For your body. For your soul.

SPA Menu

aROSA

Dear Guest,

at the A-ROSA SPA, everything begins with a simple belief: every person is unique. That is why our treatments are not routines, but thoughtful recommendations — attuned to what feels right for you in this very moment. Whether you seek regeneration, activation, or deep relaxation, our experienced team of therapists is here to guide you with genuine expertise, attentive to your wishes and present with you throughout your journey.

What awaits you is not a promise of perfection, but an invitation — crafted with care, accompanied with sensitivity, and centred on what truly matters:
you.

A space for you. A moment for you. An experience for you.

VINOBLE COSMETICS

[vegan. nachhaltig. intensiv-pflegend. unisex.]

Our Partner:
VINOBLE COSMETICS – the power of the grape.

With VINOBLE COSMETICS, we have found a partner who shares our values: natural purity, sensuality, and effectiveness in perfect harmony. Inspired by the power of the grape, the products blend the delicate scent of grapes and roses with highly concentrated active ingredients that bring renewed freshness and vitality to the skin. Pure in design, clean in formulation, and unmistakable in their results.

At the heart of this philosophy lies the knowledge of traditional European natural medicine, with a dedicated focus on vinotherapy. The result is an experience that reaches far beyond skincare: a moment of conscious mindfulness, a nurturing ritual for body and mind — exclusively at A-ROSA.

VINOBLE COSMETICS

Care that touches the senses.

VINOBLE PURE Facial Treatment

Facial treatment for sensitive skin and delivery of active ingredients through iontophoresis.

- Deep cleansing, exfoliation and toning
- Revitalising essence
- Targeted concentrate
- Iontophoresis treatment
- Relaxing facial, neck and décolleté massage with mask
- Eye care and finishing treatment

A beauty ritual designed for sensitive skin, capable of combining delicacy and visible results. This exclusive treatment uses Vinoble's Pure line, which is based on extracts from plant stem cells. These natural active ingredients work on all layers of the skin, promoting regeneration, comfort and protection, even in the most reactive skin. In addition, thanks to the iontophoresis used during the treatment, the active ingredients are conveyed in depth with gentleness, improving penetration and amplifying effectiveness without irritating the skin.

60 minutes | **from 165 €**

Our recommendation:

After each cosmetic treatment and massage, we invite you to let the experience continue to unfold in silence.

In our cozy relaxation area you can indulge in a moment of true detachment, enjoying a cup of hot tea, sipping vitamin water and enjoying an enveloping atmosphere.

The beneficial effects of your treatment will develop even more profoundly: the body will regenerate, the mind will find calm and the senses will regain their balance.

LONGEVITY Facial Treatment

Designed for mature and demanding skin.

- Deep cleansing, exfoliation and toning
- 4D Laser Light mask
- Active ingredient treatment
- Facial, neck and décolleté massage
- Eye care and finishing treatment

The concept of skin longevity stems from the awareness that the skin has natural regenerative abilities: over time, these processes tend to slow down. Our treatment with the Vinoble Cosmetics 4D laser mask, combined with high-dose cosmeceuticals, specifically activates the skin's repair mechanisms, promoting a visible transformation in a short time. The result? A rejuvenated, compact, uniform skin. Wrinkles and fine lines are reduced, firmness is awakened; pigmentation spots, dark circles and redness appear visibly reduced. The laser light penetrates the deep layers of the dermis and stimulates collagen, while the surface is illuminated by a radiant complexion. Give your skin a special glow, as if every day writes a new page of your radiance.

75 minutes | from 175 €

VINOBLE Facial Treatment

Exclusive facial treatments tailored to your wishes and needs.

- Cleansing and exfoliation
- Eyebrow shaping
- Concentrate cocktail
- Eye mask
- Special mask for face and décolleté
- Hand care treatment
- Eye care and finishing treatment

A treatment designed for those who want to give the skin freshness, vitality and firmness in a short time: after a gentle cleansing that respects skin sensitivity, a tailor-made peeling is used to regenerate the complexion. This is followed by a mask rich in deep-acting active ingredients that nourishes and strengthens, while a facial massage with precious essences completes the experience, restoring radiance, comfort and visibly renewed skin.

