

ENGLISH



FALKENSTEINER

Hotel & Spa ladera *****

PREMIUM COLLECTION

ACQUAPURA
SPA 

Massage & Beauty



Spa. Sea. Style



THE LEADING HOTELS
OF THE WORLD®



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All prices are inclusive of VAT. Price changes reserved . All prices lose their validity in appearance of a new price list.

Current State: January 2015

ACQUAPURA
SPA



ACQUAPURA SPA EXCLUSIVE IN FALKENSTEINER

“*Acqua pura*“ means “*pure water*“.

Water plays the main role in the Acquapura SPA-World in Falkensteiner Hotels & Residences. It is the elixir of life that above all has sensational features. It stimulates blood flow, activates the metabolism and enhances the whole wellbeing.

Spacious pools, inspiring sauna areas, a wide range of treatments and much more in the Acquapura SPA create the mood for *relaxation, pleasure, joy, health and vitality*.

ACQUAPURA
SPA

Only when our cells are optimally supplied with water, food and air, we feel powerful and healthy.

In addition, our performance is controlled from the so-called Biorhythm. Biorhythm is our internal clock and determines whether we are awake or asleep, whether we get tired or are active.

These phases are reflected not only in the course of the day, but also in all of the four seasons. Our Spa treatments are designed to reflect and support you in your natural biorhythms to find:



