



LA DOLCE VITA SPA

ITALIANO



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Immerse yourself in a timeless sanctuary where water, nature and light converge to bring profound regeneration—and that rare vitality only nature can bestow.

Discover treatments inspired by our Alpine surroundings and indulge in the expert care of our Team. Rediscover harmony between body and mind through bespoke journeys designed exclusively for your well being.

Allow yourself the luxury of disconnecting from the everyday rush: slow down, breathe deeply, and let your senses awaken and guide you to a new equilibrium.

Nature is our origin—the root that connects us. From this essence springs our mission: to offer you an authentic experience of renewal and wellness.

Our Spa Team is always at your service.

SIGNATURE TREATMENTS

SOFT CLOUD

An experience of deep regeneration for body and mind, created through a perfect symphony of sensory elements. This exclusive ritual for our guests is performed in our “Nuvola” dry float bed: gentle water movement and natural aromas envelop the room, easing the body into release, softening stress and improving sleep quality—inducing weightless calm and profound relaxation.

OUR SELECTION

THE RED SPRUCE

50 min / € 90

Localized exfoliation and wrap with arnica and St. John’s wort to dissolve tension, relieve fatigue and invigorate body and mind—restoring energy and lifting the mood.

THE GREEN BEECH

50 min / € 90

Localized exfoliation and wrap with marine algae and Dead Sea salts to lighten and relieve tissues, stimulate microcirculation and improve tone and firmness.

THE LARCH & TURPENTINE

50 min / € 90

Localized exfoliation and wrap with wildflower honey to oxygenate, drain and gently detox the skin.

SALT BLOSSOM

A purifying journey crafted from the precious natural resources of Trentino. Alpine botanicals and essences unveil their intense fragrance, leaving the body fresh and supple while calming mind and spirit.

OUR SELECTION OF ESSENCES

RELAX

45 min / € 60  / € 120 

Localized exfoliation for the upper body, abdomen and arms; a targeted massage with stretching techniques to reduce tension and relax the musculature.

INFUSION

45 min / € 60  / € 120 

Localized exfoliation for the lumbosacral and lower back area; a specific massage to ease tightness and muscular contractures.

BALSAMIC

45 min / € 60  / € 120 

Localized exfoliation for the lower body, feet and legs; a targeted massage with stretching to reactivate circulation, ease fatigue and relieve heaviness.

AN EXQUISITE FINISHING TOUCH

At the end of each ritual, treatment or massage, we offer a warm or chilled herbal infusion, personalized to your taste—so your moment becomes even more special.

FARMOGAL FACIAL TREATMENTS

FARMOGAL

Born from pharmaceutical research in 1954 and transformed in 1974 by Dr. Fabio Galliano of the University of Padua into a cosmetic house—upholds a legacy of certified quality, maximum efficacy and absolute safety.

ELEGANCE

Farmogal technology harnesses the synergy of infrared and gentle vibration, combined with a tailored cosmetic protocol, to stimulate collagen, elastin and hyaluronic acid. This device is used in facial and body treatments to heighten results.



PRINCIPI

Your Perfect Skin
50 min / € 80

A biorhythm calibrated ritual that normalizes the skin in harmony with its vital cycles. With carrot, royal jelly, hyaluronic acid and collagen, the Principi program adapts to every skin condition and aesthetic need, regardless of age.

C&P ROSE

For Delicate Skin
50 min / € 85

Dedicated to sensitive, reactive, thin and fragile skin with a tendency to couperose. Oat colloids and rutinoides provide immediate soothing with dermatological safety.

CHIC PELLE

Regenerate & Renew
50 min / € 85

A renewing treatment that respects the skin’s structure and function, helps prevent and correct discolorations, and restores youthful radiance.

FEELING TIME

Anti Age Treatment
50 min / € 90

An anti aging strategy that pairs anti gravity stimulation and “Gomming” massage techniques with Ageing & Lifting cosmetics to redefine facial contours, create a lifting effect, strengthen support and increase skin firmness.



