



LUXURY ROOM

"Wood brings luck" is our motto in the AROSEA Life Balance Hotel. And we want to treat it with care...
The complete development of all good things takes time. The wood of our exterior façade is expected to "have a long and honourable life."
We think that's best. What's more, we know where the path is leading, because in a few years, we'll get the wonderful dark shade of Ulten homesteads.
As a contrast to that, we have chosen a "mellow apricot" hue for the façade walls. According to the science of colours, this colour signals joie de vivre, optimism and cosiness. This choice comes from inside us. With this hotel, we want to express our innermost feelings and dare to be a little different.
"The highest form of happiness is a life with a degree of otherness."

(by Erasmus von Rotterdam)

Did you know... that the materials for the AROSEA 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 anti-bacterial 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.

THE WOOD FRAGRANCE



CHILDREN'S PRICE LIST

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

High Season
Shoulder Season



RUN for FUN



Guided Nature Runs and Nordic Walking

Recharge your batteries with the right mix of **exercise, recreation and diet**. This is your getaway in the pristine Ulten Valley, which is close to Merano. For 3 days, you will be accompanied by certified trainers and nutritional therapists. You'll have a fantastic time as they show you the right way to run, give you relaxation and invigoration training, help you with body perception exercises and give you tips from the Life Balance kitchen about healthy eating as a basis for your everyday life. Discover how much fun it is to run on:

10-14 July 2011
17-21 July 2011
21-24 July 2011

Programme:

- Running and exercise at the correct pulse rate
- Video analysis of running technique
- Guided running
- Nordic walking
- Aqua gym
- Stretching
- Invigoration exercises for the back and stomach
- Individual nutrition tips

With

Edith Niederfringer
Certified sports instructor & triathlete
Adelheid Larch
Certified nutritional therapist

MTB - Breaking New Ground in the Ulten Valley



On a Voyage of Discovery

Even locals who know the South Tyrol inside out shrug their shoulders when asked about the Ulten Valley. A fatal mistake, as the MountainBIKE Trail Scouts found out.

Various trails wind their way across broad mountain landscapes, rocky and root-covered cycle tracks with a cracking view of lakes, the Stelvio Pass National Park and stopping to eat at homely Alpine huts included in the price.

There's so much to see and do. The Ulten Valley is a charming tourist idyll that will enchant bikers who love making new discoveries.

- Guided MTB tours
- Shuttle service
- GPS info
- Map material
- Lockable bike room
- Cleaning area
- Washing service (for a fee)
- "Black Thunder" service station

Go on the MTB from
02 June-30 October 2011

TAKE ADVANTAGE OF THE
SHORT STAY AND
WEEKLY OFFERS

FLY FISHING in the Ulten Valley



Fly Fishing: Pure Life Balance!

The Ulten Valley's bodies of water are a veritable paradise for fishing enthusiasts. Along with successful fishing trips, experience the valley's uniqueness and natural beauty.

Check out the flowing waters of the Falschau River (approx 22 km) or the Ulten reservoirs. Fishing the Ulten mountain lakes, all of which are 20 m above sea level, is also a real experience, as is the Green Lake (2,529 m), the highest fish farming lake in the Alps.

Service:

- Beginners' and advanced courses, and fly-tying courses
- Individual and group guides
- Introduction to the basics, including rental equipment
- State licence/fishing maps are available in the hotel
- Basic equipment is available in the shop
- Shuttle service

Tight lines from May until mid-October

TAKE ADVANTAGE OF THE
SHORT STAY AND WEEKLY
OFFERS

WINTER 2010/11

Time period		"Ziribaum" EAST	"Ziribaum" SOUTH-WEST	Family Balance Suite	Life Balance Suite	Deluxe Life Balance Suite
April 4 - Dec. 12, 2010	Short Stay (Sat-Wed/Wed-Thu)	€ 137 € 548	€ 147 € 588	€ 170 € 680		
	Daily rate	€ 166	€ 176	€ 203	€ 227	€ 263
Dec. 12 - 23, 2010 Jan. 09 - Mar 06, 2011 March 13 - April 21, 2011	Short Stay	€ 127 € 508	€ 136 € 544	€ 165 € 660		
	Week	€ 138 € 966	€ 147 € 1.029	€ 175 € 1.225		
	Daily rate	€ 151	€ 162	€ 188	€ 212	€ 248
Dec. 23 - Jan. 02, 2011	10 Tage	€ 185 € 1.850	€ 194 € 1.940	€ 216 € 2.160		
	Daily rate	€ 210	€ 220	€ 245	€ 270	€ 330
Jan. 02 - 09, 2011	Week	€ 166 € 1.162	€ 176 € 1.232	€ 198 € 1.386		
	Daily rate	€ 180	€ 191	€ 217	€ 241	€ 278
March 06 - 13, 2011 April 21 - 28, 2011	Week (*Thu-Thu)	€ 138 € 966	€ 147 € 1.029	€ 169 € 1.183		
	Daily rate	€ 166	€ 176	€ 203	€ 227	€ 263

High season
Shoulder Season

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.rosea.it

"Ziribaum" 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.

"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.

SUMMER 2011

Time period		"Ziribaum" EAST	"Ziribaum" SOUTHWEST	Family Balance Suite	Life Balance Suite	Deluxe Life Balance Suite
April 28 - July 17, 2011 Sep. 18 - Dec. 04, 2011	Short Stay	€ 129 € 516	€ 138 € 552	€ 165 € 660		
	Week	€ 139 € 969	€ 148 € 1.036	€ 175 € 1.225		
	Daily rate	€ 151	€ 162	€ 188	€ 212	€ 248
July 17 - Aug. 14, 2011 Aug. 21 - Sep. 18, 2011	Short Stay	€ 137 € 548	€ 147 € 588	€ 170 € 680		
	Week	€ 149 € 1.043	€ 159 € 1.113	€ 184 € 1.288		
	Daily rate	€ 166	€ 176	€ 203	€ 227	€ 263
Aug. 14 - 21, 2011	Week	€ 168 € 1.176	€ 177 € 1.239	€ 199 € 1.393		
	Daily rate	€ 185	€ 195	€ 218	€ 242	€ 275

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.

- **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 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 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.
- Late-Check-Out is possible, we surcharge € 35 per person.
- 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 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. 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.



"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, a vegetarian menu and a gourmet meal, plus a salad bar and cheese buffet. Fresh fruits, refreshing Grander Water, and herbal teas are available free of charge in the afternoon.

Photos: Felder Images, Tappener, Typak, Gilberto Malini, Adriano Baccella, Raff Glaser - Heriton Sport - www.TYPAK.COM



AROSEA Life Balance Hotel
 Kuppelwies am See 355
 I-39016 St. Walburg - Ulten Valley near Merano
 South Tyrol - 1,150 meters above sea-level
 Tel. 0039 0473 785 051 - Fax 0039 0473 785 017
 info@arosea.it - www.arosea.it