

The background is a solid tan 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 has a modern, geometric feel with a slight curve at the top and a thick, rounded base.

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA Vitamin Sea



Experience ultimate relaxation and regeneration at our Acquapura SPA Vitamin Sea, where the tranquil beauty of the Adriatic Sea combines with its revitalising power to provide long-lasting energy.

Our exclusive treatments are created with the finest marine extracts and Mediterranean botanicals to help you achieve a state of perfect flow and balancing body and mind.

With every gentle touch, our experienced therapists and SPA experts infuse you with the essence of the sea and guide you to a state of ultimate relaxation and inner harmony. Surrender to the serenity of our Vitamin Sea SPAS and let the embrace of the sea revitalise you for a truly transformative experience.

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 the ocean showing a large wave with white foam. The water is a deep teal color, and the foam is bright white. The wave is moving from the top right towards the bottom left.

VITAMIN SEA
SIGNATURES



VITAMIN SEA SIGNATURES

ROSEMARY SPIRIT

Experience in the salt sauna |
Full-body peeling with sea salt
and rosemary



LAVENDER TOUCH & FEEL

Relaxing full-body massage with
lavender oil | Present: bag of
hand picked lavender



ACTIVE FLOW

BY PHARMOS NATUR

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 sore-
ness | Supports muscle recovery
*Followed by a smoothie/shake
with Sesamkraft*



ACTIVE FLOW INTENSE

BY PHARMOS NATUR

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*



VITAMIN SEA
SIGNATURES



VITAMIN SEA SIGNATURES

SUN HARMONY FACE

BY PHARMOS NATUR

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

 HARMONY  ENERGY

VITAMIN SEA

Full-body peeling with sea salt | Full-body massage with Mediterranean oils | Refreshing face treatment | Mediterranean bath | Sparkling wine & sea delicacies | Private Spa

 HARMONY  RELEASE

LOMI LOMI MORE

Find your Adriatic Flow | Powerfully & fluidly, we bring the mind and body into motion

 HARMONY  ENERGY

LOMI LOMI SHELL

Warming shells | Relieves muscle tension | Improves overall circulation | Deeply relaxed being with yourself

 HARMONY  RELEASE



HAMAM
SIGNATURES

HAMAM SIGNATURES

ORIENTAL DREAMS AT IADERA

Warm water rinses | Body scrub
with a silk glove | Soap foam
massage | Head massage

 HARMONY  ENERGY  RELEASE

SECRET OF DALMATIA

Warm water rinses | Body scrub
with homemade salt and herbs
peeling | Soap foam massage |
Head massage

 HARMONY  ENERGY  RELEASE

ADRIATIC SERENITY

Warm water rinses | Body scrub
with a silk glove | Full-body
massage with aromatic oils

 HARMONY

LAVENDER MOMENTS

Hamam with sea salt and
lavender | Massage with
lavender | Deep moisture wrap
with lavender and immortelle

 HARMONY  ENERGY  RELEASE

MASSAGES



MASSAGES

AROMA SENSES

Aromatic oil of your choice |
Tailored to your wellbeing |
Pleasantly nourishing

 HARMONY  ENERGY  RELEASE

TAILORMADE

Tailored to your wellbeing |
Also suitable for athletes

 HARMONY  ENERGY  RELEASE

FLOAT & FIT LYMPH-STIMULATING

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

 HARMONY  ENERGY  RELEASE

COMBI FLEX

2 partial body parts of your
choice | Foot reflexology |
Stomach massage | Back massage

 ENERGY

ACQUAPURA SIGNATURE FLOW

Mobility check | Tension relief |
Increased flexibility

 HARMONY  ENERGY



FACE

NATURE OF MEN TREATMENT

BY PHARMOS NATUR

Perfect care for men's skin |
Cell renewal and regeneration |
Revitalisation | Soothes
irritations | Deep cleaning
*80-minute application includes:
additional back massage and treat-
ment for arms, calves and feet*


ENERGY

EXCLUSIVE ROHINI REGENERATING TREATMENT

BY PHARMOS NATUR

Individualised effective power
of adaptogenic plants | Selection
of active ingredients | Deep level
regeneration | Treatment ritual
for all skin types

 
HARMONY ENERGY

FACE

BOOKABLE FOR EVERY FACE TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

BIO LIFTING

BY PHARMOS NATUR

Intensive care | Cooling and soothing | Freshness and vitality for all skin types - especially suitable for young and dehydrated skin

 HARMONY  ENERGY

DETOX FACE

BY PHARMOS NATUR

Cleansing | Activates lymph flow | Strengthens the connective tissue | For all skin types - particularly adapt for stressed skin and for couperose

