

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 pointed top and a rounded base.

ACQUAPURA SPA ESSENTIALS

**Welcome to the new
ACQUAPURA
Family SPA**



New and exclusive in every way

The Acquapura Family SPA at the Falkensteiner Family Resort Lido features a renovated, state-of-the-art wellness centre and offers a new way of understanding wellness by slowing down the pace of everyday life.

Deluxe SPA for the whole family

Adults, couples, children, teenagers and families. Every guest is unique and every treatment is equally unique. Tailor-made for you. We want to meet your personal well-being needs.

Unique SPA concept

Give yourself time with the Lido Signature Treatment. With our new SPA concept you don't book a specific treatment, but a time slot. For the perfect regeneration of your body and the holistic relaxation of your mind we determine the best treatments for you together.

“Let us accompany you on your personal path of relaxation. Enjoy the feeling of being cared for and immerse yourself in your own special feel-good experience.”

Kerstin Streicher, SPA-Leiterin


Opening hours



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.

With the Moahrbachl spring on the property, the hotel’s own natural lake and 2,800 square meters of water and wellness landscape, the element of water plays a central role at the Falkensteiner Family Resort Lido. Water, an elixir of life with unimagined power, activates the metabolism, promotes blood circulation and ensures well-being. Only when our cells are optimally supplied with moisture, nutrients and oxygen do we feel efficient and healthy.



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.

ME-TIME



SIGNATURE TREATMENT LIDO



Precious time for yourself

Our Signature Treatment is composed of everything your body and mind need at this very moment. No predefined treatment components, but your needs at the centre of well-being.

MASSAGE

Choose the focus and intensity of your own personal treatment, pick your fragrance experience and relax to the sounds of the Tibetan singing bowls.



FACE

Depending on your personal skin needs choose your individual facial treatment and enjoy the effect of purely organic natural cosmetics.



TAILOR-MADE TREATMENT

1. Choose your focus:
Face and/or body
2. Together with our specialised spa team you analyze your needs and set the treatment focus
3. Choose the fragrance experience for massages or the theme of the facial treatment
4. Close your eyes, breathe deeply and clear your mind

COMBINATION

For those who want to enjoy to the fullest, we offer a combination of facial treatment and massage. Pure relaxation, from head to toe.



PARENTS



TIME FOR TWO



COUPLE TREATMENT

Enjoy some precious time together! We can make this happen in our couple treatment room: a soothing massage or vitalizing treatment at the same time – simply rest and relax and enjoy these moments together.



UNIQUE SKIN TOUCH BATH

Bathing pleasure and skin care are combined with the power of oxygen. Millions of tiny air bubbles combine to form a fine perlage that caresses the skin cells, stimulates them and provides deep cleansing. Expect vitalised, supple and smooth skin!

PRIVATE SPA TIME FOR TWO

In our Lido Private SPA, you will find space and time for two: immerse yourself in the well-tempered SKIN TOUCH bath, enjoy a gently cleansing peeling of sea salt and mountain blossoms in the steam bath and then pamper yourself with fragrant essences from nature. The best time for each other is now.



FUTURE
MOMS



PAMPERING MOMENTS FOR MOTHERS-TO-BE



MASSAGE

Especially during pregnancy it is nice to reward yourself with soothing time for yourself. A special positioning technique on our extra-wide massage beds is gentle on the body, carefully selected organic oils pamper the skin, gentle hands relieve pregnancy-typical swelling and tension!



HARMONY

ENERGY

RELEASE

FACE

Choose together with our trained SPA team your theme of the facial treatment, tailored to your individual skin needs. We exclusively use certified organic natural cosmetics. 100% nature that helps. Gentle for mum and baby at the same time.



HARMONY

RELEASE

CLARITY

COMBINATION

For all mamas who want to enjoy to the fullest, we offer a combination of facial treatment and massage. Pure relaxation, from head to toe.



