

# LATEMAR

SPA & WELLNESS

RESTORE THE BALANCE BETWEEN BODY AND SOUL



## LATEMAR SPA & WELLNESS

# A TEMPLE OF ENERGY. THE DOOR TO YOUR WELL-BEING.

Embrace the beauty of simplicity. Set your spirit free. Surrender to the magic of the moment.

This is the essence of our philosophy of well-being. A voyage through the world's wellness rituals, seeking harmony between body and mind.

An experience that awakens your senses and leads you through interplays of light, mystical atmospheres, and the aromas of distant lands. Water glides over your skin, clay moulds itself to your body, rose quartz imbues you with new energy, heat enfolds you, and the #latemarview makes your heart sing. A feeling of well-being inspired by the fusion of natural elements.

Your being vibrates in perfect harmony with the world, your soul soars. Discover the pure, primal balance that reigns amidst the Dolomites.





# *SPA ONIRO*

JUST YOU AND THE VIEW

In the place where it all began.  
Embark on a journey of well-being as you  
discover world rituals with an enchanting  
view of the Dolomites.



# YOUR WORLD OF WELL-BEING, INSPIRED BY OUR WORLD



We've travelled the world to bring home precious, ancient rituals of purification, balance, and well-being, then enriched them with our Ladin tradition to give you a revitalising experience without compare.

FROM THE GREEK **ὄνειρος**, MEANING DREAM, THE ONIRO SPA IS A PLACE THAT EXUDES EXTRAORDINARY CHARM, WHERE THE BOUNDARIES BETWEEN SPACE AND TIME MELT AWAY TO REVEAL A DREAM PANORAMA: THE #LATEMARVIEW.





## AN EXPERIENCE IN *ONIRO* SPA IS A VOYAGE THROUGH TECHNIQUES AND TRADITIONS DRAWN FROM MILLENNIA-OLD SECRETS OF CARING FOR BODY AND MIND.

### WORLD RITUALS, OUR SOURCE OF INSPIRATION.

Japan's purification and beauty rituals, China's traditional medicine, Northern Europe and Russia's therapeutic heat-based rituals, Rome's ancient thermal baths, India's Ayurvedic medicine, Turkey and the Middle East's traditional hammam, the United States' Native American shamanic rituals, and California's Esalen Institute's holistic approach, where well-being means harmony between body, mind, and spirit.

### THE ONIRO METHOD, YOUR SOURCE OF REBIRTH.

Purifying mind and body and releasing the non-essential to create space for vitality, energy, and balance. Each of our treatments takes you down a path of renewal and rebirth that sees stress, anxiety, and tension melt away and instills a feeling of profound well-being and bliss.

## THE RITUAL OF TEA, AN ALLY OF WELL-BEING

For greater effectiveness, each Latemar Signature treatment is enriched by our ritual of world teas, making your spa experience even more unforgettable. Let the beneficial properties of the fine loose-leaf teas carefully selected

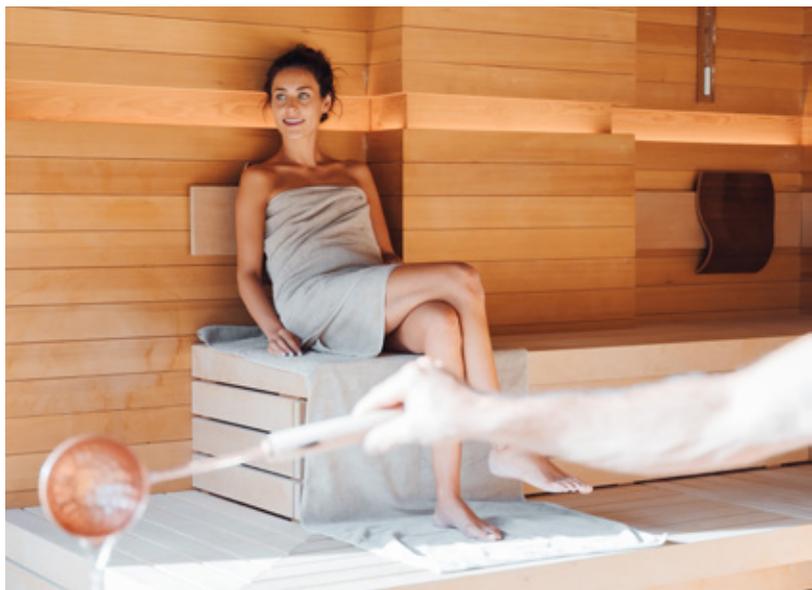
by our tea sommelier surprise you and rest easy knowing that this antioxidant-rich elixir reduces stress and anxiety, boosts energy, promotes relaxation, and restores the balance between mind and spirit.

WORLD WELLNESS RITUALS.  
THE PLEASURE OF THE RITUAL  
OF TEA. AN EXPERIENCE OF  
WELL-BEING WITH 360°  
#LATEMARVIEW.



## A REVITALISING DREAM

The beguiling essential oils of the “Aufguss” infusion ritual from Finland. The scent of the birch twigs used in the **Russian Banija** ritual. Soft light, warmth, and fragrances that take you on a sensory journey to Morocco with the **Hamмам ritual**. Revitalising places infused with an authentic atmosphere, true to their countries of origin.



## AUFGUSS RITUAL

We've brought the traditional Finnish practice of steam infusions to Val di Fassa, during which the sauna master pours essential-oil infused water on the hot stones, creating a fragrant, enveloping steam that is wafted through the space using towels and fans in a beautiful, captivating ritual dance. The sensation of rising heat promotes relaxation and boosts well-being.

