

arborea

WELLNESS VIBRATIONS FROM THE WOOD

MENU

beauty / SPA / mindfulness

INSPIRED BY OUR EXPLORATIONS IN THE DOLOMITES FOREST

IL BENESSERE AL MONROC

ARBOREA / LA BELLEZZA NATURALE DAL BOSCO TRENTINO

ARBOREA è l'anima beauty del MONROC, ispirata alla natura incontaminata che ci circonda. Dai massaggi rigeneranti ai trattamenti viso e corpo, ogni dettaglio è pensato per coccolarti e risvegliare la tua bellezza interiore, lasciandoti una sensazione di totale benessere e armonia.

TABLÀ / LA TUA OASI DI RELAX

TABLÀ è il cuore della nostra proposta SPA, un luogo dove il tempo sembra fermarsi. Qui puoi rilassarti dopo le tue avventure all'aperto, lasciandoti avvolgere dal calore della sauna finlandese, rigenerarti nel bagno turco o riposare nella nostra area relax.

OLTRE / IL FUTURO DEL BENESSERE

Uno spazio dedicato al relax e alla rinascita totale. Con una piscina infinity sotto le stelle e una "Wellness Tower" su quattro livelli, OLTRE sarà il luogo perfetto per ritrovare equilibrio e serenità. Ogni piano della torre offrirà esperienze uniche: gym, pool, mindfulness, meditazione. Oltre, ogni giorno. *In progress.*

THE MONROC WELLNESS

ARBOREA – NATURAL BEAUTY FROM THE TRENTINO FOREST

ARBOREA is the beauty soul of MONROC, inspired by the pristine nature that surrounds us. From rejuvenating massages to facial and body treatments, every detail is designed to pamper you and awaken your inner beauty, leaving you with a profound sense of well-being and harmony.

TABLÀ / YOUR OASIS OF RELAXATION

TABLÀ is the heart of our SPA offering, a place where time seems to stand still. Here, you can relax after your outdoor adventures, wrapped in the warmth of the Finnish sauna, rejuvenate in the steam bath, or rest in our relaxation area.

OLTRE – THE FUTURE OF WELLNESS

A space dedicated to complete relaxation and renewal. With an infinity pool under the stars and a four-level "Wellness Tower," OLTRE will be the perfect place to find balance and serenity. Each floor of the tower will offer unique experiences: gym, pool, mindfulness, meditation. Beyond, every day. *In progress.*

DER MONROC WELLNESS

ARBOREA / NATÜRLICHE SCHÖNHEIT AUS DEM TRENTINO-WALD

ARBOREA ist die Beauty-Seele von MONROC, inspiriert von der unberührten Natur, die uns umgibt. Von regenerierenden Massagen bis hin zu Gesichts- und Körperbehandlungen ist jedes Detail darauf ausgelegt, Sie zu verwöhnen und Ihre innere Schönheit zu wecken, sodass Sie ein Gefühl von vollkommenem Wohlbefinden und Harmonie erleben.

TABLÀ / IHRE OASE DER ENTSPANNUNG

TABLÀ ist das Herzstück unseres SPA-Angebots, ein Ort, an dem die Zeit stillzustehen scheint. Hier können Sie sich nach Ihren Outdoor-Abenteuern entspannen, umhüllt von der Wärme der finnischen Sauna, im Dampfbad regenerieren oder in unserem Ruheraum ausruhen.

OLTRE / DIE ZUKUNFT DES WOHLBEFINDENS

Ein Raum, der der Entspannung und der totalen Erneuerung gewidmet ist. Mit einem Infinity-Pool unter den Sternen und einem vierstöckigen "Wellness Tower" wird OLTRE der perfekte Ort sein, um Gleichgewicht und Gelassenheit zu finden. Jede Etage des Turms bietet einzigartige Erlebnisse: Fitnessstudio, Pool, Achtsamkeit, Meditation. Darüber hinaus, jeden Tag. *In Bearbeitung.*

THE FOREST IS A LIVING CATHEDRAL.

HERE, IN THE DOLOMITES, THE FIR TREES RISE
LIKE MILLENNIAL COLUMNS TOWARD A SKY
THAT CHANGES BUT NEVER GROWS OLD. THE
WIND AMONG THE LARCHES SINGS ANCIENT
MELODIES, WHILE THE SWISS PINES HOLD THE
MEMORY OF TIME WITHIN THEIR RINGS.