60 minutes | from 139 €	90 minutes | from 179 €

VINOBLE Face Yoga

For a more defined facial contour.

- Cleansing and toning
- Fascia massage tool treatment
- Hydrating care
- Finishing treatment

A quick but surprisingly effective ritual, designed to awaken the skin, relax the features and restore radiance. In just twenty minutes, the lymphatic facial massage, performed with the myofascial instrument, stimulates microcirculation, dissolves deep tensions and promotes the drainage of excess fluids: all this translates into a fresher and more compact complexion. This treatment is ideal if you want a moment of intense and visible well-being, without wasting time: the face immediately appears smoother, the contours redefined, the skin more toned and radiant.

30 minutes	from 49 €

Our signature.

A-ROSA Signature Ritual

Breathe in. Let go.
Be present.

Treat yourself to a unique sensory journey: a complete ritual that pampers every corner of the body. We start with a foot ritual, followed by a full-body peel that brightens the skin. We continue with a massage with Balance cushions and a sequence dedicated to the head, shoulders, neck and décolleté to release any tension. Finally, a regenerating facial treatment with a tailor-made mask and a final care that leaves the skin deeply harmonized and radiant. This ritual is a hymn to well-being: engaging, rejuvenating and transformative.

90 minutes

from 169 €

The art of massage.

VINOBLE COSMETICS

VINOBLE Balance Massage

A harmonising full-body massage with warm grape-seed pouches that gently release tension and restore the body's natural energy flow. Rhythmic massage movements stimulate the release of endorphins, support the immune system and promote deep inner calm. Ideal for reducing stress and restoring balance to body and mind.

75 minutes | from 159 €

VINOBLE Detox Massage „Vinotherapie“

A complete treatment that stimulates reflex points all over the body, promoting drainage and the release of tension. The use of a specific myofascial instrument intensifies the efficacy, improving circulation and tissue mobility. Ideal for those looking for deep and lasting well-being.

60 minutes | from 129 €

Partial Massage

Customize your moment of relaxation by choosing the duration – 30 minutes – and the oil that best meets your needs among the Pure, Stimulating, Detox or Relaxing variants. Each massage is modulated according to your problems: muscle tension, stress, fatigue or desire for purification. VINOBLE grape seed oil, with its action rich in antioxidants, nutrients and silky textures, enhances the effect of the treatment, giving comfort, elasticity and splendid radiance to the skin.

30 minutes | from 79 €

Full Body Massage

Customize your moment of relaxation by choosing the duration – 60 minutes – and the oil that best meets your needs among the Pure, Stimulating, Detox or Relaxing variants. Each massage is modulated according to your problems: muscle tension, stress, fatigue or desire for purification. VINOBLE grape seed oil, with its action rich in antioxidants, nutrients and silky textures, enhances the effect of the treatment, giving comfort, elasticity and splendid radiance to the skin.

60 minutes | from 139 €

90 minutes | from 179 €

Hot Stone Massage

A deep treatment that uses heated lava stones to release muscle tension and improve circulation. The heat of the stones dilates the blood vessels, promoting an optimal supply of oxygen and nutrients to the tissues. This massage helps reduce stress, relieve muscle and joint pain, and improve skin elasticity. A ritual that regenerates body and mind, giving a feeling of deep well-being.

60 minutes | from 149 €

Candle Massage

A unique sensory experience that combines the enveloping warmth of the candle and the richness of vegetable butters. During the treatment, the wax turns into a warm oil that deeply nourishes and moisturizes the skin, leaving it soft and velvety. The slow, enveloping movements of the massage release muscle tension, while the delicate fragrances promote deep relaxation. A ritual that pampers body and mind, giving lasting well-being.

60 minutes | from 149 €

Osteopathic Full-Body Massage

Ostepathic massotherapy is a therapeutic massage practice optimal for the skeletal muscle system. The aim is to normalize posture, improve muscle tone or reduce pain through the cobined use of various massage therapies, osteopathic and articulatory techniques on one or more body segments.