## RUSSIAN BANIJA RITUAL

From Russia, we've selected an ancient ritual with energising, revitalising properties for you. Birch twigs are traditionally used in Russian heat baths to stimulate blood circulation and exfoliate the skin, giving it a fresh, radiant look.



## HAMMAM RITUAL

The Turkish bath is a wellness practice of Arabian origin that combines heat, humidity, and purification rituals. With a humidity of 100% and a temperature of 50-55°C, the steam bath relaxes the muscles, stimulates the blood circulation, and dilates pores, ensuring the skin is deeply cleansed.

The combination of steam and heat contributes to reduced stress, improved breathing, and a strengthened immune system.





# お 風 呂

## PRIVATE SPA OFURO

A unique place of regeneration  
for couples, inspired by the  
Japanese bathing ritual.





STEP INTO OUR OFURO PRIVATE SPA AND FEEL THE INCREDIBLE POWER OF SIMPLICITY: ALL THAT MATTERS IS HERE AND NOW, YOU AND YOUR INNER BALANCE.

The zen philosophy of the search for enlightenment is brought to life in this unique, exclusive ambience. The ritual begins by purifying the body, then continues by purifying the soul, and ends with relaxation in harmony with nature.

The opening ritual involves washing as a couple to cleanse yourselves of negativity before immersing yourselves in the 41°C water of the Ofuro tub, the first and only one of its kind in Trentino-South Tyrol, with dream views of the Dolomites. Afterwards, you rest on

comfortable futons, embraced by soft light and zen music. Feel this Japanese wellness ritual, originally practised in tubs made of cypress wood, "hinoki", restore your inner peace, and embark on a regenerating voyage through Japanese culture.

THIS UNIQUE PRACTICE IS PAIRED WITH THE TRADITIONAL MATCHA TEA RITUAL AND ENRICHED WITH A SELECTION OF TAILORED EXPERIENCES.

*Reservations must be made at least 8 hours in advance. All packages are designed to last 2 hours and can be booked between 9 a.m. and 10 p.m. (between 9 a.m. and 7 p.m. for the Regeneration package).*

## PRIVATE SPA OFURO ESSENTIAL

Immerse yourselves in an authentic Japanese ritual with the basic, two-hour package including the four steps of the Ofuro ritual plus a tea tasting of fine matcha tea with our tea sommelier, wearing typical clothing.

**2 HOURS | €195 (PER COUPLE)**



# OFURO EX



## PRIVATE SPA OFURO ROMANTIC

The romantic version of the Essential package, including the panoramic Ofuro tub with rose petals, heart-shaped balloons, illuminated LOVE sign, and floating aperitif in the water with Ferrari Trento DOC as well as Japanese- & Ladin-style nibbles.

**2 HOURS | €275 (PER COUPLE)**

# お風呂



PRIVATE SPA OFURO

## PREMIUM

The premium version of the Essential package, including a Japanese-style aperitif dinner with sweet and savoury Japanese nibbles like vegetable broth with noodles, sushi, mochi, fine premium matcha tea prepared by our tea sommelier, and much more.

2 HOURS | €245 (PER COUPLE)

# PERIENCES

OUR GIFT TO YOU  
1 rice scrub and  
1 rice compress to  
repeat the ritual at  
home and immerse  
yourself in the  
scents of Japan.

## PRIVATE SPA OFURO REGENERATION

The revitalising version of the Essential package, which includes a detox body wrap and Japan-inspired scrub made of fermented, wholegrain rice carried out by our spa manager on the futon in your private spa, relaxing moments in intimate privacy with use of the 41°C Ofuro tub, and the matcha tea ritual with our tea sommelier.

2 HOURS | €300 (PER COUPLE)





# HAMMAM

A sensory journey through  
luxurious, millennia-old tradition.