THIS IS NOT JUST NATURE: IT IS RESILIENCE,
HISTORY WRITTEN IN RESIN AND BARK.

IT IS THE DEEP BREATH OF THE MOUNTAINS, GROWING
MORE INTENSE AT DAWN, WHEN THE MIST BRUSHES
AGAINST THE TRUNKS AND THE UNDERGROWTH
AWAKENS IN A SYMPHONY OF RESINOUS SCENTS.

THIS IS OUR ALPINE FOREST: AUSTERE YET
GENTLE, WILD YET WELCOMING, WHERE EVERY
TREE IS A SILENT WITNESS TO ENDLESS SEASONS,
AND EVERY PATH IS AN INVITATION TO LOSE
YOURSELF AND FIND YOURSELF AGAIN.

FROM THE BREATH OF THE FOREST, **ARBOREA** ARISES.



ARBOREA

FROM THE FOREST, WELLNESS VIBRATIONS

There lies a profound distinction between merely passing through nature and experiencing a mindful immersion. When we pause to listen, when we allow the wilderness to guide us, we rediscover a forgotten aspect of our being.

Have you ever truly observed the ancient sentinels that surround us? Trees are our silent companions, the guardians of the very air we breathe. Breathing - an act so fundamental, yet extraordinarily precious. Each breath is a gift that nourishes every cell, fueling our vital force. In its steady rhythm, we find nature's own cadence, an age-old dance that reconnects us with our primordial essence.

Like the forest giants, we exist in a perpetual cycle of giving and receiving. Each inhalation embraces life, each exhalation releases - mirroring nature's constant quest for equilibrium.

Here at MONROC, our spa transcends the conventional concept of wellness: it's an expedition through the senses, a profound immersion into nature's powerful forces.

Five trees guide us on this journey: the majestic Larch (Larice), the towering Norway Spruce (Abete), the resilient Mountain Pine (Pino Mugo), the wise Swiss Stone Pine (Cirmolo), and finally, the most precious tree of all - you. Like these woodland sentinels, we exist through the harmony of the five elements. Each tree embodies a vital force, reflecting our senses and reminding us that we are part of something far greater than ourselves.

Explore the Arborea Essences.



PINO MUGO

THE TREE OF ENERGY AND COURAGE

Like the Mountain Pine that grows strong and resilient at high altitudes, our journey begins from a seed, where life takes shape and manifests itself. In the human body, seeds are represented by the endocrine glands, which regulate our organism's homeostasis.

With the SUN, light fills our souls and nourishes the seed, encouraging it to grow with AWARENESS. And as our seed develops, our VISION sharpens; for when we see something that brings joy to our hearts, our nervous system calms, bringing peace to our soul.

Nature's Gift: Mountain Pine essential oil is a traditional Alpine remedy, known for its respiratory support, antiseptic and expectorant properties. It offers natural relief for muscle discomfort, releases tension, and restores strength and vigor.

Grandma Candida's remedies

Time-honored uses of Mountain Pine essential oil from Alpine folk medicine:

Respiratory Support:

- › Add 3-4 drops to a bowl of hot water for steam inhalation
- › Place 2 drops on your pillow before bedtime for easier breathing
- › Blend 2 drops with a spoonful of honey for internal comfort

Muscle Care:

- › Combine 5 drops with 2 tablespoons of almond oil for a soothing massage
- › Add 3-4 drops to bath water for a restorative soak
- › Apply 1-2 diluted drops to areas needing attention

Home Harmony:

- › Use 4-5 drops in a diffuser to cleanse the air
- › Place 2-3 drops on a cotton ball in your linen drawer
- › Add 3 drops to laundry for a fresh, alpine-inspired scent

Safety Guidelines: Always dilute before use, never apply directly to skin / Perform a patch test before first use / Follow recommended dosages / Keep away from children / Seek medical advice if pregnant / Store away from light and heat.

THE ESSENTIAL

fast renewing essential

My face is deeply cleansed, exfoliated and regenerated, my skin is clean and luminous, I am radiant like the first morning light.

FACE

25 minutes / € 45

THE TREE ALIGNMENT

relaxing decontracting deep

My neck and shoulders are heavy, I need to lighten my back, a gentle scrub gives it vitality, the clay's relieving action relaxes tense muscles, cupping brings every toxin to the surface, a decontracting massage with arnica awaits me and Tibetan bells resonate within me like a sweet melody, every pain has vanished.