energizing & revitalizing



nourishing



calming & relaxing



balancing & harmonizing



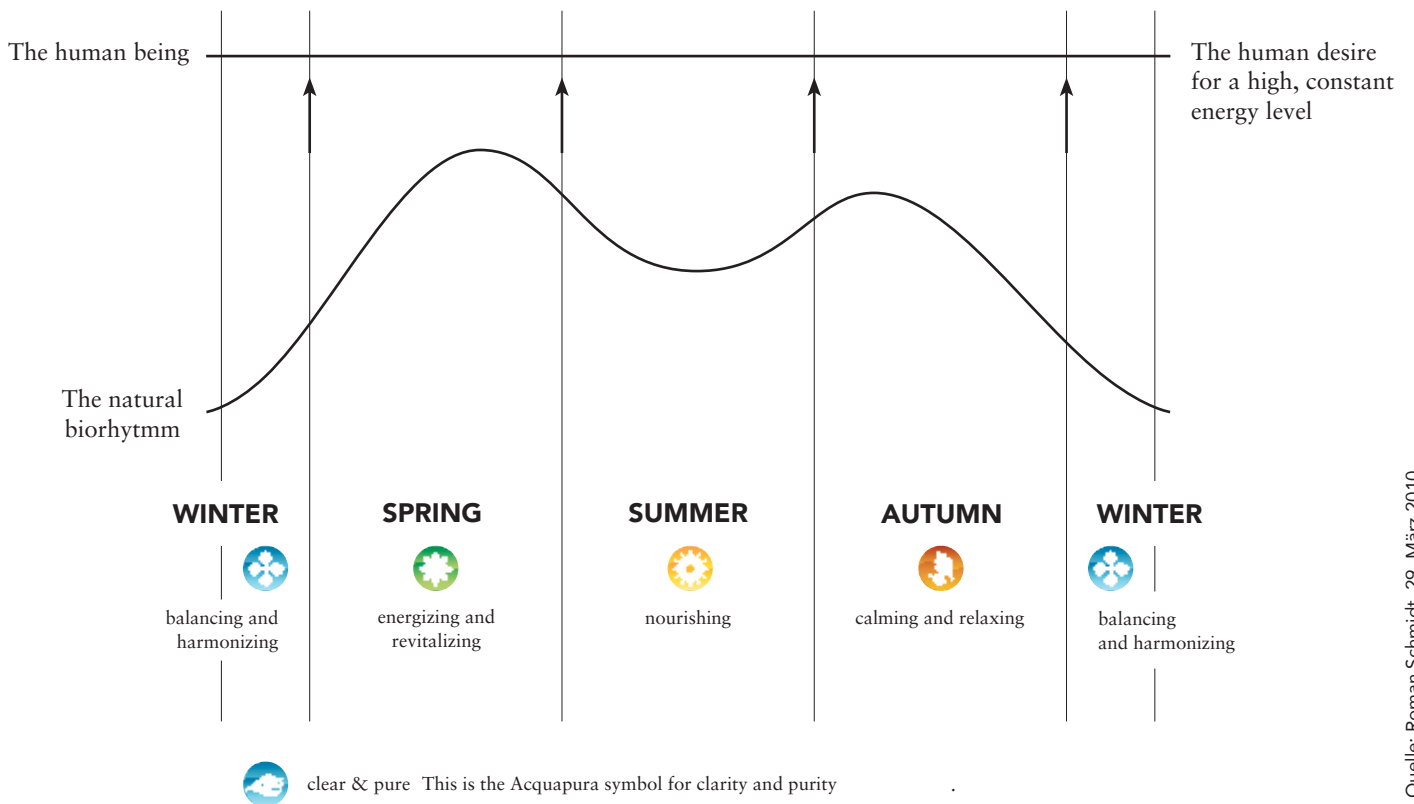
clear & pure

OUR ACQUAPURA SPA ACTIVE PRINCIPLE

REDISCOVER YOURSELF!

As well as the natural course of the seasons, the human bio-rhythm is also susceptible to ups and downs in the nature. The demands of the everyday life do not take that into consideration. In the long run we can not 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.





Acquapura

SPA PACKAGES

Our SPA starters will assist you to find your rhythm, to recharge your batteries, experience beauty and to find relaxation and balance or meet the tradition in the regionalism of products.



SEA-ENERGY

1h 45 min

HRK 798,- € 105,-

Hamam ritual energy (warm water rinses, body scrub with silk glove, body wash and invigorating soap massage with final-care) | slimming seaweed body wrap | head massage
Recommendation 1 day



SEA-BEAUTY

2h 20 min

HRK 1.102,- € 145,-

30 min Full body scrub with the salt from Nin | 30 min hydrating body wrap (yoghurt or pink clay) in the water bed | 40 min facial treatment Sunshine | 40 min massage
Recommendation 2 days



SEA-RELAXATION

3h 25 min

HRK 1.421,- € 187,-

55 minutes special - back treatment including self-heating marine wrap for the back, back and foot massage | 30 min facial massage with active ingredient concentrate | 30 min full body wrap in the soft pack bed | Hot Stone Massage 90 min
Recommendation 2-3 days



SEA-BALANCE

2h 30 min

HRK 1.079,- € 142,-

Lavender back scrub with salt from Nin | 60 min relaxing head, back and foot massage | 60 min basic facial treatment
Recommendation 1-2 days



SEA-CLEARNESS

2h

HRK 942,- € 124,-

30 min sea scrub | 30 min bath of your choice (rosemary, lavender, wine or sea water) | 60 min wavy massage





ADRIAPURA SPA SIGNATURE IN IADERA



ADRIAPURA

Pure water we draw from the Adriatic coast - the Marine Region of Croatia which is characterized by its unique water quality and diverse, vital ingredients.

The Adriatic Sea - streams infinity, beauty, nature and resilience, which in turn flow into ADRIAPURA and provide an unique Spa concept of holistic body and facial treatments as well as traditional and modern Hamam rituals.

The spa concept is rounded out with our desalinated sea water pools and private spa suite for your relaxing time together as well as the inclusion of the regionalism of Dalmatia.



REGIONALISM & ORIGINALITY FROM DALMATIA

We explore and discover the treasures of the region in its untouched nature. We learn to make the most of the effects of wild local herbs, such as lavender and rosemary and their oils. The salts that contain health for the body and skin we get directly from the Adriatic Sea near Nin.

OUR ADRIAPURA SPA IN DALMATIA

THE SPA ON THE ADRIATIC WITH ITS SIZE, VARIETY AS WELL UNIQUE STYLE & DESIGN

The Falkensteiner Hotel & Spa Iadera, certified by the “Leading Hotels of the World”, is more than just an unique location - situated on the Punta Skala peninsula, surrounded by the turquoise-blue Adriatic Sea, with views to the North on the gigantic Velebit mountain and to the West on a magical and diverse archipelago.

Cool design, breathtaking panoramic position and Spa on 6000sqm. The spacious sauna area, including the Panoramic Earth Sauna with sea view, diverse pool area, hamam area, various relaxation areas, fitness- and activity program as well as individual spa treatments provide an extensive range of offers.