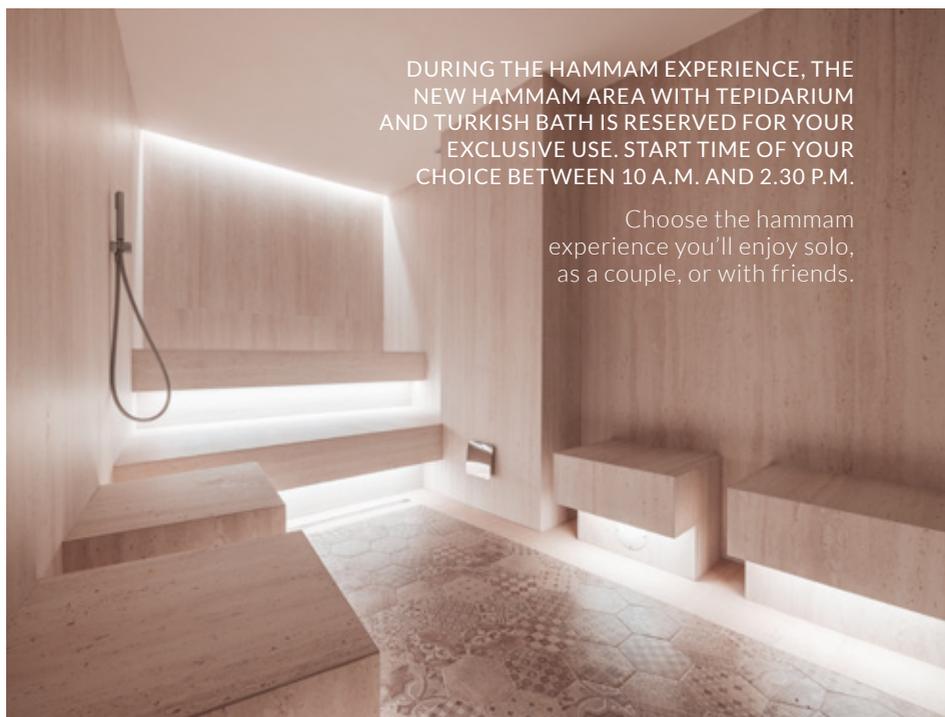


## HAMMAM

# A SANCTUARY INSPIRED BY 1,001 NIGHTS, WITH ELEGANT TRAVERTINE STONE ARCHITECTURE AND MOROCCO-INSPIRED SPACES FILLED WITH THE AUTHENTIC SPIRIT OF THE EAST.

Enjoy a revitalising sensory experience in a temple of well-being inspired by the Arabian ritual of the Turkish bath and crafted from elegant, original Roman travertine stone. First, enter the humid pre-hammam area, the tepidarium, where the customary soap bath and Latemar Signature treatments take place.

Afterwards, immerse yourself in the warm, enveloping atmosphere of the hammam (45-50°C and 100% humidity) and feel tension melt away, your skin being purified, and your body and spirit reviving amidst the soft light and aromatic fragrances.



DURING THE HAMMAM EXPERIENCE, THE NEW HAMMAM AREA WITH TEPIDARIUM AND TURKISH BATH IS RESERVED FOR YOUR EXCLUSIVE USE. START TIME OF YOUR CHOICE BETWEEN 10 A.M. AND 2.30 P.M.

Choose the hammam experience you'll enjoy solo, as a couple, or with friends.

*The packages can be booked for a maximum of 6 people at one time. Each experience begins with a tasting of Marrakesh mint tea - a typical Moroccan tea prepared by our tea sommelier - in the pre-hammam area.*

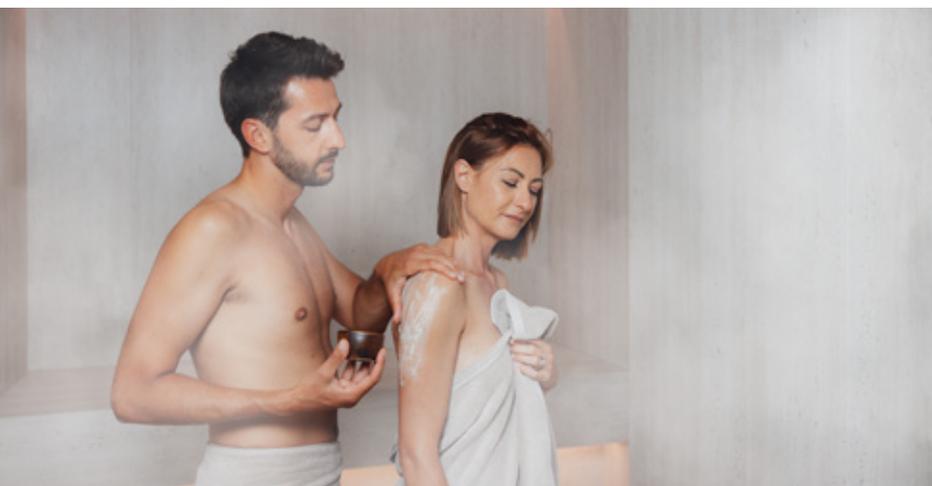
## PURE HAMMAM

This relaxing treatment begins with an aromatic steam bath that promotes dilation of the pores and deep cleansing of the skin. The “black soap” is then applied, a traditional Moroccan soap created especially for use in the hammam. The experience continues with a body exfoliation with a kessa glove, carried out by the spa manager on the heated travertine stone bench in the pre-hammam area, and culminates in the application of argan oil as a self-treatment for perfect hydration. During the ritual, you’ll enjoy private use of the hammam.

approx. 75 MINUTES | €170 (PER COUPLE)

50 MINUTES | €95 (SOLO)

Part of the experience takes the form of a self-treatment guided by our experts.



## HANAKASUMI HAMMAM

This ritual, inspired by the ancient Japanese bathing ceremony, begins with the deep cleansing of the skin by scrubbing with a bamboo glove and the application of products fragrancd with lotus and cherry blossom, carried out by the spa manager on the heated travertine stone bench in the pre-hammam area. The ritual continues with a steam bath in the hammam (reserved for your exclusive use) and concludes with the nourishing touch of the purest shea butter.

approx. 75 MINUTES | €170 (COUPLE)

50 MINUTES | €95 (SOLO)

Part of the experience takes the form of a self-treatment guided by our experts.



# THE WORLD OF HAMMAM

## LADIN HAMMAM

Enjoy a wellness experience inspired by Morocco and reinterpreted with a Ladin twist thanks to this all-encompassing purification and relaxation ritual. It begins with a steam bath and the application of “black soap”, continues with exfoliation using a kessa glove combined with the application of Aleppo soap and a nourishing pack of Alpine herbs, and concludes with a 20-minute full-body massage. The products made of plant extracts from our mountains purify and relax the body while the scents released into the air by the herbs awaken your senses, taking your mind on a voyage of well-being through the enchanting forests of Val di Fassa. During the ritual, you'll enjoy exclusive use of the hammam; the treatments are carried out by the spa manager on the heated travertine stone bench in the pre-hammam area.

approx. 120 MINUTES | €200 (COUPLE)  
75 MINUTES | €110 (SOLO)



## BERBER HAMMAM

An experience of beauty and relaxation that celebrates Berber traditions, enriching your hammam experience with the application of Aleppo soap and a ghassoul mask, a mineral clay found in the mountains of Morocco. The ritual begins with a steam bath in the hammam (reserved for your exclusive use) and culminates in a 20-minute relaxing massage with traditional date and argan oil, carried out by the spa manager on the heated travertine stone bench in the pre-hammam area.

approx. 120 MINUTES | €200 (COUPLE)  
75 MINUTES | €110 (SOLO)



# LATEMAR SIGNATURE

Latemar Signature

A fusion of East and West.

