

ENGLISH



FALKENSTEINER

Hotel
Montenegro ^{****}

ACQUAPURA
SPA 



*Massage
& Beauty*

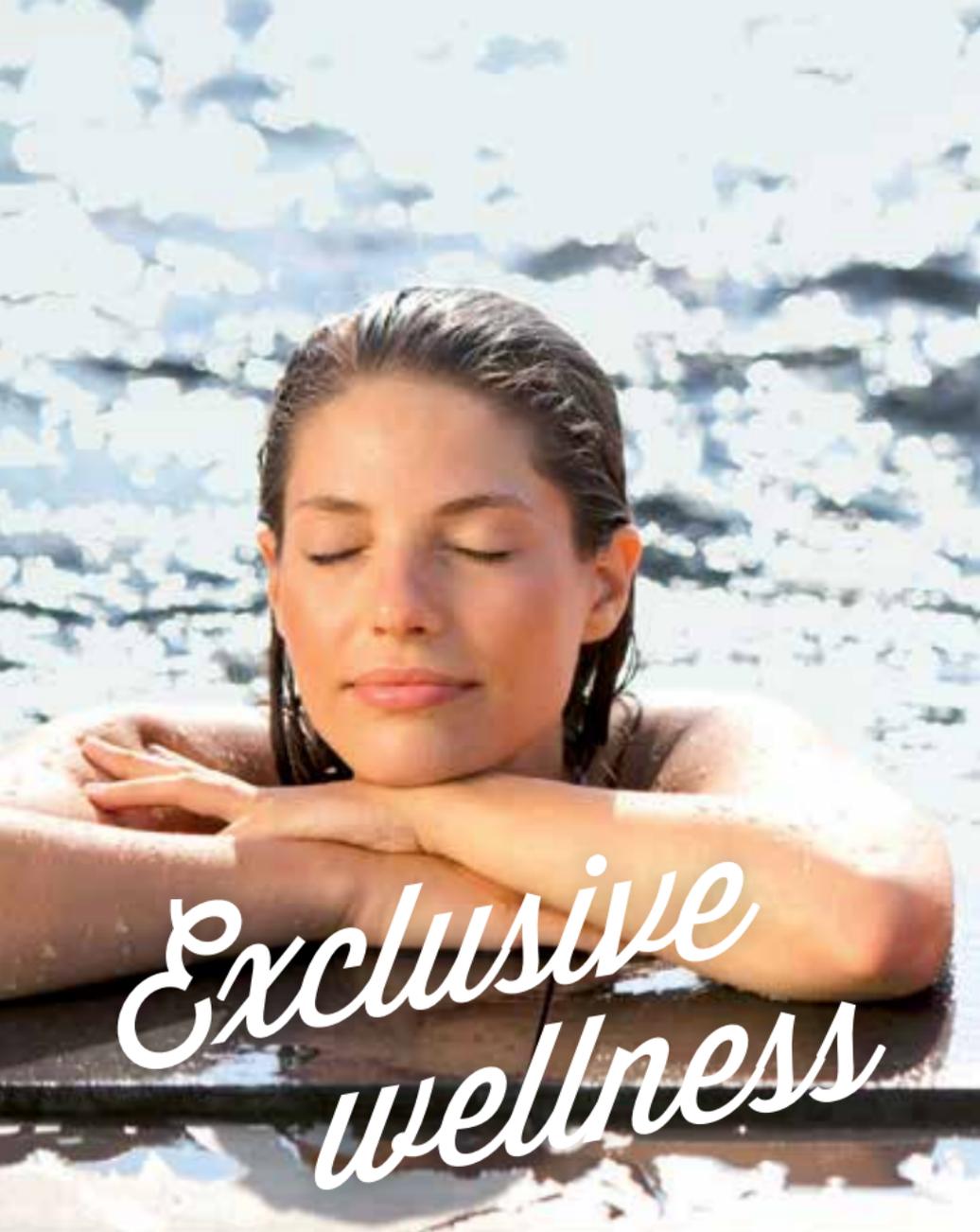
falkensteiner.com/montenegro

OVERVIEW

ACQUAPURA SPA

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"ACQUA PURA" MEANS "PURE WATER"