ADRIAPURA – MARITIME MOMENTS



ADRIAPURA SURF

25 min

HRK 243,- € 32,-

Marine scrub on algae basis



ADRIAPURA SEA WAVES

60 min

HRK 524,- € 69,-

Massage with wavy movements using a marine oil | incl. foot ritual



HAMAM RITUALS

The wonderful and mysterious bathing culture of the Orient: the Arabic word „Hamam“ means „to warm“ and „to bathe“ and it stands for relaxation, well-being and purity.

The hamam not only cleanses you physically but also bathes the body and spirit in mild warmth of soft light. Soothing heat, water, foam, scents and touches create a complex work of art whose main aim is to make you feel good.

HAMAM TREATMENTS

Every hamam treatment includes a body scrub using a special „Kese“ glove. The scrub deeply cleanses the skin, promotes regeneration and leaves the skin looking refined, clearer and fresher. After the skin has been cleansed, the body is massaged with the soap lather. The result is noticeably softer and silkier skin and the feeling of pure relaxation.



ORIENTAL DREAMS

60 min

HRK 517,- € 68,-

Warm water rinses | body scrub with silk glove | soap foam massage | head massage



LEYLA ENCHANTING BEAUTY

80 min

HRK 676,- € 89,-

Warm water rinses | body scrub with silk glove | 45 min facial treatment



MIMAR SINAN COMPLETE HARMONY

90 min

HRK 745,- € 98,-

Warm water rinses | body scrub with a silk glove | 60 min massage with aromatic oils



CLEOPATRA „HEAVENLY WHITE“

110 min

HRK 904,- € 119,-

Warm water rinses | body scrub with a silk glove | 20 min bath with milk | 60 min relaxation massage



HAMAM MEETS DALMATIA



EXPERIENCE A VARIETY OF SPA RITUALS

60 min

HRK 517,- € 68,-

Each of the rituals include: Warm water rinses, body scrub with silk glove, soap lather massage, head massage, tea & snack according to the chosen theme

Select your favorite one:

ADRIAPURA HAMAM „PURE HERBS“

A scent of rosemary surrounds you in the warm hamam. After that you will be full of energy and strength.

LAVENDER “PURPLE RAIN”

The lavender has a wide range: liberating effect on our soul, gives clear thoughts, helps to switch off, very balancing effect, it refreshes at constant fatigue, brightens the mood, assists with anxiety, is invigorating and calming.

SEA ORGAN “OCEANA”

The effect, that the skin is washed in the breezy sea foam with gentle peeling effect is not only gentle and thoroughly cleansed skin but also wrapped in a delightfully fresh scent. The result: delicate and revitalized skin.

OLIVE RITUAL „GREETING TO THE SUN“

The olive prevents as an antioxidant the damaging oxidation processes and therefore it is also effective against cancer. Olives contain vitamins E, A, D and K and contribute to the building of the bones of children and adults as well are important for strengthening bones.

SEA SALT – NIN SALT RITUAL

Salt is a valuable natural gift of this environment and even today it is an important part of life. Nin salt which contains a large percentage of iodine, is one of the top quality salts in Europe and in the world. It is an ideal connection of the Adriatic sea, sun and wind from the Velebit mountains.

Beauty

FACE

Our facials are all customized and can be booked individually for 60 minutes, 80 minutes or as a luxury treatment for 110 minutes. You select with us together the focus:
Moisture | Regeneration | Balancing | Happy-Aging | Cleansing



ACQUAPURA BASIC FOR HER

60 min

HRK 623,- € 82,-

Cleaning | scrub | focus on deep cleaning or care & massage | mask | hand massage | final care



ACQUAPURA CLASSIC FOR HER

80 min

HRK 783,- € 103,-

Cleaning | scrub | focus deep cleansing or intensive care & massage | mask | brows form | hand massage | final care



ACQUAPURA LUXURY FOR HER

110 min

HRK 1.132,- € 149,-

Luxury combination | Acquapura Classic | head massage | neck and feet
pampering, exquisite



SEA EYE MOMENT

45 min

HRK 433,- € 57,-

Intensive eye massage with active component ice cubes and a lymphatic massage | mask | eyebrow shaping | eyebrows & eyelashes color



SUNSHINE

40 min

HRK 388,- € 51,-

Express treatment with cooling effect
intense relaxation, radiant freshness



INTRACEUTICALS

PURE OXYGEN - immediately visible results like a firmer and younger skin.

