ACQUAPURA SPA ESSENTIALS

ΕN

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.





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.



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

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.

the waves aligns with our emotional

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.



VITAMIN SEA SIGNATURES

ROSEMARY SPIRIT

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



LAVENDER TOUCH & FEEL

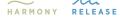
Relaxing full-body massage with lavender oil | Present: bag of hand picked lavender



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 soreness | 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

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



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





HAMAM SIGNATURES

ORIENTAL DREAMS AT IADERA

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



ADRIATIC SERENITY

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

HARMONY

SECRET OF DALMATIA

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



LAVENDER MOMENTS

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









MASSAGES

AROMA SENSES

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







TAILORMADE

Tailored to your wellbeing | Also suitable for athletes







FLOAT & FIT LYMPH-STIMULATING

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







COMBIFLEX

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

ENERGY

ACQUAPURA SIGNATURE FLOW

Mobility check | Tension relief | Increased flexibility







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 treatment 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

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







YOUTH REVEALER

BY PHYTOMER

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

ENERGY CLARITY

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



RELAX DOS

- Self-heating sea mud
- 50 % more effect

PERFECT REGARD

- Intensive eye care

EYE PERFECTION

BY PHYTOMER

Firming care for radiant eyes & expressions | Smoothes 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







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



MARINE SCULPT ZONE

BY PHYTOMER

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



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



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



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





BOOKABLE FOR EVERY HAND & FOOT TREATMENT

ALESSANDRO Coloured varnish

MANICURE CLASSIC

BY ALESSANDRO

Nail shaping | Treatment of cuticles | Manicure with massage

RELEASE CLARITY

FANCY HANDS RITUAL

BY ALESSANDRO

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

RELEASE CLARITY

PEDICURE CLASSIC

BY ALESSANDRO

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

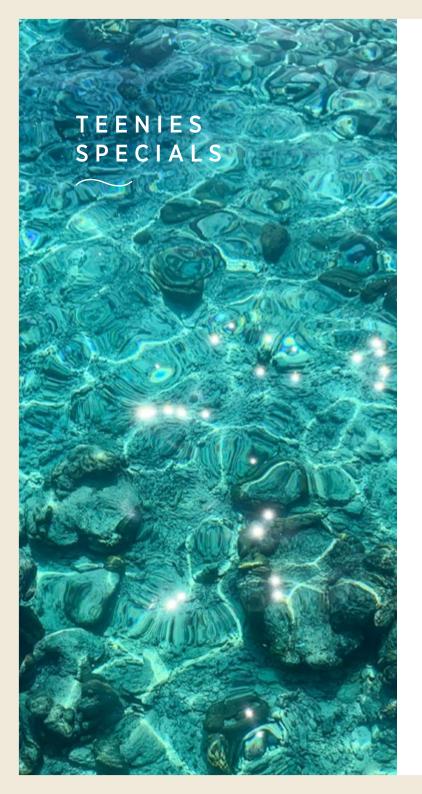
RELEASE CLARITY

FANCY FEET RITUAL

BY ALESSANDRO

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

RELEASE CLARITY



BEAUTY

SEA GLAM HANDS

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

RELEASE CLARITY

SEA GLAM FEET

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

RELEASE CLARITY

TEENIES SPECIALS

FACE

GREENY TEENIE

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

RELEASE CLARITY

MARITEEN BY PHYTOMER

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

HARMONY RELEASE

BODY

SUN WAVER

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

RELEASE CLARITY

SAIL AWAY

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

RELEASE CLARITY



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.





Beauty by the Sea

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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.



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.



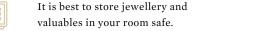
Do not reserve loungers.



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.





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