60 minutes | from 149 €

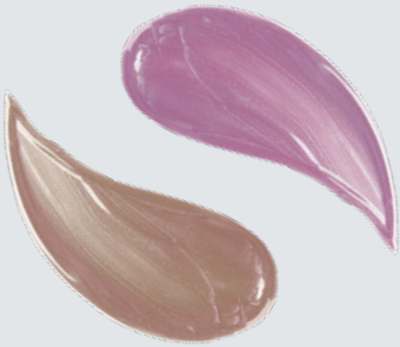
Osteopathic Partial-Body Massage

A targeted osteopathic treatment designed to release tension and support the body's natural balance. The treatment focuses on specific areas of the body and is tailored to your individual needs and current concerns.

30 minutes | from 75 €

VINOBLE COSMETICS

Soft hands. Light steps.



SPA Manicure

A complete treatment that pampers and regenerates the hands. It includes traditional manicure with cutting, filing and cuticle care, followed by exfoliation, nourishing mask and relaxing massage.

60 minutes | from 75 €

SPA Pedicure

A complete treatment for healthy and regenerated feet. It includes cutting, filing and nail care, callus removal, exfoliation, moisturizing mask and relaxing massage.

60 minutes | from 85 €

VINOBLE Foot Ritual

A sensory ritual that begins with a gentle grape seed and salt scrub, followed by a foot massage to stimulate circulation. The vibration of the Tibetan bell, played with a wooden clapper, amplifies the therapeutic effect, promoting the release of tension and energy rebalancing. A unique experience that regenerates body and mind.

30 minutes | from 69 €

Nail polish application – O.P.I. Nature Strong

Classic nail polish

Enhance your nails with the Nature Strong polishes by O.P.I.. Rich in highly pigmented, plant-based ingredients, these colours provide natural shine, reliable durability and a radiant finish.

15 minutes | from 20 €

Nail polish application – O.P.I. GelColor

Long-lasting Shellac finish

For an especially long-lasting and flawless result, we recommend our Shellac application. Carefully applied for intense colour brilliance, high shine and a durable finish, it retains its elegance for days – ideal for a consistently polished appearance.

25 minutes | from 30 €

Beautiful Eyes Ritual

Add-on

For a radiant eye area.

- Eyelash & Eyebrow Tint
- Eyebrow Correction
- Final care with hand massage

Complete treatment with tint, eyebrow correction and hand massage. It includes the application of a moisturizing product for the eye area, for a fresh and radiant look.

30 minutes | from 49 €

Eyelash and Eyebrow Lamination

For beautifully defined eyes

An advanced beauty treatment that nourishes, strengthens and defines lashes and eyebrows in a natural way. The lashes appear more curved, long and voluminous, while the eyebrows are combed and fixed for a full and tidy effect. Ideal for an intense look without makeup.

60 minutes

from 120 €

Find strength. Feel calm.

Exclusivity begins where relaxation doesn't have to be shared. Our Private SPA Suites offer a secluded space for retreat, tranquillity and holistic well-being – far removed from everyday life, in complete privacy.

Private SPA Suite Premium

Enjoy intimate luxury and relaxation on 45 m², including indoor and outdoor spaces, designed for the well-being of two people. This exclusive retreat includes a private treatment area, sauna with relaxation area and a large terrace ideal for a rejuvenating break.

Arrangement 1:
The package includes a 25-minute couple's massage, access to the SPA and a special welcome with a romantic set-up: wine and fresh fruit to toast your moment of relaxation.

2 hours | from 300 €

Arrangement 2:
The package includes a 60-minute couple's massage, access to the SPA and a special welcome with a romantic set-up: wine and fresh fruit to toast your moment of relaxation.

4 hours | from 500 €

Private SPA Suite Deluxe

Experience luxury and privacy on 80 m², ideal for up to 6 people between indoors and outdoors. Indulge in ultimate relaxation with a separate treatment area, a large soaking tub, a sauna with relaxation area and a terrace with sun loungers and views of the SPA garden.