STRATO SOTTILE

75 min / € 125

A queenly ritual: the first anti aging treatment for the body, leaving the skin silky, compact and exquisitely fresh.

CENTO PER CENTO CORPO

50 min / € 70

A draining, antioxidant anti aging treatment effective against cellulite. Pineapple body peeling removes surface impurities, followed by a pineapple massage with lipolytic action.

TERMAESTETICA

50 min / € 80

A hydrotherapy pathway to maintain optimal metabolic balance, detox the skin, improve plasma fluidity and reactivate physiological processes. The alternation of hot and cold promotes muscle relaxation, systemic responsiveness and a gentle metabolic boost.

FORTY TWO

50 min / € 80

A localized treatment that stimulates metabolism and reduces targeted imperfections—shaping and refining the silhouette.

HOT/COLD BANDAGES WITH MASSAGE

50 min / € 75

Highly effective products on special elastic bandages trigger intense vasoconstriction and dilation that continues for up to two hours. Ideal for heavy legs, abdominal bloating and localized adiposity.

BANDAGES WITH LINFO PRESS

50 min / 80

Peristaltic pressomassage with nine differentiated sectors and precise pressure control—ideal for draining upper and lower limbs. Combined with bandages, it significantly enhances draining and toning.

LINFO PRESS (Pressomassage)

30 min / € 50

GOMMING LEGS & ABDOMEN

50 minuti / € 80

GOMMING ABDOMEN & ARMS

40 min / € 60

Gomming Anti Gravity Program: restores the skin's physiological volume, hydrates and nourishes the dermis, and expands connective tissue compressed by gravity—delivering rapid, visible results. It enhances diffusion of oxygen rich nutrients and stimulates skin detoxification, counteracting the passage of time, heaviness and cellulite related imperfections.



TEAM DOTT. JOSEPH BODY TREATMENTS

In 1986, in the heart of South Tyrol, founder Dr. Joseph Franz discovered his passion for officinal plants and created certified, sustainable high tech natural cosmetics—products that are kind to both body and planet, using only carefully selected natural raw materials.

AROMA BODY SCRUB

45 min / € 70

A complete, reactivating body peeling using a special linen copper glove or Dead Sea salt with precious essential oils. It boosts blood and lymphatic circulation, stimulates metabolism and purifies—an aromatic experience with revitalizing action.

DETOXIFYNG AND REVITALIZING TREATMENT

90 min / €140

An effective anti cellulite ritual that works deeply on complexion and connective tissue. Cupping, combined with highly active natural products, visibly reduces cellulite and improves tissue condition. A reactivating foot bath, stimulating body scrub and specialized massage promote detoxification and ensure pleasure and results.

ENERGIZYNG HERBAL STAMP POWER TREATMENT

50 min / €90

A reactivating ritual with warm herbal stamps applied in light pressure and tapping techniques for a gentle peeling effect, improved circulation and a stimulated metabolism. The refined aromatic oils help relieve stress and restore vitality.

TEAM D^R JOSEPH

DYNAMIC RECREATION BACK MASSAGE

50 min / €80

A restorative, fully personalized back treatment. Highly effective natural massage oils optimize results. The combination of cupping and Tibetan singing bowls eases tension and increases spinal flexibility.



TRADITIONAL MESSAGES

MIND RELAXING AROMA MASSAGE

Massaggio total body

50 min / € 80

An enveloping ritual that blends soothing manual techniques with the aromatherapeutic power of natural essential oils—dissolving tension, re-balancing energy and instilling deep serenity.

DYNAMIC FEET AND LEGS MASSAGE

Massaggio parziale

30 min / € 50

A strengthening massage for feet and legs that refreshes, revitalizes and relaxes completely.

RELAXING HEAD AND NECK MASSAGE

Massaggio parziale

30 min / € 60

Massage with basalt stone sticks that awaken the senses. Special massage techniques on the head, neck, and shoulders, combined with highly effective plant extracts, release tension and clear the mind.

