





ON THE WAY TO INNER BALANCE AND HARMONY.

The philosophy of AROSEA Life Balance.

ROSARIUM

The ROSARIUM of the AROSEA Life Balance Hotel is not only limited to external body applications, it is directed towards human beings in their entirety. We aspire for unity of a balanced body, mind and soul. Internal and external wellbeing, as well as physical and mental health protection are our objectives, which we aspire for with a zest for life and a positive attitude, so that you can achieve inner balance and harmony.

The SEYROMIS energy concept enables us to investigate your needs more spe-

cifically and to offer you applications and treatments which would not only strengthen your external and physical wellbeing, but thereby also enhance your energy status, your inner stability and harmony. The SEYROMIS Vital Check determines the essence which will support and strengthen your energy state with individual treatment. The result of the treatment is reinforced with the help of SEYROMIS Essences and thus there is an increase in the value, intensity, sustainability and above all in its entirety, a stimulus is given to the inner energy flow and

support is given to the balance of body, mind and soul.

Thus all beauty treatments in the ROSARIUM become energy treatments, which promote the communication of our body with our soul.

The SEYROMIS concept is a health-promoting effect, it does not characterize only our Beauty farm ROSARIUM but also other areas of the AROSEA Life Balance Hotel like the cuisine and the bar.





A healthy life is marked by a balance between physical activity and passiveness, between stress and recreation. This balance is hard to maintain in our daily routine. On the one hand too little movement, on the other too much professional and recreational stress. Meals are usually irregular or taken in passing. In addition there is a constant overkill of the senses on the part of the media, which slowly leads to one's own self-estrangement. Existential orientation disorders become sickness on the physiological and

mental level. The use of integrated therapy can have a stabilizing and invigorating effect on the state of the mind. Physical and spiritual relief can be achieved, for example, with Yoga. Gentle releasing massages with Alpine products restore positive physical sensations and equilibrium. Cosmetic treatments help one's own self-esteem. You learn to understand the language of your body in one-to-one conversations while testing the bio-energy balance. You recognise the neglected parts of your soul. Thus you open the doors to the

history of your complaints and have the chance for change.

For your information:

Treatments can be cancelled free of charge if cancelled within 24 hours beforehand, otherwise we charge 80% of the reserved applications.

All the treatments and massages are finalized for the well-being.

This price list renders all previous lists invalid.

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 Alpine 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 Cleaning treatment with Farfalla bio-active 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 Raffainer (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




The first hotel in Europe


7 ESSENCES TO COMBAT EVERYDAY STRESS


with Wolfgang Raffeiner (Health Adviser for naturopathy) as well as co-developer of the SEYROMIS concept




Each of the 7 essences conveys different vibrational energies of colours, music, words, precious stones and essential oils.


 Essence No. 1 = Contains the colour red, the precious stones rock crystal and jade, and the aromatic oil rose. It can help you to gain more self-confidence and feel good about life in general.


 Essence No. 2 = Contains the colour orange, the precious stones carnelian and tourmaline, and the aromatic oil orange. It can help you feel happier, more spontaneous and more sociable, but can also make you more sensitive and give you greater empathy for others.


 Essence No. 3 = Contains the colour yellow, the precious stones carnelian and fire opal, and the aromatic oil lemon. It can give your thoughts and actions a clearer direction, making you more stable.

 Essence No. 4 = Contains the colour green, the precious stones aquamarine and coral, and the aromatic oil lavender. It can im-

prove your decision-making and discernment and thus promote sincerity and stability.

 Essence No. 5 = Contains the colour blue, the precious stones yellow quartz and amber, and the aromatic oil balm. It can help you recognise your own strengths and thus increase emotional intensity, inner security and balance.

 Essence No. 6 = Contains the colour indigo, the precious stones diamond and blue sapphire, and the aromatic oil angelica. It can help you find inspiration and give you greater intuition.

 Essence No. 7 = Contains the colour violet, the precious stones amethyst and rose quartz, and the aromatic oil neroli. It can promote spiritual awareness and increase your sense of justice and discernment.

VITAL POINT - ENERGY CHECK

with recommendations for treatment for an optimal harmonization of the energy flow into the body.