Arrangement 1:
The package includes a 25-minute couple's massage, access to the SPA and a special welcome with a romantic set-up: wine and fresh fruit to toast your moment of relaxation.

2 hours | from 400 €

Arrangement 2:
The package includes a 60-minute couple's massage, access to the SPA and a special welcome with a romantic set-up: wine and fresh fruit to toast your moment of relaxation.

4 hours | from 600 €

Self Care Concept

Time for me. Space for me.
A moment that is entirely mine.

Treat yourself to an exclusive break in our Premium SPA Suite – just for you. Enjoy total privacy and create your own wellness rituals according to your wishes. With our Self-Care packages, you apply the products yourself and enjoy an experience of pure relaxation.

Glow Boost

A soothing beauty ritual for a radiant complexion: gentle cleansing, a refreshing toner, the revitalising Laser Light mask and a nourishing serum leave your skin visibly refreshed and full of new energy.

1 Person:

45 minutes | 69 €

2 Persons:

45 minutes | 129 €

Velvet Touch

For silky-soft skin: create your own body scrub using natural ingredients and pamper your skin with selected oils from VINOBLE COSMETICS.

1 Person:

45 minutes | 69 €

2 Persons:

45 minutes | 129 €

Skin Happiness

A gentle self-care moment for calm, balanced skin: cleansing, toning, the regenerating Pro-Youth mask, and a serum that deeply nourishes and soothes.

1 Person:

45 minutes | 69 €

2 Persons:

45 minutes | 129 €

Hair SPA

A soothing self-care ritual for a relaxed scalp and beautifully nourished, silky-soft hair: gentle cleansing with shampoo and conditioner, nourishing grapeseed oil and an invigorating scalp massage promote well-being, release tension and restore a sense of lightness.

1 Person:

45 minutes | 69 €

2 Persons:

45 minutes | 129 €

Inspired by Lake Garda.

A sensory journey inspired by the authentic nature of Lake Garda. Our exclusive rituals combine precious local ingredients – such as olive oil, lemon, citrus fruits and Mediterranean herbs – to regenerate the body, awaken the senses and restore inner harmony. Experiences designed to nourish the skin and rebalance mind and spirit.

Onde del Garda

The water element of Lake Garda is the soul of this fluid, slow and harmonious ritual. The movements recall the gentle motion of the waves, while enveloping scents and silky textures accompany every gesture in a deeply relaxing SPA experience.

A treatment that dissolves tension, rebalances energy and gives a feeling of absolute lightness. As if immersed in the calm waters of the lake, the body regenerates, the mind calms down and the senses awaken in perfect harmony.

90 minutes | from 169 €

Dolce Limoncello

Body Scrub & Massage

Inspired by Garda's love of lemon, this citrus scent blends with Mediterranean sea salt. Our Limoncello scrub gently exfoliates the skin, awakening the senses and leaving body and skin feeling pure gentle.

A complete ritual that helps to loosen muscle contractures, give energy and gives well-being to the face as well, for a revitalizing and harmonious effect on the whole body.

90 minutes | from 169 €

Verde Garda detox

A natural path to purify the body and lighten the mind. Mediterranean herbs and vegetable mud blend with the authentic scents of Garda for a draining, revitalizing and rebalancing treatment.

This ritual stimulates circulation, promotes the elimination of toxins and gives a deep feeling of lightness, bringing body and spirit back to their purest essence.

100 minutes

from 179 €

VINOBLE COSMETICS

A little time away. A great deal of family joy.

Pregnancy Massage Ritual “Mom-to-Be”

A gentle, nurturing full-body massage designed especially for expectant mothers*. This treatment helps relieve tension in the back and legs, reduces swelling, and promotes deep relaxation. Using only pure grape seed oil, which is light, natural, and safe during pregnancy, the Mom to Be massage supports circulation and provides comfort and well-being for both mother and baby

60 minutes | from 139 €

Shared Relaxation Massage

It strengthens the bond with a shared wellness experience: a relaxing massage to be enjoyed together, designed for parents and children. A unique opportunity to relax, find harmony and create precious memories.

