



ACQUAPURA SPA ESSENTIALS



South Tyrolean mountain wellness

Beautiful Vals 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.

Welcome Home!




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.

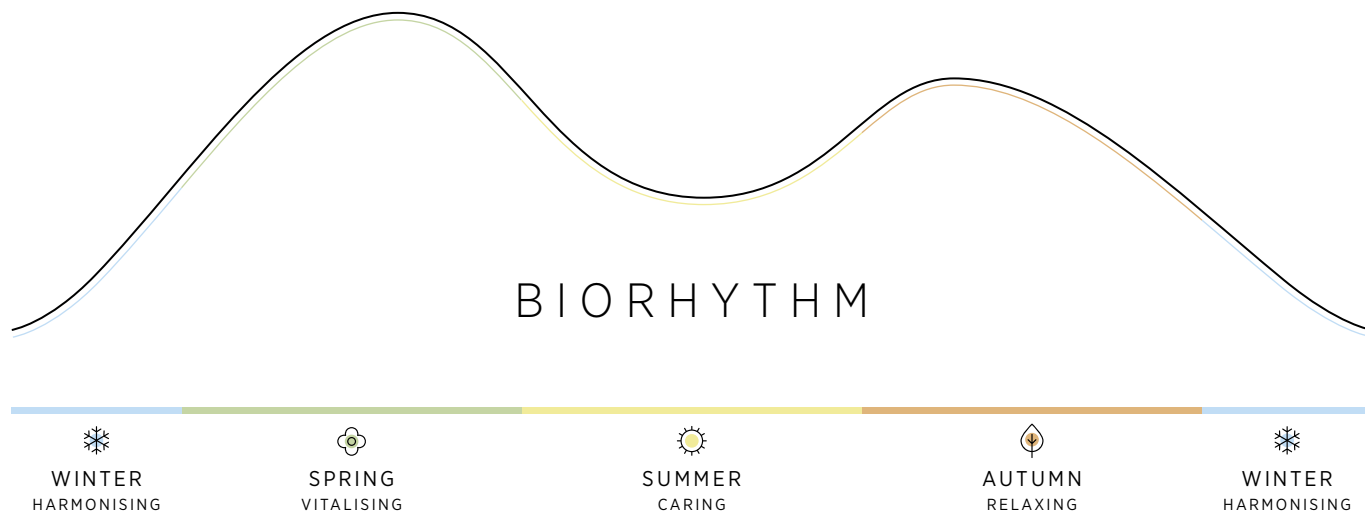
It strengthens the ability to get involved with things and to flow with them. If you connect unconditionally with the element water, this promotes the ability to better accept the unknown and to imagine the future in new ways.

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.



SIGNATURE TOUCH



HOT STONE ALPIN MASSAGE

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

€70 50 MIN

€105 80 MIN



SOUTH TYROLEAN MASSAGE

With arnica & St. John's wort for joints and muscles

or:

Wild thyme and swiss stone pine for relaxation and strengthening the nerves

€73 50 MIN





RELAX & POWER MOUNTAIN MASSAGE

Aromatic oil of your choice |
Deep relaxation | Let go of
stress | Recharging | Supports
stress management and
relaxation

€70 50 MIN

€105 80 MIN



FOREST HONEY MASSAGE

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

€70 50 MIN



BIO HERBAL STAMP MASSAGE

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

€80 50 MIN



SOUND BOWL MASSAGE

Beneficial vibrations | Solves
physical and mental blockages

€65 50 MIN



SOUTH TYROLEAN SWISS STONE PINE MASSAGE

Loosens muscles | Relaxation |
Strengthens the respiratory
tract and immune system

€70 50 MIN



ABHYANGA AYURVEDA POWER OF THE MOUNTAINS

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

€80 50 MIN

€115 80 MIN



VITALISING



CARING



RELAXING



HARMONISING

MASSAGES



LYMPH STIMULATING MASSAGE

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

Full-body massage

€105 80 MIN

Leg and face

€75 50 MIN



COMBI MASSAGE

2 body parts of choice |
Foot | Leg | Back

€85 50 MIN





MASSAGE A LA CARTE

Tailored to your wellbeing |
Also suitable for athletes

Full-body massage

€65 50 MIN

Partial-body massage

€38 25 MIN



HEAD & NECK MASSAGE

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

€72 50 MIN



HEAD & FACE MASSAGE

Head & face | Deep relaxation |
Relieves tension

€38 25 MIN



INTENSIVE BACK MASSAGE

Hot roll | Mud pack | Helps to
regenerate | Releases blockages
and relaxes muscles

€70 50 MIN



RECREATION BACK MASSAGE

Activates and loosens up
musculature | Relieves tension |
Singing bowls

€70 50 MIN



VITALISING



CARING



RELAXING



HARMONISING

An aerial photograph of a dense forest, showing a mix of light green and dark green foliage. The trees are packed closely together, creating a textured canopy. The lighting suggests a sunny day, with some areas appearing brighter than others.