The pure nature of Val di Fassa and  
a collection of rituals from around the  
world. Designed by Hotel Latemar.



LATEMAR SIGNATURE

OUR EXCLUSIVE SELECTION OF WORLD RITUALS, AUGMENTED BY THE POWER OF THE MOUNTAINS AND THE PURE, CRYSTAL-CLEAR AIR OF THE DOLOMITES, CARRIED OUT BY CAREFUL, EXPERT HANDS.



Each ritual concludes with the tasting of a fine loose-leaf tea selected by our tea sommelier to enhance the beneficial effects of the treatment.

## EASTERN MESSAGES: POWER AND WISDOM

An experience of well-being for you to enjoy alone or share with your loved one. For couple's massages, you can also select different treatments that have the same duration.

FACE

### KOBIDO RITUAL

FROM JAPAN, THE FACE MASSAGE OF ETERNAL YOUTH

Kobido is an extraordinary treatment that visibly improves the appearance of the face with an immediate lifting effect. Originally used by samurai to prepare mentally and physically for battle, the empresses and wives of the warriors also began to appreciate it for its firming, toning properties. A sensory experience that inspires an extraordinary feeling of well-being.

50 MINUTES | €85



RITUAL OF TEA:

FUDING BAI MU DAN, BIANCO, CINA

# MASSAGES



## FACE

# GUA SHA

FROM CINA, A RITUAL FOR  
A RADIANT FACE

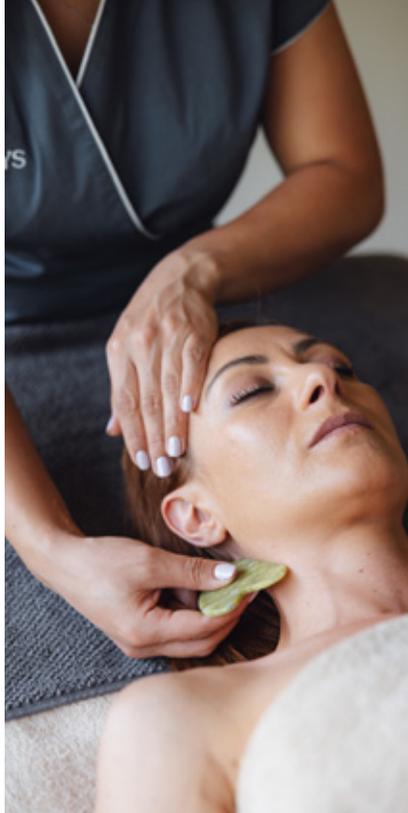
Gua Sha is a face treatment inspired by traditional Chinese medicine that makes the face look younger, more toned, and more radiant. Thanks to slow, controlled movements carried out with a special implement made of jade or rose-quartz, it promotes blood circulation, improves energy flow, and stimulates cellular renewal, reducing muscular tension, puffiness, and wrinkles. The massage concludes with a manual massage and the application of a hydrating cream.

40 MINUTES | €70

*If interested, you can also purchase  
the Gua Sha stone for €14.*



RITUAL OF TEA:  
FUDING BAI MU DAN, BIANCO, CINA



## BODY

# BAMBOO MASSAGE

FROM THE FAR EAST, THE POWER AND HARMONY OF AN ANCIENT RITUAL

An invigorating body treatment inspired by bamboo, a symbol of strength, flexibility, and harmony in many Eastern countries. Thanks to pressing, rubbing, rolling, and sliding motions carried out with special bamboo canes, this massage is ideal for women due to its draining and reactivating effects that relieve fluid retention, swelling, and cellulite. It is also perfect for sports lovers, alleviating muscle tension or fatigue while recovering from training. The massage can be adapted depending on your individual needs.