Relax, unwind and leave your daily worries behind ... Water plays a very important role here, from spacious pools to impressive sauna areas and the wide array of treatments. In addition to classic body treatments and facials, we offer a wide variety of top quality Phytomer cosmetics that our experienced therapists will present to you during treatments. The power of Mediterranean seawater, sea salt, indigenous plants and mud will beautify and revitalize you.



Our Acquapura symbols, which are adjusted to the rhythm of seasons, will help you select a treatment:

 *energizing and revitalizing*

 *nourishing*

 *calming and relaxing*

 *balancing and harmonizing*

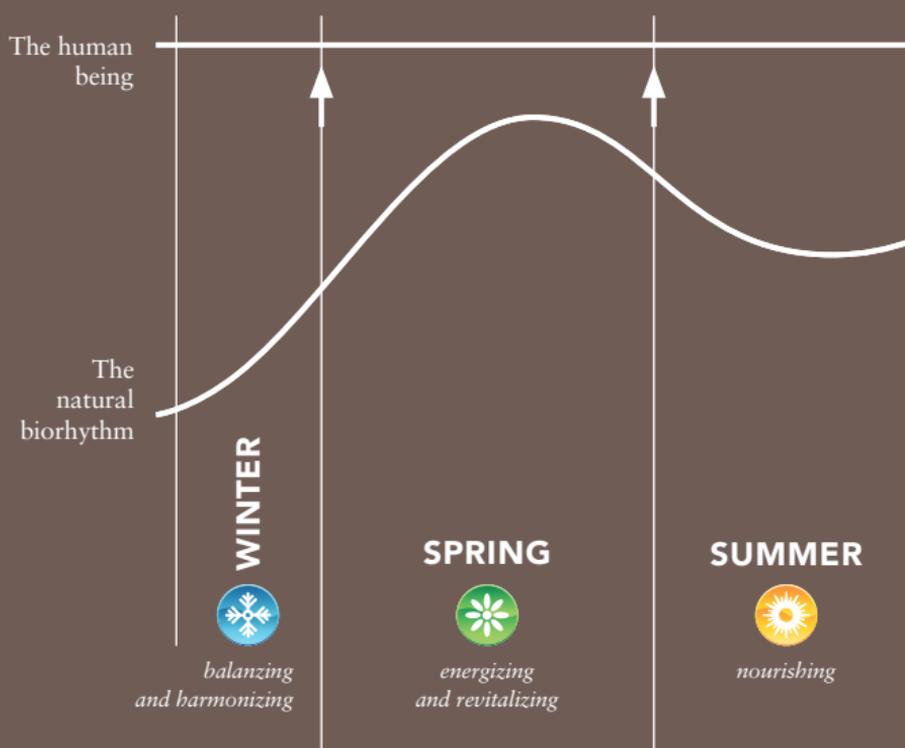
 *clear and pure*

ACQUAPURA
SPA 

OUR ACQUAPURA SPA ACTIVE PRINCIPLE

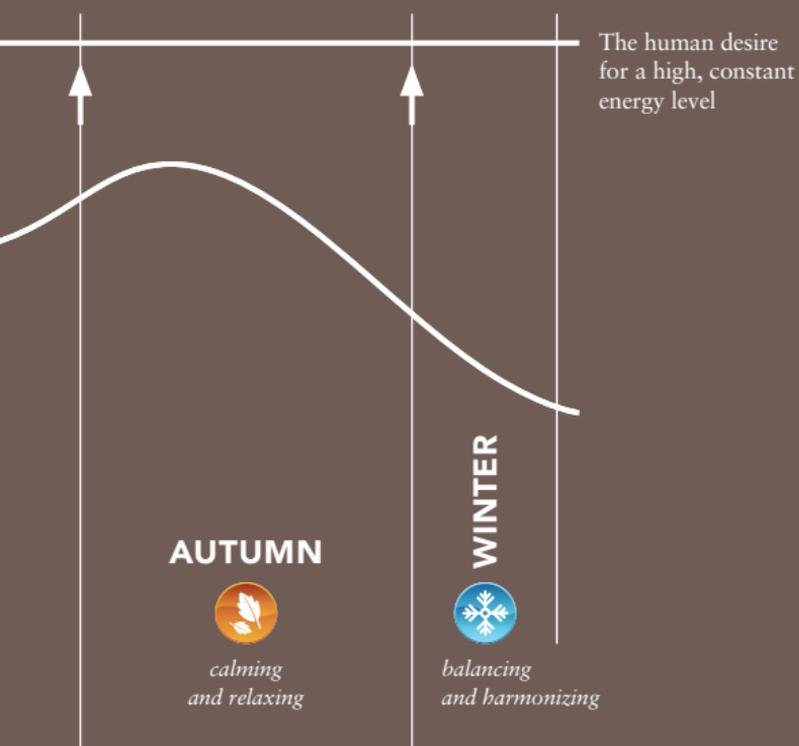
REDISCOVER YOURSELF!

As well as the natural course of the seasons, the human biorhythm is also susceptible to ups and downs in nature. The demands of everyday life do not take that into consideration. In the long run we cannot fight against that. We encourage you to find your rhythmic balance and thereby rediscover yourself again. You choose, whether you want to revitalize, nourish, unwind yourself or recharge your batteries. We will be glad to assist you in creating your individual well feeling programme.



clear and pure

This is the Acquapura symbol that means "pure water".



Source: Roman Schmidt, 29 March 2010



WELLNESS

& Relaxation

Take some time on your holiday to enjoy rest and relax. Our Acquapura SPA features more than 1500 square meters inviting you to treat yourself, to let go and unwind. It is the ideal place for all those who seek deceleration and also love the Mediterranean during quieter seasons.