NECK AND BACK

50 minutes / € 80

PINO MUGO

relieving revitalizing energizing

For me who am an explorer and need to go beyond the less traveled paths for explorations that awaken the soul, body and rediscover wonder.

The scent of mountain pine cradles me, the oil reduces muscle pain, I feel the strength in this massage, deep and long manual techniques dissolve tensions, my body is reoxygenated, I see things differently.

TOTAL BODY

50 minuti / € 80

PARTIAL / back or legs only

25 minuti / € 50

PINO MUGO THERAPY [PACKAGE AWARENESS]

I choose to follow the Pino Mugo path, the sun rays shine within me, light submerges me, I see new colors and shades, I feel I have a new awareness.

Includes all three Pino Mugo treatments.

TOTAL BODY

2 days / € 190



LARICE

THE TREE OF RENEWAL

In winter, the larch sheds its needles, releasing all that is superfluous, then rises tall while maintaining its connection to Earth. Imagine touching mother EARTH, digging with your hands to feel the warmth of roots slowly finding refuge, making the tree solid and stable. TOUCH the bark, which protects the fragility within... for us, this is our skin, the covering of our body. The larch teaches us about PURITY that can be achieved through renewal, while maintaining a deep connection with the Earth.

Nature's Secret: Larch essential oil possesses antibacterial and mucolytic properties, serves as an excellent anti-inflammatory, aids with fever and colds, stimulates the immune system, balances mood swings, and acts as a natural tonic.

Grandma Candida's Remedies

Traditional uses of larch essential oil from Alpine wisdom:

For Respiratory Care:

- › 2-3 drops in boiling water for decongesting inhalations
- › 1 drop diluted in honey for cough relief
- › 2 drops in the diffuser at night to support breathing

For Wellbeing:

- › 3 drops in 1 tablespoon of carrier oil for invigorating massages
- › 2-3 drops in bath water for an energizing effect
- › 1-2 diluted drops on the solar plexus to balance mood

For Your Home:

- › 3-4 drops in the diffuser as a natural air purifier
- › 2 drops on the vacuum filter to scent rooms
- › Few diluted drops for surface cleaning (antibacterial properties)

Safety Notes: Always dilute before use, never apply directly to skin / Perform a patch test before first use / Follow recommended dosages / Keep away from children / Seek medical advice if pregnant / Store away from light and heat.

THE MAGIC OF TOUCH

pro-age regenerating redensifying firming

My face is gently cared for and redefined, signs of time slowly fade away, the kobido massage holds secrets of ancient Japanese techniques, strengthening the connective tissue, I feel my skin plumped, a super lifting effect makes my eyes sparkle when I see my face reflected in the mirror. The face is radiant, relaxed and serene.

FACE

50 minutes / € 95

VARIANT WITH EYE PATCH

65 minutes / € 110

THE EXPLORER'S RITUAL

energizing revitalizing reactivating

The foot washing ritual lightens me, juniper ointment recharges me and warm larch oil is slowly poured, its sparkling notes give energy and tone to my feet, which, tired after all my explorations, thank me. The delicate massage touches immediately give me a sweet sensation of wellbeing, giving me positivity and energy.

FEET

50 minutes / € 60

LARICE

purifying renewing remineralizing

This gentle peeling purifies me, renews my skin, the forest scent is ecstatic, my body is full of light, the larch oil makes my skin soft, I feel like a feather.

TOTAL BODY

50 minutes / € 85

LARICE THERAPY [PACKAGE PURITY]

I choose to follow the Larice path, I can feel the earth, I have let go of all that was unnecessary, my sense of touch has developed, I can feel the purity of my soul. Includes all three Larch treatments.

Includes all three Larice treatments.

TOTAL BODY

3 days / € 220

ABETE ROSSO

SYMBOL OF LIFE'S ETERNAL POWER

With its evergreen needles, the norway spruce regenerates the mind and nourishes itself with TASTE. We remain underground, for the spectacle of evolution begins with NOURISHMENT. WATER, through sap absorbed by the roots, provides all elements necessary for the tree's growth, just as our blood does for our body. Thus, the Norway Spruce develops, representing the continuity and strength of life that constantly renews itself.

Nature's Secret: Its essential oil possesses invigorating and energizing properties, combats physical fatigue and uplifts mood, promotes fluid drainage, helps circulation, and relieves swelling.

