**THE TRENDIEST WELLNESS EXPERIENCES FOR THE COMING WINTER**

**In Trentino, personal well-being isn’t simply a passing fad, but an authentic way of life. It’s not just about relaxation either, but also about treating yourself to a little bit of tender loving care through a range of experiences and activities.**

Stuck for ideas? An après-ski restaurant at an elevation of 2,000 metres that doubles as a wellness centre, a wooden vat that transforms itself into a whirlpool bathtub, beauty treatments inspired by apples and other local products, pinewood bedrooms and suites to guarantee a peaceful night’s sleep. So there you go, some simple yet evocative proposals to allow you to pamper yourself and find a new equilibrium with your surroundings.

**A spa on the slopes**

After a vigorous day spent on the ski slopes, stay put and relax! If you happen to be in the largest ski area in Trentino, the Campiglio Dolomiti di Brenta, then why not try out the brand-new wellness centre of the Chalet Fiat-Spinale mountain hut. An elegant outdoor area at an altitude of 2,500 metres!

**A sauna with "Perlage"**

A whole new sauna experience stemming from a collaboration between QC Terme Dolomiti and Cantine Ferrari. Designer saunas inspired by the visual and olfactory experience of wine cellars and combined with a whirlpool hot tub, filled with healthy bubbles. Cheers!

**Wellness above the clouds**

An enticing warm atmosphere greets skiers at the Orso Bruno mountain hut after a fantastic day spent on the slopes. Soft suffused lighting and pleasant background music accompany genuine moments of relaxation. Take a dip in the whirlpool bath and, thanks to the large panoramic windows, soak in a spectacular sunset over the Dolomites.

**The power of the elements**

The fourth floor of the Cavallino Bianco hotel in Rumo is entirely dedicated to beauty treatments, refreshments and body care, in other words to general wellness. Four different areas, inspired by the four elements of nature, each with a clear style and specific treatments for various parts of the body.

**Heated outdoor pool**

An outdoor whirlpool bath with heated water. This is the jewel in the crown of Muu Village, an avantgarde resort located in Costa di Folgaria, not far from the ski lift facilities and the town centre. Its four charming chalets, complete with gardens, offer spacious rooms for guests.

**Aufguss, the vapour ritual**

It may seem like a strange dance with random flicks and waves of a towel, but in reality, it’s a sequence of precise, skilful and harmonious gestures. A ritual therefore that is repeated at regular intervals in saunas and helps to melt away the cold and cramps from shivering winter bodies. Aufguss is a German word, pronounced more or less like it’s spelt, meaning “infusion”.

The “sauna master”, with deft flicks and waves of a towel or fan, circulates the hot air and vapour over his companions in something that could be described as a ritual dance. Furthermore, to raise humidity levels, snow or ice, blended with balsam scents and essential oils, is left to melt over the hot coals.

Treat yourself to some warm well-being this winter.

**Millegocce - Malga Millegrobbe**A charming and enchanted location in the midst of the vast Cimbra highlands. The great attention paid to your well-being emerges from their motto: Well-being, Taste, Rest. This is reflected in the pleasant atmosphere, the fine food and the wellness centre which offers a wide range of Aufguss rituals and much more besides.

**Te Jaga Beauty & Spa - Active Olympic Hotel**The Spa of the Active Olympic Hotel is like a precious gem set in a fine piece of jewellery, like the very word “being” in well-being. The Finnish sauna, where Aufguss sessions take place, is located in the gardens with a view across the Catinaccio-Rosengarten mountain group, and this in just one of the many treats this fantastic location has to offer.

**Montana Hotel**A sauna that resembles a terrace or balcony overlooking the Brenta Dolomites: this is the backdrop that awaits you. A wellness centre where you relax and finally let yourself go after a long day spent skiing on the slopes of Monte Bondone and maybe before popping down to the Christmas markets in Trento for a glass of mulled wine.

**Garda Termae**  
This Wellness Centre lies close to the shores of Lake Garda and right at the mouth of the Sarca river. Here hospitality and equilibrium are the focus of the business and this is also reflected in the structure itself. Besides the benefits of vapour, there are a range of treatments offered for your well-being.

**AquaIn**In Andalo, besides the beauty of the Dolomites that overlook the town, you’ll also find this large Centre with abundant pools, baths and wellness treatments. There are a series of saunas, perfect for following a treatment of gradually increasing temperature that culminates in an Aufguss session.

**Acqua Spa**  
If you’re in Cavalese this is the perfect place to invest in your own physical and mental well-being. A centre that has specialised in complete body care, from fitness to nutrition, through regimes of fatigue and relaxation. The guided tour with the sauna master is not to be missed and will help you get back in touch with your body and free your mind.

For further info: [www.visittrentino.info](http://www.visittrentino.info)