REJUVENATE

50 min

HRK 750,- € 99,-

Hydrate, Lift, Tighten

OPULENCE

50 min

HRK 800,- € 105,-

Brighten pigment disorders or age resulted stains, balance, smooth

BOOSTER

50 min

HRK 900,- € 118,-

Individual skin care with a vitamin cocktail for the skin, focused on results

ANTOXELENE

15 min

HRK 400,- € 53,-

Only in combination with Opulence or Rejuvenate. Visibly lifts of brows and plumps up of lip contour



MANICURE AND PEDICURE



MANICURE

Without polish 30 min	HRK 289,-	€ 38,-
With polish 45 min	HRK 350,-	€ 46,-

Hand bath | nails shaping | nail cuticles | care cream



MANICURE DE LUXE

60 min	HRK 593,-	€ 78,-
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Manicure | hand-peeling | hand-wrap | hand massage



PEDICURE

Without polish 40 min	HRK 372,-	€ 49,-
With polish 55 min	HRK 433,-	€ 57,-



PEDICURE DE LUXE

70 min	HRK 661,-	€ 87,-
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Pedicure | foot-peeling | foot-wrap | foot massage
gentle and well-groomed feet

GELCOLOR BY O.P.I.

The popular OPI polishes you can also get now as long lasting, UV hardener and removable Gel polishes.

EXPRESS MANICURE & GEL COLOR

HRK 425,-	€ 56,-
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EXPRESS PEDICURE & GEL COLOR

HRK 425,-	€ 56,-
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FOR GENTS ONLY

SEA BEAUTY



SEA BREEZE FOR HIM

40 min

HRK 388,- € 51,-

Intensive massage for face, neck and décolleté
intense relaxation, radiant freshness



MARINE POWER FOR HIM

80 min

HRK 783,- € 103,-

Cleaning | scrub | focus deep cleansing or intensive care & massage | active concentrate | mask | hand massage | eyebrow shaping | finish



SEA COCKTAIL FOR HIM

60 min

HRK 623,- € 82,-

Cleaning | scrub | focus on deep cleaning or care & massage | active component concentrate | mask | hand massage | finish



CARE FOR MEN

Manicure

HRK 289,- € 38,-

Pedicure

HRK 372,- € 49,-

Hair removal back or chest and stomach each

HRK 281,- € 37,-

Hair removal legs

HRK 448,- € 59,-



SEA BODY



HAMAM RITUAL ENERGY

50 min

HRK 426,- € 56,-

Steam Bath | hot water showers | body peeling with silk glove | care wash | invigorating full body massage



TIME AT THE SEA

90 min

HRK 874,- € 115,-

Sea salt scrub | seawater bath with whirlpool | vital massage



PERSONAL COACHING

30 min

HRK 304,- € 40,-

50 min

HRK 494,- € 65,-

Personal training
mental, power, agility, endurance

FOREVER YOUNG TEEN STYLE

(12 – 17 YEARS)



TEEN HANDS

30 min

HRK 228,- € 30,-

Nail care | hand massage | perfect finish with the color of your choice

TEEN FEET

30 min

HRK 228,- € 30,-

Nail care | foot massage | perfect finish with the color of your choice

TEEN FACE

45 min

HRK 342,- € 45,-

TEEN MASSAGE

25 min

for 2 HRK 524,- € 69,-

Massage with mum and dad in one treatment room

LAVENDER PEELING LIGHT – SOFTLY & GENTLY

30 min

HRK 228,- € 30,-

FRUITY BUBBLE BATH EXPERIENCE

25 min

HRK 190,- € 25,-

TEEN HAMAM



HAMAM RITUAL COCO-CHOCO

45 min

HRK 372,- € 49,-

Warm water rinses | coconut-chocolate body scrub with silk gloves | soap foam massage | chocolate cream as a final touch and chocolate tea



FOAM SURPRISE FOR ENTIRE FAMILY

50 min

HRK 426,- € 56,-*

Warm water rinses | body scrub with a silk glove, soap foam massage | experience the hamam together with up to 2 children aged between 3 - 12 years

*per adult, child(ren) are free of charge



A woman with her hair in a bun is lying on a massage table, smiling with her eyes closed. A masseuse is standing behind her, performing a massage. The scene is set outdoors with a bright, sunny background.

