**The new structure created by Gruppo QC opens in Val di Fassa**

**ALPINE WELLNESS, FOR APRES-SKI CODDLING AND RELAXATION**

**The best way to end a day on the snow (skiing, sunbathing, snowboarding, snowshoeing …) is to relax in the warm steam of a Jacuzzi or take an aromatic sauna in one of Trentino’s many luxurious spas. Give yourself exclusive moments of relaxation and regeneration thanks to the myriad natural treatments offered**

After so much sport and activity, it’s time to dedicate your attention to your health in a Wellness Centre/Spa, that will be the perfect ending to a perfect day in the snow. After all, the Ancient Romans had discovered this already many centuries ago, so they invented the spa that with the warm water’s action relaxes and helps melt away stress. The feeling of wellbeing that ensues is not just a feeling but a veritable beneficial state. Those pleasant fluctuations in temperature to which the body is subjected via the alternance of hot and cold without any unpleasant sensation of overheating strengthens the immune system, makes the heart actively react and stimulate blood circulation through the body’s vast capillary system, the skin with its glands, the vegetative nervous system, physiological cell turnover, the muscles, the kidneys and the balance of fluids in the tissues. Such an action of regeneration can be completed and made to last longer with the long list of treatments offered in these centres using cosmetic products based on natural and organic ingredients capable of extending their beneficial effects even after you have returned home from your holiday.

**QC Terme Dolomiti – Pozza di Fassa**

New for the upcoming season is the creation of another wellness structure in Trentino, in the breathtaking Dolomites looking out onto Pozza di Fassa, where the QC Group has decided to build a new Spa. This is the ninth structure of its kind in the long list of achievements of the Quadrio Curzio brothers that began in 1982, and the third in the Alps. This mountain/wellbeing match testifies to the fact that Nature is at the centre of modern thermalism, that cures, through Alpine water therapy, the disorders of our current times by relaxing the muscles and nervous system with the hydraulic massage of water jets, by reinforcing the immune system via the bioenergetic immersion in open-air hot water pools, by reducing stress that calms the mind and improves the quality of sleep, by detoxifying the skin and thus helping to cure the skin blemishes and speed up our metabolism. The new complex designed by QC Terme, deriving from the constructive synergy between public and private, will be opened in the first days of December. The Spa will have three floors for a total surface area of 4,300 m2, plus pools and outdoor spaces for healthy “forest bathing”, a custom that the Far East considers to be one of the pillars of preventive medicine. Also thanks to QC Terme’s long-standing experience in the sector, the structure will offer the most innovative wellness services set within a modern concept, in harmony with the sustainability of the surrounding environment, and will be fed by the precious waters of the Alloch Spring, a sulphur / sulphate / calcium / magnesium / fluorine water that surfaces at an altitude of 1,320 m a.s.l. from the sedimentary rocks of the Bellerophon formation of the Monzoni group at a temperature of 9.5°C. This new spa wellness location shall transform Pozza di Fassa into a veritable international hub of hydrotherapy. The plan also envisages a large number of amenities: Jacuzzi pools, Kneipp therapy cycles, waterfalls, Japanese baths, steam baths, saunas and biosaunas, salt rooms and relaxation areas. Ample space will be dedicated to massages and to food with many daily events, such as the delicious lunch buffet and the evening Spa Aperitif.

**Info: Apt Val di Fassa**Phone No. 0462 609500 - [www.fassa.com](http://www.fassa.com)   
**QC Terme Dolomiti srl – Pozza di Fassa**

qctermedolomitisrl@legalmail.it

**Dolaondes - Canazei**

In the heart of Canazei, **Dòlaondes** is a large recreational water centre with a surface area of 2,400 m2 for swimming, having fun and relaxing in four distinct areas. There are six different pools in the Water&Fun area, each one offering distinct activities. Eghes is the name of the spa area, inspired by the ancient philosophical discipline of bioclimatology of ancient Roman spas and divided into various treatment areas that apply the therapeutic properties of water in various ways. The Sport&Fitness area with its fitness room equipped with cutting edge machinery, and the Eat&Drink area with its snack bar complete the Dòlaondes offer.

