

ROSA ALPINA

Wellness in the Dolomites

The healing power of nature with her vast apothecary of medicinal plants, mineral-rich springs and soul-cradling beauty is well documented. Even simply walking through a forest has a powerful effect on wellbeing. With its spectacular natural surroundings, Rosa Alpina's comprehensive spa provides the perfect setting for wellness retreats dedicated to invigorating body and mind in consummate style. Reconnect with nature - breathing in the pristine mountain air, hiking through flower strewn meadows or skiing beneath awe-inspiring peaks. Then return for restorative time out indoors, whether a relaxing massage, a refreshing swim or a purifying sauna. One-on-one consultations mean that every need is assessed, and personalised programs are designed to meet individual goals and inspire enduring positive lifestyle changes.

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Wellness Facilities

A serene haven, Rosa Alpina's spa offers a magnificent indoor heated swimming pool with forest views for families, as well as a range of facilities, including a second swimming pool, for adults only. These include:

Hydrotherapy areas: Complementing the two swimming pools, there is a whirlpool, a cold plunge pool, a Finnish sauna, a bio sauna, a hammam steam room and a relaxation area.

Spa Treatment Rooms: Nine tranquil treatment rooms host a variety of treatments ranging from massages, facials and body treatments, to body wraps, manicures, pedicures and waxing.

Fitness Centre: This is fully equipped with weights and cardio equipment including treadmills, stationary bikes and rowing machines.

Yoga Studio: Warm up your body and focus your mind before an exhilarating day outdoors. Located on the first floor with large windows overlooking the woods, this light-filled space inspires the perfect mindset for yoga and Pilates practice. Offered on request, sessions can be tailored to individual fitness and health goals and in warmer months can take place outside.

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Spa Rituals

We recommend a leisurely hot shower with pure mountain water in your guest suite before arriving at the spa.

Arrival

Aim to arrive 10 to 15 minutes before your scheduled time, allowing yourself a peaceful start to your spa journey over a cup of seasonal herbal tea.

Foot Bath

Every treatment begins with a foot ritual incorporating local herbs, Dolomite mountain salt and forest-scented essential oils. This cleanses the feet while calming the central nervous system and reducing any inflammation.

Post-treatment Tea Journey

After your treatment, take some time out in our peaceful relaxation lounge with seasonal mountain tea brewed from freshly picked local herbs and some healthy homemade refreshments.

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Rosa Alpina Signature Spa Journey

Personalised for each individual, this 4.5-hour Signature Spa Journey is designed to destress, renew and invigorate, leaving you mentally focused and physically energised with glowing skin.

A 90-minute yoga session tailored to your unique needs will boost the connection between body and mind, stretching and strengthening muscles to prevent injury.

Next, enjoy a 30-minute aromatic body scrub to eliminate dead skin cells and reoxygenate tissues by stimulating micro-circulation.

Following a refreshing shower, surrender to the soothing touch of our experienced therapists for a 90-minute massage with sublimely scented body oil released through the burning of all-natural candles.

A 60-minute brightening, oxygenating and toning facial treatment is the finishing touch.

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In collaboration with AMAN SPA

Rosa Alpina is an Aman Partner Hotel, sharing many of this discerning brand's key philosophies. Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Used in each of these spas, Aman Skincare is an all-natural skincare range drawing on the knowledge and wisdom of ancient wellness traditions, while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and palo santo, as well as alkalising, oxygen-rich spring water, and wild-harvested Amazon butters.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional, as well as physical needs. Grouped into three unique formations that reflect three healing pathways back to wellness - Grounding, Purifying and Nourishing - these products contain ingredients with a vibrational energy that works in sequence with the human body to promote change and a return to equilibrium. The physical benefits of the products are completely aligned with their ability to address emotional imbalance. Together, they offer holistic fine-tuning with tangible, long lasting results.

