AROSEA

LIFE BALANCE HOTEL

2009/2010 E

WINTER 2009/10

Per day and per person, including
Life Balance Pension and parking space in garage.
Children's rates are per day and per person, including half-board in parents' room (two full-rate adults).

Additional info at www.arosea.it

Time period		"Zirmbaum" EAST	"Zirmbaum" SOUTH-WEST	Family Balance Suite	Life Balance Suite	Deluxe Life Balance Suite
Dec. 5 - 24, 2009	Daily rate	€ 151,00	€ 162,00	€ 188,00	€ 212,00	€ 248,00
Jan. 10 - Feb. 07, 10	Short Stay	€ 461,00	€ 493,00	€ 570,00		
Feb. 21 - March 28, 10	Week	€ 882,00	€ 945,00	€ 1.099,00		
Dec. 24 - Jan. 3, 10	Daily rate	€ 205,00	€ 215,00	€ 240,00	€ 265,00	€ 325,00
	10 days	€ 1.780,00	€ 1.870,00	€ 2.090,00		
Jan. 3 - 10, 2010	Daily rate	€ 175,00	€ 186,00	€ 212,00	€ 236,00	€ 272,00
	Short Stay	€ 531,00	€ 563,00	€ 640,00		
	Week	€ 1.022,00	€ 1.085,00	€ 1.239,00		
Feb. 7 - 21, 2010	Daily rate	€ 166,00	€ 176,00	€ 203,00	€ 227,00	€ 263,00
	Short Stay	€ 503,00	€ 535,00	€ 612,00		
	Week	€ 966,00	€ 1.029,00	€ 1.183,00		
March 28 - April 11, 10	Daily rate	€ 166,00	€ 176,00	€ 203,00	€ 227,00	€ 263,00
	Week	€ 882,00	€ 945,00	€ 1.099,00		

Short Stay: 4 days of Life Balance Pleasure (Sun - Thu)
Flat-rate prices in € per person, incl. Life Balance Pension, sauna world, technogym fitness room, sport and leisure activity program, parking space in underground garage.

Week: 7 days of Life Balance Pleasure (Sun - Sun)
Flat-rate prices in € per person, incl. Life Balance Pension, sauna world, technogym fitness room, sport and leisure activity program, parking space in underground garage.

High season

Off & Low Season

"Zirmbaum" Double Room
36 m² + 8 m² Balcony (East or Southwest)
for 2-3 persons

Drinking fountain "Grander", room safe, flat screen T.V., Internet connection, phone, hot-air hair dryer, open bathroom with shower and bathtub, separate WC and bidet, living area, walk-in closet.

"Family Balance Suite"
65 m² + 25 m² South Terrace
for 2-5 persons

Drinking fountain "Grander", room safe, flat screen T.V., Internet connection, phone, hot-air hair dryer, bathroom with shower, bathtub and twin bathroom sinks, cosmetics table, living room with corner seating arrangement, second bedroom, separate WC and bidet, walk-in closet.

SUMMER 2010

Per day and per person, including
Life Balance Pension and parking space in garage.
Children's rates are per day and per person, including half-board in parents' room (two full-rate adults).

Additional info at www.arosea.it

"Life Balance Suite"
65 m² + 25 m² South Terrace
for 2-5 persons

Panoramic outdoor sauna (24h) with Kneipp shower, drinking fountain "Grander", room safe, flat screen T.V., Internet connection, phone, hot-air hair dryer, bathroom with shower, bathtub and twin bathroom sinks, cosmetics table, living room, second bedroom or relaxation room, separate WC and bidet, walk-in closet.

"Deluxe Life Balance Suite"
85 m² + 25 m² South Terrace
for 2 persons

Panoramic outdoor sauna (24h) with Kneipp shower, personal wellness and relaxation area with waterbed, personal massage room, canopy bed, sitting room with "Living Stone" designer couch, bathroom with twin sinks and prizewinning designer whirlpool tub, rain shower, cosmetics table, drinking fountain "Grander", room safe, flat screen T.V., Internet connection, phone, hot-air hair dryer, separate WC and bidet, walk-in closet.

Time period		"Zirmbaum" EAST	"Zirmbaum" SOUTHWEST	Family Balance Suite	Life Balance Suite	Deluxe Life Balance Suite
April 11 - July 18, 10 Sep. 19 - Dec. 5, 10	Daily rate	€ 151,00	€ 162,00	€ 188,00	€ 212,00	€ 248,00
	Short Stay	€ 461,00	€ 493,00	€ 570,00		
	Week	€ 882,00	€ 945,00	€ 1.099,00		
July 18 - Aug. 8, 10	Daily rate	€ 166,00	€ 176,00	€ 203,00	€ 227,00	€ 263,00
	Short Stay	€ 503,00	€ 535,00	€ 612,00		
	Week	€ 966,00	€ 1.029,00	€ 1.183,00		
Aug. 8 - 22, 10	Daily rate	€ 185,00	€ 195,00	€ 218,00	€ 242,00	€ 275,00
	Week	€ 1.176,00	€ 1.239,00	€ 1.393,00		
Aug. 22 - Sep. 19, 10	Daily rate	€ 175,00	€ 186,00	€ 212,00	€ 236,00	€ 272,00
	Short Stay	€ 531,00	€ 563,00	€ 640,00		
	Week	€ 1.022,00	€ 1.085,00	€ 1.239,00		

Did you know… that the materials for the AROSEA Life Balance Hotel are selected according to their specific vibrational energies?