Grandma Candida's Remedies

Traditional uses of Norway Spruce essential oil in the Alps:

For Circulation:

- › 5 drops in 2 tablespoons of carrier oil for draining leg massages
- › 3 drops in bathwater for invigorating soaks
- › 2 diluted drops to massage swollen areas

For Energy:

- › 3 drops in the diffuser in the morning for an energy boost
- › 1-2 diluted drops on temples to combat mental fatigue
- › 2 drops in a cup of hot water to inhale revitalizing vapors

For Wellbeing:

- › 3-4 drops in radiator humidifiers during winter
- › 2 drops on a porous stone as a natural air freshener
- › A few drops in liquid soap for a toning effect

Safety Notes: Always use diluted, never apply pure on the skin / Perform an allergy test before use / Do not exceed the recommended doses / Keep out of reach of children / Consult a doctor during pregnancy / Store away from light and heat.

THE POWER OF WATER

hydrating refreshing toning

I want the right nourishment for my skin, thanks to this treatment's active ingredients, my face appears renewed, deeply hydrated, the ice rollers make it feel fresh, energetic, and oxygenated. My face is soft, as delicate as a snowflake.

FACE

50 minutes / € 75

THE SAP PATH

draining toning light

I feel the need to free myself from waste and toxins, thanks to yellow clay I remove all that is in excess, the wood roller gives firmness and vigor to my tissues, thanks to the combination of Tui Na techniques my body is light, toned, I feel like that wind that makes the treetops vibrate.

TOTAL BODY

50 minutes / € 75

ABETE ROSSO

draining relieving rebalancing

Norway spruce oil helps my circulation by relieving swelling, through draining techniques, I have a sensation of lightness that makes me feel like I'm on a cloud, my mood brightens, I am in another dimension.

TOTAL BODY

50 minutes / € 75

ABETE THERAPY - [THE NOURISHMENT PACKAGE]

I choose to embark on the Abete Rosso journey and savor new flavors. I feel myself flowing, like water, and now I can sense the nourishment. My spirit expands into the world.

Includes all three Abete Rosso treatments.

TOTAL BODY

2/3 giorni / € 200



CIRMOLO

THE TREE OF LIFE

One of the forest's most majestic trees. How can a tree grow without breath? Through AIR, REBIRTH manifests in its buds, which through their evolution give earth the possibility of new life. Through our sense of SMELL, we can perceive the Swiss Stone Pine's aroma, inviting us to let go of what no longer serves us and discover the true meaning of things. This tree offers us the opportunity to evolve toward our true nature and better intuit what we truly desire.

Nature's Secret: thanks to its essential oil, which acts deeply on our nervous system, particularly on the parasympathetic system and the vagus nerve, also known as the "health nerve," it helps slow our heart rate, bringing us into a state of deep rest and wellbeing.

Grandma Candida's remedies

Traditional uses of Swiss Stone Pine essential oil in Alpine tradition:

For Relaxation:

- › 2 drops on the pillow to promote sleep
- › 3 drops in the diffuser for evening meditation
- › 2-3 drops in warm water for a relaxing bath

For the Mind:

- › 1 diluted drop on temples to calm anxiety
- › 2 drops in the diffuser during remote work
- › 3 drops in shower water for a moment of relaxation

For the Home:

- › 3-4 drops in the diffuser to create a relaxing atmosphere
- › 2 drops on a handkerchief in the drawer to scent linens
- › A few drops in the vacuum cleaner to purify air

Safety Notes: Always dilute before use, never apply directly to skin / Perform a patch test before first use / Follow recommended dosages / Keep away from children / Seek medical advice if pregnant / Store away from light and heat.

Traditionally, Swiss Stone Pine was also used to make bedroom furniture for its calming properties and to promote sleep.

THE SCENT OF INTUITION

aromatherapeutic

sensorial

relaxing

I'm always rushing, feeling short of time, I sense I need a moment for myself, thus begins my journey through fragrances, I immerse myself completely, my emotions awaken, my body is protected, wrapped in an all-encompassing tranquility, like when lying under a tree watching the sky.

FULL BODY

50 minutes / € 80

THE BREATH OF THE SOUL

balsamic

oxygenating

purifying

On my face, neck and shoulders, certain points are stimulated, arms are also massaged and a thyme ointment is spread on my chest and feet. I feel my bronchi clearing and I start breathing better, the warm cushion with its fragrances embraces me, I breathe in the air with full lungs, I feel a calm energy flowing slowly.