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Rosa Alpina offers two exceptional treatments in collaboration with Aman Spa:

A Moment of Peace 60/90min

After a soothing foot ritual, choose from Aman's Grounding, Purifying and Nourishing Body Oils, then relax as our therapist curates a personalised massage based on your individual requirements. Deep tissue, aromatherapy, Swedish and sports massage techniques may be incorporated. Choose from:

Aman Grounding Body Oil

This rich, complex blend is rejuvenating and moisturising. Baobab contains one of the highest concentrations of vitamins and antioxidants of any fruit, healing and nourishing normal to dry mature skin. St John's wort stabilises mood, and sandalwood calms and soothes.

Aman Purifying Body Oil

A potent and invigorating blend of oils to cleanse, clarify and tone. Rich in vitamin C, moringa oil is packed with antioxidants and amino acids, filtering out impurities and restoring vitality. Kombu oil is highly regenerative and reparative. Arnica, renowned for its anti-inflammatory properties, helps to ease muscle aches and swelling.

Aman Nourishing Body Oil

A sensuous oil that uplifts spirits and soothes the skin. Balancing evening primrose, hydrating sea buckthorn and moisturising calendula oil leave the skin blissfully nurtured and conditioned, while jasmine's soothing aroma helps to boost mood and encourage deep sleep.

Add-On Body Scrub 30min

Ease physical and emotional tension while restoring the nervous system, stimulating circulation, regenerating skin cells, and boosting the lymphatic system. Choose from Aman's Grounding Amethyst Scrub, Nourishing Jade Body Scrub and Purifying Quartz Scrub.

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Body Massages

Manual Stretching 30min

The best way to prepare for an injury-free session of skiing or hiking, manual stretching involves an expert therapist using carefully controlled pressure to deliberately flex or stretch specific muscles and tendons. The aim is to improve elasticity and achieve increased muscle control, flexibility and range of motion.

Foot Reflexology 60min

Deeply relaxing, reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow within the body. Acupressure points on the feet are said to correspond with internal organs. This is why reflexology is seen as a whole-body therapy with broad health benefits.

Alpine Herbs Muscle Relief 60/90min

Derived from the arnica flower, arnica oil is known for its anti-inflammatory properties, helping to reduce swelling and bruising and ease muscular aches and sprains. This massage treatment combines its pleasant pineapple-and-sage-like scent with Alpine essential oils to relieve tension, increase circulation and leave you completely restored.

Candle Massage 60/90min

In this warming, soothing massage treatment, candles made from precious vegetable butters melt to create a fragrant oil, perfect for massaging, nourishing and moisturising the skin.

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Lymphatic Drainage 60/90min

Performed with slight rhythmic movements in the direction of the lymphatic pathways, this massage provides oxygen to the tissues, promotes the drainage of toxins and reduces water retention.

Hot Stone Massage 60/90min

Said to promote internal harmony and positive energy flow, hot stone massage is also deeply relaxing. Smooth heated stones are used as an extension of the therapist's hands, gliding over the skin to help draw out tension and encourage a deep sense of wellbeing.

Ayurveda Massage 60/90min

Based on the ancient Indian science of wellbeing, this massage focuses on promoting the circulation of vital fluids, detoxifying and purifying the body. It aims to improve the functioning of the organs, regenerate the tissues by bringing the right balance between body and mind, and increase overall wellbeing.

Thai Massage 60/90min

Practiced by Buddhist monks for over 2,500 years, Thai massage improves muscle tone, increases joint mobility, aids lymphatic drainage and relaxes body and mind. Lying clothed in a loose Thai pajama suit on a spacious mat, your body will be expertly manipulated with a combination of intense stretches and deep pressure point techniques.

CLARINS Massage 60min

Focusing first on draining, then on toning and finally on moisturising, this treatment includes CLARINS' finest plant-based products. CLARINS was among the first beauty houses to recognise the extraordinary potential of plants for cosmetics. Sourced from all five continents, the most active plant ingredients are selected based on strict performance criteria and used in the most effective concentrations for optimal beauty and wellness results.

