

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 rounded base.

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA Via Carnica



Switch off & let go. Immerse yourself in unique natural worlds, endless expanses and relaxing silence – far away from the demands of everyday life. The Carnic High Trail, also called the ‘Peace Trail’, combines fragrant meadows, an impressive variety of blossoms and herbs, deep blue waters and a rocky world full of character. Here you will always be walking between two cultures that are constantly merging with each other.

Each of the eight stages of this trail has its own direction, its own destination. Our Acquapura Via Carnica SPA reflects exactly that: find yourself and bring body, mind and soul into harmony. Here you get what you need – new energy, harmony and balance or swinging mobilisation.

Flow down to fly high:

“It is not the mountain we conquer, we conquer ourselves.” Sir Edmund Hillary



FALKENSTEINER
HOTEL & SPA CARINZIA
XXXXXS

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.



VIA CARNICA SIGNATURES

1ST STAGE: ALPINE MEADOW BLOSSOM

FULL BODY SCRUB WITH HAY EXTRACT

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

 HARMONY  ENERGY

2ND STAGE: SUMMITEERS

DYNAMIC FEET & LEGS

Mindful treatment | Caring |
Vitalising | Relieving & relaxing

 HARMONY  CLARITY

3RD STAGE: HERBAL POWER

ENERGIZING HERBAL STAMP POWER TREATMENT

Activation and empowerment
of muscle and musculoskeletal
system | Herbal stamps |
Exfoliating effect | Improved
blood circulation | Vitality

 ENERGY  CLARITY

VIA CARNICA SIGNATURES

4TH STAGE: MOUNTAIN WHISPERS

DYNAMIC RECREATION BACK MASSAGE

Activates and loosens up
musculature | Relieves tension |
Singing bowls

 ENERGY  CLARITY

7TH STAGE: SIGNPOST

RELAXING HEAD & NECK MASSAGE

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

 HARMONY  CLARITY

5TH STAGE: CARNIC ROCKS

DEEP RELAX STONE MASSAGE

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

 RELEASE  CLARITY

8TH STAGE: RETURNEES

CELLULAR RECREATION FACE TREATMENT

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

 HARMONY  ENERGY

6TH STAGE: SOUL STROLLER

MIND RELAXING AROMA MASSAGE

Relaxing | Calming | Organic
aromatic oils | Multi-sensory
treatment | Balance for your
body and for your mind

 HARMONY  RELEASE

ACTIVE SIGNATURES



PUSH YOUR LIMIT

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



MOUNTAIN TRIO

Cleansing peeling | Regional
herbs | Nourishing pack |
Intensive partial massage



SPORT & VITALITY

BY TEAM DR JOSEPH

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



ACTIVE SIGNATURES

REGENERATIVE BREAK

Cranio sacral therapy | Relieves pain & blockages | Balances entire nervous system | Activates self-healing powers | Supports immune system



BODY BOOSTER BY PINO

Increases sports performance | Stretching & mobilization | Fascia | New power & energy



ATHLETIC FLEX

Activating | Foot reflex & tailor-made sports body massage | Passive assistance | Stretching | Acupressure | Movement exercises



TAPING TIME-OUT

Muscle pain relief massage with med gun 20 min | Taping Support | Magnesium shot



DYNAMIC STEPS BY TEAM DR JOSEPH

Dynamic foot & leg massage | Leg active programme | Release & relaxation | Decongestant & relaxing effect | Tones the muscles



ALPINE LOMI EXPERIENCE

Lomi Lomi massage | Scent of mountain pine | Warm stones | Deep relaxation | Harmonization | Recharge your vitality



MASSAGES



TAILORMADE

PINO aromatic oil of your choice |
Tailored to your wellbeing |
Also suitable for athletes
· *Full-body massage*
· *Partial-body massage*

 HARMONY  ENERGY

COMBI FLEX

2 body parts of choice | Feet &
legs | Back | Stomach | Neck
& shoulders

 HARMONY  ENERGY

FIRE PEAK

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

 HARMONY  RELEASE

MASSAGES

FLOAT & FIT LYMPH-STIMULATING

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



ACQUAPURA SIGNATURE FLOW

Fascia massage | Mobility check |
Tension relief | Increased
flexibility



FOOT REFLEXOLOGY

Relieves discomfort |
Promotes self-healing



FEET & LEGS

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



FACE



BOOKABLE FOR EVERY FACE TREATMENT

Upon request:

- Eyebrow grooming
- Eyelash dye
- Eyebrow dye

HARMONISING TIME OUT

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



SUPREME EYE + FACE LIFT

Lifting & glow | For fresh eye
area and tight contours | Clean-
ing | Peeling | Mindful massage |
Gua-Sha | Care mask | Eye & lip
care | Maximum effect for a
visibly tightened skin



DEEP ACTING BEAUTY TREATMENT

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



BEAUTY



BOOKABLE
FOR EVERY
HAND & FOOT
APPLICATION

- Alessandro coloured varnish
- Alessandro Strip Varnish
(Gel Varnish)

MANICURE CLASSIC

Nail shaping | Treatment of
cuticles | Manicure with massage

PEDICURE CLASSIC

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

FANCY HANDS RITUAL

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

FANCY FEET RITUAL

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

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.

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.