50 MINUTES | €85



RITUAL OF TEA:  
SENCHA HOSHI BIO, VERDE, GIAPPONE

WESTERN MESSAGES:  
EXPERIENCE AND KNOWLEDGE

# MESSAGES

BODY

## CALIFORNIAN MASSAGE

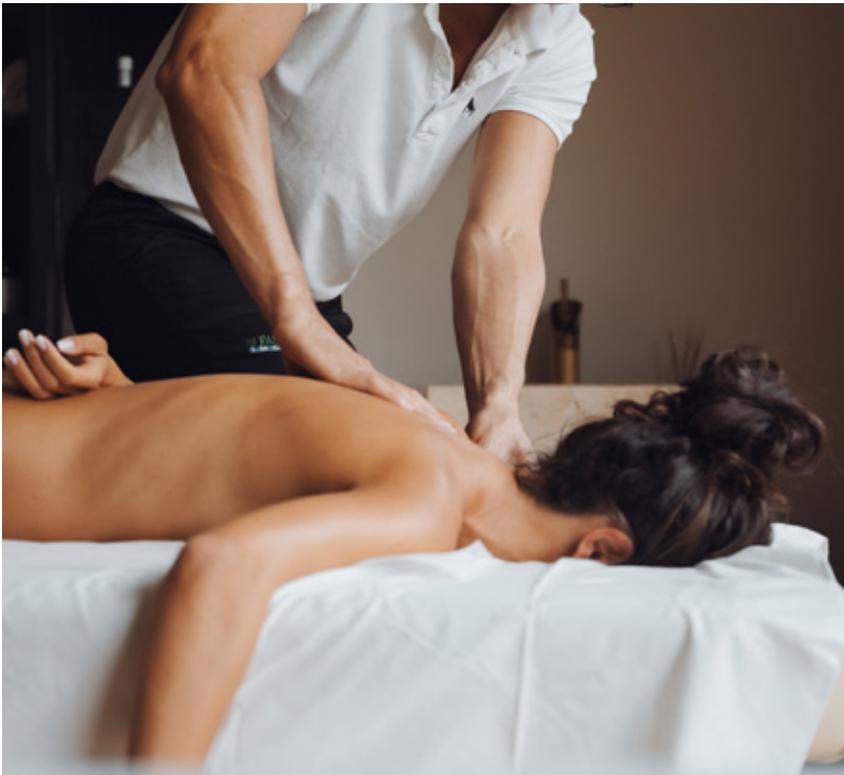
FROM CALIFORNIA, A BALANCE OF ENERGY AND RELAXATION  
FOR BODY AND MIND

A body massage carried out with slow, flowing, harmonious movements resembling the ocean waves, giving a feeling of connection and profound relaxation. This technique, developed to aid in the recovery of Vietnam war veterans, helps you reconnect with yourself, release built-up tension, and achieve renewed inner peace.

70 MINUTES | €95



RITUAL OF TEA:  
FUDING BAI MU DAN, BIANCO, CINA





BODY

## HOT STONE MASSAGE

FROM AMERICA, THE WARM EMBRACE OF HOT STONES

In the indigenous tribes of the Americas, heat in the form of smoke, hot water, herbs, and hot stones played a therapeutic role and, according to tradition, was used in rituals of healing and purification. During the hot stone massage, the stones are heated and placed on the body in strategic locations to relax the muscles and alleviate stress. The instinctive selection of an image helps stabilise your mental and physical state and personalises the massage. The hot stone massage leaves you with a feeling of profound relaxation, reduces stress, improves blood circulation, alleviates muscle tension, and promotes general well-being.

70 MINUTES | €95



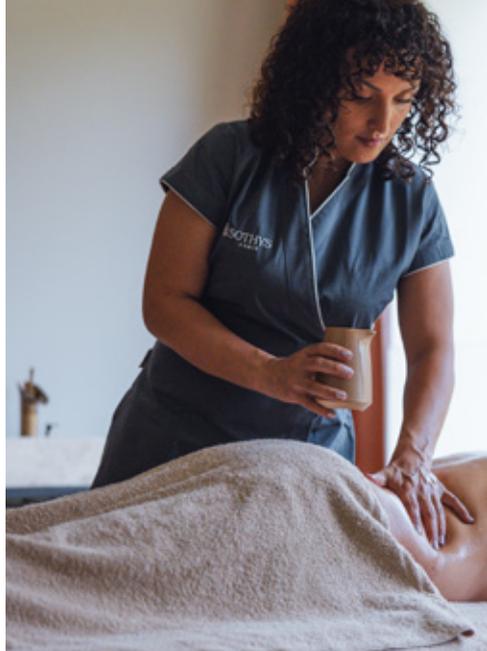
RITUAL OF TEA:  
ROOIBOS MORDIMI BIO, AFRICA

## TRADITIONAL MASSAGES: THE MUST-HAVES

### FOOT REFLEXOLOGY

According to Chinese medicine, the feet are a map of our body. They have multiple reflex points, which are connected to a precise part of the body or organ. During foot reflexology, these points are stimulated, creating a sense of balance and well-being throughout the body.

40 MINUTES | €75



# CLASSIC M



### SWEET EXPECTATION FOR EXPECTANT MOTHERS

A delicate, comforting experience designed for mums-to-be. Gentle, relaxing movements alleviate the typical discomforts experienced during pregnancy, like back pain, swollen legs, and muscle tension. Let yourself be pampered by caring, expert hands at this incredibly special time of your life.

40 MINUTES | €75



## POSTURAL PRESSURE-POINT MASSAGE

This massage inspired by ancient Chinese techniques reactivates the energy flow, alleviates tension and contractures, and rebalances body and spirit thanks to expert manipulations and acupressure on the body's energy meridians. The perfect combination of techniques to achieve mental and physical well-being and harmony.

50 MINUTES | €85

# MASSAGES

## CUSTOMISED MASSAGE

RELAXING - DECONTRACTING -  
DRAINING - NECK - BACK

Massage carried out using classically inspired techniques, customised depending on your individual wishes and needs. Choose how much time to dedicate to your well-being, and we'll take care of the rest.

PARTIAL – 20 MINUTES | €35

50 MINUTES | €80

70 MINUTES | €95



SOTHYS

PARIS



Masque

hydra-regulpare

hydra-plumping mask

Hydrates de l'eau de source bio

total de l'eau de source

# TREATMENTS

Moments of renewal,  
instants of inner rebirth.  
A journey to beauty  
on the path of well-being.