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Body Treatment

We have a number of beneficial body treatments that can be added either before or after your massage treatment, greatly amplifying its effects.

Lavender Body Scrub 30min

This moisturising and relaxing body scrub features lavender flowers and almond oil.

Coffee Body Scrub 60min

A stimulating and reactivating body scrub with finely ground coffee powder.

CLARINS Body Scrubs 60min

Choose from two CLARINS' body scrubs made from natural salts, sugar, bamboo powder and essential oils to exfoliate, nourish, smooth and moisturise. One is a stronger, more citrusy scrub, while the other is gentler, with fruit oils.

Iyashi Dome 30/60min

This Japanese infrared detoxifying and slimming treatment is ideal for purifying and regenerating the body. To maximise results, we recommend combining it with Lymphatic Drainage to eliminate toxins and stimulate microcirculation.

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Arnica Body Wrap 30min

This regenerating Dolomite clay and arnica wrap enjoyed in a warm waterbed, is utterly cossetting, soothing tired muscles and nourishing the skin. Combine it with the Alpine Herbs or Thai Massage to maximise results.

Intensive Body Shaping 60min

This reactivating, body shaping treatment stimulates microcirculation with the strategic application of hot and cold bandages soaked in essential oils.

Global Skulptur Treatment by Herbelia 60min

In this revolutionary oxygenating treatment, an incredible combination of active ingredients is massaged all over the body. Penetration is aided by a complex of muds and customised moulds. The skin is left noticeably more toned and homogeneous, and your body sculpted.

Talea Luxury Ritual by Herbelia 90min

For a luminous look from head to toe, this luxurious ritual combines powerful oils with stimulating massage strokes to boost the health of body, face and hair.

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Result-Orientated Facials

Prior to any facial treatment, we carry out a thorough skin analysis to ensure a customised experience based on your specific needs.

Murad & Dermo28 Facial 60min

Designed for immediate results, this facial employs fruit acids to deeply exfoliate, oxygenate, improve tone and reduce the appearance of spots, acne and the signs of aging.

CLARINS Facial 60min

Incorporating essential oils and active plant ingredients, this nourishing facial is as emotionally relaxing as it is skin enhancing.

Customised Facial 60/90min

This holistic facial includes a soothing massage of the shoulders, neck and face, while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. Tension points are released on the scalp and face to improve circulation and tone facial muscles.

Regenerating Lift Treatment 90min

For an immediate lifting, balancing and rejuvenating effect, this treatment includes microdermabrasion, oxygen therapy and a brightening Bio-Led mask.

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Movement

Movement is integral to holistic wellness, playing an important role in emotional and mental, as well as physical, wellbeing. The movement facilities at Rosa Alpina are a sanctuary for those looking to exercise indoors. Guests can work out in the Fitness Centre or take a private yoga or Pilates class in the Yoga Studio.

Hatha Yoga 80min

A gentle introduction to basic yoga postures. Hatha yoga will help you feel taller, leaner, more flexible and relaxed. Poses are held for a few minutes to allow a better mind and body connection.

Yin Yoga 80min

A slow-paced style in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue – the tendons, fascia and ligaments – with the aim of increasing circulation in the joints and improving flexibility.

Sun Salutation 30min

A warm-up that prepares the body for asana practice and increases the blood supply to the joints while stretching and strengthening the whole body. This is said to improve the efficiency of the internal organs.

Pilates 60min

Pilates is a philosophy of movement, not just a form of exercise. It is based on good breath control and requires deep concentration. It increases circulation, relieves tension, strengthens the muscles and encourages one to be in the moment.

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Beauty

We offer a range of luxury manicures and pedicures, with both regular nail polish and semi-permanent gel polish options available. Eyebrow/eyelash tinting and waxing are also offered.