CHEST TORSO ARMS FEET

50 minutes / € 65

CIRMOLO

relaxing

enveloping

calming

The Swiss Stone Pine essence caresses me, the warm oil surrounds my senses, my heartbeat begins to slow down, I feel safe, mind, body and spirit are one, quietness expands in my soul.

TOTAL BODY

50 minutes / € 70

CIRMOLO THERAPY [PACKAGE REBIRTH]

I choose to follow the Cirmolo path and realize that some scents *smell* of light, the *air* that enters and leaves me is different, I am reborn and at peace with the extraordinary world around me.

Includes all three Cirmolo treatments.

TOTAL BODY

3 days / € 200



10

THE TRUE ME, OUR TREE, OURSELVES

When we connect with our SPIRIT, we deeply listen to our heartbeat and perceive the energy surrounding us. We can thus elevate our vibrations, enrich our soul, and give authentic meaning to our EVOLUTION. Like a tree growing towards the sky, we too, with the right awareness, can expand and flourish, finding our true essence and inner harmony.

Did you know? Swiss Pine wood shavings have traditionally been used in Alpine culture to purify spaces and promote sleep. In the past, Alpine grandmothers would fill small cloth bags with these fragrant shavings and place them in linen drawers or under pillows to ensure peaceful nights and tranquil dreams.

The Essence Kit

Grandma Candida's rituals for reconnecting with oneself

For the Spirit:

- › A twig from each sacred tree (Larch, Mountain Pine, Norway Spruce, Swiss Stone Pine) to keep on your desk (collect them from the forest floor during your walks)
- › A sachet of Swiss Pine shavings to accompany meditation
- › A small bag of natural resins to burn during moments of reflection

For the Heart:

- › The special blend of 4 essential oils for the diffuser (2 drops of each)
- › A bark paper journal to record your feelings
- › A Dolomite stone pendant to hold in your palm during moments of reflection

For the Soul:

- › A natural candle scented with the 4 essences
- › A sachet of Swiss Pine shavings to place under your pillow
- › An evening tea of the 4 resins

Daily Rituals:

- › Upon waking: breathe in the aroma of Swiss Pine shavings
- › At noon: hold the Dolomite pendant during a moment of pause
- › In the evening: place the sachet under your pillow

SLEEP RITUAL

quiet relaxing deep

Tiredness is part of my daily routine, with this treatment I sink into complete relaxation, thanks to soft brushes, aroma, music and Indonesian manual techniques I transport my spirit to another universe. A sweet rest awaits me, under the watchful rays of the moon.

TOTAL BODY

50 minutes / € 70

FOREST VIBRATIONS

multisensory harmonizing rebalancing

I purify my body with dry brushing, my energy points are stimulated, removing blocks and tensions, I immerse myself in my own space, the scent of trees accompanies me on this journey where my soul finds peace, and I see new shades and colors.

TOTAL BODY

70 minutes / € 90

PEAKS AND ROOTS

exploratory relaxing deep

I feel the oil gliding on my feet, my roots open into another state of consciousness, my hands are finally massaged, the oil slides up my arms and now it's time for my face, head and scalp. Every heavy thought disappears, my spirit is filled with a sensation of calm, I feel like I'm touching the sky with my finger.

HEAD/HANDS/FEET

40 minutes / € 60

IO THERAPY [PACKAGE EVOLUTION]

I choose to follow the path of the self, the listening to my emotions has changed, I have elevated my vibrations, finally I understand, I am in continuous evolution.

Includes all three IO treatments.

TOTAL BODY

3 days / € 200

BEAUTY ETIQUETTE

USE OF MOBILE PHONES

At Arborea Spa we love peace and quiet, which is why we recommend keeping your phone switched off, lowering your voice and enjoying the experience in total relaxation.

APPOINTMENTS

You can book appointments at the Arborea reception, or during closing hours at the hotel reception. To call from your room, you can dial number 405. We kindly ask you to arrive 5 minutes before the start of your treatment in a bathrobe and to inform staff about your health condition or any allergies.

CANCELLATIONS & DELAYS

To better organize appointments, in case of cancellation please inform us at least 24 hours in advance. In case of cancellation without notice, we will have to charge the full amount of the booked treatment.

In case of delay, the duration of the booked treatment will be reduced to allow us to start on time with the next appointment.