Mother & daughter or father & son:

30 minutes | from 119 €

*Please note: this treatment is recommended only from the third trimester of pregnancy.

Kids Only (ages 6–14)

Kids Facial

Delicate and tailor-made treatments to let the little ones experience the pleasure of taking care of themselves.

30 minutes | from 49 €

Kids Massage

Delicate and tailor-made treatments to let the little ones experience the pleasure of taking care of themselves.

30 minutes | from 49 €

Packages

Three paths. One goal: your holistic well-being. Our curated signature packages combine targeted treatments, effective techniques and carefully balanced rituals designed to bring body and mind into harmony. Whether deep regeneration, renewed vitality or clarifying renewal – each experience is created to provide tangible impulses and restore lasting balance.

Moments of mindful retreat that truly make a difference. For restful nights, energised days and a sense of inner clarity that stays with you.

Sleep

Deep relaxation
for restful nights.

The Sleep Package is designed to gently guide your body and mind into a state of complete relaxation. This restorative experience combines soothing treatments that ease tension, calm the nervous system, and promote a natural sense of tranquility.

Perfect for anyone seeking deeper rest, reduced stress, or a peaceful escape from daily life, the Sleep Packages helps create the ideal conditions for a truly rejuvenating night's sleep. Let yourself unwind, slow down, and rediscover the pleasure of drifting off effortlessly.

270 minutes | from 480 €

Detox

Renew – Purify –
Rebalance.

Our Detox Packages are designed to help your body rest, release accumulated tension, and restore its natural balance. Throuhg a combination of purifyng treatments, revitalizing techniques, and gentle support for the body's cleansing processes, these packages promote a deep sense of renewal from the inside out.

Ideal for those feeling tired, heavy, or overwhelmed, the Detox experience boosts vitality, enhances clarity and leaves you feeling lighter, refreshed, and re-energized. Give your body the break it deserves and embrace a journey of compleye rejuvenation.

340 minutes | from 530 €

Energy

Restore your inner Vitality.

Our energy packages are designed to awaken your senses, uplift your spirit, and recharge your entire system. Through a blend of invigorating treatments, stimulating techniques, and targeted support, these packages help boost circulation, enhance mental clarity, and restore natural energy levels.

Perfect for anyone feeling drained, sluggish, or in need of dynamic reset, the energy experience leaves you feeling revitalized, balanced, and ready to take on the day with renewed strenght. Reignite your vitality and let your energy flow freely again.

255 minutes

from 430 €

Savour mindfully.

SPA Etiquette

Cancellations:
Please let us know at least 24 hours in advance if you wish to reschedule or cancel your appointment. For short-notice cancellations (less than 24 hours), we will charge 100% of the treatment price.

Pregnancy & Breastfeeding:
Congratulations. Many of our treatments can also be enjoyed during this special time. Please consult your doctor beforehand and let us know your wishes. We recommend treatments from the fourth month of pregnancy onwards.

Preparation & Arrival:
Please arrive 5–10 minutes before your treatment begins so you can start your time with us feeling relaxed. In the event of late arrival, the treatment time will be shortened accordingly.

Quiet:
Our SPA is a place of calm and relaxation. Please help us preserve its peaceful atmosphere and be considerate of other guests.

Places to Unwind:
Our relaxation and quiet rooms invite you to linger, let the warmth of the sauna continue to work its magic, and recharge in peace.

Children:
Our younger guests aged 6 and above are also very welcome. Treatments are available only when accompanied by a parent or legal guardian and with written consent.

- **1,900 m² wellness area**
  with SPA garden and fountain.
- **Spacious pool area with outdoor pool**
  Let yourself drift, surrounded by Mediterranean flair.
- **Varied sauna landscape**
  Experience the soothing warmth of the Finnish sauna, bio-herbal sauna, exfoliation sauna and salt sauna.
- **Inviting relaxation areas**
  Quiet zones overlooking the SPA garden.

Book your Me-Time now:

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