SPORT AND PERFORMANCE BODY MASSAGE

50 min / €90

A revitalizing treatment with arnica and St. John's wort to stimulate circulation, maintain muscular elasticity and infuse joints and muscles with renewed energy and strength.



MASSAGGI SPECIALI

FEET REFLEXOLOGY

25 min / € 55

Ancient wisdom maps the body's energies onto the feet. Targeted pressure brings holistic balance to body and mind.

LYMPHATIC DRAINAGE MASSAGE

50 min / € 80

Vodder method—light, delicate techniques reduce swelling and aid lymphatic reabsorption; also suitable during pregnancy.

DRAINING MASSAGE

50 min / € 85

Deep, activating techniques stimulate venous and blood circulation, target concerned areas, mobilize connective tissue and remove excess toxins.



MAGICAL RITUALS OF THE WORLD

A journey through cultures and ancient knowledge from around the world—reinterpreted in our pristine Alpine refuge.

CANDLE MASSAGE

50 min / € 85

A warm, fragrant candle of nourishing butters melts onto the skin, releasing tension for a multisensory, holistic experience.

LOMI LOMI MASSAGE

50 min / € 85

A Hawaiian technique using forearms and slow, wave like motions—an embrace that promotes harmony with oneself and the surrounding world.

MASSAGE WITH TIBETAN BELLS

50 min / € 90

Tibetan singing bowls, ancestral instruments of Himalayan culture, create deep relaxation, energetic balance and holistic harmony for body, mind and spirit.

DEEP RELAX STONE MASSAGE

50 min / € 85

A hot stone ritual with aromatherapeutic oils that stimulates lymphatic flow, decongests and calms the nervous system. Basalt stones gently harmonize the seven chakras for complete relaxation and renewed well being.

AYURVEDA THERAPY

Ayurvedic threedosha Massage

50 min / € 90

A tridoshic ritual that harmonizes Vata, Pitta and Kapha with enveloping and releasing techniques—restoring psycho physical and energetic balance.



HOBEPERGH

On the Asiago plateau, with over 20 years of expertise, Hobepergh reimagines “natural” to create certified, effective beauty solutions with unique, innovative patents—constantly evolving with modern biotechnologies for discerning guests.

LUXURY TREATMENT WITH ALPINE HERBS

60 min / € 95

A deeply detoxifying ritual. A stimulating brush of pure Tampico fibers prepares the skin, followed by a warm, soothing hay wrap; the finale is a decongesting massage with camelina oil.



LITTLE BIG TREATMENTS

Fulfilling the wishes and needs of our youngest guests is our priority – here their dreams can come true! These treatments are reserved for children aged 4 to 12.

BLUE FAIRY

30 min / € 40

An enveloping, fragrant massage with coconut butter and sweet almond oil—nourishing the body while natural aromas transport the imagination to a fairytale forest.

SUPERHERO

30 min / € 40

A mood boosting, nourishing massage with sweet almond oil and cocoa for a delightful, multisensory experience.

RITUALS & INDULGENCES - COUPLE'S MASSAGES

A deep meeting with your partner: breathing and moving in the same rhythm to share an unforgettable experience.

HONEYMOON

50 min / € 180 

The nutrients of multifloral honey—rich with diverse pollens—provide antioxidant and stimulating properties. Paired with our garden's balsamic herbal balm, this ritual enhances both physical and mental well being.

Served with a purifying cocktail of fresh mint and multifloral honey for inner clarity.

DANCE OF FLAVOURS

50 min / € 180 

A highly sensorial rite of citrus aromas—nourishing and calming. As the butters melt, their memorable bouquet evokes pristine places to rediscover together.

Concludes with a refined elderflower beverage with fresh lemon and lavender—an immediate feeling of freshness and renewal.

CITRUS EMBRACE

50 min / € 180 

Restores the skin's natural balance with bright citrus and Alpine notes, relaxing muscles and purifying the spirit. A natural Tampico brush and black Argan soap prepare the skin; a cocooning camelina oil massage—also ideal for delicate skin—restores elasticity and nourishment.

