

ÄMAN  
SPA



## WELLNESS IN THE DOLOMITES

The healing power of nature with her vast apothecary of medicinal plants, mineral- rich springs and soul-cradling beauty is well documented. Even simply walking through a forest has a powerful effect on wellbeing. With its spectacular natural surroundings, Rosa Alpina's comprehensive spa provides the perfect setting for wellness retreats dedicated to invigorating body and mind in consummate style. Reconnect with nature – breathing in the pristine mountain air, hiking through flower strewn meadows or skiing beneath awe-inspiring peaks. Then return for restorative time out indoors, whether a relaxing massage, a refreshing swim or a purifying sauna. One-on-one consultations mean that every need is assessed, and personalised programs are designed to meet individual goals and inspire enduring positive lifestyle changes.

## WELLNESS FACILITIES

A serene haven, Rosa Alpina's spa offers a magnificent indoor heated swimming pool with forest views for families, as well as a range of facilities, including a second swimming pool, for adults only. These include:

**Hydrotherapy areas:** Complementing the two swimming pools, there is a whirlpool, a cold plunge pool, a Finnish sauna, a bio sauna, a hammam steam room and a relaxation area.

**Spa Treatment Rooms:** Nine tranquil treatment rooms host a variety of treatments ranging from massages, facials and body treatments, to body wraps, manicures, pedicures and waxing.

**Fitness Centre:** This is fully equipped with weights and cardio equipment including treadmills, stationary bikes and rowing machines.

**Yoga Studio:** Warm up your body and focus your mind before an exhilarating day outdoors. Located on the first floor with large windows overlooking the woods, this light-filled space inspires the perfect mindset for yoga and Pilates practice. Offered on request, sessions can be tailored to individual fitness and health goals.



## AMAN SIGNATURE SPA TREATMENTS

Aman Spa signature spa treatments are available at every Aman Spa destination around the world, reflecting the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. There are four treatments available within each pathway: Massage, Body Scrub and Wrap, Face Ritual, and the Journey, which encompasses all three treatments to greatly amplify their effects. Each treatment is tailored to individual needs to target specific concerns and help attain personal wellness goals.

### GROUNDING PATHWAY

For those seeking reconnection, stillness, and perspective, this deeply relaxing, meditative, and regenerative pathway is a balm for the restlessness brought on by the frenetic pace of modern life. Developed to promote inner peace and return body and mind to a state of harmony, this pathway promotes skin cell regeneration, while hydrating and plumping the skin to reveal a healthy, radiant complexion. It is recommended for normal to dry skin, including mature and dehydrated complexions. Active ingredients include argan stem cells and hyaluronic acid. The former penetrates the skin’s dermis to help protect and revitalize skin cells, improving elasticity and reducing the appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

**Grounding Scrub & Wrap Ritual** .....90 min.

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body scrub gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

- Restores the nervous system, stimulates circulation, and regenerates skin cells
- Boosts the lymphatic system and strengthens the immune system
- Reduces stress levels and promotes mental clarity

**Grounding Massage Ritual** .....90 min.

A Ku Nye full-body massage honors ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energizes the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

- Moisturizes dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances vital energy



## PURIFYING PATHWAY

For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses, and strengthens the skin's defenses while enhancing clarity of thought. Refreshing, invigorating, and energizing, the products in this pathway deeply cleanse and tone normal to oily complexions, including congested, dull, stressed, and blemished skin. Active ingredients include lilac stem cells, hyaluronic acid, and Kalpariane seaweed extract. The first are superior antioxidants and anti-inflammatories, which help balance healthy sebum levels and protect skin from environmental damage. The second hydrates and plumps the skin, leaving it softer and smoother. The third, a trademarked antioxidant and anti-wrinkle agent, supports collagen and elastin production to preserve skin's elasticity and suppleness.

### **Purifying Scrub & Wrap Ritual**..... 90 min.

This ritual revives the spirit, tones the skin, and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its amplification of energy levels. Seaweed Fucus oil, raw honey, and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender, and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

- Detoxifies the lymphatic system and boosts immunity
- Reduces swelling and improves skin tone and texture
- Increases energy levels and mental clarity

### **Purifying Massage Ritual**..... 90 min.

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. Compared to traditional massage, the pressure applied with manual lymphatic drainage techniques is much lower in intensity, but powerful in its effects.