HARMONY

ENERGY

RELEASE

CLARITY

TEENS



TEENS FROM 12-16 YEARS



TEENS FACE

Deep cleansing and care with peeling, massage, masks and aloe vera moisturizing treatment – simply everything your skin needs. We look forward to seeing you!



HARMONY CLARITY

TEENS MANICURE OR PEDICURE

You still need the matching nail polish to your outfit or want to treat yourself to a relaxing foot massage with a perfect pedicure? As a small gift you will receive our nail polish after the treatment.



HARMONY RELEASE

TEENS BODY

Sore muscles from hiking, waterslide racing, Valo Jump or skiing? With us you can create your own massage: You tell us where it hurts and the duration of treatment and off you go to relax.



HARMONY ENERGY RELEASE

KIDS



KIDS FROM 4-11 YEARS



CINDERELLA BATH

Do you know how Cinderella takes a bath? In a big tub with lots of foam and a good scent. You should definitely try that out! You will also get a delicious fruity-sweet children's cocktail and a nice fairy tale at the Lido! Yay!



T-REX BATH

For intrepid heroes and heroines. It's really nice to splash around and immerse yourself in the world of dinosaurs at the same time. Sounds pretty exciting, doesn't it? A prehistoric story and a delicious children's cocktail also await you.



FALKY'S PIRATE BATH

Our action-packed bath for pirates and adventurers, with lots of foam, high waves and exciting adventure stories about the oceans. Of course the pirate treasure is not to be missed – and a real pirate drink on top! Ship ahoy!



MERMAID BATH

Have you ever bathed in a colourful bath with lots of foam? If you haven't, it's time you did! In the meantime, you can also listen to a wonderful fairy tale and enjoy a delicious children's cocktail





KIDS

KIDS FROM 4-11 YEARS

A CHILDREN'S DREAM

Do you want to be massaged like the grown-ups? With nice warm massage oil and lots of candles around you? Sounds like a dream!

 HARMONY  ENERGY  RELEASE

HANDS

Nail polish is fun and so pretty to look at! Choose your favourite colours and add some sparkly glitter stones. It'll look fantastic!

 HARMONY  RELEASE



FAMILIES



FAMILY-TIME

PARENT-CHILD MASSAGE

FOR ONE ADULT AND ONE CHILD

Enjoying a relaxing massage together with mum or dad, feeling the gentle hands and warm oil on the skin, releasing tension and relaxing together.

 HARMONY  ENERGY  RELEASE

FAMILY PRIVATE SPA-TIME FOR US

A little wellness temple for the whole family: jump into the SKIN TOUCH bathtub with lots of foam, enjoy a gentle peeling of sea salt and mountain blossoms all together in the steam bath and then dream together on the relaxation bed. For skin care, we rely on the special power of the aloe vera plant and pure black sesame oil.

 HARMONY  RELEASE  CLARITY

ADULTS



BEAUTY CLASSICS FOR ADULTS



LOVE YOUR HANDS

Manicure, with hand & arm
massage or if desired, with
nail polish.



DEPILATION

With warm wax and aloe vera
to soothe the skin and gentle
massage.



LOVE YOUR FEET

Pedicure, with feet & leg
massage or if desired,
with nail polish.





Pharmos Natur



We pamper our guests with the unique natural and gentle Pharmos Natur cosmetic care line made from the most precious healing and rejuvenating plants, so-called “sacred plants” from all over the world, cultivated in ecological mixed cultures for holistic, high-quality Green Luxury natural products.

100% organic ancestral Aloe Vera juice instead of water, combined with the leaf of the fresh Aloe Vera plant provides excellent care.



**PHARMOS
NATUR**



Art of care – Phyto Art



Art of Care products are made in South Tyrol and from local plants. The four elements play an essential role. The highly technologically refined, protective and regenerating beauty products and treatment methods are based on old ancient European healing methods (TEM) and traditional folk medicine.

They are free of paraffins, PEGS, silicones, perfume and without any animal additives.