All requested treatments in the ROSARIUM will be enhanced with your personal SEYROMIS Essence.

approx. 30 min. € 59,00

1 x SEYROMIS essence 50 ml € 43,00



OXYGEN

The full strength of nature

OXICUTAN Oxygen beauty massage

Madonna "does it" ...

Barbra Streisand "does it" ...

What is the secret to looking good that so many celebrities have?

The answer is:

Intensive oxygen treatment

Oxygen supplies the energy for metabolism, functional performances and the regeneration of all cells. Oxygen is also the elixir of life for the cells of the skin and does not cause any kind of allergies. Therefore the OXICUTAN Oxygen Beauty Massage can be used for any type of skin and for any age. The skin has the ability to renew itself regularly. For this

however it needs energy and above all oxygen.

Nourishing and vital substances can be converted into energy only if there is sufficient oxygen available. The Oxygen Beauty Massage has proved to be good even for skin problems. Blocked pores are as a rule the main cause for blackheads and pimples of any kind. The main trigger is an in-

creased production of sebum. The Oxygen Beauty Massage cleans your pores and normalizes the production of sebum. This is the best prerequisite for a pure, gentle and smooth skin deep in the pores.

Enjoy the sustained manifold effects of the Oxygen-Beauty Massage.



THE RESULTS OF THE OXICUTAN OXYGEN BEAUTY MASSAGE SPEAK FOR THEMSELVES:

- A noticeable revitalisation of the skin occurs after the first application itself.
- There will be a good effect after 3 - 4 applications on consecutive days.
- The Oxygen Beauty Cure brings you a long sustained effect with maximal effectiveness:
10 applications on 10 consecutive days if possible.
(interim interruptions of 1-2 days do not influence the result)
- Regular monthly applications also lead to a permanent effect.

1 x APPLICATION FACE AND DECOLLETAGE

The increased pressure of the brusher spray jet causes a gentle and extremely pleasant massage effect on your skin. At the same time, this optimises the distribution of active ingredients in the epidermis. They are released in a very fine spray and introduced gently and directly into the skin with the help of the oxygen's high thrust.

50 min. € 82,00

1 X SESSION IN THE OXYGEN INHALATION CUBICLE

The oxygen concentrators increase the concentration of oxygen from 21%, which is the level in the air, up to 95%. Suitable for every person for health care or improved performance (e.g. top-class sportsmen).

30 min. € 38,00



FEEL BEAUTIFULL

is the name of Farfalla's cosmetics which use organic active ingredients



farfalla



This care series promotes your skin's ability to regenerate itself with innovative plant extracts and sophisticated formulas, highest quality organic vegetable oils, crystal clear mountain spring water and pure essential oils. You will feel beautiful.

The Swiss producer has been guaranteeing that the products are organic for over 25 years . All Feel Beautiful products are therefore certified by Na True.



FRESH, CLEAR & BEAUTIFUL – THE CLEANSING TREATMENT

With gentle brushing, fresh scents and innovative active ingredients, this cleansing treatment clears and detoxes your skin and helps it regain its natural balance. You'll feel fresh and comfortable after this treatment. A welcoming scent, a sea salt and blossom footbath, cleansing with warm compresses, a gentle face and décolleté exfoliating treatment, deep cleansing and skin refreshment, lip and eye care, cleansing mask, gentle brushing, active serum for face and décolleté, facial massage, day cream.

approx. 90 min.

€ 117,00

AGELESS BEAUTY - THE AGE MIRACLE TREATMENT

Relaxing scents, varied and specific massage techniques, and flowing silk enable you to breathe deeply and relax your facial muscles. Individually used organic active ingredients promote this effect, have a reconstructive effect on your skin and smooth existing wrinkles. It's a treatment experience which helps you feel and look agelessly beautiful.

Anti-wrinkle effect through targeted relaxation of the facial muscles with scents and special massage techniques. Warm compresses for the décolleté, shoulders and neck, a scented experience to increase your sense of well-being, shoulder and neck massage, cleansing, active serum for face and décolleté, lip care, eye mask with massage, moisturizing mask with head massage, facial and décolleté massage, relaxation with silk cloths.

approx. 90 Min.

