

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

ACQUAPURA SPA ESSENTIALS

ACQUAPURA Summit SPA



„The summit is not to be conquered, but rather one’s own self on the way there!“ Welcome to the summit of relaxation at our Acquapura Summit Spa! Here, you can expect not just a Spa experience, but the utmost level of rejuvenation and inspiration. Enjoy the ascent to your inner peak, where the hustle and bustle of daily life fade away, making room for

tranquility and self-discovery. Our carefully curated and personalized spa treatments are like summit experiences for your senses, designed to guide you to the pinnacle of inner balance. Our team of Spa experts is here to accompany you on your journey to reach the summit of serenity, where every pause becomes an opportunity for inner renewal.

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.



ACTIVE
SIGNATURES



ACTIVE SIGNATURES

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



PUSH YOUR LIMIT

Private training session 60 min |
Med Gun massage 20 min |
Refresher



TAPING TIME-OUT

Muscle pain relief massage with
Med Gun 20 min | Taping
Support | Magnesium shot



SPORT & VITALITY

BY TEAM DR JOSEPH

Body scrub | Body wrap | Activating | Arnica & St. John's Wort | Improves blood circulation | Keeps the muscles supple | New strength for tired joints | Increased performance of muscles | Vitalizing warmth experience for athletes and active people





SUMMIT SIGNATURES

SUMMIT HAMAM ACTIVE

Hot water infusions | Body scrub
with silk glove | Soap foam |
Sport Body Massage

 HARMONY  CLARITY

SUMMIT HAMAM CLASSIC

Hot water infusions | Body scrub
with silk glove | Soap foam
massage

 RELEASE  CLARITY

SUMMIT HAMAM & THE POWER OF MOUNTAIN ELEMENTS

Hot water infusions | Peeling
with hay extracts | Soap foam
massage | Head & neck massage

 HARMONY  CLARITY

SUMMIT SIGNATURES

STRESS RELIEF

Relax & Move (50 min) | Team
Dr. Joseph face treatment
(50 min) | Pedicure



SUMMIT DELIGHT

Multi-sensory body treatment |
Mental and physical harmony |
Footbath | Surprise gift
for home | Different massage
units | Breathing with singing
bowls | Post-exertion benefits



MOUNTAIN ELEMENTS

Soap lather massage | Body
wrap | Head & neck massage |
Pharmos Natur facial (50 min)
with your desired area of focus



YOU & YOU

Relaxing aroma massage |
Sauna | Relax for two | South
Tyrolean sparkling wine |
Homemade delicacies



SPORTS ACTIVE

Sport body massage | Tailormade
massage (80 min) | Feet & legs
Massage or foot reflexology
*Our recommendation: to split this
package across 3 days*



SUMMIT VENTURE

Body scrub and body wrap of
your choice | Sauna | Relax for
two | South Tyrolean sparkling
wine | Homemade delicacies
*With 200 minutes experience:
additional relaxing aroma
massage (50 min)*



MESSAGES



MASSAGES

TAILORMADE

PINO aromatic oil of your choice | Tailored to your wellbeing | Also suitable for athletes



SPORT MASSAGE

Vital muscle energy | Activates and loosens the muscles and fascia | Relieves tension and sore muscles | Improves performance
With 80 min incl. tape and med gun

FLOAT & FIT LYMPH- STIMULATING

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



FOOT REFLEXOLOGY

Relieves discomfort | Stimulates self-healing



ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility check | Tension relief | Increased flexibility



FACE



BOOKABLE FOR EVERY FACE TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

INTENSIVE MOISTURE

BY PHARMOS NATUR

Intense moisturisation | Cooling and calming | Freshness and vitality for every kind of skin – particularly for young and dehydrated skin

 ENERGY  CLARITY

BIO LIFTING

BY PHARMOS NATUR

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

 HARMONY  ENERGY

NATURE OF MEN TREATMENT

BY PHARMOS NATUR

Perfect care for men's skin | Cell renewal and regeneration | Revitalisation | Soothes irritation
80-minute application includes: additional back massage and treatment for arms, calves and feet

