



ALPINE LIFESTYLE & DESIGN

"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.

WELLNESS



Ski pass prices at www.schwemmalm.info

Snowshoeing weeks



08.01.2012 - 15.01.2012
05.02.2012 - 12.02.2012

The package price for 7 days includes:

A unique experience! Walk through the gorgeous winter landscape of the Ulten Valley and the Stilsfer Joch National Park 3 times per week. A hiking guide will take you through deep snow-covered landscapes to the most beautiful viewpoints.

- 3 days guided hikes
- All transfers to the hikes and back
- Snowshoes for guided snowshoe hikes
- In addition, our AROSEA inclusive services

Price per person and week

DBL "Zirbaum" East € 875,00
DBL "Zirbaum" Southwest € 942,00

Ski Opening & White Weeks at the Design Hotel



11.12.2011 - 23.12.2011
08.01.2012 - 05.02.2012

The package price for 7 days includes:

Skiing, snowboarding, telemarking,.... The Schwemmalm ski area ranges in altitude from 1,500 to 2,625 metres. There are 25 km of various runs at a difference in altitude of over 1000 metres.

- 5 day ski pass
- All transfers to 400 m away cableway
- In addition, our AROSEA inclusive services

Price per person and week

DBL "Zirbaum" East € 898,00
DBL "Zirbaum" Southwest € 980,00

White Emotions - Ski Tour Perfection Course



22.01.2012 - 29.01.2012
11.03.2012 - 18.03.2012

The package price for 7 days includes:

Welcome to the ski tour paradise for ski enthusiasts. Next to a multitude of routes on the Ski Alpine Tour from easy to challenging, interesting and delightful combinations such as ski tours with wellness or alpine and gourmet experiences are attractive thanks to short approach routes. In the winter, the mountains are especially fascinating and are a definite must-see.

- 1 day avalanche safety, formation of snow cover, avalanche victim search
- 1 day ascending skiing technique, avalanche victim search with probe and map reading
- 3 day guided tours to Cima Trenta, Karspitze, Gleckspitze or Tuferspitze... where you will put into practice what you have learned
- All transfers to the starting points
- In addition, our AROSEA inclusive services

Price per person and week

DBL "Zirbaum" East € 1.200,00
DBL "Zirbaum" Southwest € 1.270,00

- The programme is organised together with the MeranAlpin mountaineering school

Swiss Ski Ladies train in the Ulten Valley



Starting from the hotel up to 2,625 m



NEW 1st VIST Hotel shop in the Alps



vist
SKICHEIC

VIST Winter Opening Package

Exclusive ski clothes from Italy at the AROSEA

Special opening offer

Buy a ski outfit from VIST and receive a holiday voucher worth over € 350,00

Valid from 01.12.2011 to 31.12.2012

WINTER 2011/12

High Season

Sholder Season

Time period		"Zirnbäum" EAST	"Zirnbäum" SOUTH- WEST	Family Balance Suite	Life Balance Suite	Deluxe Life Balance Suite
03.12.11 - 11.12.11	7 Days +	€ 138	€ 148	€ 170	€ 227	€ 263
	4-6 Days	€ 155	€ 165	€ 178	€ 227	€ 263
	1-3 Days	€ 172	€ 182	€ 207	€ 245	€ 285
11.12.11 - 23.12.11	7 Days +	€ 125	€ 135	€ 165	€ 212	€ 248
	4-6 Days	€ 140	€ 150	€ 175	€ 212	€ 248
	1-3 Days	€ 156	€ 166	€ 191	€ 235	€ 275
23.12.11 - 08.01.12		€ 216	€ 226	€ 250	€ 274	€ 350
08.01.12 - 16.02.12	7 Days +	€ 125	€ 135	€ 165	€ 212	€ 248
	4-6 Days	€ 140	€ 150	€ 175	€ 212	€ 248
	1-3 Days	€ 156	€ 166	€ 191	€ 235	€ 275
16.02.12 - 26.02.12	7 Days +	€ 138	€ 148	€ 173	€ 227	€ 263
	4-6 Days	€ 155	€ 165	€ 190	€ 227	€ 263
	1-3 Days	€ 172	€ 182	€ 207	€ 250	€ 285
26.02.12 - 05.04.12	7 Days +	€ 125	€ 135	€ 165	€ 212	€ 248
	4-6 Days	€ 140	€ 150	€ 175	€ 212	€ 248
	1-3 Days	€ 156	€ 166	€ 191	€ 235	€ 275
05.04.12 - 15.04.12	7 Days +	€ 138	€ 148	€ 173	€ 227	€ 263
	4-6 Days	€ 155	€ 165	€ 190	€ 227	€ 263
	1-3 Days	€ 172	€ 182	€ 207	€ 250	€ 285