Pine wood: A healthy room atmosphere makes all the difference for restorative sleep. Pine wood lowers the heart rate, increases vitality and even has antibacterial properties.

Lamb's wool: Wool has a property known as natural thermoregulation and a natural self-cleaning function.

Shale: Shale is a stone that is thought to protect against radiation, which can be detrimental to health. It has a general reconstructive and strengthening effect on the entire body.

CHILDREN'S PRICE LIST

	Rooms		Suites	
0-3 years of age	€ 30,00	€ 30,00	€ 40,00	€ 40,00
3-6 years of age	€ 42,00	€ 62,00	€ 52,00	€ 72,00
6-9 years of age	€ 62,00	€ 72,00	€ 72,00	€ 82,00
9-12 years of age	€ 68,00	€ 78,00	€ 78,00	€ 88,00
12+ years of age	€ 77,00	€ 87,00	€ 87,00	€ 97,00

High Season
Off & Low Season

LIFE BALANCE ACTIVE

For more information, see our AROSEA blog

Running in Balance with Triathlon Athlete Edith Niederfriniger

- 5x half-day program
- Introduction to training, equipment and nutrition
- Foot analysis
- Video analysis of running style
- Running technique training
- Stretching and power program
- High-altitude run at more than 2,000 m above sea-level
- Daily supervised running training with cardio-frequency control
- Lactate measurement (optional*)
- Personal nutrition plan for individual goals (optional*)
- Arosea Run-T-Shirt

* min. 8 persons

Edith Niederfriniger:
Sports Instructor (M.A.) and triathlon athlete. Successful finisher of Iron-Man Competition multiple times.
More info: **www.edith-niederfriniger.it** and Adelheid Larch - Nutritional Therapist

Mountainbiking in the pristine Ulten Valley / Val d'Ultimo

- Daily guided biking tours with different levels of difficulty
- Hotel has its own shuttle service
- Laundry service (surcharge)
- Lockable bike room
- "Black Thunder" Bikeshop with workshop and spare parts
- Cleaning facility
- Maps and rental of GPS equipment
- Individual tour recommendations

Bike Days in the Ulten Valley / Val d'Ultimo
From Alpine meadow to meadow or along the TransAlp to the Rabbi Pass

June 20 - July 18, 2010
Short Stay (Sun-Thurs)
starting at **€ 461,00**
Week (Sun -Sun)
starting at **€ 882,00**

July 18 - Aug. 8, 2010
Short Stay (Sun-Thurs)
starting at **€ 503,00**
Week (Sun - Sun)
starting at **€ 966,00**

Aug. 22 - Sep. 19, 2010
Short Stay (Sun-Thurs)
starting at **€ 531,00**
Week (Sun - Sun)
starting at **€ 1.022,00**

Fly-fishing in the Ulten Valley

Finally time to relax and switch off.

- Beginner or expert courses (fee required)
- Individual or group guidance (fee required)
- Introduction to the fundamentals of fly-fishing, including equipment rental
- State licences and day tickets can be purchased here
- Basic equipment is available in the shop
- Shuttle service

The Power of the Alps

€ 258,00

Minimum stay: 3 days (lodgings not included)

The salubrious effects of Alpine blossoms and plants, integrated in a variety of ways, help to relax and regenerate our bodies.

- 1 Alpienne Relax and Harmony with herbal footbath and foot massage, head and neck massage, relaxation massage with steam-heated herbal stamps
- 1 honey-pine bath
- 1 honey-peeling massage
- 1 post-massage treatment with skin-care products
- 1 full-body massage

Oxicutan Anti Aging

€ 560,00

Minimum stay: 7 days (lodgings not included)

Oxygen is essential for the metabolism, the functional performance and regeneration of all our cells. OXICUTAN Oxygen-Beauty treatments are suitable for all skin types and provide a long-term effect.

- 3 OXICUTAN Oxygen-beauty massages for your face and décolleté
- 5 fitness-enhancing Oxicutan Oxygen inhalation treatments in combination with mental and physical relaxation on the Stimularium with meditative effect
- 1 facial revitalization treatment according to Dr. Hauschka with bio-natural cosmetics

Life Balance Energy

€ 236,00

Minimum stay: 3 days (lodgings not included)

Well-being and fitness are an essential part of health. But health is connected with energy, and also with whether our bodies are in a harmonious equilibrium. The AROSEA is the first hotel in Europe to offer the SEYROMIS bio-energy test. The specifically-targeted and individual application of seven essences will help to bring your body back into balance.

