  CLARITY  RELEASE

AROMATIC OIL MASSAGE

Aromatic fragrance of your
choice | Customised to your
well-being | Pleasantly caring

 ENERGY  CLARITY  RELEASE

ABHYANGA AYURVEDA POWER OF THE MOUNTAINS

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

 ENERGY  RELEASE  HARMONY

SINGING BOWL MASSAGE

Activates and relaxes the
muscles | Relieves tension |
Singing bowls

 RELEASE  CLARITY  HARMONY

FACE



FACE

CAN BE BOOKED
WITH ANY FACIAL
TREATMENT

Beauty Express

- Eyebrow shaping
- Eyebrow coloring
- Eyelash coloring

Please let us know when you book

ADVANCED BIO LIFTING FACE TREATMENT

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY  RELEASE  CLARITY

INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Skin type-specific deep
cleansing | Radiant skin |
Energetic

 HARMONY  ENERGY  RELEASE  CLARITY

CELLULAR RECREATION FACE TREATMENT

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY  RELEASE  CLARITY

EXPRESS POWER LIFT FOR MEN

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY  RELEASE  CLARITY

KIDS TREATMENTS



KIDS FACE (10-15 YEARS)

Deep cleansing and care with
peeling | Massage | Masks |
Aloe Vera moisturizing treatment –
simply everything your skin needs
We look forward to seeing you!

 HARMONY  CLARITY

KIDS MANICURE OR PEDICURE

You still need the matching nail
polish to your outfit or want to
treat yourself to a relaxing foot
massage with a perfect pedicure?

 HARMONY  CLARITY

PEELINGS & PACKS



PEELING OF YOUR CHOICE (MOUNTAIN HERBS / MOUNTAIN SALT)

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY  RELEASE  CLARITY

DETOX BODY

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY  RELEASE  CLARITY

PACK OF YOUR CHOICE

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY  RELEASE  CLARITY



SPA PACKAGES

ENERGY

Peeling with mountain salt | Hot
Stone Alpine Massage (50 min.) |
Intensive Back Massage

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



ACTIVE

Sports Massage |
Alpine fango pack



SPA PACKAGES

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.

RELAX

Alpine fango pack | Relax & Mountain power massage (50 min.) | Head, Face & Neck massage
This package must be splitted and planned on 2 different days.



BEAUTY

Intense Purifying Face Treatment (50 min.) | Pedicure Classic with nail polish (50 min.)



PRIVATE SPA

TIME TOGETHER

Time for two | Pore-opening steam bath | Cleansing herbal peeling | Immersion in the well-tempered whirlpool | Moisturising final care



A close-up photograph of several pink tulips in bloom. The petals are a soft, pale pink color, and the yellow stamens are visible in the center of the flowers. The background is slightly blurred, focusing attention on the foreground flowers.

BEAUTY

BOOKABLE WITH
EVERY HAND &
FOOT TREATMENT

**On request and for an
extra charge:**

- Nail polish

MANICURE CLASSIC

Nail shaping | Treatment
of cuticles | Manicure with
applying lotion

 

PEDICURE CLASSIC

Footbath | Heals bruises |
Nail shaping | Gently
applying lotion

 



Sustainable proven certified natural skincare · since 1986

TEAM DR JOSEPH has been synonymous with results-oriented, natural, and sustainable skincare since 1986. The bio-certified, award-winning products follow a holistic approach and incorporate combinations of active ingredients from various plants, refined using advanced technological processes to guarantee the best results for the skin.

The holistic facial and body treatments not only involve techniques from fascia massage but also utilize special tools such as flower stamps or cups for biodynamic cupping.

The commitment to quality and efficacy is always linked to a responsible approach to nature and its resources for this climate- and plastic-neutral family-owned business.

TEAM D^R JOSEPH

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 freshly showered 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.



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



It is best to store jewellery and valuables in your room safe.



PRICE LIST

MOUNTAIN SIGNATURES



Hot Stone Alpine Massage

€ 85 50 MIN

Relax & Power Mountain Massage

€ 85 50 MIN

South Tyrolean Swiss Stone Pine Massage

€ 85 50 MIN

Forest Honey Massage

€ 85 50 MIN

Intensive Back Massage

€ 85 50 MIN

Bio Herbal Stamp Massage

€ 90 50 MIN

MASSAGES



Lymph Stimulating Massage

€ 85 50 MIN

Classic Massage

PARTIAL BODY MASSAGE

€ 45 25 MIN

FULL BODY MASSAGE

€ 70 50 MIN

Head, Face & Neck Massage

€ 45 25 MIN

Leg & Foot Massage

€ 45 25 MIN

Aromatic Oil Massage

€ 90 50 MIN

Abhyanga Ayurveda Power of the Mountains

€ 90 50 MIN

BACK OR FEET

€ 50 25 MIN

Singing Bowl Massage

€ 85 50 MIN

FACE

Advanced Bio Lifting Face Treatment

€ 150 110 MIN

Cellular Recreation Face Treatment

€ 120 80 MIN

Intense Purifying Face Treatment

€ 95 50 MIN

Express Power Lift for Men

€ 95 50 MIN

Can be booked with
any Facial Treatment

BEAUTY EXPRESS

- Eyebrow shaping

€ 15 20 MIN

- Eyebrow coloring

€ 18 20 MIN

- Eyelash coloring

€ 18 20 MIN

KIDS TREATMENTS

Kids Face (10 - 15 years)

€ 50 25 MIN

Kids Manicure or Pedicure

€ 40 40 MIN

PEELINGS & PACKS

Peeling of your choice (mountain herbs / mountain salt)

€ 45 25 MIN

Detox Body

€ 95 50 MIN

Pack of your Choice

WITH PARTIAL BODY MASSAGE

€ 95 50 MIN

WITH FULL BODY MASSAGE

€ 120 80 MIN

BODY PACK

€ 50 25 MIN

SPA PACKAGES

Energy

€ 180

Relax

€ 140

Active

€ 180

Beauty

€ 160

PRIVATE SPA

Time Together

€ 95 90 MIN

€ 110 120 MIN

BEAUTY

Manicure Classic

€ 55 40 MIN

Pedicure Classic

€ 60 50 MIN

Bookable with
every hand &
foot treatment

On request and for
an extra charge:

- Nail polish

€ 10