"Zirnbäum" 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.

Prices are per day and per person
Please note our
INCLUSIVE SERVICES

SUMMER 2012

"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		"Ziribaum" EAST	"Ziribaum" SOUTH- WEST	Family Balance Suite	Life Balance Suite	Deluxe Life Balance Suite
17.05.12 - 15.07.12	7 Days +	€ 125	€ 135	€ 165	€ 212	€ 248
	4-6 Days	€ 140	€ 150	€ 175	€ 212	€ 248
	1-3 Days	€ 156	€ 166	€ 191	€ 235	€ 275
15.07.12 - 11.08.12	7 Days +	€ 138	€ 148	€ 184	€ 227	€ 263
	4-6 Days	€ 155	€ 165	€ 190	€ 227	€ 263
	1-3 Days	€ 172	€ 182	€ 207	€ 245	€ 285
11.08.12 - 19.08.12	7 Days +	€ 168	€ 178	€ 199	€ 242	€ 275
	4-6 Days	€ 175	€ 185	€ 208	€ 242	€ 275
	1-3 Days	€ 188	€ 198	€ 223	€ 265	€ 295
19.08.12 - 23.09.12	7 Days +	€ 138	€ 148	€ 184	€ 227	€ 263
	4-6 Days	€ 155	€ 165	€ 190	€ 227	€ 263
	1-3 Days	€ 172	€ 182	€ 207	€ 245	€ 285
23.09.12 - 02.12.12	7 Days +	€ 125	€ 135	€ 165	€ 212	€ 248
	4-6 Days	€ 140	€ 150	€ 175	€ 212	€ 248
	1-3 Days	€ 156	€ 166	€ 191	€ 235	€ 275

AROSEA - INCLUSIVE SERVICES

- Spacious sauna area on two levels with panoramic Finnish outdoor sauna with natural diving basin and outdoor relaxation lodge with open fireplace, pine tree bio-sauna with single balance loungers, herbs stone sauna, steam snail with colour therapy, ice trough, adventure showers, sound stomping tunnel, access with natural water stream and green plant wall for a special room climate, wooden swing relaxation room, hay bed panoramic relaxation room
- use of the entire bathing area: indoor pool for swimming lengths of **17 metres** with water-gate for swimming out to the heated outdoor pool with Jacuzzi beds (all chlorine-free water - cleaning with active oxygen)
- **5,000 m² alpine garden** area with own herbs garden and 700 m² large **natural swimming pond** with a length of 30 metres
- spacious and bright gym with lake view and „TECHNO GYM“ equipment
- daily exercise & relaxation programme, indoor and outdoor, with your personal trainer
- spacious and bright Yoga and gymnastic room with lake view
- spacious and **bright playroom** beside the hotel bar (parents can always have an eye on their kids)
- lockable ski and **ski boot, bicycle and mountain-bike depot with CCTV surveillance**
- **XL underground parking** spots with CCTV surveillance and outdoor car park
- AROSEA design felt swimming bag with cosy bathrobe, slippers and sauna towels at your disposal free of charge for the duration of stay
- courtesy items in your room from our friendliness line „Original Bergheu“ by the South Tyrolean **natural cosmetic line** TREHS from the Sares Valley
- to lend... **10 newspapers and 30 magazines** weekly
- vast breakfast buffet with organic and regional products: large **organic bread** buffet from the „Ultner Brot“ bakery
- Life Balance Buffet in the afternoon from 2 p.m. to 5 p.m. with fresh fruit, dry fruit, vitalised Grander water, South Tyrolean mineral water buffet and a selection of more than 30 types of tea and herbal infusions
- in the evening excellent **hotel cuisine** awarded by the „Feinschmecker“ magazine. You can choose from three 6-course menus: Life Balance Menu, Gourmet Menu, Vegetarian Menu
- inclusive of organic „Ultner“ bread, various home-made types of butter and spreads
- alpine, organic, traditional salad and vegetable buffet
- **organic and alpine cheese specialities** from cheese manufacturers from South Tyrol and northern Italy with South Tyrolean mustards and chutneys
- special dishes for those suffering from allergies upon request