FACE

HIGHTECH NATURAL COSMETICS

TEAM D^R JOSEPH

SÜDTIROL



ADVANCED BIO LIFTING FACE TREATMENT

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

€138 110 MIN



CELLULAR RECREATION FACE TREATMENT

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

€99 80 MIN

CAN BE
BOOKED WITH
ANY FACIAL
TREATMENT

BEAUTY EXPRESS

Eye brows shaping |
Eye brows coloring |
Eye lashes coloring

EACH €19 20 MIN



INTENSE PURIFYING FACE TREATMENT

Skin type-specific deep
cleansing | Radiant skin |
Energetic

€70 50 MIN



EXPRESS POWER LIFT FOR MEN

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

€75 50 MIN



FACIAL TEEN (10 – 15 years)

Pampering program for young
skin | Ideal for the first skin
irritations and blemishes

€60 50 MIN



VITALISING



CARING



RELAXING



HARMONISING



BODY

HIGHTECH NATURAL COSMETICS
TEAM D^R JOSEPH
SÜDTIROL



PEELING OF YOUR CHOICE (mountain herbs/ mountain salt)

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

€ 43 25 MIN



DETOX BODY

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

€ 115 80 MIN

€ 75 50 MIN



PRIVATE SPA WITH SERAIL BATH FOR 2

Moor mud and healing clay in
serail bath | Cuddle time with
prosecco and fresh fruit

€ 89 50 MIN



PACK OF YOUR CHOICE

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

with full-body massage

€ 105 80 MIN

with partial-body massage

€ 78 50 MIN

Body pack

€ 43 25 MIN



SLIM TREATMENT

Highly draining and detoxify-
ing body treatment | Peeling |
massage with lymph oil |
Draining algae pack

€ 80 50 MIN



VITALISING



CARING



RELAXING



HARMONISING



BEAUTY

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MANICURE CLASSIC

Nail shaping | Treatment
of cuticles | Manicure with
applying lotion

€ 45 40 MIN



PEDICURE CLASSIC

Footbath | Heals bruises |
Nail shaping | Gently
applying lotion

€ 59 50 MIN

BOOKABLE
FOR EVERY
HAND & FOOT
APPLICATION

Alessandro coloured
varnish

€ 15



FANCY HANDS RITUAL

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

€ 60 50 MIN



FANCY FEET RITUAL

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

€ 89 75 MIN



VITALISING



CARING



RELAXING



HARMONISING

A close-up photograph of a pine tree's branches, showing dense clusters of long, thin, green needles. The lighting is soft, highlighting the texture of the needles. The background is dark and out of focus.

SPA PACKAGES

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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.

ENERGY

Peeling with mountain salt |
Hot stone alpine massage
(50 min.) | Intensive back
massage

€165

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

RELAX

Alpine fango pack | Relax &
mountain power massage (50
min.) | Head & neck massage

€169

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

ACTIVE

Sports massage |
Alpine fango pack

€99

BEAUTY

Cellular recreation face treat-
ment | Anti detox body 50 min.

€159

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

CLEARANCE

Intense purifying treatment |
Fancy Feet Ritual

€149

HIGHTECH NATURAL COSMETICS

TEAM D^R JOSEPH

SÜDTIROL

HIGH-TECH, ORGANIC, NATURAL COSMETICS
FROM SOUTH TYROL

TEAM DR JOSEPH was founded in 1986 and is the expression of a profound fascination with the ingenuity of plants and their active ingredients. Here, a combination of herbal ingredients, cutting edge technology and an understanding for the complexity of the human body are united. Team Dr Joseph harnesses the abundance of nature, carefully processes deep-acting combinations of active ingredients from the plant world, and thus follows a holistic approach towards nourishing skin care and lasting skin health.





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.