- 1x vital point bio-energy check
- 1 consultation with nutrition tips with Wolfgang Raffeiner (natural therapy health consultant)
- 1 individual SEYROMIS essence (50 ml)
- 1 energetic brush massage with health-giving body pack
- 2 fitness-enhancing Oxicutan Oxygen inhalation treatments in combination with mental and physical relaxation on the Stimularium with meditative effect

Anti-Stress - Natural Balance € 164,00

Minimum stay: 2 days (lodgings not included)

Our ancestors trusted the healing powers of Mother Nature. The Ulten Valley / Val d'Ultimo with its numerous mineral springs and its pristine mountain air was a popular destination for people in need of relaxation as far back as the Empress Sissi.

- 1 sheep's wool bath with birch bark and birch sprouts - wool from the Ulten Valley / Val d'Ultimo is employed to provide relaxing and natural warmth
- 1 hay bath - South Tyrolean hay promotes your circulation, relaxes your muscles, and has a calming effect
- 1 full-body massage

LAMB'S WOOL BATH
3rd place at the "European Health & Spa Award" 2009

Time for Ourselves - Private Wellness € 242,00

Minimum stay: 2 days (lodgings not included)

Your PRIVATE wellness oasis. Steam bath, unique wooden whirlpool, relaxation corner, massage corner… An unbelievably pleasant experience for two people who like each other.

- 1 marble granulate peeling
- 1 relaxing herbal steam bath
- 1 back and foot massage with health-giving dwarf pine oil from the Sarn/Sarentino Valley
- 1 lavender bath, with light and heat in the wooden whirlpool for regeneration
- mountain herbal tea on the relaxation couches

- **Arrival/departure**: Your rooms will be available to you at 2:00 p.m. on the day of your arrival. Please vacate your rooms on the day of your departure by 11:00 a.m. In the event that you arrive later than 6:00 p.m., we request that you notify us.
- We request that you reserve your beauty treatments in the "ROSARIUM" at the same time that you book your accommodations so that we can schedule your appointments.
- Cosy bathrobes and bath slippers with a felt bathing bag are available at no cost throughout your stay.
- In the case of rooms with only breakfast, we will subtract € 11,00 from the half-board rate.
- You can bring **your dog** along. However, we hope that you will understand that dogs are not allowed in the dining room, the lounges and the wellness / beauty facilities. Surcharge for pets: € 20,00 per day (without food.) Please don't forget to bring along your pet's blanket or basket.
- We accept payment in cash and with the following credit cards: **Eurocard, Visa, Mastercard** (no Diners Club or American Express) and **Bancomat**.
- Double Room can be reserved for use by a single guest. Please ask about the special rate for single occupancy.
- Reservations are binding only after you have received a confirmation by fax, e-mail, or regular mail from AROSEA Life Balance. We request that you make a pre-payment of € 200,00 per person. This pre-payment can be made either by bank transfer or with the "click to pay" point on our homepage.

Travel Cancellation Insurance
And what can you do if something unexpected happens and you are unable to go on vacation as you had planned? You can at least insure yourself against the resultant financial costs. Therefore we recommend that you sign up for the **Travel Cancellation Insurance** available on our homepage.

Without Travel Cancellation Insurance, the following conditions apply:
When cancelling up to 8 weeks in advance of the scheduled start of your stay, we will remit your pre-payment, minus a processing fee of € 20,00. In the event of subsequent cancellation, we will retain your pre-payment.
When cancelling up to 4 weeks in advance of the scheduled start of your stay, you will be charged 80% of the total cost of your arrangements; when cancelling 2 weeks in advance, you will be charged 100% of the total cost.
In the event of late arrival or premature departure, you will be charged for the entire reserved stay.

www.TYPAK.com

"Your foods should be your medicines." (Hippocrates)
… and that's why we place so much importance on the use of natural ingredients in the preparation of our foods. Foods are the biological foundation of life and a part of nature which we should respect and take into consideration. Our food is an energy source from which we draw new energy and vitality everyday. That's why we here at the AROSEA Life Balance Hotel pay attention to the use of natural, regional, and organic products and to methods of preparation that conserve their nutritional value. And that's the reason that our meals are so enjoyable, tasty, and healthy – in complete accordance with the motto "You are what you eat."
At the AROSEA Life Balance Hotel, you can look forward to a breakfast buffet offering a rich variety of foods, a tantalizing Life Balance dinner and a gourmet meal, plus a salad bar and cheese buffet. Fresh fruits, little snacks, refreshing Grander Water, and herbal teas are available free of charge in the afternoon.

AROSEA Life Balance Hotel
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