Massage

IN GOOD HANDS

ACQUAPURA CLASSICS



FULL BODY SCRUB WITH SALT FROM NIN

25 min HRK 266,- € 35,-

Choose between lavender or rosemary



PART- & FULL BODY MASSAGE

30 min HRK 296,- € 39,-
50 min HRK 448,- € 59,-
80 min HRK 699,- € 92,-

Partial or whole body massage | sport massage
stimulates circulation, relaxing and unwinding



AROMA OIL MASSAGE

30 min HRK 349,- € 46,-
50 min HRK 501,- € 66,-
80 min HRK 752,- € 99,-

Aroma oil massage



FOOT REFLEXOLOGY

30 min HRK 296,- € 39,-

Activating the self-healing powers
seases tensions, stimulating, soothing



HEAD-SHOULDERS-NECK-MASSAGE

30 min HRK 296,- € 39,-

Head-shoulders-neck-massage
liberating, relaxing, tingling



SPECIAL BACK TREATMENT

50 min HRK 547,- € 72,-

Self-heating sea mud wrap for the shoulders, neck and spine
| relaxing back and foot massage
shut down yourself, recharge your batteries



PERSONAL TRAINING

30 min HRK 304,- € 40,-
50 min HRK 494,- € 65,-

Individual Training
mental, force, agility, endurance



ACQUAPURA SPECIAL



WHISPER WITH STONES

90 min

HRK 897,- € 118,-

Massage warm and hot basalt stones with scented oil
deep relaxing effect, vitalizing, refreshing, balancing



HERBAL POWER

60 min

HRK 593,- € 78,-

90 min

HRK 897,- € 118,-

Herbal massage with aromatic oil and warm herbal compresses
with herbs of the region | tapping, stroking, circular movements
regenerating, firming, invigorating or relaxing



THAI MASSAGE – THAI DELIGHTS

60 min

HRK 623,- € 82,-

90 min

HRK 935,- € 123,-

Thai Yoga massage | rhythmic pressure | gentle stretching
powerful and dynamic, straightening up, healthy, pleasant
(in comfortable clothes on the mat)



MOVING WAVES – LOMI LOMI NUI

60 min

HRK 623,- € 82,-

90 min

HRK 935,- € 123,-

warm oil | Hawaiian music | intense strokes with hands and
forearms
deeply relaxing, salvaged, detached, blissful



ACQUAPURA INDIVIDUAL

30 min

HRK 289,- € 38,-

50 min

HRK 486,- € 64,-

80 min

HRK 745,- € 98,-

Individual, your preferences, our know-how, optimal results

Adriapura

DETOX



DETOXIFYING SEAWEED WRAP

including sea salt scrub
stimulating the metabolism

60 min HRK 479,- € 63,-

3 SEAWEED WRAPS

for optimal results

3 x 40 min HRK 889,- € 117,-



PURE SEA

150 min HRK 1.216,- € 160,-

Full body scrub sea | sea bath with seaweed and whirl | full body algae wrap | marine massage



POWER ZONE

75 min HRK 593,- € 78,-
Sequence treatment 50 min HRK 403,- € 53,-

Cosmetic lymphatic drainage | cellulite massage | detoxifying mask in soft pack
reducing, fat burning, tightens the tissue

SEAWEED WRAP SEQUENCE APPLICATION

45 min HRK 342,- € 45,-

SEA DEEPNESS

Foot reflexology massage, inclusive foot peeling and bath

50 min HRK 448,- € 59,-



WAVE GLIDER

(in the soft pack water bed)

60 min HRK 479,- € 63,-

Incl. peeling | You choose: skin care
muscle-relaxing, toning, detoxification, relaxation

Private Spa

WELLBEING FOR TWO



PRIVATE SPA „JUST FOR US“

70 min

HRK 281,- € 37,- *

Mutual peeling | Acquapura-whirlbath | prosecco



PRIVATE SPA MARITIME MOMENTS

Treatment time 120 min

Total time 180 min

HRK 1.087,- € 143,- *

Sea salt scrub | whirl bath with sea water | 60 min marine massage | marine cocktail | relaxation time



PRIVATE SPA LAVENDER

Treatment time 120 min

Total time 180 min

HRK 1.087,- € 143,- *

Lavender scrub, lavender bath and lavender oil massage 60 min



PLEASURE TIME FOR GIRLFRIENDS²

DALMATIA

Treatment time 120 min

Total time 180 min

HRK 920,- € 121,- *

60 min massage from head to toe | wine whirlpool | wine spritzer | relaxation time
connecting, relaxing, soothing