€ 127,00

"THE HERBAL WITCHES FROM THE SARNTAL (SARENTINO VALLEY)"

Certified Biocosmetics

t r e h s

Sarner Latsche
original
pinus sarentensis

For a long time people have sworn by the healing and calming power of the pine in the Sarentino Valley. Experience the pleasant effect of the Treh products on muscles and joints. The oil with the characteristic resinous fresh forest air in-

vigorates the body, mind and soul. The typical home remedy of the inhabitants of Sarentino Valley not only improves blood circulation, but it also has a calming and invigorating effect and is thus a source of wellness.





Classic back or leg massage

approx. 25 min.

€ 44,00

Classic whole body massage

approx. 50 min.

€ 66,00

Energetic Brush Massage

"Trehs Berg und Tal" (Mountain and valley Trehs)

with soothing body package and foot massage with tempered massage oil

approx. 45 min.

€ 61,00

Trehs Body Peeling

Body peeling with flour of pinus sarentensis and massage technique

Body oil pack in the Trehs nest

Break for rest

approx. 55 min.

€ 92,00

Trehs "Berg und Tal" intensive

Energetic Brush Massage with a soothing body pack

and Trehs whole body massage

with tempered massage oil

approx. 75 min.

€ 98,00

Trehs Body Styling for Her or Him

Tautening cream is rubbed in

Body styling mask

Break for rest

approx. 75 min.

€ 109,00



THE STRENGTH OF THE ALPS

alpienne
KRAFT DER ALPEN

TIME FOR US Privat Wellness for two

An absolute delight for two people who care about each other ...

- 1 marble granule peeling
- 1 relaxing herbal steam bath
- 1 back & foot massage with a pleasant oil of pinus sarentensis
- 1 vitalising rose bath in the wooden whirlpool tub for regeneration
- Lie back and relax with mountain herbal tea

approx. 105 min.

€ 244,00

The healing effect of flowers and plants like arnica or marigold has been known for a long time in the Alps. The different parts are integrated in various ways and released for a healing effect in the application in our Beauty Department.




WELL-BEING FOR HANDS AND FEET INDIVIDUAL COSMETIC TREATMENTS

Plucking EYEBROW	€ 15,00
Dyeing eyebrows	€ 16,00
Dyeing eyelashes	€ 20,00
Dyeing eyebrows and eyelashes	€ 28,00

DEPILATION legs up to the knee	€ 35,00
Legs complete	€ 47,00
Bikini zone or armpits	€ 23,00
Back	€ 25,00
Upper lip	€ 11,00

NAIL polish	€ 16,00
Manicure with hand care without nail polish	€ 38,00
Manicure with hand care with nail polish	€ 42,00
Manicure with nail design	€ 49,00

Pedicure with herbal bath without nail polish	€ 44,00
Pedicure with herbal bath with nail polish	€ 47,00
Deluxe Foot Care	€ 110,00
Foot bath, herbal peeling, pedicure, herbal pack, foot massage, nail varnish (on request)	





STIMULARIUM

The new, "Stimularium" biophysical wellness lounger is a unique holistic method for muscular relaxation and for energizing the body. Natural oscillations and waves contribute to the vitalization of the whole human organism. Impulses stimulate gently, yet highly effectively, each cell of your body. Emotional and physical relaxation works soothingly and favours the blood flow. Immunological, regenerative and energetic processes are stimulated and thus bring about the improvement of different complaints.

20 min. € 23,00

WHOLE BODY SOLARIUM WITH FACE SOLARIUM

7 min. € 12,00

A photograph showing the back of a woman with long brown hair tied in a ponytail with a white flower. A hand is resting on her right shoulder, suggesting a massage. The background is a bright, out-of-focus window.

AROSEA SPECIAL MASSAGES

DETOX - SUCTION CUP BACK MASSAGE

The suction cup back massage is a combination of traditional and suction cup techniques. It activates your energy flow, improves mobility of your spine and head, stimulates blood circulation, decreases tension in your muscles and makes your entire body feel pleasantly warm and comfortable.

55 min. € 72,00

DETOX - HONEY MASSAGE

The nurturing and protecting honey massage helps blood circulation and uses the back's reflexes to create harmony in all of your organs. Your whole body is stimulated and revitalised, while your energy balance is restored and toxins are eliminated.

