



Fiemme Hospitality Essence

LA ROCCIA
WELLNESS HOTEL

Fiemme
Dolomythical Spa



Tailor-made well-being

Welcome to La Roccia Wellness Hotel,
the **new concept of wellness** and personal care.
With thanks to **innovative solutions, who are unique in
this sector**, you can try the **zero-gravity** and **customised
programs which are designed
to shape up and satisfy your well-being desire.**

Entrust yourself to our Treatment Consultant who will
personally **take care of you.**



Fiemme Experience

Discover the new era of beauty in **Nuvola and Soffio, an innovative and patented system to regenerate your body and mind.** The feeling of **floatation and the manual skills** of our operators maximise the benefit of the treatment. You will experience a **very deep relaxation** that you never knew before: an unforgettable wellness sensation!

EXFOLIATE - spruce

Let yourself be carried off by the essence of the spruce to the heart of the Fiemme Valley: exfoliating treatment followed by a relaxing and balsamic massage.

DECONTRACTURE - hay

Scrub and mask of alpine herbs enriched by a massage of warm hay parcels from our pastures. It reduces fatigue and pain offering the body natural comfort.

COOL DOWN - arnica

An antifatigue treatment ideal for sports' lovers. It provides relief and relaxes the muscles thanks to a deep tissue massage and the antique properties of arnica.

REGENERATE - apple of Trentino

A revitalizing and aromatic treatment for face and body that regenerates and nourishes your skin.

RELAX - Fiemme beer

Regenerating scrub and wheat mask followed by a relaxing massage. Thanks to its properties, it improves insomnia and nervous tension.

REVITALISE - grapes

The antioxidants and cleansing properties of grapes gives the skin nourishment and radiance thanks to the scrub and the mask. A relaxation massage to finish.

100 minutes

145,00 €



Body Wellness

High-Efficacy Treatments to draw and sculpt your silhouette. Our dermo-cosmetic products will enhance the active ingredients on your body with the magic of a Nuvola and Soffio ritual.

ILLUMINATE

50 minutes

70,00 €

Treatment with massage: allows you to exfoliate the skin by giving nourishment and radiance. It removes dead skin cells by smoothing the skin. Sweet orange and bitter orange essential oils help to stimulate the circulation and the lymphatic system for a brightening, moisturizing and silky effect.

REDUCE

90 minutes

150,00 €

Treatment with specific massage. The combined action of the active ingredients will constitute a shock therapy in order to solve the imperfections given by localized adiposity and water retention of abdomen, hips, buttocks and legs.

DRAIN

90 minutes

150,00 €

Treatment with a cooling action and specific massage. It fights water retention and the signs of cellulite. The high concentration of active ingredients will constitute a SHOCK ACTION by stimulating fluid drainage and tissue regeneration.

TONE

90 minutes

150,00 €

Treatment with specific massage. This dermo-cosmetic treatment is able to modulate the production of 4 types of collagens revitalizing the skin, giving firmness and tone already from the first application.

COOL DOWN

40 minutes

70,00 €

Anti-fatigue treatment, ideal pre/post athletic activity, can drain exceeding fluids thus relieving localized swelling to the legs, calves and ankles. The synergy of the active ingredients has effects on both the activation of the microcirculation and the muscles restoration of arms and legs.

FILL AND VOLUMIZE

50 minutes

90,00 €

Specific treatment for breast and décolleté: restores firmness and volume. The breast treatment promotes the increase of volume and tone of the breasts thanks to an action similar to lipo-lifting.



Face Wellness

REJUVENATE AND BRIGHTEN

75 minutes 105,00 €

The exclusive synergy of fruit acids exfoliates and completely renews the skin, giving back radiance and an even colour: for a visibly rejuvenated face. (Not recommended in summer).

REVITALIZE

75 minutes 135,00 €

A revitalising vitamin C treatment, providing total protection against environmental damage. It strengthens the skin firmness. It includes face-head-décolleté massage.

FILL AND LIFT

75 minutes 135,00 €

The concentration of collagen and hyaluronic acid enhances facial contours, with a visible lifting and filling effect. It includes face-head-décolleté massage.

OXYGENATE

75 minutes 135,00 €

An intensive facial treatment with an oxygenating action. It gives immediate radiance and a lifting effect. It includes face-head-décolleté massage.

MOUSTURISE AND NOURISH

75 minutes 135,00 €

A face treatment with plumping action and a highly moisturizing effect to obtain a nourished, smooth and turgid skin. It includes face-head-décolleté massage.



Zero Gravity

Your health and your psychophysical wellness are our priority.

Zerobody is a one fo a kind patented system designed to provide an experience of no-gravity floating. It fights stress, muscle and joints pains and has positive effects on sleep, concentration and psychophysical recovery.

Every session can be customised with meditation and breathing programs, or with music therapy.