THE 1500 SQM ACQUAPURA SPA CENTRE INCLUDES:

- A heated in- and outdoor panoramic pool
- Garden swimming pool
- Sauna area with Finnish sauna, steam bath, and two relaxation areas
- Gym and fitness room with beautiful sea view
- 5 treatment rooms for massages and cosmetic treatments
- SPA reception

SIGNATURE TREATMENTS

Unique Falkensteiner SPA Treatments with special rituals will awaken all your senses using aromas, colors and sounds combined into a completely new harmony.



ACQUAPURA TRANQUIL GARDEN MASSAGE

55 mins **€ 59,-**

This essential oil is a natural, nourishing oil, absorbed by the skin during massage promoting overall health of the body.



ACQUAPURA FEEL-GOOD MASSAGE

60 mins **€ 64,-**

A combination of foot reflexology massage and partial back massage is ideal way to relax.



ACQUAPURA DEEP STRESS RELIEF TREATMENT

50 mins **€ 60,-**

Awaken your senses with this body treatment that comprises a massage with anti-stress oil and deep relaxing manual therapy for your neck and shoulders, as well as leg massage.



BEAUTY TREATMENTS



A NEW YOU ANTI-AGE TREATMENT

60 mins € 75,-

Wrinkle Correction Firming Treatment - Three key steps in an ultra-effective treatment to fill wrinkles and restructure the face. In a single treatment, your facial lines are visibly corrected, leaving your skin firm. You feel good and you look younger.



HYDRA BLUE
PLUMPING MOISTURIZING
TREATMENT

50 mins € 65,-

Plumping Moisturizing Treatment - immerse yourself in a moisturizing bath with record efficacy. The results are instant: your skin regains comfort and radiance. It is plumped up and rested.