 HARMONY

EXKLUSIVE ROHINI REGENERATING TREATMENT

BY PHARMOS NATUR

Individualised effective power of adaptogenic plants | Selection of active ingredients | Deep-level regeneration | Treatment ritual for every kind of skin

 ENERGY  CLARITY  RELEASE

FACE

SUN HARMONY

BY PHARMOS NATUR

Soothing | Regenerating | Self-healing process is accelerated | Effective for sunburns

 HARMONY  CLARITY

DETOX FACE

BY PHARMOS NATUR

Cleansing | Activates lymph flow | Strengthens the connective tissue for every kind of skin – particularly for stressed skin and for couperose

 ENERGY

LOVE YOUR AGE - POWER TREATMENT

BY PHARMOS NATUR

Intensive regeneration | Wrinkle smoothing | Rejuvenation for mature skin in need of revitalization

 HARMONY  CLARITY  RELEASE



GREENY TEENIE

BY PHARMOS NATUR

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

 HARMONY  CLARITY  RELEASE

FACE

ADVANCED BIOLIFTING FACE TREATMENT

BY TEAM DR JOSEPH

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

 ENERGY  CLARITY  RELEASE

CELLULAR RECREATION FACE TREATMENT

BY TEAM DR JOSEPH

Deep-penetrating pampering programme with immediate effect | Natural active ingredients | Healthy and well-maintained skin

 HARMONY  CLARITY  RELEASE

EXPRESS POWER LIFTING FOR HIM

BY TEAM DR JOSEPH

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

 ENERGY  CLARITY  RELEASE

SUPREME ULTRA- SONIC FACIAL LIFT

BY TEAM DR JOSEPH

Intensive premium ultrasound lifting treatment | Natural active ingredients enter and tighten deeper skin layers due to ultrasound frequencies

 ENERGY  CLARITY

INTENSE PURIFYING FACE TREATMENT

BY TEAM DR JOSEPH

Deep cleansing specific to skin type | Radiant | Energetic

 HARMONY

BEAUTY



BOOKABLE FOR
EVERY HAND &
FOOT TREATMENT

Alessandro
coloured varnish

PEDICURE CLASSIC

BY ALESSANDRO

Footbath | Heal bruises | Nail
shaping | Gentle foot massage

FOOT TREATMENT

BY ALESSANDRO

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

HAND TREATMENT

BY ALESSANDRO

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



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

STRESS AWAY

BY PHARMOS NATUR

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



HARMONY



CLARITY



RELEASE

BODY

DETOX BODY

BY PHARMOS NATUR

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



CARE FOR MOM

BY PHARMOS NATUR

Tailormade for pregnancy months | Balm for body and soul | Strengthens connective tissue | Lightens the legs



DEEPRELAX STONE MASSAGE

BY TEAM DR JOSEPH

Deep relaxation | Anti-stress | Multi-sensory experience | Stimulation of the 7 energy centres



HEAD & NECK MASSAGE

BY TEAM DR JOSEPH

Multi-sensory highlight | Deep relaxation | Stress reducing treatment | Relieves tension



RECREATION BACK MASSAGE

BY TEAM DR JOSEPH

Activates and loosens up musculature | Relieves tension | Singing bowls



An aerial photograph of a coastline where dark, turbulent ocean waves are crashing against a rocky shore. A thick, white line of foam separates the dark water from the lighter, churning water on the right. The sky is a pale, hazy blue.

BODY
PACKAGES



BODY PACKAGES

STEP 1

BODY SCRUB

Optimal purity | Skin refining |
Invigorating effect



STEP 2

ENERGIZING BODY WRAP

Alpine mud | Detoxifying |
Strengthens the connective
tissue | Promotes blood
circulation | Stimulates the
metabolism | Relieves tension



STEP 3

BODY CARE

Application | Cream | Care



ALTERNATIVE TREATMENTS FOR STEP 2

DETOXIFYING BODY WRAP

Detoxifies and decongests
via the lymphatic system |
Tightening | Aloe Vera |
Strengthens the connective
tissue | Stimulates |
Alleviates cellulite

MOISTURISING BODY WRAP

Intensive moisturising |
Nourished | Velvety | Silky

TEAM D^R 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.



**PHARMOS
NATUR**

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.

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.