RITUALI

RENEW, REGENERATE, REFRESH.  
OUR BEAUTY RITUALS HOLD  
THE SECRETS TO WELL-BEING:  
TIME AND SELF-COMPASSION.



*just you and the view*

Each treatment is a wellness ritual shaped to your needs. You can trust our specialists to help you choose the one that's best for you.

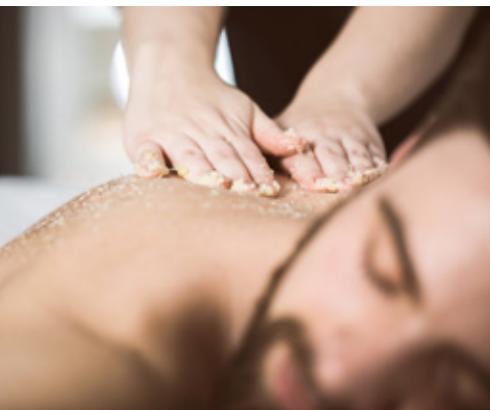
RENEWAL  
AND EXFOLIATION

## BODY BRUSHING RITUAL

An energising ritual that revitalises the body and liberates the mind. Inspired by the ancient beauty ritual of body brushing, this treatment is carried out with rapid, draining movements that exfoliate the skin, stimulate blood circulation, and provide a burst of energy.

20 MINUTES | €35

40 MINUTES | €70



## 3-SALT SCRUB

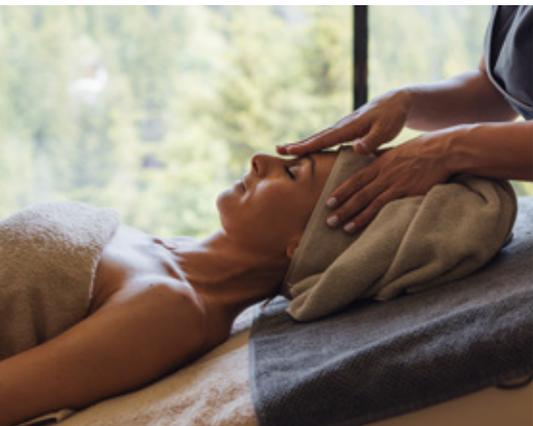
An exfoliating treatment that revitalises the skin, giving it a radiant, smooth appearance. The precious crystals of Himalayan salt, whole salt, and Dead Sea salt, all finely ground, delicately remove impurities, leaving the skin soft, smooth, and hydrated.

CLASSIC: 20 MINUTES | €40

WITH DETOX: 40 MINUTES | €80

WHEN IT COMES TO SKINCARE, WE WANT ONLY THE BEST FOR OUR GUESTS, WHICH IS WHY WE'VE PUT OUR TRUST IN A LEADER IN THE FIELD.

Sothys cares for your skin and the environment with 100% vegan, sustainable products traced every step of the way from cultivation of the plants to production of the cosmetics, ensuring they meet the highest quality standards. The wide range of cosmetics lets us meet the needs of all types of skin, treating you to a wellness experience that leaves nothing to chance and embraces the philosophy of our Oniro spa, where the guest is at the heart of everything.



## CLASSIC FACE RITUAL

SOOTHING, HYDRATING,  
ANTI-AGEING, PURIFYING  
A beauty treatment for her and him during which targeted cosmetics are selected depending on the needs of your skin to restore its natural beauty and radiance.

50 MINUTES | €85

## LUXURY FACE RITUAL

HYDRATING, TONING, ANTI-AGEING, DETOXING  
Much more than just a cosmetic treatment – an authentic moment of relaxation dedicated to caring for your face, a reflection of your well-being. From the careful analysis and selection of cosmetics that care for your skin to the skilful massage techniques accompanied by aromatic scents, this soothing beauty ritual will guide you into a state of profound relaxation.

70 MINUTES | €110

RITUALS FOR  
THE FACE



# EXPERIENCE

From knowledge to experience:  
Discover the routine of well-being,  
because beauty is a flower  
that can only be cultivated, not seized.



## BEAUTY & WELLNESS LESSONS IT'S ALWAYS THE PERFECT DAY TO LEARN SELF-CARE.

In Eastern cultures, time spent caring for body and soul is a fundamental part of the daily routine. Wellness rituals set the rhythm of people's days and lives, like a gong sounding in a temple. In this case, that temple is our body – the place our soul resides. We've taken this lesson to

heart and would love to pass it on to you. That's why we've decided to teach you how to practise self-care, showing you self-treatments to replicate at home and teaching you the art of ancient beauty rituals. Trust in the experience of our spa manager, your wellness guide.



*You can choose where the lessons take place: in the relaxation area of the private spa (subject to availability), in the beauty cabin, or in your suite for a supplement of €15.*

*Choose the lesson that most inspires you, absorb it, and replicate it at home during your daily beauty routine.*

## KOREAN SKINCARE LESSON

THE ANCIENT 7-STEP KOREAN BEAUTY RITUAL FOR THE FACE

In Asia, people often look years younger than they actually are. To achieve this, they follow a daily beauty routine that revolves around the purification of skin, body, and mind, as well as an authentic system of traditional treatments carried out meticulously according to a technique passed down from generation to generation. This lesson will let you discover the secret to youthful skin: layering. An expert will guide you step by step as you get to know your skin and will teach you to enhance your beauty by revealing the secrets of Korean skincare.