ACNIPUR
BLEMISH SOLUTION
TREATMENT

60 mins € 65,-

This cleansing and mattifying facial treatment, with proven efficacy against blemishes, leaves your skin visibly healthier and clearer. Skin flaws are diminished, clogged pores unblocked and excess sebum is regulated.



SKIN ESCAPE FOR MEN
FACIAL TREATMENTS

60 mins € 65,-

Enter a world dedicated to men. Choose a moisturizing, youth, soothing or pollution-targeted treatment adapted to the needs of male skin.



FACE LIFTING MASSAGE

25 mins € 30,-

Facial massage is a very popular beauty treatment to slow down the aging process and achieve younger looking and healthier skin.



EYEBROW SHAPING

15 mins € 10,-

BODY

Treatments



BACK DETOX

50 mins € 65,-

This treatment for tired back muscles begins with a sea greeting, followed by a back skin purge and exfoliation. A massage and a self-heating marine mud mask will release all toxins from your body and ease your muscles.



MARINE BODY WRAP

80 mins € 105,-

This treatment is based on the renowned esthetical technique of heat wrapping. Gentle exfoliation, marine wrap to the whole body and a full body massage at the end of the treatment will leave you beautifully relaxed and rehydrated.



OLIGOMER® PURE

60 mins € 75,-

Relax in a jetted, balneotherapy bath rich in remineralizing marine ingredients followed by a full-body massage for an ultimate invigorating effect. It is the perfect treatment to unwind and recharge the body with energy.



MINERAL MUD TREATMENT 50 mins € 60,-

Treatment for encouraging circulation and muscle relaxation. After the exfoliation, a nurturing mud, rich in minerals is applied which has a beneficial effect on the affected areas.



SCULPT ZONE TREATMENT 50 mins € 55,-

Target Treatment for Abs-Buttocks-Thighs. An intensive heating wrap and massage on the Abdomen-Buttocks-Thighs area to beat your excess fat and cellulite in record time. With an express treatment or intensive program, you get radical slimming results. This body treatment novelty offers complete perfection by combining together skin shaping, lifting and care.



Massages

Just as we need to take care of our bodies from the inside, we need to treat them from the outside too, to make the beauty of our souls shine through.



PARTIAL BACK OR LEG MASSAGE

30 mins € 38,-

An intense massage for strained areas that removes muscle fatigue and tension.



CLASSIC FULL BODY MASSAGE

50 mins € 57,-

Our techniques during the massage facilitate blood flow through congested areas, which releases pressure and allows new blood to flow through the targeted areas. When muscles are gently pulled and squeezed, lactic acid is flushed from the muscles, which contributes to the improved functioning of the lymphatic system.



CANDLELIGHT

50 mins € 59,-

The perfect solution to reduce stress, muscle tension, stiffness and pain. Active components from the aromatic candles will offer a powerful sense of well-being and leave your skin nurtured.



VOLCANIC STONE MASSAGE

50 mins € 52,-

Volcanic stones from the steaming center of the earth can provide you with a feeling of pure bliss. Resulting from the heat released by the stones, the body relaxes and calms.



HOLISTIC MASSAGE

50 mins € 62,-

This holistic anti-stress massage begins with a head massage and ends with a foot massage. It creates harmony on the emotional, physical and mental level and does not specifically affect a particular part of the body, but the energy of the organism as a whole.



MANUAL LYMPH DRAINAGE

50 mins € 57,-

MLD is a specialized massage type that gently assists the lymphatic system in maintaining the body's fluid balance, blood circulation, and immune mechanisms. During a lymph drainage massage, the therapist uses a series of gliding, compressing, stretching, and cupping motions over the client's body. The light rhythmic movements, applied without massage oil, stimulate the lymphatic system without compressing the vessels – allowing lymph to move easily through the tissues and lymph nodes.



REFLEXOLOGY

50 mins € 45,-

By stimulating specific foot zones, nerve paths connected to certain body organs are influenced. Doing this, organ functioning is enhanced for the all-round well-being of your body.