SUPERB HOTEL RESTAURANT



"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.

Gourmet Menu



Life Balance Menu (approx. 700 cal)



Vegetarian Menu



Ladies Bike



05. - 08.07.2012

After a successful introduction, the LADIES BIKING DAYS are taking place once again in cooperation with Well2-fit. Under the motto "More biking fun guaranteed", we will coach you on the basics of riding such as correct positioning and balance on the bike. Correct braking, changing gears as well as driving over gravel roads and roots won't put the brakes on YOU and your enjoyment in the future anymore.

Price per person and week

DBL "Zirbaum" East € 585,00
DBL "Zirbaum" Southwest € 585,00

Tour suggestions can be found in our MTB BROCHURE as well as on www.arosea.it Summer activities

The package price for 3 days includes:

- 3 overnights in the 4-star wellness hotel (half of a double room)
- 3 x evening meals (3-4 course menu)
- 3 days tour service/driving technique/repair course
- Newest ladies test bikes from Specialized
- 1 multi-tool from Specialized
- 1 Deuter SL ladies biking backpack
- 1 welcome pack

Jede Menge Frauengespräche und Spaß...

Fly Fishing



Fishing season open
from mid-May to mid-October

The holidays have finally arrived and it's time to relax and unwind. What could be better than to grab your fishing rod again and cast out on a warm summer's day? The 22 km of flowing waters, reservoirs and Ultner mountain lakes at an altitude of over 2,000 m usually present a great challenge for casting and reeling techniques as well as a carefully chosen selection of flies.

Details can be found in our FLY-FISHER BROCHURE and on www.arosea.it Summer activities

At the AROSEA Life Balance Hotel, the passionate fly-fisherman will find

- Basic equipment in the hotel's own shop
- Shuttle service
- Personal fly-fisherman guide (upon request and at extra charge)
- Fishing licence

Mountain Blossom Tour



10.06.2012 - 01.07.2012

The blossoming of the alpine rose is an annual highlight, which transforms the mountains into a sea of red lights. Wander through, smell and feel the herbal and blossoming world of the alpine meadows in Ultental near Meran. A certified hiking guide will accompany you into the alpine and meadow world of the Stilsfer Joch National Park.

Price per person and week

DBL "Zirbaum" East € 966,00
DBL "Zirbaum" Southwest € 1.036,00

The package price for 7 days includes:

- 4 guided hikes
- All transfers to the hikes and back
- Ultental hiking map
- In addition, our AROSEA inclusive services



Additional beauty packages can be found in our beauty catalogue and on www.rosea.it

The Power of the Alps

€ 222,00

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
- 1 cup of herbal tea to relax
- 1 full-body massage

Oxicutan Anti Aging

€ 489,00

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

Anti-Stress - Natural Balance

€ 161,00

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

Life Balance Energy

€ 218,00

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.