**Info: SITC - Società incremento turistico Canazei**

Phone No. 0462 601348 [www.dolaondes.it](http://www.dolaondes.it/)

**AcquaIn - Andalo**

The pools and spa of the AcquaIn wellness centre are the latest and most significant additions to the already considerable program of the Sports Centre of the resort on the Altopiano della Paganella. The centre offers a 25 m long sports pool next to a fun pool with water slide dedicated to the younger guests. Not to be missed is the world of saunas, a dedicated area more than 1,200 m2 large for a perfect “*remise en forme*”: the path leads from one structure to another with increasingly higher temperatures, where you can alternate water massages with Kneipp cycles while waiting for another “aufguss”, the ritual steam jet obtained by pouring water over hot rocks.

**Info: Andalo Gestione Vacanze Srl**

Phone No. 0461 585776 - [www.acquain.it](http://www.acquain.it)

**Garda Thermae - Arco**

On the shores of Lake Garda, this modern and welcoming wellness and beauty centre bases its services on the beneficial and regenerating properties of the salted or fresh water of the various pools, amidst suffused lights, silence and absolute peacefulness, natural essences and regenerating massages, with a careful choice of materials and technologies aimed at providing only what is good for guests and operators. In addition to a full array of saunas in the beauty centre, it also offers traditional and Ayurvedic massages.

**Info: Garda Thermae**

Phone No. 0464 548012 - [www.gardathermae.it](http://www.gardathermae.it/)

**Lavarone Wellness – Lavarone**

When you enter the Lavarone Wellness centre you are opening a time window all for yourself, in which to stimulate well-being through water: a truly revitalising experience of swimming in the pool, massaged by the geysers and by the cervical jets, immersed in one of the Jacuzzi baths, all aimed at charging your batteries in a pleasing and entertaining manner. Your personal coddling can continue with any kind of massage and bath based on natural beauty ingredients such as Alpine essences. And once regenerated in body and mind, you may relax with a freshly squeezed juice or a herbal tea at the Vital Bar or enjoy a local dish at the ‘Stube del Cervo’.

**Info: Lavarone Wellness**

Phone No. 0464 784063 - [www.lavaronewellness.it](http://www.lavaronewellness.it)

**Val Rendena Wellness - Caderzone Terme**

At the feet of the Brenta Dolomites, you can indulge in saunas, a caldarium, a salt grotto, a Turkish bath, a Jacuzzi and a relaxation area at the Caderzone Terme, one of Val Rendena’s most ancient spas, boasting the prestigious insignia of the Orange Banner of the Italian Touring Club. Here, the well-being of the local community and of its guests has been guaranteed for centuries by the ferruginous waters of the Sant’Antonio spring that surfaces above the town and today is brought to the modern Terme Val Rendena spa centre that also offers beauty and herbal treatments.

**Info: APT Madonna di Campiglio-Pinzolo-Val Rendena**

Phone No. 0465 447501 - [www.campigliodolomiti.it](http://www.campigliodolomiti.it)

**Terme di Peio Wellness Area - Peio**

In the Spa area dedicated to wellness, you can choose from a Finnish sauna, a biosauna, a Roman and steam bath, a Jacuzzi, cervical waterfalls, Kneipp cycles, ice falls, emotional showers and Scottish showers. Massages and treatments on request. Relaxation is also guaranteed by saline mist treatments, chromotherapy and a herbal tea corner.

**Info: Piscina coperta Terme di Peio**

Phone No. 0463753226 - [www.termepejo.it](http://www.termepejo.it)

**Milegruam Wellness Centre at Malga Millegrobbe - Luserna**

Romantic Malga Millegrobbe, located in an ancient Cimbrian pastoral mansion at an altitude of 1,400 m a.s.l., opens the doors of its Millegruam Wellness Centre, with its steam jets, saunas, emotional showers and ice falls, to those who spend their day skiing on the renowned ring-pistes of the cross-country ski centre. This structure has recently obtained a prestigious recognition from Aisa (Italian Saunas & Aufguss Association) as a “high altitude wellness” centre. Among the treatments it offers, salt and honey peelings based on sea salt, mountain herbs and Lavarone’s millefleurs honey. In the relaxation area you will find home-mixed herbal teas to sip as you admire the view over the Millegrobbe plain from the panoramic window.

**Info: Malga Millegrobbe – Luserna**Phone No.: 348 7476813 - [www.malgamillegrobbe.it](http://www.malgamillegrobbe.it)

Info: <https://www.visittrentino.it/it/articoli/natura-benessere/centri-wellness>

(m.b.)

Trento, October 2016