ARBOREA [EXTRA]

DOLCE ATTESA - MOTHERHOOD MOMENTS

relaxing enveloping

I'm about to give birth to a wonderful creature, I want to take some time. With careful procedures and specific products they take care of us, this treatment makes me experience the immense joy that pervades our space. Recommended after the third month of pregnancy.

FULL BODY 50 minutes / € 80

MANICURE

I take care of my hands, they are my business card, nails are shaped, cuticles hydrated and I relax with a hand massage, I feel orderly.

30 minutes / € 30

WITH NAIL POLISH 40 minutes / € 35

PEDICURE

I take care of my feet, nails are shortened, excess skin and cuticles are removed, they feel soft as a feather.

40 minutes / € 45

WITH NAIL POLISH 50 minutes / € 50

HAIR REMOVAL

FACE € 10

UNDERARMS € 15

BIKINI LINE PARTIAL € 10

BIKINI LINE FULL € 15

HALF LEG € 20

FULL LEG € 25

FULL BODY HAIR REMOVAL € 70

ARBOREA [BEAUTY PACKAGES]

ARBOREA COUPLE'S TREATMENT

I purify myself with a delicate forest-scented peeling and surrender to a massage with fragrant oils... I share this journey with someone special, awakening to find a sweet surprise waiting in our room. We are in the right place, intoxicated by the scent that lingers on our skin.

TOTAL BODY | consapevolezza

75 minuti / € 200

THE AWARENESS OF PINO MUGO

I choose to follow the mountain pine path, the sun rays shine within me, light submerges me, I see new colors and shades, I feel I have a new awareness. Includes all three Pino Mugo treatments.

FULL BODY

2 days / € 190

THE PURITY OF LARICE

I choose to follow the Larch path, I can feel the earth, I have let go of all that was unnecessary, my sense of touch has developed, I can feel the purity of my soul. Includes all three Larch treatments.

FULL BODY

3 days / € 220

THE NOURISHMENT OF ABETE ROSSO

I choose to embark on the red spruce journey and savor new flavors. I feel myself flowing, like water, and now I can sense the nourishment. My spirit expands into the world.

FULL BODY

2/3 days / € 200

THE REBIRTH OF CIRMOLO

I choose to follow the Stone Pine path and realize that some scents smell of light, the air that enters and leaves me is different, I am reborn and at peace with the extraordinary world around me. Includes all three Stone Pine treatments.

FULL BODY

3 days / € 200

THE EVOLUTION OF THE IO

I choose to follow the path of the self, the listening to my emotions has changed, I have elevated my vibrations, finally I understand, I am in continuous evolution. Includes all three Self treatments.

FULL BODY

3 days / € 200

ARBOREA GIFT

The best thing I can give is time for oneself.

Available at the reception or at the Arborea Spa reception.

MONROC WELLNESS THERAPY

MONROC ESCAPE PACKAGES

Our wellness therapies are a very special type of treatment that regenerates the spirit and invigorates the body through self-care, forest explorations, gastronomic delights and pure relaxation, with some indulgences and MONROC people at your service.

FOR 2 THERAPY [3 DAYS]

Set off with the person who lightens your heart.

Three days with your traveling half, a friend, mother, sister, lover. Whoever you choose, as long as they add lightness to 3 days that will feel like an embrace.

Three different beauty treatments: a massage for two that harmonizes the senses, a face, shoulders and body massage, and a plantar massage with the rhythm of our Swiss Stone Pine essence.

Plus our explorer backpack for a delicious picnic (in summer) or our sweet welcome with mountain bubbles to toast to lightness.

starting from € 500,-*

VITAL THERAPY [5 DAYS]

Treat yourself to a pause of pure regeneration.

Five days for you who seek an escape from doing, when you don't feel like doing anything, when you feel that body and mind need to rest, to be pampered and deeply recharged.

A sensory journey through healing massages: a total body muscle-relaxing treatment with Mountain Pine fragrance, a relaxing and enveloping massage to amplify the sensation of lightness, and finally a deeply hydrating facial treatment.

starting from € 700,-*

REBIRTH THERAPY [3 DAYS]

Rediscover your rhythm, find again the pleasure of regenerating sleep.

Three days at MONROC dedicated to you, your time, and the rest you deserve. Tune in with nature and let yourself be wrapped in its energy. Start with a sunrise trekking: walk among the first sun rays and enjoy an authentic mountain hut breakfast, with genuine mountain flavors.