Paired with a fondue of citrus fruits drizzled with Alpine herb honey: Mediterranean flavours in harmony.

CAREFREE

50 min / € 180 

A localized Alpine herb ritual-detoxifying and regenerative. A Tampico brush relieves fatigue, followed by an officinal herb wrap and a relaxing massage with arnica and St. John's wort to release every tension.

Served with a revitalizing herbal beverage inspired by flowering meadows—energy and balance for the body.



MULTISENSORY PATHS

Personalized sensory journeys to pair with your stay—designed to restore energy and deliver 360° well being.

COUPLE’S TRAIL

For two

An exclusive couple’s ritual to reconnect with your partner and restore harmony together, thanks to alpine treatments and herbs.

1° GIORNO

Personalized steam bath scrub with seasonal herbs
Brush and hay wrap
Localized massage
Herbal infusion of your choice

2° GIORNO

Principi facial
Head & neck massage with aromatherapy
Herbal infusion

€ 220 / € 199

DOLOMIAN BEAUTY

For her

A personalized natural beauty journey for her, inspired by the strength of the Dolomites: scrubs, detox treatments, and facial rituals for radiant, revitalized skin.

1° GIORNO

Steam bath scrub with ginger/lemon
Bandages & Linfo Press
Herbal infusion

2° GIORNO

Chic Pelle facial
Herbal infusion

€ 200 / € 169

ALPINE BEAUTY

For him

A regenerating ritual for him, inspired by the spirit of the Alps: targeted treatments and massages to restore energy, balance, and deep natural well-being.

1° GIORNO

Steam bath scrub
Cupping & localized back massage
Forest berry herbal infusion

2° GIORNO

Berry wrap with foot massage
Craniosacral massage
Herbal infusion

€ 200 / € 169

INFINITE ROSE

Natural beauty

If beauty had the name of a flower, it would be called rose. Inspired by this principle, our package is dedicated to the most attentive care of the body, both inside and out.

1° GIORNO

C&P Rose facial
Craniosacral massage
Herbal infusion

2° GIORNO

Foot and hand bath with nourishing wrap
Four hands massage for hands and feet
Herbal infusion

€ 230 / € 190

MEDITERRANEAN BODY

Rassodante profondo

A body ritual inspired by the aromas and beneficial properties of the Mediterranean. Fennel and licorice, known for their purifying and draining virtues, accompany a treatment designed to reshape, tone, and deeply stimulate the tissues.

1° GIORNO

Steam bath scrub with fennel/licorice
Cupping massage for legs & abdomen
Herbal infusion

2° GIORNO

Gomming body (abdomen & legs)
Elegance massage
Herbal infusion

€ 260 / € 209

MEMORABLE RELAX DAY

Dedicato al DAY SPA

Make your day of relaxation truly memorable: our Day Spa package is designed to recharge you at your best. Let our chefs pamper you and enjoy a tailor-made moment of relaxation.

Access to pools from 09.00 to 20.00

Detox lunch menu*

Personalized steam bath scrub

Afternoon snack from 17.00 to 18.00

Seasonal herbal infusion

€ 90 / € 79

*Detox lunch menu available at the Reception

BEAUTY EXPERIENCE – QUICK SERVICES

Personalized beauty services to enhance your appearance while nurturing inner harmony.

MANICURE	30	min / € 30
PEDICURE	60	min / € 40
CURATIVE PEDICURE	60	min / € 50
UNDERARM WAX	10	min / € 10
ARM WAX	30	min / € 15
FULL LEG WAX	40	min / € 40
HALF LEG WAX	30	mini / € 30
BIKINI LINE (CLASSIC)	15	min / € 15
BIKINI (FULL)	30	min / € 20
BACK WAX	30	min / € 20
EYEBROW WAX	20	min / € 10
FACIAL WAX	20	min / € 10
GEL POLISH REMOVAL	30	min / € 15
GEL POLISH	50	min / € 35
PIGMENTA™ GEL POLISH	50	min / € 35
CLASSIC POLISH ONLY	30	min / € 10





A GIFT LOVED BY ALL

Request your gift voucher-
for a Spa day or a personalized
treatment to delight someone
special.