30 MINUTES | €50

IN YOUR SUITE: 30 MINUTES | €65

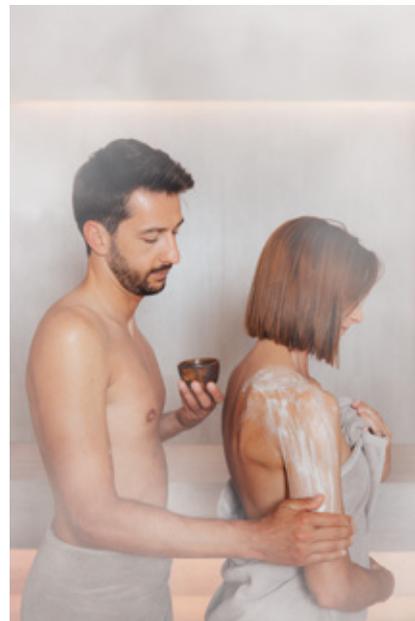
## MASSAGE LESSON

COUPLE'S WELLNESS RITUAL

A massage lesson for anyone who would like to share a wellness experience with someone special. Learning simple yet effective techniques can transform a massage not only into a soothing experience for the body, relieving muscle contractures and tension, but also into a time of intimacy and profound connection that strengthens your bond and mutual understanding as a couple.

FROM 2 PEOPLE

65 MINUTES FOR 2 PEOPLE | €50 PER PERSON





Brush to  
take home  
as a gift.

## BODY BRUSHING LESSON

BODY RITUAL

Learn the benefits and techniques of the ancient art of body brushing. Regenerate your body, exfoliate your skin, and free your mind. This purification ritual used in several cultures not only exfoliates the skin, but also reactivates the circulation, tones, and promotes the drainage of fluid with multiple benefits for the body. It's believed that, if carried out with the right mindset, body brushing helps to drain toxic thoughts that cloud the mind. Practising the art of self-brushing means dedicating quality time to freeing yourself from negativity. At the end of the lesson, you can take home the brush used during the treatment.

30 MINUTES | €60

IN YOUR SUITE: 30 MINUTES | €75

## GUA SHA LESSON

RITUAL FOR A RADIANT FACE

A specialist will guide you and teach you how to use the Gua Sha, a special Eastern instrument made of natural jade or quartz, to carry out an effective oxygenating and lifting self-massage. After the treatment, you can take the stone home with you to enhance your beauty routine right away. Because self-treatment is self-love.

30 MINUTES | €60

IN YOUR SUITE: 30 MINUTES | €75

Gua Sha stone  
to take home as  
a gift: choose  
between jade  
and rose quartz



## PACKAGES

# ON YOUR JOURNEY TO EXPLORE FAR-OFF LANDS, YOU'LL DISCOVER THE WORLD WITHIN YOU.

Like the petals of a flower, the treatments in our packages are unique, essential elements to create a beauty ritual that awakens all your senses. For an individual, personalised, unique experience.

## COUPLES' PACKAGES

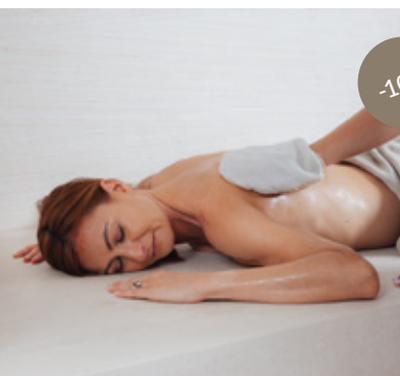
### HANAMI MAGIC

花見 BLOOM IN THE HERE AND NOW

A couples' package inspired by the Japanese "hanami" tradition, which means "flower gazing"; an invitation to appreciate the beauty of existence, to be reborn, to bloom like the cherry trees of Japan. To embrace this magical blossoming together, in the here and now. Heart to heart.

- Private essential x2
- Gua Sha ritual for her
- Customised massage for him (20 minutes)
- Hanakasumi Hammam x2

€470 €410 (PER COUPLE)



## SOLO PACKAGES

### STOPOVER IN MOROCCO

RITUALS INSPIRED BY 1,001 NIGHTS

The atmosphere and heady fragrances of Morocco in a beguiling package.

- Pure ritual in the Hammam reserved for your exclusive use (between 10 a.m. and 4 p.m.) x1
- Classic face treatment
- Hot stone body massage

€275 €247

## VOYAGE THROUGH INDOCHINA

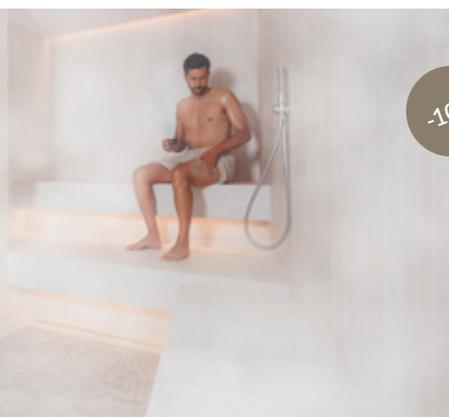
NEW SENSORY EXPERIENCES

The purity of Himalayan salt and the lightness of bamboo in an invigorating package.

- Classic 3-salt body scrub
- Bamboo massage
- Body brushing (in cabin)

€195 €175

-10%



-10%

## LUXURY SCENTS OF THE DOLOMITES

A BOUQUET OF ALPINE RITUALS

The legendary power of the Dolomites and the freshness of Alpine fragrances in a deluxe package.