PLEASURE TIME FOR GENTS

Treatment time 80 min

Total time 105 min

HRK 920,- € 121,- *

55 min special - back treatment incl. back heating wrap and foot massage | relaxing head-neck massage | cocktail Iadera Green or drink “Must Have” Vitamins | Relaxing time

* Price per person

IN THESE TREATMENTS PERFECTLY FIT:

1 bottle Taittinger rosé brut 0,75l	HRK 1.102,-	€ 145,-
1 bottle Rosé Galić 0,75l	HRK 228,-	€ 30,-
1 bottle Tomac Millenium 0,75l	HRK 296,-	€ 39,-

Signature smoothie or frappé	HRK 38,-	€ 5,-
Milkshakes	HRK 38,-	€ 5,-
Fresh fruit of the season	HRK 72,-	€ 9,50,-
Fruit sticks	HRK 72,-	€ 9,50,-
Vegetable sticks with two types of sauce	HRK 72,-	€ 9,50,-
Acquapura garden salad	HRK 65,-	€ 8,50,-



The background image shows a modern spa interior with light-colored wood paneling on the walls and ceiling. A large window looks out onto a lush green landscape with trees and a body of water. In the foreground, a wooden sauna bench is visible. The title 'Spa Etiquette' is written in a large, white, cursive font across the upper portion of the image.

Spa Etiquette

ENVIRONMENTAL AWARENESS

We are a Green Resort, please support us and take only as much towels as you need.

ATMOSPHERE

What would we very much appreciate....
Silent or no phone calls | the reservation of the beds is not recommended | non smoking area | indoors Sauna and Hamam area is a nudist area from 16 years old | selected relaxation rooms are for adults only | for your own safety, we recommend wearing sports shoes | Personal Coaching can be booked

EARLY RESERVATIONS & TAKE YOUR TIME

Punctual appointment allows your desired date | it is recommended to come few minutes before your appointment | please understand that in case of delay the treatment time is shortened | you can enjoy a cup of tea or a glass of water | take some deep breaths | we collect in advance your personal requirements | introduce us with your individual needs even during the treatment | Gentlemen, please have a shave at least 3 hours before a facial treatment | avoid solarium and sunbathing after facials and peelings | we recommend you to remove contact lens before facials | do not eat anything 1h before a treatment | after the treatment drink plenty of water

FULFILLMENT OF REQUESTS

Let us know your wishes. We are happy to adjust all aspects of the treatment individually to your preferences: light, music, male or female therapists, intensity of massage | on request we organize a hair appointment.

PREGNANCY & HEALTH

We ask you in an advance for information on pregnancy, health concerns, diseases or allergic reactions on certain oils | please never come with a fever to treatments | the usage of and participation is on your own health risk

CLOTHING

For massage the treatment is in the bathrobe | for Thai treatments come in comfortable clothes | we respect your privacy

VALUABLE THINGS

No responsibility for lost property | please deposit money, jewelry or other valuables in your room safe



CHILDREN AND TEENAGERS

The Acquapura Spa is a place of relaxation, please pay attention to your children in consideration for other guests. Because of the safety measures jumping from the edge of the pool is prohibited. The sauna and fitness area can be used from 16 years old. We also offer for our younger guests wellness and beauty treatments.

SPORTS AND ACTIVITIES PROGRAM

Participation in the daily program activities is free | registration is requested the day before

CANCELLATIONS

Reserved appointments can be cancelled free of charge until 12 hours before the treatment! then the offset is 100%, if it can not be appointed with other guests.

SPA SHOP

In our spa shop you are invited to purchase our exclusive products with which we pamper you during the treatment, but also for your wellness program at home.

THE VOUCHER

Time away | rediscover yourself | individual | further information on the SPA reception

OPENING HOURS

Fitness & solarium	6.30 am - 9 pm
Pool area, beauty & massages	8 am - 9 pm
Sauna area	10 am - 9 pm

upon wish and weather condition earlier

We are looking forward to seeing you in our Spa and our Acquapura Spa hosts will advise you personally about our treatment offers on Tel. +385/ (0)23/500 940 or via e-mail: spa.iadera@falkensteiner.com

For more information and current offers, please visit our website at: iadera.falkensteiner.com and visit us on Facebook.



WELCOME HOME!

iadera.falkensteiner.com
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