Continue your journey with gentle yoga sessions, ideal for preparing body and mind for deeper relaxation. And to pamper you completely, beauty treatments that smell of forest, with innovative and enveloping techniques, created to lull you towards regenerating sleep.

starting from € 550,-*

Price per person in a double room, subject to variation depending on room type and period: request a quote or check online.

ARBOREA [SHOP]

THE MONROC FRAGRANCES

PINE SWISS STONE SPRAY <i>relaxing</i>	€14
MOUNTAIN PINE ESSENTIAL OIL 15ML <i>stimulating</i>	€16
SWISS STONE PINE ESSENTIAL OIL 15ML <i>relaxing</i>	€16
SIGNATURE 110 ESSENTIAL OIL 10ML White fir, spruce, swiss stone pine, mountain pine, scots pine <i>balsamic</i>	€20
TERRA ESSENTIAL OIL 10ML Juniper, thyme, lemon <i>aromatic</i>	€16
AIR OF THE ALPS ESSENTIAL OIL 30ML lemon, swiss stone pine, larch, white fir, alpine juniper <i>intense</i>	€35
SUMMER RAIN ESSENTIAL OIL 30ML white fir, lemon, thyme <i>fresh</i>	€35
WILD FOREST ESSENTIAL OIL 10ML swiss stone pine, spruce, white fir, mountain pine, lemon <i>woody</i>	€16
TRANQUILLITY BLEND 50ML cedarwood, sweet orange, rose, sandalwood, geranium, and vetiver <i>relaxing</i>	€78
TRANQUILLITY ROLL-ON delicate floral fragrance with enveloping notes <i>delicate</i>	€18
TRANQUILLITY SPRAY room spray <i>relaxing</i>	€43
TRANQUILLITY CANDLE aromatic candle <i>relaxing</i>	€43
TRANQUILLITY HOME FRAGRANCE 50ML home diffuser <i>aromatic and relaxing</i>	€20
TRANQUILLITY HOME FRAGRANCE 500ML home diffuser <i>aromatic and relaxing</i>	€80
ALPICARE FREE BREATHING 100ML SPRAY OR ROOM DIFFUSER eucalyptus, thyme, mint, cypress <i>balsamic</i>	€16
ALPICARE BALSAMIC DREAMS 100ML SPRAY OR ROOM DIFFUSER sage, litsea, swiss stone pine, lavender <i>calming</i>	€16
ALPINE HERBS PILLOW Hayflower mix	€20

ON MY SKIN

JUNIPER OINTMENT	€18
<i>For muscle and joint pain</i>	
THYME OINTMENT	€18
<i>Decongestant</i>	
MOUNTAIN PINE PEELING	€23
<i>Regenerating</i>	
MOUNTAIN PINE BODY CREAM	€24
<i>Energizing</i>	
SWISS STONE PINE BODY CREAM	€24
<i>Invigorating</i>	
LEG GEL	€20
<i>Refreshing</i>	
SPORT CREAM	€24
<i>Decontracting</i>	
TRANQUILLITY BODY OIL	€90
Aromatic bath and body oil <i>nourishing</i>	

CARESSES FOR MY FACE

ESSENTIAL MILK	€32
milk _ suitable for all skin types <i>Silky cleansing</i>	
ESSENTIAL TONER	€32
toner _ suitable for all skin types <i>Soothing</i>	
ESSENTIAL MICELLAR WATER	€32
Make-up remover for face, eyes, and lips _ suitable for all skin types	
HYDRAMEMORY RICH SORBET FACE CREAM	€67
cream suitable for all skin types <i>Illuminating hydrating</i>	
HYDRAMEMORY WATER SOURCE SERUM	€68
serum suitable for all skin types <i>Hydration activating</i>	
SUBLIME SKIN FACE CREAM	€112
rich cream anti-aging <i>Replenishing</i>	
SUBLIME SKIN EYE CREAM	€70
eye contour anti-aging <i>Replenishing</i>	
SUBLIME SKIN INTENSIVE SERUM	€118
serum anti-aging <i>Firming and smoothing</i>	



TABLÀ

THE MONROC SPA

The tablà, the ancient Alpine barn of our mountains, once safeguarded the precious hay from the high-altitude farms.

A place where the scents of freshly cut grass mingled with the balsamic essences of the surrounding woods, unconsciously creating an invigorating and regenerating atmosphere.

