ACQUAPURA SPA ESSENTIALS



Space. Harmony. Wellbeing.

An oasis of peace and time for yourself - things you often miss in everyday life and which are offered in the Acquapura SPA at the Falkensteiner Hotel Sonnenalpe. The mountain landscape as a source of pure well-being on all levels and a spa and wellness area that invites you to switch off, let go and recharge your batteries.

Everything flows together harmoniously and reflects the uniqueness of the environment. A calm, uncomplicated feeling and a natural charm characterize our Acquapura SPA and enable an unmistakable wellness experience for all senses. Vitality, deceleration and a new awareness of one's body are guaranteed for young and old alike – thanks to the wide range of individually tailored massages as well as body and facial treatments.

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 well-being - 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 center, 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 center 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.



★ ● ● C L A S S I C M A S S A G E

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

Full-body massage

€65 50 MIN

Partial-body massage

€35 25 MIN

Image: A R O M A C A N D L E M A S S A G E

PINO aromatherapy candle of your choice | Tailored to your wellbeing | Pleasantly nourishing

Full-body massage

€68 50 MIN

Partial-body massage

€38 25 MIN

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LYMPHDRAINAGE EVERYTHING IN FLOW

Activation of the lymph flow | Gentle massage techniques | Promotes deep relaxation | Reduces swelling

€65 50 MIN €35 25 MIN

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PAUSE FOR REFLECTION

Back and neck massage | Loosens and relaxes |

+ Head & face massage | Warm neck pack with 50-minute massage

€ 65 50 MIN € 35 25 MIN

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SIGNATURE FLOW FASCIA MASSAGE

Mobility check | Tension relief | Increased flexibility

€89 60 MIN







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"MALE PRESERVE" PEAU NEUVE AU MASCULIN

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

€83 60 MIN

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PERFECT REGARD INTENSIVE EYE CARE

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

€50 40 MIN

CAN BE BOOKED WITH ANY FACIAL TREATMENT

RELAX DOS

Self-heating sea mud | 50% more effect

€25 15 min

PERFECT REGARD Intensive eye care

€19 10 MIN

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CITADINE

Combats urban pollution | Clarifies, detoxifies and oxygenates the skin

€83 65 MIN

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I N T E N T I O N J E U N E S S E

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

€123 90 MIN

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

€79 65 MIN









Natural high-tech power for vibrant and sleek radiance | Powerful | Natural | Effective

€64 50 MIN

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

€83 65 MIN

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

€79 65 MIN

★ ● ● ● □ B L O O M I N G R A D I A N C E

Natural lifting | Bioenergetic massage | Ritual for all senses | High-tech from nature | Lasting radiance

€123 90 MIN



₿ HARMONISING

VITALISING





۱ SCULPT ZONE

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

€79 60 MIN

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

€50 40 MIN

٠ P5 SOIN MINCEUR

Moulding, contouring massage | Slimming lotion to reduce curves | Slimming pack with algae jam

€79 60 MIN

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Cooling leg & vein treatment | Relaxation & relief | Marine exfoliation for good blood circulation | Strengthens and beautifies tired legs

€45 35 MIN









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



Regeneration and care | Cell renewal through the power of grapes and sea buckthorn

€48 30 MIN



✤ harmonising

VITALISING





PHYTOMER

ENVIRONMENTALLY FRIENDLY BIOTECHNOLOGY FROM THE SEA

For more than 40 years, research and development teams have been working on powerful marine ingredients, developing the cosmetics of tomorrow. The assets of the sea are combined with unique biotechnology. PHYTOMER decodes the power of natural active substances from the sea and uses micro-organisms to develop modern and innovative ingredients. This new high-tech biochemistry is effective and harnesses nature's potential without harming it.





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.



Shapes nails | Treats cuticles | Hand care with massage

€50 45 MIN

with Alessandro polish

€ 61 60 MIN

with Alessandro Prolaq/Striplac €65 60 MIN

★ <a>left ● <a>left ● BEAUTY EXPRESS

Cleansing and exfoliating | Moisturising | Care products selected based on specific skin type

€58 40 MIN

♥ ♥ CLASSIC PEDICURE

Removes pressure marks | Shapes nails | Gentle foot massage

€60 50 MIN

with Alessandro polish

€71 65 MIN

with Alessandro Prolaq∕Striplac €75 65 MIN

╈ ♀ ○ PRIVATE SPA BATH

Romantic wellness bath with a seasonal fragrance | Private SPA area | Exclusive experience

€85 90 MIN

CAN BE BOOKED WITH ANY FACIAL TREATMENT

Eyebrow shaping (included with every facial treatment)

Eyebrow tinting

€15 10 MIN

Eyelash tinting €15 то мім





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 come to your treatment dressed in a bathrobe.



Do not reserve loungers.



Please tell us about any health concerns, illnesses or allergies in advance. If pregnant, please consult with your doctor.



Store jewellery and valuables in your room safe ideally.



Please wear swimwear in the pool area and abstain from clothes in the sauna area.



Be considerate of guests looking for peace and calm and respect the mobile phone ban.



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.

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



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