- Removes toxins and regenerates tissues
- Aids lymphatic drainage, reducing swelling and cellulite
- Increases immunity and eases muscle spasms



## NOURISHING PATHWAY

For those seeking rejuvenation, renewal, and awakened senses, our harmonizing Nourishing pathway repairs and regenerates cells, revitalizing within and without. This pathway encourages reconnection between body and mind and cultivates feelings of joy. Nurturing, sensual, and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skins, while improving elasticity and resilience. Active ingredients include argan stem cells and hyaluronic acid. The first penetrates the skin's dermis to help protect and revitalize skin cells, improving elasticity and the appearance of fine lines. The second hydrates and plumps the skin, leaving it softer and smoother. Other key ingredients include jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk, and gold, all chosen for their powerful regenerative abilities.

### **Nourishing Scrub & Wrap Ritual** ..... 90 min.

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone, and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils, and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat, and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

- Boosts the lymphatic system and restores the nervous system
- Feeds skin while improving tone and texture
- Imparts a sense of being nurtured and held

### **Nourishing Massage Ritual** ..... 90 min.

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

- Relieves exhaustion, stress, and chronic fatigue
- Reduces anxiety and deeply relaxes
- Balances the energy body and emotions



## ROSA ALPINA SIGNATURE SPA JOURNEY

Personalised for each individual, this 4.5-hour Signature Spa Journey is designed to destress, renew and invigorate, leaving you mentally focused and physically energised with glowing skin.

**A 90-minute yoga session** tailored to your unique needs will boost the connection between body and mind, stretching and strengthening muscles to prevent injury.

Next, enjoy a **30-minute aromatic body scrub** to eliminate dead skin cells and reoxygenate tissues by stimulating micro-circulation.

Following a refreshing shower, surrender to the soothing touch of our experienced therapists for a 90-minute massage with sublimely scented body oil released through the burning of all-natural candles.

**A 60-minute brightening, oxygenating and toning facial treatment** is the finishing touch.



## BODY MASSAGES

**Manual Stretching**..... 30 min.

The best way to prepare for an injury-free session of skiing or hiking, manual stretching involves an expert therapist using carefully controlled pressure to deliberately flex or stretch specific muscles and tendons. The aim is to improve elasticity and achieve increased muscle control, flexibility and range of motion.

**Alpine Herbs Muscle Relief**..... 60/90 min.

Derived from the arnica flower, arnica oil is known for its anti-inflammatory properties, helping to reduce swelling and bruising and ease muscular aches and sprains. This massage treatment combines its pleasant pineapple-and-sage-like scent with Alpine essential oils to relieve tension, increase circulation and leave you completely restored.

**Thai Massage**..... 60/90 min.

Practiced by Buddhist monks for over 2,500 years, Thai massage improves muscle tone, increases joint mobility, aids lymphatic drainage and relaxes body and mind. Lying clothed in a loose Thai pajama suit on a spacious mat, your body will be expertly manipulated with a combination of intense stretches and deep pressure point techniques.

**Foot Reflexology**..... 60 min.

Deeply relaxing, reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow within the body. Acupressure points on the feet are said to correspond with internal organs. This is why reflexology is seen as a whole-body therapy with broad health benefits.



## BODY TREATMENTS

We have a number of beneficial body treatments that can be added either before or after your massage treatment, greatly amplifying its effects.

**Iyashi Dome** ..... 30/60 min.

This Japanese infrared detoxifying and slimming treatment is ideal for purifying and regenerating the body. To maximise results, we recommend combining it with Lymphatic Drainage to eliminate toxins and stimulate microcirculation.

**Arnica Body Wrap** ..... 30 min.

This regenerating Dolomite clay and arnica wrap enjoyed in a warm waterbed, is utterly cossetting, soothing tired muscles and nourishing the skin. Combine it with the Alpine Herbs or Thai Massage to maximise results.





## RESULT-ORIENTATED FACIALS

Prior to any facial treatment, we carry out a thorough skin analysis to ensure a customised experience based on your specific needs.

**Murad & Dermo 28 Facial** ..... 60 min.

Designed for immediate results, this facial employs fruit acids to deeply exfoliate, oxygenate, improve tone and reduce the appearance of spots, acne and the signs of aging.

**CLARINS Facial** ..... 60 min.

Incorporating essential oils and active plant ingredients, this nourishing facial is as emotionally relaxing as it is skin enhancing.

**Regenerating Lift Treatment** ..... 90 min.

For an immediate lifting, balancing and rejuvenating effect, this treatment includes microdermabrasion, oxygen therapy and a brightening Bio-Led mask.