- Ladin ritual in the Hammam reserved for your exclusive use (between 10 a.m. and 4 p.m.) x1
- Luxury face treatment
- 50-minute customised massage

€300 €270

## SOUL'S PILGRIMAGE

ON THE PATH OF WELL-BEING

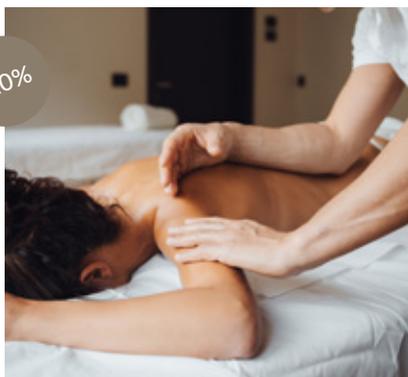
Learn to take care of your body, your soul's temple.

- Gua Sha lesson
- Layering ritual
- Body brushing lesson
- Postural pressure-point massage

€255 €229

-10%

The Gua Sha stone and the brush are our gift to you.





16  
Scented Soy Wax Tea Light  
100g Net Wt. 3.5oz

118  
Scented Soy Wax Tea Light  
100g Net Wt. 3.5oz

# LATEMAR MOMENTS

Care for your mind to relax the body.  
Make your holiday unforgettable with our  
[#latemarmoments](#).



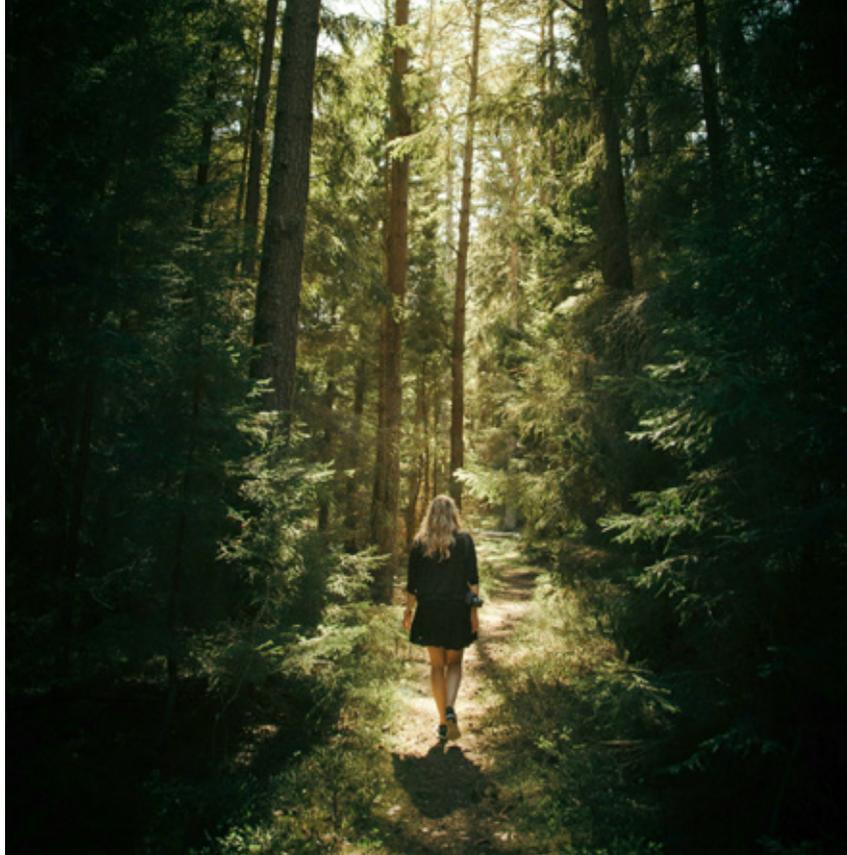
#LATEMARMOMENTS

## TIME TO TAKE CARE OF YOUR WELL-BEING

The secret to relaxing the body lies in the mind. Free your mind of negative thoughts to free yourself of muscular tension. Discover our recommendations for pampering your body and making your soul sing.

- MindfulTEA
- Mindfulness
- Yoga, morning aerobics, bells
- For-rest bathing: forest therapy with tasting of loose-leaf tea
- Walk with lanterns under the stars





## IMMERSION IN THE FOREST ABOVE THE HOTEL

Also known as “Shinrin Yoku”, **forest bathing** is a Japanese practice with therapeutic and preventive effects from breathing in certain powerful substances released by various species of tree. During this **guided walk in Val di Fassa**, you'll not only **reconnect with yourself and nature**, but also reduce stress and blood pressure while boosting your immune system. To bring the experience to a close, you'll sample a fine loose-leaf tea from the East with our tea sommelier Gessica while immersed in nature.

MindfulTEA is much more than just a tea tasting; it's a **multisensory voyage to the Far East**. A profoundly spiritual experience to enjoy in the here and now to reconnect with yourself and nature. Guided by Gessica, **the only tea sommelier in the valley**, you'll discover a millennia-old art, **sample fine loose-leaf teas** sourced directly from the East, and relax with short **mindfulness sessions**. Each type of tea is paired with local and Eastern delicacies as well as innovative gourmet creations. Adopt a slower pace and treat yourself to some TLC with this regenerating ritual.



## CANCELLATION POLICY:

**MASSAGES:** free cancellation until the day before, otherwise the full cost of the booked massage will be charged.

**OFURO EXPERIENCES:** free cancellation until 5 days before, otherwise the full cost of the booked package will be charged.

**GENERAL:** If you do not attend your appointment, 100% of the total cost will be charged.

*just you and the view*



LATEMAR  
THE DOORS TO YOUR WORLD





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