10 minutes session: 15,00 €

20 minutes session: 20,00 €

30 minutes session: 25,00 €

LA ROCCIA ZERO GRAVITY EXPERIENCE

70,00 €

Mental and physical regeneration program: 1 hour and a half of Zero Gravity per day:

- Morning protocol: **Energy** - red colour and fire music
- Afternoon protocol: **Detox** – orange or green colour and air music
- Evening protocol: **Relax** – blue colour and water music



Couple rituals

RELAXATION FOR TWO

40 minutes

160,00 € per couple

An amazing ritual to share with your partner and experience a relaxing massage.

ROMANTIC MOMENTS

100 minutes

250,00 € per couple

Live a magic moment in complete harmony and let yourself be pampered from head to toe. Regenerating body treatment enriched with a personalised facial treatment.

BEAUTY MOMENTS

60 minutes

210,00 € per couple

A personalised couple facial treatment: a relaxing break to live together.

Aromatic NUVOLA experience

In total absence of gravity, health and beauty fuse together into an exciting holistic experience designed to deeply regenerate body and mind.

2 x Nuvola Experience - 30 minutes

2 x Soffio Aromatic Beauty Touch Massage - 30 minutes

Ritual for 2 people

160,00 € per couple

LA ROCCIA romantic experience

Imagine the charm and the romantic emotion of a wellness couple ritual in your suite... an exclusive and magic experience!

An aromatic bath with wood fragrances and an aromatherapy couples massage

using special essential oils from the Fiemme Valley. Suggested to reduce fatigue, relieve tension and stress, calm the mind and enhance sleep

250,00 € per couple

You can enjoy Roccia Romantic Experience in the following rooms: Junior Suite Queen Deluxe, Suite Deluxe, Suite Deluxe with view, Suite Queen Deluxe.



Private Spa

You will have the luxury of **private and exclusive use of our Spa**, to maximise enjoyment of the **beneficial effects** of the cycle heat-cold-rest thanks to the **three-wellness path**:

Purify - depurate yourself with the yellow of the sun

Relax - recover energy with the red of the fire

Excite - chill out with the blues of the sky

Choose your desire of wellness, wear your colour and follow it...

PRIVATE SPA

90 minutes

150,00 € per couple

Finnish Bath

Detoxing action – it rebalances of the immune system

Steam Bath

Cells regenerator – it improves the health and the well-being of body and mind

Mediterranean Bath

It stimulates the elimination of metabolic waste and loosens the muscles

Water paradise

A unique and incredible multisensory path where water is the main character

Info and reservations at the wellness desk. The price can vary based on the number of people who access to the Private Spa. The Private Spa can be combined with the Beauty Rituals in Turkish Bath and Mediterranean Bath.

PRIVATE SPA & NUVOLA EXPERIENCE

180 minutes

310,00 € per couple

Release the weights breathing the heat

Rediscover yourself thanks to the power of water and no gravity sensation

Loosen tension through the expert hands of our therapists



Beauty rituals in private spa

Three beauty rituals in Turkish Bath and Mediterranean Bath designed to discover the traditions of ancient Rome and ancient Orient

MUD RITUAL IN MEDITERRANEAN BATH

60,00 € per person

The rise in temperature allows the bandage of muds, thanks to an osmosis process, to release the active ingredients and remove impurities.

STEAM RITUAL IN TURKISH BATH

40,00 € per person

Warm steam and eucalyptus essences combined with a salt scrub butter with citrus essences stimulate circulation in order to promote the deep cleansing of the skin and drain exceeding fluids.

DETOX BODY SELF RITUAL

100,00 € per person

A real ritual of detoxification: the combination of hot steam and a sensory bath will promote the penetration, through a process of osmosis, of the active ingredients for a complete detoxification and drainage of the body.

The beauty rituals have to be combined to the use of Private Spa and added to its entrance price.



Soffio water experience

Soffio is a special massage bed, ideal for every type of massage and face/body treatment. The warm **water caresses the body** through a soft membrane, **turning the massage into an unforgettable wellness experience maximizing the efficacy** of the expert touch of our operator.

RELIEVE TENSION

30 minutes 55,00 €

Specific massage for shoulders, face and scalp. The use of essential oils in synergy with the expert hands of our Beauty Therapists allow you to relax the nervous system and eliminate fatigue caused by stress.

STIMULATE AND ENERGIZE

30 minutes 55,00 €

Finger-pressure massage to the plantar energetic points. Touches and energetic manoeuvres in combination with the use of essential oils will stimulate and energize the reflex points of the body.

DRAIN

50 minutes 95,00 €

Light touches and gentle pressure to stimulate the lymphatic circulation which helps to eliminate toxins and water retention.

BALANCE AND RELAX

50 minutes 95,00 €

Head and foot massage that calms the mind, slows down thoughts, loosens mental tension and relaxes the whole body.

REVITALIZE AND CALM

50 minutes 95,00 €

The aromatherapy massage takes advantage of the properties of essential oils for the well-being of body and mind. One of the most pleasant techniques, ideal to release you from stress and prevent aging and revitalize the body.



Faraway Lands Massages

A body - mind - soul approach, typical of distant traditions and philosophies, that by means of the massage achieves both physical, mental and spiritual well-being in order to find balance and harmony with themselves and with the surrounding environment.