55 min. € 71,00

BREUSS MASSAGE

The Breuss massage is an energetic spinal massage that gently loosens and stretches the spine and sacrum. This method is especially effective for spinal disc complaints. The massage, developed by Rudolf Breuss, will make your spinal discs supple and more elastic. This is achieved through the special technique and application of St. John's wort oil.

45 min. € 72,00



AROSEA CEREMONY

HOT ZIRM LIFE HONOURING BEAUTY®

- To set the mood - a mountain herbal drink from the Ulten Valley
- Steam bath with pine-salt-peeling treatment
- Refreshing "down pour" shower
- Followed by a linen embrace
- Eye pad treatment
- Awaken your senses in an osteopathic setting
- Foot stimulation treatment using sand from the mountain streams of the Ulten Valley and foot bath
- Hot Zirm Life Honouring Massage back and leg massage using pine oil and pine wood
- Herbal mountain bath in a wooden jacuzzi
- Relaxation period with refreshment on a bed of sheep's wool

approx. 105 min.

for 1 person

for 2 persons

€ 179,00

€ 279,00



SPECIAL EYE TREATMENT

A relaxing massage followed by a refreshing pack brightens up tired eyes. Farfalla skin care products help maintain the elasticity of these extremely delicate parts of the skin, reduce swelling and make you look good all over.

25 min. € 47,00

SPORT MASSAGE

The sport massage helps your body achieve and maintain optimal condition and aids psychophysical conditioning. Fatigue is eliminated to better prevent muscle and tendon injuries.

Legs - Back

45 min. € 82,00

Back only

25 min. € 52,00

Belvita has created the unique wellness application **GSUND Belvita Treatment** just for you.

The purest South Tyrolean products. Naturally pure South Tyrolean mountain spring water provides us with the local medicinal herbs and the essences, oils and active ingredients we use. The health and beauty-enhancing effects of the medicinal herbs known from herbal lore such as St. John's wort, evening primrose, alpine rose, arnica and stone pine come to life with this soothing treatment.

The GSUND Belvita body treatment was developed in collaboration with the South Tyrol company Piroche Cosmétiques and is composed

of diverse whole-body massage and packing techniques starting with a pleasantly stimulating footbath.

The relaxing GSUND Belvita treatments focuses on pampering the legs and feet because of their significance for your general wellbeing and the fact that guests at the Belvita Leading Wellness hotels in South Tyrol come here to spend their holidays with activities such as skiing, hiking, climbing, biking and golfing.

A quick overview of the GSUND Belvita Treatment and associated products Rosalpina and alpine herbs lines:

Soothing foot bath - Aromatherapy bath with stone pine, dwarf pine, sage and thyme; **Stimulating hand and arm massage** - Hand fluid

with alpine rose, arnica and evening primrose; **Revitalising foot peeling** - Body scrub with alpine rose, stone pine, hollyhock and marigold **Invigorating body massage** - Massage Oil with alpine rose St. John's wort, evening primrose and stone pine; **Facial and décolleté massage** - Body Lotion with alpine Rose, St. John's wort and evening primrose **Hydrating Body Wrap** - Body mask with St. John's wort, evening primrose and stone pine

GSUND Belvita Treatment

approx. 50 min. € 78,00



SENSUAL-BEAUTY CEREMONY[©]

- Reception with a warm wool cover for head and neck
- Facial cleansing with „Farfalla“ BIO-cleansing preparations
- High-quality pinewood powder facial mask and peeling
- Stimulation of the sole of the foot with corresponding effects on the head, face, neck and décolleté
- Gentle touch massage with wool fleece and „Zirmschmeichler“[©] for the face, neck and décolleté. Zirmschmeichler is a specially designed massage aid that is made by hand
- Finish off with a relaxing drink

approx. 90 min.

€ 127,00

CEREMONIES CREATED BY JUDITH WIESER



A BATH IN WOOD



The Ultental with its numerous mineral springs and its pure mountain air was the destination for people who were in need of a holiday and those who were health-conscious. Even Prince Bismarck, Peter Rosegger, Thomas Mann and

Empress Sissi put their trust in the healing herbs of Ulten and its sources. Feel the strength of the water bath, the natural warmth with maximum lounging luxury.