PHYTO ART.

bio care and more



Bergila



For 100 years, the Bergila company from near Brunico has been producing certified organic essential oils and organic products from selected herbs using a traditional process in harmony with nature. For pure plant-based and mindful treatments.

Cultivated with care, harvested by hand and gently processed. Always in tune with nature, sustainable and transparent. 100% made in South Tyrol.



SPA ETIQUETTE



Our advice is to book your treatment at the Acquapura Family Spa before your stay or directly upon arrival. You can contact us by phone (internal number) 200 or by e-mail: familyspa.lido@falkensteiner.com



Please inform us of any health problems, allergies or pregnancies prior to your booking so that we can give you the most appropriate advice on treatments and services. Your personal information will of course be treated with discretion.



Please arrive at the SPA reception 10 minutes before the start of your treatment. Relax and get in the mood for your treatment with a cup of tea.



Please arrive for your treatment in a bathrobe. You will be given disposable briefs for each treatment. For some treatments you may optionally come in comfortable clothing. We recommend that you come to your treatment without jewellery and that you lock your valuables directly in the room safe for your own safety. We are not responsible for lost valuables.



The indicated treatment time is understood to be cabin time and includes the preliminary talk and consultation with our SPA team, the treatment you have chosen and a short feedback.



Out of respect for subsequent guests, we ask for your understanding that if you are late for your appointment, the treatment time will be reduced and you will still be charged in full. Please inform us **at least 24 hours before the appointment** if you are unable to attend. Only then can we cancel the appointment free of charge. If you cancel less than 24 hours before your treatment, we will have to charge you the full cost of the service.



Everyone is welcome in our SPA. The Adults Only area is open exclusively to adults aged 16 and over.



Our SPA is a place of peace and harmony. Please do not use mobile phones. In addition, our SPA area is a non-smoking area. Thank you for your understanding.



Please wear swimwear in the pool area. In the sauna area, however, we ask you not to wear any clothing for hygienic reasons. The pool area is also a family area, but we ask you to be respectful and considerate of other guests seeking peace and quiet. In order to ensure a pleasant stay for you and all guests in the wellness area, we kindly ask you not to reserve loungers with towels, bags or similar.



PRICE LIST

SIGNATURE TREATMENT LIDO

Massage

€ 102 60 MIN

€ 140 90 MIN

€ 174 120 MIN

Face

€ 102 60 MIN

€ 140 90 MIN

€ 174 120 MIN

Combination

€ 102 60 MIN

€ 140 90 MIN

€ 174 120 MIN

PARENTS

Couple Treatment

€ 204 60 MIN

€ 280 90 MIN

Private SPA

Time for two

€ 108 90 MIN

FUTURE MOMS

Massage

€ 102 60 MIN

€ 140 90 MIN

Face

€ 102 60 MIN

€ 140 90 MIN

Combination

€ 102 60 MIN

€ 140 90 MIN

TEENS FROM 12-16 YEARS

Teens Face

€ 80 60 MIN

Teens Body

€ 49 30 MIN

€ 80 60 MIN

Teens Manicure or Pedicure

€ 64

KIDS FROM 4-11 YEARS



Cinderella Bath

€ 44 30 MIN

T-Rex Bath

€ 44 30 MIN

Falky's Pirate Bath

€ 44 30 MIN

Mermaid Bath

€ 44 30 MIN

Price for two children
in the same tub:

€ 54 30 MIN

Price for two
different baths:

€ 88 30 MIN

A Children's dream

€ 49 30 MIN

Hands

€ 44

FAMILIES



Parent - Child Massage

€ 92 30 MIN

€ 180 60 MIN

Family Private SPA - Time for us

€ 108 90 MIN

BEAUTY CLASSICS FOR ADULTS



Love your hands

€ 80

Love your feet

€ 80

Depilation up to knee

€ 49

Depilation full leg

€ 80

Depilation bikini line/armpits

€ 49

Depilation back/chest

€ 80