Quick colour-change manicure or pedicure with semi-permanent gel polish 30min

Manicure with regular polish 60min

Manicure with semi-permanent gel polish 90min

Pedicure with regular polish 60/90min

Pedicure with semi-permanent gel polish 90min

Signature Spa Manicure or Pedicure with regular polish 90min

A luxury treatment for hands or feet which includes exfoliation to remove rough skin, the application of a moisturising mask, a relaxing massage with hydrating cream and a full manicure or pedicure with your choice of colour.

Eyebrow & Eyelash Tinting 30min

Eyelash Lamination 60min

Cold and Brazilian Waxing (arms, legs, bikini, upper lip, under arms, eyebrow shaping)

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Price List

Rosa Alpina Signature Journey	540,00 €
A Moment of Peace 60/90min by AMAN	150,00 € / 210,00 €
ADD-ON Body Scrub 30 min by AMAN	75,00 €
Body massages 60/90min	150,00 € / 210,00 €
Manual Stretching 30min	75,00 €
Lavender Body Scrub 30min	95,00 €
Coffee Body Scrub 60min	150,00 €
CLARINS Body Scrubs 60min	150,00 €
Iyashi Dome 30/60min	70,00 € / 110,00 €
Exclusive Arnica Body Wrap 30min	95,00 €
Intensive Body Shaping 60min	150,00 €
Global Skulptur Treatment by Herbelia 60min	150,00 €
Talea Luxury Ritual by Herbelia 90min	250,00 €
Murad & Dermo28 Facial 60min	150,00 €
CLARINS Facial 60min	150,00 €
Customised Facial treatments 60/90min	150,00 € / 210,00 €
Regenerating Lift Treatment 90min	210,00 €
Semi-permanent gel polish hands/feet 30min	60,00 €
Manicure with regular polish 60min	90,00 €
Manicure with semi-permanent gel polish 90min	150,00 €
Pedicure with regular polish 60/90min	110,00 € / 160,00 €
Pedicure with semi-permanent gel polish 90min	170,00 €
Signature Spa Manicure or Pedicure with regular polish 90min	190,00 €
Eyebrow & Eyelash Tinting 30min	50,00 €
Eyelash Lamination 60min	110,00 €

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Cold waxing

Full arms	35,00 €
Half legs	40,00 €
Full legs	50,00 €
Eyebrow shaping	20,00 €

Brazilian waxing

Upper lip	10,00 €
Under arms	30,00 €
Bikini line	40,00 €
Bikini complete	50,00 €

Yoga 80 min	120,00 €
Individual sessions (For group sessions please contact the manager)	

Sun Salutation 30min	60,00 €
Individual sessions (For group sessions please contact the manager)	

Pilates 60 min	95,00 €
Individual sessions (For group sessions please contact the manager)	

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Information

Operating hours

The Fitness Centre is open 24 hours; the swimming pool for families is open from 7:00am to 8:00pm; and the wellness area for adults only with the hydro facilities is open from 2:30pm to 8:00pm daily. Rosa Alpina Spa operates daily from 9:00am to 8:00pm.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service are available. Please dial extension #159 to make a reservation or send an email to: spa@rosalpina.it.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment, and take a shower in their hotel room before having any Spa treatment.

Appointments outside Spa operating hours

If you require an appointment outside Spa operating hours, we are happy to accommodate your request, adding an extra charge of 30% to the price of your chosen treatment.

Cancellation Policy

If you need to cancel your booking, please note that there is no charge if cancellation is prior to 24 hours in advance. Within 24 hours we regret that the full charge will be incurred.

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Spa Environment

Smoking and the use of mobile phones are prohibited in and around the Spa.

Valuables

Please do not bring valuables into the Spa. Safes are provided in every guest room and suite. We take no responsibility for valuables brought into the Spa.

Refunds

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

Pricing

All prices are in EURO and include VAT.