 ENERGY

LOVE YOUR AGE- POWER TREATMENT

BY PHARMOS NATUR

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

 HARMONY  RELEASE  CLARITY

FACE

YOUTH REVEALER

BY PHYTOMER

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



EXTENDED YOUTH OF THE SEA

BY PHYTOMER

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



HYDRA ORIGINAL

BY PHYTOMER

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



FACE

BOOKABLE FOR EVERY FACE TREATMENT

RELAX DOS

- Self-heating sea mud
- 50 % more effect

PERFECT REGARD

- Intensive eye care

EYE PERFECTION

BY PHYTOMER

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



„MALE PRESERVE“ NEW SKIN FOR MEN

BY PHYTOMER

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



MARINE EXPRESS HOT/COLD

BY PHYTOMER

Express facial | Self-heating/
cooling cleansing mask | Marine
minerals & multi-layered clays |
Eliminates toxins





BODY

RELAX & MOVE

BY PHARMOS NATUR

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

 ENERGY  RELEASE

STRESS AWAY

BY PHARMOS NATUR

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

 HARMONY  RELEASE

DETOX BODY

BY PHARMOS NATUR

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

 HARMONY  RELEASE

BODY

MARINE SCULPT ZONE

BY PHYTOMER

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

 ENERGY  RELEASE  CLARITY

OLIGO SPA „FEEL THE SEA“

BY PHYTOMER

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

 HARMONY  CLARITY

SEA TREASURES

BY PHYTOMER

Remineralizing relaxing
treatment | Sea fragrances & sea
salts | Lymphatic stimulation |
Body hydration

 HARMONY  ENERGY

MISTRAL BODY WRAP

BY PHYTOMER

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

 ENERGY  CLARITY

POWER SEA BACK DETOX

BY PHYTOMER

Warm sea mud | Neck |
Shoulders | Spine | Relaxing
back & foot massage

 HARMONY  RELEASE

SEA RITUAL

BY PHYTOMER

Body massage with warm
lavender stamps | Body scrub |
Facial included | Ultra relaxing |
Reduces tension | Balancing |
Improves skin elasticity |
Enhances natural glow

 HARMONY  RELEASE

BEAUTY



BEAUTY

BOOKABLE
FOR EVERY
HAND & FOOT
TREATMENT

ALESSANDRO
Coloured varnish

MANICURE CLASSIC

BY ALESSANDRO

Nail shaping | Treatment of
cuticles | Manicure with massage



FANCY HANDS RITUAL

BY ALESSANDRO

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



PEDICURE CLASSIC

BY ALESSANDRO

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



FANCY FEET RITUAL

BY ALESSANDRO

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



An underwater photograph showing a vibrant coral reef. The water is clear and blue, with sunlight filtering through, creating shimmering light patterns on the coral. The coral has various shapes and colors, including shades of green, yellow, and brown.

TEENIES SPECIALS

BEAUTY

SEA GLAM HANDS

Cut and file nails | Care cream |
Fancy polish (optional)

 

SEA GLAM FEET

Cut and file nails | Care cream |
Fancy polish (optional)

 

TEENIES SPECIALS

FACE

GREENY TEENIE

BY PHARMOS NATUR

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



MARITEEN

BY PHYTOMER

Facial treatment for teens |
Acnipur | Preventive skin care
for young skin | Especially
suitable for impure skin and acne



BODY

SUN WAYER

Relaxing massage inspired by the
waves of the ocean | Aromatic oil



SAIL AWAY

BY PHYTOMER

Body scrub | Immortelle and
sea salt | Light body massage |
Deep relaxation





PRIVATE
SPA



PRIVATE SPA

EXCEPTIONAL MOMENTS

30 min. massage for a couple |
Relaxing whirlpool bath |
Iadera's Pina colada & dried fruit

PRIVATE SPA „UNWIND“

50-minute couples massage |
Warm and rich body mask |
Cold eye mask | Relaxing
whirlpool bath | Vitamin Sea
Signature Cocktail & canapé

PACKAGES

SWING WITH THE WAVES

Full body scrub with sea
salt | Massage with moving
waves | Seaweed wrap |
Sea whirlpool bath

ELEMENTS OF THE SEA

Sea foot bath | Pedicure or
manicure | Head and neck
massage | Facial treatment |
Recommendation: 2 days



Pharmos Natur Power of Sacred plants

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.



**PHARMOS
NATUR**



Beauty by the Sea

PHYTOMER is the story of three generations of one passionate family motivated by the same dream: to transform the sea into restorative skincare.

The family-run business was founded over 50 years ago and remains profoundly attached to the Brittany region and its exceptional biodiversity.

We use local, wild, natural and organic ingredients sourced from short supply chains.

Our marine algae are cultivated in our own laboratories or out in the open sea to ensure their absolute purity and to sustainably preserve natural marine resources.

Enjoy a restorative moment, just for you, to reveal your natural beauty.

PHYTOMER

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.