HEAT - STEAM BATH LOUNGERS

HAY BATH

The hay from the unfertilized alpine meadows in South Tyrol shows a special combination of blossoming flowers and grasses. It stimulates blood circulation and is relaxing and tranquilizing. Suitable, amongst others, for rheumatic complaints, tension or for problems in the respiratory tract.

approx. 20 min. € 44,00

SHEEP WOOL BATH

Wool from the Ulten Valley is used here for pleasantly relaxing and natural warmth. When you are wrapped in wool, microcirculation is stimulated. It has a pain-soothing effect and strengthens the immune system.

approx. 20 min. € 48,00

SHEEP WOOL BATH WITH HERBS

The herbs worked into our sheep's wool create a calming, balancing and cleansing effect. The pleasant scent of the Ulten Valley mountain herbs gives you new strength and vitality.

approx. 20 min. € 65,00

PINUS SARENTENSIS BATH TREHS

A highly recommended treatment after a stressful day. Pinus sarentensis bath Trehs combined with our steam couch strengthens and revitalises your muscles and body.

approx. 30 min. € 48,00

MARBLE PEELING FROM THE ULTEN VALLEY

Marble granulate - peeling massage with mountain herb pack from the "Kräuterreich Wegleit".

approx. 55 min. € 66,00



In 2006, Traudl Schvienbacher from the bio-farm "Kräuterreich Wegleit" was awarded and honoured by the WOMEN'S WORLD SUMMIT FOUNDATION in the category "Creativity of country-women".





WOODEN WHIRLPOOL BATH

Enjoy the marvellous feeling of bathing in wood. A unique water pearl effect with the influx of oxygen. With genuine ethereal oils from freshly harvested leaves, peels, needles or flowers by Farfalla.

farfalla

EVENING

After stressful days, relaxing and soothing. With orange blossom, lavender, sandalwood and chamomile.

SENSE OF WELL BEING

An enveloping and stimulating caress for the senses. The scent creates a sense of well being like floating in a cloud. With soft notes of benzoin and vanilla, topped off with sandalwood, copaiba, and Tonka.

LIGHT

The fragrant essences lift your cheerful spirits and enhance your mood. With precious rose, bergamot, orange, ylang ylang and other bringers of light.

WILD ROSE

Warm water caresses the body and your soul sinks into a soft bed of roses. This rose bath will soothe your soul, relax you and transport you into a state of tenderness and well being.

AURA

An invigorating bath using chamomile, bergamot and strong notes of angelica and incense. Rose geranium and stone pine provide you with protection that makes you less susceptible to ailments.

approx. 20 min.

And then allow for a period of rest

For 1 person

€ 52,00

For 2 persons

per person

€ 38,00



WATER



Oxygen - Water



However, our most important food is water. At the AROSEA Life Balance Hotel we try in particular to offer you high-quality, natural and valuable water, for water is life.

Everywhere in the Hotel you are served the delightful Grander water. The original order and inner structure has been produced again in tap water by the special water revival by Johann Grander and the

water has been revived with the information that nature gives us. With this we promote your good health and the positive effects of revived water on the organism.

Just like water, oxygen is necessary in order to live. And just this combination of water and oxygen makes the special water enhanced with oxygen so precious. Because we can drink oxygen. It is possible to incre-

ase the oxygen-content in the water by the innovative OXICUR process and thus to improve the quality of the water and to achieve a health-promoting effect on our body. You can order oxygen-water at our Water Bar. You will be surprised at its natural taste and freshness.



The prerequisite for a healthy and vigorous life is a balanced, light and digestible meal. Our foodstuffs are not only tasty energy suppliers, but can help us to keep our body healthy and fit and to prevent sicknesses.

„Your food shall be your remedy.“ (Hippocrates.)

We stress naturalness in the preparation of our food, because foodstuffs are means to live, are a part of nature, and we should pay attention and respect them. In the AROSEA Life Balance Hotel we attach great importance to natural regional and organic products, as well as to gentle processing.