LA DOLCE VITA

DAY SPA OFFERS

Enjoy a day devoted to your well
being: leave routine behind and
find yourself again in our signatu-
re Spa.

FROM MONDAY TO THURSDAY

Day Spa + Afternoon Snack

€ 40

3 Entry Pass:

€120- / € 99

FROM FRIDAY TO SUNDAY

Day Spa + Afternoon Snack

€ 50



VITANOVA WELLNESS

Sport Hotel Panorama and La Dolce Vita Spa are proud members of Vita Nova Wellness, the Trentino consortium of excellence. Combining refined hospitality with an innovative approach that goes beyond the traditional spa concept, Vita Nova guides you on a truly regenerative journey. Learn more at Reception.



INFORMATION LA DOLCE VITA SPA

BEAUTY

Our wellness therapists welcome you with courtesy and professionalism, recommending treatments and products tailored to your needs from Farmogal, Team Dr. Joseph and Hobepergh.

Please arrive a few minutes before your appointment to ensure smooth service. Cancellations made after the day prior to the appointment will be charged 50% of the treatment value. We recommend booking well in advance at Spa Reception (10:00-19:00) or by calling 0461 583134.

OPENING HOURS LA DOLCE VITA SPA

POOLS: 08.00 - 20.00

Children under 14 must be accompanied by an adult. From 18:00 to 20:00, the wellness area is reserved for adults (14+).

SAUNAS: 10.00 - 20.00

Guests under 14 are not permitted. Swimwear is not allowed in the sauna area. Disposable swimwear is available upon request at Spa Reception.

BEAUTY FARM TREATMENTS: 10.00 - 19.30

BEAUTY RECEPTION - INFO & RESERVATIONS: 10.00 - 19.30

BIOENERGETIC GARDEN

At the heart of our hospitality lies a rare experience: the bioenergetic garden. A place where nature's silent yet powerful energy is felt when respected and truly listened to. Each plant and tree is carefully chosen and positioned according to ancient yet innovative knowledge that studies how the Biosphere influences our well being. Everything lives in harmony with the natural frequencies that regulate vital functions—as if the earth itself knew how to care for us.

Walking through this garden—pausing, breathing—means attuning to a gentle, invisible force. Plants transmit their beneficial properties even at a distance, creating a micro environment that calms, regenerates and nourishes deeply. We wish to offer more than a pleasant holiday: a way of living that embraces body, mind and spirit in profound balance.

GRANDER® REVITALIZED WATER

With our commitment to authentic well being, we have installed a Grander water revitalization system. The water you drink here is livelier, purer and rich in energy. A simple act—drinking a glass of water—becomes part of a regenerating experience that gently cares for you.



OUR SPA - FACILITIES

- INDOOR POOL 31 °C
- INDOOR HOT WHIRLPOOL 35 °C
- CHILDREN'S INDOOR POOL 31 °C
- INDOOR SALINE POOL 32 °C
- OUTDOOR HOT WHIRLPOOL 35 °C WITH SWIM THROUGH CHANNEL FROM THE SPA AND MOUNTAIN VIEW
- OUTDOOR POOL 32 °C
- OUTDOOR HOT WHIRLPOOL 35 °C
- TYROLEAN SAUNA
- BIOSAUNA
- “CYCLE OF WONDER” EXPERIENCE SHOWER
- TURKISH STEAM BATH
- LACONIUM WITH THALASSOTHERAPY
- ICE FOUNTAIN
- ALPINE HUT RELAX AREA WITH HEATED WATERBEDS
- PANORAMIC RELAXATION AREA & WINTER GARDEN
- HERBAL TEA LOUNGE

OUR COSMETIC HOUSES

- FARMOGAL
- TEAM DR JOSEPH
- HOBEPERGH





ALP & WELLNESS
SPORTHOTEL
PANORAMA
T R E N T I N O
DOLOMITI
dal 1885 ★ ★ ★ ★

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