## BEAUTY

We offer a range of luxury manicures and pedicures, with both regular nail polish and semi-permanent gel polish options available. Eyebrow/eyelash tinting and waxing are also offered.

**Manicure with regular polish** ..... 60 min.

**Manicure with semi-permanent gel polish** ..... 90 min.

**Quick colour-change manicure or pedicure with semi-permanent gel polish** ..... 30 min.

**Pedicure with regular polish** ..... 60/90 min.

**Pedicure with semi-permanent gel polish** ..... 90 min.

**Signature Spa Manicure or Pedicure with regular polish** ..... 90 min.

A luxury treatment for hands or feet which includes exfoliation to remove rough skin, the application of a moisturising mask, a relaxing massage with hydrating cream and a full manicure or pedicure with your choice of colour.

**Eyebrow & Eyelash Tinting** ..... 30 min.

**Eyelash Lamination** ..... 60 min.

### **Cold and Brazilian Waxing**

(arms, legs, bikini, upper lip, under arms, eyebrow shaping)



## MOVEMENT

Movement is integral to holistic wellness, playing an important role in emotional and mental, as well as physical, wellbeing. The movement facilities at Rosa Alpina are a sanctuary for those looking to exercise indoors. Guests can work out in the Fitness Centre or take a private yoga or Pilates class in the Yoga Studio.

**Hatha Yoga** ..... 80 min.

A gentle introduction to basic yoga postures. Hatha yoga will help you feel taller, leaner, more flexible and relaxed. Poses are held for a few minutes to allow a better mind and body connection.

**Yin Yoga** ..... 80 min.

A slow-paced style in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue – the tendons, fascia and ligaments – with the aim of increasing circulation in the joints and improving flexibility.

**Sun Salutation** ..... 30 min.

A warm-up that prepares the body for asana practice and increases the blood supply to the joints while stretching and strengthening the whole body. This is said to improve the efficiency of the internal organs.

**Pilates** ..... 60 min.

Pilates is a philosophy of movement, not just a form of exercise. It is based on good breath control and requires deep concentration. It increases circulation, relieves tension, strengthens the muscles and encourages one to be in the moment.



## SPA RITUALS

We recommend a leisurely hot shower with pure mountain water in your guest suite before arriving at the spa.

### **Arrival**

Aim to arrive 10 to 15 minutes before your scheduled time, allowing yourself a peaceful start to your spa journey over a cup of seasonal herbal tea.

### **Foot Bath**

Every treatment begins with a foot ritual incorporating local herbs, Dolomite mountain salt and forest-scented essential oils. This cleanses the feet while calming the central nervous system and reducing any inflammation.

### **Post-treatment Tea Journey**

After your treatment, take some time out in our peaceful relaxation lounge with seasonal mountain tea brewed from freshly picked local herbs and some healthy homemade refreshments.



## INFORMATION

### **Operating hours**

The Fitness Centre is open 24 hours; the swimming pool for families is open from 7:30am to 8:00pm; and the wellness area for adults only with the hydro facilities is open from 2:30pm to 8:00pm daily. Rosa Alpina Spa operates daily from 8:30am to 8:00pm.

### **Appointments**

Guests are encouraged to book treatments in advance to ensure their preferred time and service are available. Please dial extension #159 to make a reservation or send an email to: [spa@rosalpina.it](mailto:spa@rosalpina.it)

### **Special Considerations**

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa with any queries and inform staff of any medical or health concerns.

### **Treatment Preparation**

Guests are kindly requested to arrive at least 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment, and take a shower in their hotel room before having any Spa treatment.

### **Appointments outside Spa operating hours**

If you require an appointment outside Spa operating hours, we are happy to accommodate your request, adding an extra charge of 30% to the price of your chosen treatment.

**Cancellation Policy**

If you need to cancel your booking, please note that there is no charge if cancellation is prior to 24 hours in advance. Within 24 hours we regret that the full charge will be incurred.

**Wellness & Spa Environment**

Smoking and the use of mobile phones are prohibited in and around the Spa.

**Valuables**

Please do not bring valuables into the Spa. Safes are provided in every guest room and suite. We take no responsibility for valuables brought into the Spa.

**Refunds**

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

**Pricing**

All prices are in EURO and include VAT.

ROSA  
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AN AMAN  
PARTNER HOTEL

Fam. Pizzinini

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