




ACQUAPURA SPA ESSENTIALS

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.



# MASSAGES



## CLASSIC MASSAGE

PINO aromatic oil  
of your choice | Tailored  
to your wellbeing

- *Full-body massage*
- *Partial-body massage*



HARMONY



ENERGY

## BACK & NECK INTENSIVE

Deep and pleasant relief



ENERGY



RELEASE

## FIRE & FLAMES

Aromatherapy candle of your  
choice | Tailored to your well-  
being | Pleasantly nourishing



ENERGY



RELEASE

## MASSAGES

### FLOAT & FIT LYMPH-STIMULATING

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

 HARMONY  CLARITY

### ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility check |  
Tension relief | Increased  
flexibility

 CLARITY  RELEASE

### FEET DELIGHT

Relieves discomfort |  
Promotes self-healing

 HARMONY  ENERGY  RELEASE

### HERBAL STAMP MASSAGE

Invigorating and activating  
effect with warm organic herbal  
stamps | Improves blood circula-  
tion | Increases metabolism

 HARMONY  RELEASE

### FEET & LEGS

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

 HARMONY  ENERGY

### HOT STONE ALPIN MASSAGE

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

 CLARITY  RELEASE





FACE



TEAM D<sup>R</sup> JOSEPH



## FACE

### DEEP ACTING BEAUTY TREATMENT

BY TEAM DR JOSEPH

Exfoliating | Deep-acting  
with cupping glasses | Facial  
massage | Instant effect |  
Regenerative | Healthy and  
intensive nourishment



### HARMONISING TIME OUT

BY TEAM DR JOSEPH

Natural active ingredients |  
Individually nourishing | Pure |  
Delicate | Radiant and clear



### BLOOMING RADIANCE

BY TEAM DR JOSEPH

Natural lifting | Bioenergetic  
massage | Ritual for all senses |  
High-tech from nature | Lasting  
radiance



### BOOKABLE FOR EVERY FACE TREATMENT

Upon request:


- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

### EXPRESS POWER LIFT FOR MEN

BY TEAM DR JOSEPH

Natural high-tech power for  
vibrant and sleek radiance |  
Powerful | Natural | Effective





FACE

PHYTOMER

INTENTION  
JEUNESSE

BY PHYTOMER

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

ENERGY

CITY LIFE  
MARINE DETOX

BY PHYTOMER

Combats urban pollution |  
Clarifies, detoxifies and  
oxygenates the skin

HARMONY

HYDRA ORIGINAL

BY PHYTOMER

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

ENERGY



## FACE

### PERFECT REGARDS INTENSIVE EYE CARE

BY PHYTOMER

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



### „MALE PRESERVE“ PEAU NEUVE AU MASCULIN

BY PHYTOMER

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



### CAN BE BOOKED WITH ANY FACIAL TREATMENT

RELAX DOS

Self-heating sea mud |  
50% more effect

PERFECT REGARD

Intensive eye care

### RE-GENERATIONAL DETOX

BY PHYTOMER

Care solution for blemished skin  
and acne | Deep pore cleansing |  
Anti-inflammatory and  
mattifying





BODY

## FULL BODY SCRUB WITH HAY EXTRACT

BY TEAM DR JOSEPH

Full-body exfoliation with  
apricot kernels and hay extracts |  
Promotes blood circulation |  
Clear and radiant complexion

 HARMONY  ENERGY

## SKIN REPAIR HAPPY AGING BODY WRAP

BY TEAM DR JOSEPH

Regeneration and care | Cell  
renewal through the power of  
grapes and sea buckthorn

 HARMONY  ENERGY



## BODY

### P5-SOIN MINCEUR

BY PHYTOMER

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



### SCULPT ZONE

BY PHYTOMER

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



### VOILE DE SATIN

BY PHYTOMER

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



### JAMBES LÉGÈRES

BY PHYTOMER

Cooling leg & vein treatment |  
Relaxation & relief | Marine  
exfoliation for good blood  
circulation | Strengthens and  
tonifies tired legs





# BEAUTY

BOOKABLE FOR  
EVERY HAND &  
FOOT TREATMENT

- Gellack or Prolaq Removal
- Alessandro coloured varnish

## MANICURE CLASSIC

Nail shaping | Treatment of  
cuticles | Manicure with  
massage

## PEDICURE CLASSIC

Foot bath | Heal bruises |  
Nail shaping | Gentle  
foot massage



# FALKONS BEAUTY

For Kids from 8 Years old & Teens

## FALKON REFRESHER

BY TEAM DR JOSEPH

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

 HARMONY  ENERGY

## FALKON SEA-JOURNEY

BY PHYTOMER

Gentle Cleansing | Moisturizing  
mask & relaxation massage |  
Silky care for young  
sensitive skin

 HARMONY  ENERGY

## TEENIE SPECIAL

BY PHYTOMER

Care solution for blemished  
skin and acne | Deep pore  
cleansing | Anti-inflammatory  
and mattifying

 HARMONY  ENERGY



# FALKY & FALKONS MASSAGES



For Kids from 8 Years old & Teens

## FALKY & FALKONS MESSAGES

### SKATER HERO

BY PINO

Full body massage for boys |  
Relaxing | Stimulating |  
Energising

 HARMONY  ENERGY

### FALKON HERBAL DELIGHT

BY PINO

Full body massage with warm  
herbal stamps | Warming |  
Detoxifying | Energizing

 HARMONY  ENERGY

### FALKY MESSAGE

BY PINO

Full-Body Massage | Relaxing |  
Stimulating | Energy-Boosting

 HARMONY  ENERGY

### CHEERDANCE QUEEN

BY PINO

Full body massage for ladies |  
Relaxing | Stimulating |  
Energising

 HARMONY  ENERGY





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



**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.



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.

# 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.