Scrubs



SATIN SHIMMER

30 mins **€ 35,-**

Exfoliation with soft cream combined with a moisturizing massage for an express beautifying treatment that leaves the skin soft and silky.



GENTLE CREAM EXFOLIATION

40 mins **€ 40,-**

This reinvigorating body peeling is a treat for your skin. A gentle massage with peeling effect will leave your skin deeply moisturized and soft.



SPA

Packages



PRIVATE SPA FOR TWO 120 mins € 120,-

This unique offer includes usage of our exclusive Private SPA area with a relax room, steam bath, Jacuzzi bath as well as one back massage (30 min) per person.



SEA HOLISTIC FOR TWO 110 mins € 248,-

Ultra-relaxing treatment with its gentle warmth and fragrant scent of lavender flowers. It starts with a body scrub, followed by a facial treatment and ending with a full body massage.



TAKE SOME TIME AND RELAX (THREE DAYS PACKAGE) € 217,-

1st day Full body peeling and massage

2nd day Manicure and pedicure

3rd day Body wrap with mineral mud
and facial treatment



HAND AND FOOTCARE



SPA MANICURE

40 mins **€ 40,-**



SPA PEDICURE

50 mins **€ 50,-**



NAIL POLISHING

15 mins **€ 15,-**

SPA ETIQUETTE

BOOK A TREATMENT

To ensure that you can enjoy the treatment of your choice, we recommend that you book a treatment a day earlier by contacting SPA reception on +382(0)33/685/047, internal: 647.

TIME FOR YOURSELF

In accordance with our Acquapura SPA philosophy, we would like to invite you to our SPA reception about 10 minutes before your treatment to get into the right mood for the treatment, for instance with a soothing cup of tea. If you arrive late, the treatment will be shortened accordingly, out of respect for subsequent guests.

CLOTHING

Please come to the treatment wearing a bathrobe. To protect your privacy, we provide a disposable slip for every treatment and we work with various covering techniques. For some treatments, you can also wear clothes that are more comfortable. We will be happy to provide you with information about this.

VALUABLES

We recommend that you do not bring any jewelry to your treatment. For your own peace of mind, please secure any valuables in your room safe. We accept no liability for any lost valuables.

WISH FULFILMENT

In accordance with our motto “Rediscover yourself”, we want to fulfil your wish to achieve vitality, care, relaxation, balance and/or purity. Therefore, before the treatment we will ask you what you consider the most important. Competent advice is an integral part of the treatment, and we regard it as essential. Please, inform our staff about your health condition and / or pregnancy. Usage and participation in SPA treatments is entirely at your own risk.

CANCELLATION

Please note that in the case of cancellation, you must inform the SPA reception at least 6 hours before the scheduled beginning of the treatment. Later cancellations will be charged at the full price.

OPENING HOURS

Acquapura SPA & Fitness:	08.00 - 21.00
Indoor / outdoor pool:	08.00 – 19.00
Sauna:	10.30 – 19.00

In the pool area, bathing suits are required. In the sauna area, please do not wear any clothing, for hygienic reasons. Children over the age of 16 are welcome. The pool area is also a family area. Nevertheless, we request that you please show consideration for other guests who wish to enjoy some peace and quiet.

ACQUAPURA SPA ATMOSPHERE

To ensure that all guests can enjoy their stay, the Acquapura SPA is a non-smoking area. We also request that you switch off your mobile phone.

VOUCHER

The ideal gift – adjusted individually or specifically for one treatment. Be it for your partner, friends or family – the time to rediscover oneself feels good. For information about our Acquapura SPA vouchers, please ask at our SPA reception.

PAYMENT OPTIONS

The treatment can be charged to your room account. Payment by card or in cash at the SPA reception is also possible. The management reserves the right to make any changes to treatments, prices and opening hours. All prices include any taxes.

Falkensteiner Hotel Montenegro ****
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WELCOME HOME!