THE AROSEA LIFE BALANCE CUISINE

The preparation of our food is innovative and varied, however in the selection of the product we have clear guidelines:

- A large part of our food comes from enterprise with organic cultivation. Many of our suppliers are local - this ensures freshness and the natural state of the goods.
- High-quality products are prepared with care in order to retain the natural energy of the food in the best possible way. Here flavour enhancers like Glutamate, artificial additives, raising agents, food colouring, vanillin or UHT milk are not used.
- Every season has its specialities: Therefore our choice of vegetable offer depends on the season. We do not use tinned vegetables!
- Fresh herbs are essential in every dish. They are not only spices but also cures. Here we rely on the knowledge of ancient medical science.
- We exclusively use sea salt and various home-made herbal

salts to season.

- Colour for the soul and the palate. The knowledge of the theory of colours influences the composition of our dishes and we offer variegated variety with the blue of the blossoms or the orange of the fruits.
- Nature is our garden, which is also directly in front of our hotel. It supplies us with natural herbs, flowers and plants like dandelion or elderflowers, which we collect and use.
- Our body needs healthy fats: we use only high-quality seed and vegetable oils, as well as South Tyrol farmer's butter for cooking. We consciously refrain from hardened fats and margarine.
- We prepare all our soups and sauces fresh and coordinate them with the initial product. Naturally this also applies for our vegetarian dishes, for which we prepare the special sauces. Standard sauces and thickening flour have no place here.
- Regional fruits and berries have a solid place in our variegated and multi-coloured menu sequences. They are how-

ever also the basis for our home-made fruit yoghurts, jams and syrups.

- Our dishes and menus are varied and offer experiences in flavour, which appeal to all four kinds of taste (sweet, salty, bitter, sour) and to our neural sensitivity to strong seasoning. New moments of pleasure are cleverly combined and built one on top of the other.
- We insist on absolute freshness. Therefore, we use the positive effect of the SEYROMIS-essences to store our vegetables.
- In order to preserve the energy in our food all dishes are energized with SEYROMIS.

Thus an incomparable delight is born, which combines good flavour and good health.

You will be able to taste it!



BEAUTY



- 1 STIMULARIUM
- 2 SOLARIUM
- 3 WAITING AREA
- 4 WELLNESS-TRAINER - CONSULTING OFFICE
- 5 REST ROOM
- 6 PARTNER MASSAGE
- 7 FACE CUBICLE
- 8 WARMTH STEAM COUCH
- 9 MASSAGE ROOM
- 10 PRIVATE SPA
- 11 OXYGEN ROOM
- 12 PEDICURE
- 13 MASSAGE ROOM
- 14 ROSE GARDEN





SAUNA'S



- 1 GREEN WALL
- 2 STAIRCASE TO THE REST ROOMS WITH WATER DISC
- 3 BATHROOM
- 4 ICE TROUGH
- 5 ZIRM-BIOSAUNA
- 6 HERBS-STONE SAUNA
- 7 STEAM SNAIL
- 8 SHOWER EXPERIENCE
- 9 SOUND STOMPING GROUND





SWIMMING

- 1 PANORAMA OUTSIDE SAUNA
- 2 OPEN-AIR LOUNGERS
- 3 NATURE DIVERS
- 4 TOILET
- 5 REST ROOM 1

- 6 REST ROOM 2
- 7 INDOOR SWIMMING POOL
(17 m LENGTH) WITH PIPE TO THE OPEN AIR
- 8 CHANGING ROOM AND SHOWERS
- 9 „TECHNO GYM“ FITNESS ROOM
- 10 YOGA GYMNASTICS ROOM
- 11 TERRACES
- 12 700 m² OF SWIMMING LAKE WITH 30 m
SWIMMING LENGTH
- 13 PLACE FOR FIRE - RELAX LODGE
- 14 5000 m² ALPINE GARDENS
- 15 CHILDREN'S PLAYROOM
- 16 ROSE GARDEN
- 17 INSTRUCTIVE HERB GARDEN
- 18 OUTDOOR MASSAGE AREA





AROSEA Life Balance Hotel
Kuppelwies am See 355
I-39016 St. Walburg - Val d'Ultimo near Merano/South Tyrol - 1150 m
Tel. 0039 0473 785 051 - Fax 0039 0473 785 017
info@arosea.it - www.arosea.it