

Warme Küche

Täglich durchgehend warme à la Carte Küche
von **12.00 Uhr bis 17.00 Uhr**
in unserem Restaurant.

Unser Tipp:

AROSEA Club Sandwich

(Paarlbrötchen, Fichtensprossenmayonnaise, Salat, gekochtes Ei,
Tomate, Hühnerbrust, gebackene Zwiebelringe, Speck)

1 Club Sandwich € 11,00



Warm cuisine

Non-stop warm cuisine à la carte available
every day from **12:00 until 17:00**
in our restaurant.

Our Tip:

AROSEA Club Sandwich

(Paarlbrötchen, spruce seedling mayonnaise, salad, boiled egg,
tomato, chicken breast, fried onion rings, bacon)

1 Club Sandwich 11,-€



Tension and relaxation program

Your feeling better, staying in shape
and enjoying relaxation program!



Monday 22 nd January	Tuesday 23 rd January	Wednesday 24 th January	Thursday 25 th January	Friday 26 th January	Saturday 27 th January	Sunday 28 th January
<p>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p>	<p>The saunas open at 11.00 a.m. Our saunas are open from 11.00 a.m. to 7. 30 p.m.</p> 	<p>09.00 to 09.40 a.m. ROSARIUM Info hour in our beauty center with Martha Please sign up at the reception</p> 	<p>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p> 	<p>09.00 to 09.50 a.m. Gymnastics for your back with Debora Please sign up at the reception</p> 	<p>09:00 – 10:00 a.m. TECHNOGYM: Info hour in the fitness room Debora will show you the using of our Technogym equipment. Please sign up at the reception</p> 	<p>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p> 
<p>Around the lake The sea route is as a day or also shorter as a half day walk very recommendable. About a dozen of ancient farms half a century ago were a victim of a state energy plan. Today the sea is recovering a land of 100ha, where were standing 36 houses and were living about 70 persons.</p> 	<p>Our contribution to the environment:</p>  <p>The protection and respect for nature and its sustainable use provide a fundamental topic in the AROSEA Life Balance Hotel. Our hotel is heated with the biomass district heating plant from the Val d'Ultimo. The district heating plant uses untreated and unused waste wood like wood chippings from the forest, wood shavings industrial.</p>	<p>PHYSIOTHERAPY Physiotherapies are treatment methods, which can increase, retain and recreate the movement and function skills of a body. During 55 minutes Price € 92,00</p> 	<p>Schwemmalm 25 km of perfectly groomed slopes to secure the top skiing pleasure. From the valley station, you can reach with four different Chair the varied scale slopes: Mutegg, Asmol, Sinkmoos, Dreimandler, Kircheler and Schwemmalm. 8.30 a.m. – 5.00 p.m</p> 	<p>Warm cuisine Non stop Non-stop warm cuisine à la carte available every day from 12:00 until 17:00 in our restaurant.</p> 	<p>11.00 to 12.00 p.m. Yoga with Alex Parmeggiani Minimum of participants: 4 people Please sign up at the reception</p>	<p>Respect for the tradition and search for ancient recipes and processes are the main concern of the master baker Schvienbacher who has now gained international reputation: His biologic bread you eat each day in our hotel.</p> 
<p>Sheep whole bath from the Ulten Valley Wool from the Ulten Valley is used here for pleasantly relaxing and natural warmth. When you are wrapped in wool, microcirculation is stimulated. During 20 minutes Price Euro 52,00</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: lemon</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: Larch</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Orange</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Eukalyptus</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Lavender</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Rosmarin</p>

Please sign up the day before within 6 p.m. for each event.