**The unique Alpine wellness experiences in the Dolomites’ spas
A WORLD OF WELLNESS IN TRENTINO**

**After a day on the snow, visitors will benefit from the variety of wellness facilities, thermal suites and treatments available in Trentino**

**New luxury eco spa resort in Pinzolo**

The beautiful woodland area of Pinzolo, near Madonna di Campiglio, welcomed a brand-new luxury spa hotel on 1st August ahead of the 2019/2020 ski season. Lefay Resort & SPA Dolomiti is the brand new stylish, luxury eco resort that houses one of the Dolomites' biggest spas, spanning over 5,000sqm across four floors. Spa users will find nine different saunas, a World of Water and Fire and indoor and outdoor pools that are perfect for winding down after a day in the snow. Spa therapies have been designed to blend classic Chinese medicine principles with modern Western techniques, meaning post-skiing treatments are healing and restorative.

Following in the footsteps of the first Lefay resort in Lake Garda, Lefay Resort & SPA Dolomiti is a carbon neutral hotel committed to conserving energy and power to the highest degree. The Grual Organic Restaurant serves delicious Italian meals that are made with local, sustainably sourced produce whilst the bedrooms were created to recreate the atmosphere of the Dolomites inside. Bedrooms are wide with plenty of open space, daylight and natural materials. Bedrooms start at 320 euros per night with breakfast included. <https://dolomiti.lefayresorts.com/en>

**Instilling wellness**

In the Italian mountains, saunas are part of the traditional way of life. A newer aspect of the sauna practice in Italy is the ‘Aufguss’ - a sauna ritual during which an expert ‘Aufgussmeister’ moves jets of warm air and steam using a towel, in an almost dance-like manner. Instead of using ordinary water, Trentino’s spas often add snow to the hot stones to enhance the mountain atmosphere.

Another Trentino wellness hotspot is **Malga Millegrobbe**, an enchanting, special place in the heart of the Cimbrian plateaus. Many know it as a cross-country skiing centre, but in this ancient Cimbrian ‘cheese hut’, wellbeing, excellent food and beautiful mountain scenery add to the hotel’s offering. Aufguss in the spa’s excellent sauna is a popular choice for visitors and locals alike.

Besides the stunning Dolomite peaks that surround it, Andalo also boasts the **AquaIn** wellness centre**,** with swimming pools, thermal baths, and other wellness rituals. There are numerous saunas that take guests on a journey through increasing heat, culminating in an Aufguss session.

The **Acqua Spa** centre in Cavalese specialises in body care, ranging from fitness to nutritional programmes. The wellness circuit should not be missed, with a sauna master on hand to guide visitors to ultimate relaxation.

Finally, a real Trentino treat is the *Sauna con perlage* offered byQC Terme in collaboration with the Ferrari Wine Cellars. This is a unique sauna experience offered only by **QC Terme Dolomiti** in Pozza di Fassa, with a specially designed sauna based enhancing the smells and sights of a wine cellar, which can be combined with a soak in the outdoor hydromassage bath housed in a rustic wooden tub, full of wellness bubbles.

**From the pistes to the Spa**

After a day out skiing, a spa experience at high altitude is particularly atmospheric. In the Madonna di Campiglio ski area, you can choose between the wellness centre of the exclusive, elegant **Chalet Fiat** at the top of the Spinale peak, or the wellness area at **Rifugio Ristorante Stoppani al Grostè** at an altitude of about 2,500 metres.

In the nearby Folgarida - Marilleva ski area, Rifugio **Orso Bruno** opens its doors to a warm, welcoming apres-ski setting: ambient, soft lighting and gentle background music set the scene for a dip in the hydromassage bath, while taking in a spectacular sunset over the Brenta Dolomites from the extensive panoramic window.

At an altitude of 2,225 metres, on the famous Sellaronda trail, there is **Rifugio Salei**, a real piece of paradise between heaven and earth. The new spa is housed within traditional wooden mountain hut with panoramic views across the valley. The cosy private terrace is surrounded by fresh snow, an invigorating place to cool off.

**Hotel Vita Nova - wellness in all its forms**

Trentino’s Vita Nova properties are hotels and campsites with excellent wellness centres, including saunas, Turkish baths, hydromassages, Kneipp courses for relaxation, and exclusive natural, biological bio-cosmetic lines based on "Ribes Nigrum" and "Nigritella del Trentino", vegetable extracts from local plant species. The "Declinazioni del Benessere" (Wellness Declinations) project ([www.declinazionibenessere.it](http://www.declinazionibenessere.it/)) provides guests with a unique holiday experience, with the choice of five different themes - tastes, places, emotions, and trekking - that go far beyond the typical health and beauty offering. [www.vitanova.to](http://www.vitanova.to/)

**The wellness benefits of gourmet food**

Trentino’s cuisine explores traditional recipes and is extremely low on food miles, with almost all ingredients being produced locally in the region, to further add to visitors’ sense of wellbeing. Dining in one of the region’s numerous mountain huts is an essential part of a winter visit – two excellent suggestions include Lago Nambino in Madonna di Campiglio, which is set on the shore of a small Alpine lake surrounded by forests, offering a cosy, calming atmosphere. On Alpe Cimbra, Baita Neff is a typical timber building overlooking a vast mountain panorama, ideal for tasting the traditional dishes from the Cimbrian tradition.

To dine in the comfort, mountain warmth, visitors can head to Rifugio La Montanara in Molveno nestled in the spruce forests of the Adamello Brenta Nature Park. This hideaway can be reached on foot using snowshoes or mountaineering skis, and the fluctuating moonlight shining on the snow-covered peaks of the Brenta Dolomites creates a magical ambience.