HAWAIIAN TRADITION

50 minutes

95,00 €

Lomi-Lomi Nui, a massage with draining and relaxing effect. It halves physical, muscular and emotional tensions. The use of music themed massage will allow your mind to travel to faraway islands.

SHAMANIC TRADITION

60 minutes

110,00 €

Stone Massage, combines, thanks to the use of hot stones, the healthy effects of thermotherapy to those most typical of the massage: it stimulates the vital energy centres (known as the Chakra) and activates the energy of these points. The practice of Hot Stone helps to acquire a greater awareness of your body.

AYURVEDA TRADITION

60 minutes

110,00 €

Abhyanga, a massage that acts in all parts of the body. Thanks to the enveloping aroma of the warming oils used, and the different handlings of the massage that act on the Dosha (the biological principles of every human being), it will relieve sensations of fatigue and eliminate toxins both mental and physical.

ORIENTAL TRADITION

60 minutes individual 110,00€

couples 220,00€

Candle Massage, a multi-sensory massage experience able to give both mind and body deep benefits. In this special ritual, candles scented with shea butter are used both for their nourishing and energetic properties.

TIBETAN TRADITION

60 minutes individual 125,00€

couples 230,00€

Tibetan ritual: a caress for the soul. A massage with Tibetan bells that acts on both the physical and emotional aspects of the person. The sound vibrations of these bells - of different sizes - gently played on the chakras, produce intense 'inner vibrations' that are able to induce body and mind in a state of deep relaxation. A deep, subtle, regenerating inner caress that gives a great sense of inner peace and harmony



Body Massages

TIME Back and legs massage	25 minutes 50,00 €
TOTAL BODY Vigorous massage that stimulates circulation and relaxes your muscles	45 minutes 75,00 €
MUSCLES BANDS Using heat and specific movement relaxes the back and neck muscles	40 minutes 75,00 €
PERFECT BODY Pressure, movements and products are all personalised based on the problem to be treated	40 minutes 75,00 €
ENERGY AND FORCE Specific in-depth massage to release muscle tension	50 minutes 90,00 €



Wellness For Children and Teenagers

PRINCESS FOR A DAY

Nailcare and application of nail varnish

30,00 €

EMOTIONS

Massage with mum or dad

25 minutes 45,00 € per person



Beauty Services

Services and prices on request

Facial cleaning, manicure, spa manicure, pedicure, spa pedicure, semi-permanent nail polish, semi-permanent nail polish removal, body epilation.



INFO & TIMETABLES

Pools and terrace: 10:00 – 20:00

Pool bar: 12:00 – 13:30 and 17:30 – 19:30

Fiemme Dolomythical Spa (sauna, Finnish bath, Mediterranean bath, relax area the “Fragrance of wood”, ice fall, emotional showers, vertical Kneipp): 17:00 – 20:00 and

Glamour Sauna Suite: 17:00 – 20:00

Relaxation area “the Sound of Wood”: 10:00 – 20:00

Beauty salon: 10:00 – 13:00 / 14:30 – 20:00.

On reservation – Morning treatments have to be booked by 8 p.m. on the previous day

IMPORTANT: OUR WELLNESS CENTRE

Free entry in the scheduled times to Pools, Ski bar terrace, Glamour Sauna Suite, the Relaxation area “the Sound of Wood” and Fiemme Dolomythical Spa.

Access on reservation and on charge to the Fiemme Dolomythical Spa for a private use (sauna, Finnish bath, Mediterranean bath, relax area the “Fragrance of wood”, ice fall, emotional showers, vertical Kneipp). We created the wellness path “PRIVATE SPA SYSTEM”: you will have the luxury of the safe, private and exclusive use of our Spa.

ALLOWED AREAS BASED ON AGE

Only people older than 14-years-old are admitted to “The sound of wood” relaxation room, the Glamour Sauna Suite and the Private Spa.

DRESS CODE: bathrobe and slippers.

BEHAVIOUR RULES

- In the relaxation room “The Sound of Wood” please have mobile phones in silent mode to respect others.
- In the pool area and Infinity pool it is strictly forbidden to dive or play water games
- It is forbidden to take the towel reserved for the pool and sauna area to your room;
- Inappropriate or offensive behaviour towards our spa therapists will not be tolerated. Please be advised that spa therapists reserve the right to terminate a treatment in cases of abusive behaviour with charge of the cost of the treatment.

APPOINTMENTS TIME

- We suggest you to arrive 10 minutes before the beginning of the treatment to relax and start your ritual on time.
- If you arrive late, the duration of the treatment will be shortened to finish at the scheduled time and allow the next guest to begin on time.

MODIFY AND/OR CANCEL APPOINTMENTS

You can modify your appointment free of charge, if you give us notice within four hours before the beginning of your treatment.

Cancellation policy:

- free of charge, if you cancel 12 hours before the treatment
- 50% of the total if you cancel between 12 hours and 4 hours before the treatment
- 100% of the total if you cancel in the 4 hours before the treatment, or if you don't show up

“True wealth does not come
from the abundance of material
goods, but from a serene mind”

Enjoy your time

Luciano

La Famiglia Gilmozzi

Paolo

Enrico

Maria Maddalena