

ACQUAPURA SPA ESSENTIALS

ACQUAPURA SPA
Pure. Nature. Hideaway.



Unwind, disconnect, and reconnect with yourself. Take a deep breath and immerse yourself in a soothing atmosphere amidst the forest and lake. Our Acquapura SPA embodies the enchanting nature of the Antholz mountain landscape: crystal-clear forest air, warming sun, revitalizing spring water, and the unmistakable scent of mountain meadows.

Here, you will not only find physical relaxation but also regenerate your inner energies, achieve harmony, and return to everyday life strengthened by the power of nature

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.

LAKE
SIGNATURES



LAKE SIGNATURES

LIGHT LEGS

Combination of leg massage and wrap | Alpine herbs synergized with mineral salts | Relaxed muscles | Vitalization



SILHOUETTE

Special scraping technique with fluoride wing | Elimination of toxins from tissues | Active wrap | Connective tissue firming



JUST BREATHE

Strong immune system | Breath equals vitality | Herbal inhalation | Special massage in the back and chest area | Intestinal massage



BALANCE ANTI STRESS

Timeout | Crystals stimulate energy flow | Releases blockages in the back and neck area | Grapefruit – Orange – Melissa



FOREST
SIGNATURES



FOREST SIGNATURES

SWISS PINE ACTIVE

Nature-connected | Dynamic
massage with Swiss pine wood
sticks | Activating and
invigorating | A walk through
the Swiss pine forest



HONEY DETOX

From head to toe | Detoxifying
connective tissue | Herbs and
salts for acid-base balance
regulation | Magnesium massage



HERBS PADS

Herbal stamps | Gentle, flowing
movements | Velvety soft skin |
In harmony



DERMA RELAX

Deep relaxation | Soothing
warmth of the hot roller |
Rhythmic movements |
Intensively nourished skin
with blackberry extract





MASSAGES

TAILORMADE

Relaxing, stimulating | Herbal oil | Promotes regeneration

- *Full-body massage*
- *Partial body massage*



DORSAL TREATMENT

Hot roller releases blockages and regenerates the back | Cupping massage | Deep back massage | Herbal ointment



MASSAGES

FOOT REFLEXOLOGY

Stimulates self-healing powers |
Stimulation | Relaxation

 

EAR CANDLE TREATMENT

Heat and pressure equalization
treatment | Candle flame acts
like a gentle eardrum massage |
Face, head, and neck massage

 

HARMONIZING STONE MASSAGE

Stress-reducing treatment |
Improves circulation |
Deep warmth

 

ABDOMINAL TREATMENT

Digestion-promoting cupping
massage | For a good gut feeling |
Warming wrap

 

SCRUBS & PACKS



MOUNTAIN SCRUB

Full-body scrub with mountain
salt and herbs | Promotes
circulation | Radiant skin



DERMA RELAX PACK

Harmonizing | Gently cared for
skin | Moisture booster | In the
heated water floatation bed



MOUNTAIN MOOR PACK

Regeneration | Deep
relaxation | In the heated
water floatation bed



BATHS



FOREST BATH

Activating | For tired muscles |
Various coniferous woods |
Well-tempered imperial tub |
Also bookable as a couple



HAY FLOWER BATH

For muscles and joints |
Invigorating | In the heated
water floatation bed



MOUNTAIN BLOSSOM BATH

Moment of well-being | Dried
mountain blossoms and gentle
oils | Immersed in the imperial
tub | Also bookable as a couple



A close-up photograph of several pink tulips. The focus is on the central flower, showing its delicate petals and yellow stamens. Other flowers are visible in the foreground and background, slightly out of focus.

PRIVATE SPA



TIME TOGETHER

Time for two | Pore-opening
steam bath | Cleansing herbal
scrub | Immersion in the well-
tempered whirlpool |
Moisturizing finishing care



HARMONY



RELEASE

HAMAM

Multisensory experience |
Cleansing of body and mind |
Soap foam, clear water, and
hot steam | Unforgettable
care ritual



HARMONY



CLARITY

FACE



BALANCE FACE CARE

Deep-acting care | Activation
of skin self-regeneration |
Individually tailored |
Velvety soft skin



HOLISTIC LIFTING TREATMENT

Rejuvenating intensive care |
Cell renewal | Special massage
techniques for firming |
Hyaluronic acid, cress,
and herbs



BALANCE FACE CARE INTENSE

Holistic treatment | Balances
the skin | Special crystal
massage | Radiant skin



BEAUTY



LOVE YOUR HANDS MANICURE CLASSIC

Hand bath | Nail shaping | Nail
smoothing | Cuticle treatment |
Hand cream

FANCY HANDS RITUAL

Classic manicure | Hand scrub |
Hand pack | Hand massage

ADD-ON FOR ANY HAND & FOOT TREATMENT

Available upon request and
for an additional charge:

- TNS nail polish, which
you can keep

LOVE YOUR FEET CLASSIC PEDICURE

Foot bath | Callus removal |
Nail shaping | Nail smoothing |
Cuticle treatment | Foot cream

FANCY FEET RITUAL

Classic pedicure | Foot scrub |
Foot pack | Foot massage

VITALPINA



VITALPINA HAY FLOWER SCRUB

BY TEAM DR JOSEPH

Dry massage with linen glove
with copper | Full-body scrub
with hay extracts | Refined skin
texture | Stimulation of skin
metabolism | Promotion of
circulation

VITALPINA LEG MASSAGE

BY TEAM DR JOSEPH

Dynamic foot and leg massage |
Invigorates tired legs, revitalizes,
and relieves | Stimulates
circulation | Activates lymph
flow | Releases muscle tension

VITALPINA BACK MASSAGE

BY TEAM DR JOSEPH

Special techniques for the head,
neck, and shoulder area |
Potent plant extracts release
tension and clarify the mind |
Promotion of microcirculation |
Strengthening of vessels, sensory
organs, and nerves

VITALPINA BACK AND LEG MASSAGE

BY TEAM DR JOSEPH

Invigorating heat experience
for athletes and active
individuals | Improvement of
circulation | New energy for
tired joints | Performance
enhancement for muscles |
Arnica and St. John's Wort



Vitalpina



As a member of the Vitalpina Hotels South Tyrol cooperation group, we are dedicated to promoting vitality, well-being, and sustainable tourism. A central focus is on „Relax & Nature.“ Surrounded by the impressive Antholz mountain world, we offer a place of complete relaxation for body and mind. The foundation for holistic well-being is created by the essential elements of nature.

Our cosmetic products harness the concentrated power of the mountains, effective natural essences, healing herbs, and pleasant scents. Above all, we want you to feel – yourself and the deep sense of tranquility. Relaxation that moves mountains!



VITALPINA
HOTELS
SÜDTIROL



**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.

TEAM D^R JOSEPH

SPA ETIQUETTE



Guarantee your desired treatment before arrival.



Cancel treatments at least 24 hours before the appointment to avoid charges.



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.



PRICE LIST

LAKE SIGNATURES

Light Legs

€ 95 50 MIN

Silhouette

€ 105 50 MIN

Just Breathe

€ 95 50 MIN

Balance Anti Stress

€ 95 50 MIN

FOREST SIGNATURES

Swiss Pine Active

€ 95 50 MIN

Honey Detox

€ 130 80 MIN

Herbs Pads

€ 95 50 MIN

Derma Relax

€ 95 50 MIN

€ 140 80 MIN

MASSAGES

Tailormade

- Full-body massage

€ 90 50 MI

€ 135 80 MIN

- Partial body massage

€ 45 20 MIN

Dorsal Treatment

€ 95 50 MIN

Foot Reflexology

€ 95 50 MIN

Harmonizing Stone Massage

€ 95 50 MIN

€ 140 80 MIN

Ear Candle Treatment

€ 85 50 MIN

Abdominal Treatment

€ 85 45 MIN

SCRUBS & PACKS

Mountain Scrub

€ 50 20 MIN

Mountain Moor Pack

€ 45 20 MIN

Derma Relax Pack

€ 45 20 MIN

BATHS

Forest Bath

€ 45 20 MIN

- Also bookable
as a couple

€ 70

Mountain Blossom Bath

€ 45 20 MIN

- Also bookable
as a couple

€ 70

Hay Flower Bath

€ 40 20 MIN

PRIVATE SPA

Time together

€ 140 90 MIN

Hamam

€ 160 90 MIN

FACE

Balance Face Care

€ 95 50 MIN

€ 130 80 MIN

Holistic Lifting Treatment

€ 140 80 MIN

BEAUTY

Love Your Hands Manicure Classic

€ 70 50 MIN

Fancy Hands Ritual

€ 95 80 MIN

Love Your Feet Classic Pedicure

€ 75 50 MIN

Fancy Feet Ritual

€ 105 75 MIN

VITALPINA

Vitalpina Hay Flower Scrub

€ 65 50 MIN

Vitalpina Leg Massage

€ 49 25 MIN

Vitalpina Back Massage

€ 49 25 MIN

Vitalpina Back and Leg Massage

€ 95 50 MIN

ADD-ON FOR ANY HAND & FOOT TREATMENT

Available upon
request and for an
additional charge:
- TNS nail polish, which
you can keep

€ 15

Supplement for couple massages

€ 20 PER COUPLE