- 1 vital point bio-energy check
- 1 consultation with nutrition tips with Wolfgang Raffener (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



DISTINCTIONS AND AWARDS

Best Body Signature Treatment 2009



3^o place in the category „Best Signature Body Treatment“ with the special treatment

“Sheep wool bath with birch rind and birch shoots“.

Best Hotel Spa 2009



3^o place in the category “Best Hotel Spa” with our spa-area ROSARIUM

Belvita



The AROSEA Life Balance Hotel makes part of the Belvita group for a short while.

The name Belvita Alpine Wellness comprises of a cooperation of 31 of the most beautiful wellness hotels in South Tyrol. This is guaranteed through anonymous and independent quality checks, which are implemented on a regular basis... because Belvita maintains what it promises!!

Italian Eco Spa 2010



ITALIAN SPA AWARD 2010: 2nd place for the AROSEA

The ITALIAN SPA AWARD 2010 was awarded in 4 different categories: Eco-SPA, Destination-SPA, Urban Day-SPA and Nuova SPA 2009-2010.

Senses Award 2011



AROSEA Life Balance Hotel wins Senses Wellness Award 2011

Munich, 14th of March 2011 - During the course of this years' ITB fair, the AROSEA Life Balance Hotel received... the popular Senses Wellness Award 2011 in the GREEN category.

CHILDREN'S PRICE LIST

High Season

Shoulder
Season

	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

The prices are in Euros and are per child/person and per day, including the hotel restaurant.
Valid with 2 full-paying guests per room.



INCLUDES SERVICES & CONDITIONS

- **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, American Express and Bancomat (no Diners Club).
- 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

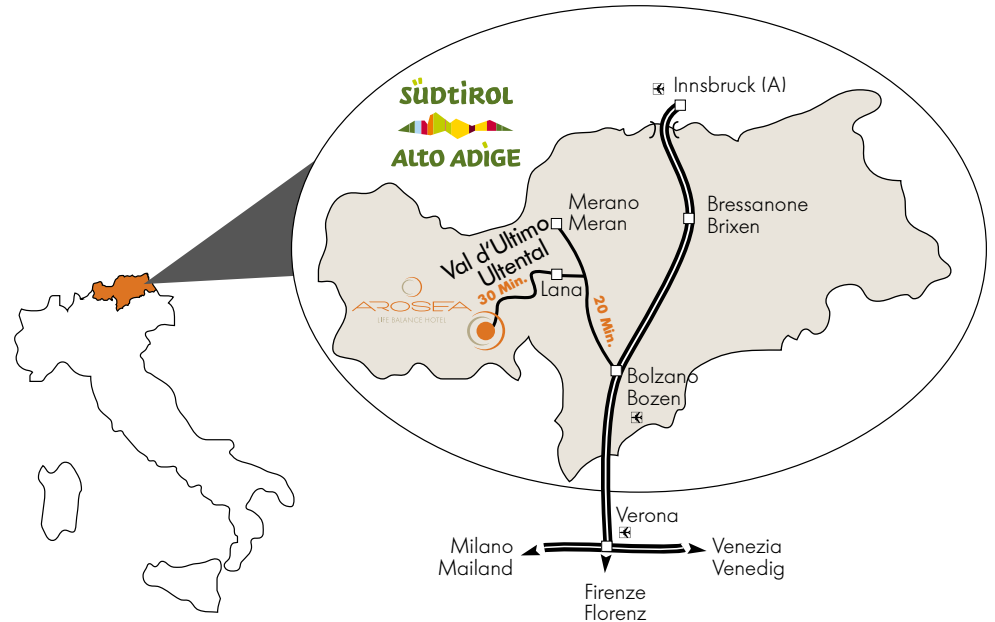
And what can you do if something unexpected happens and you are unable to go on vacation as you had planned? You can at least insure yourself against the resultant financial costs. Therefore we recommend that you sign up for the **Travel Cancellation Insurance** available on our homepage.

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.



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



www.rosea.it