Our grandparents knew this well: after a day in the fields, the tablà became a place of natural rest and restoration, where the fragrance of hay brought comfort to tired bodies.

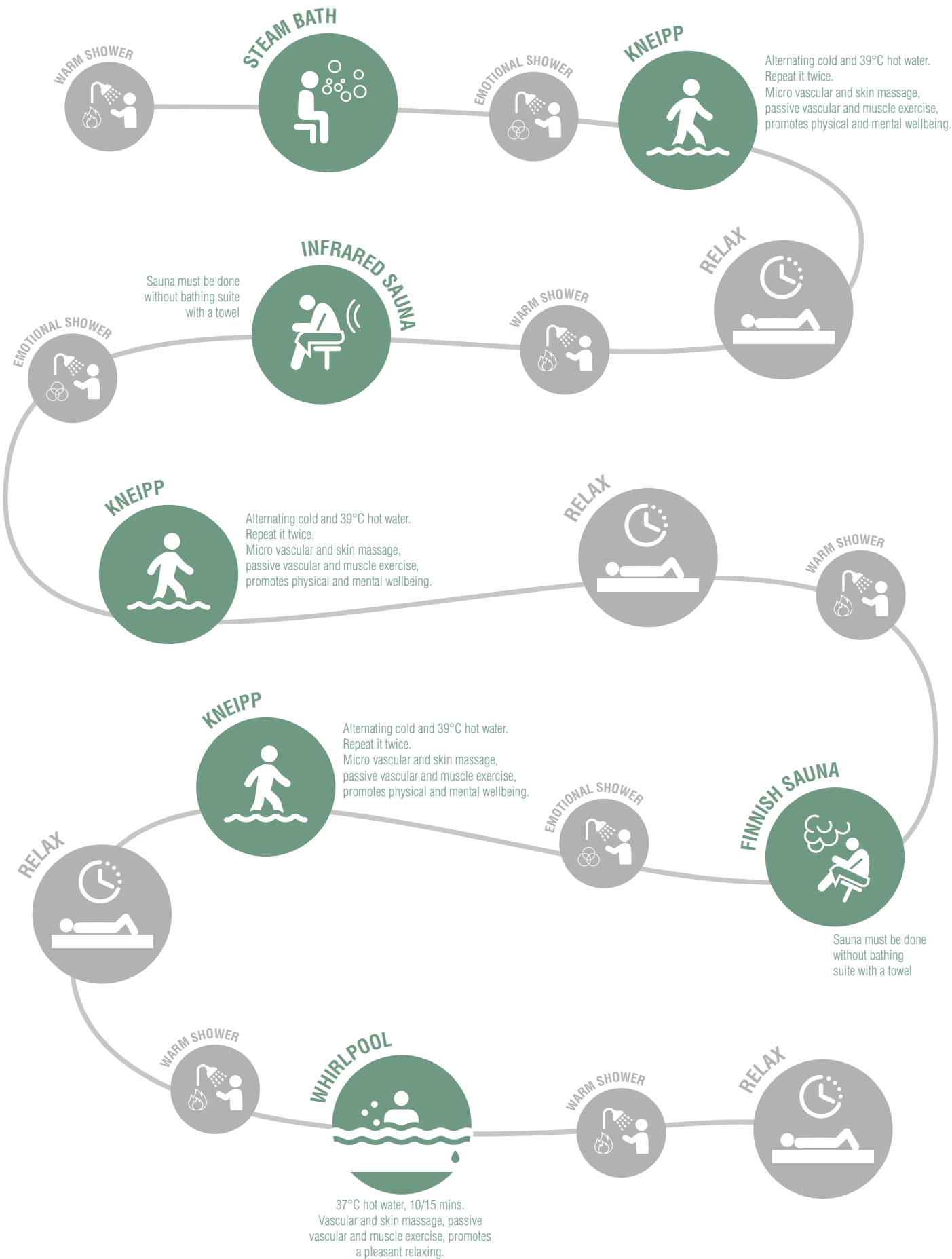
Today, this ancestral space lives again in a new dimension of wellness, maintaining its intimate connection with the scents and energy of Alpine nature.

A place where time slows down and every thought dissolves. Here, where the air is fragrant with resin and ancient larches tell age-old stories, we have created a space that celebrates the deep bond between wellness and Alpine nature.

Let yourself be guided through saunas, steam baths, and regenerating waters.

Follow the Tablà wellness path.

TABLÀ JOURNEY



FINNISH SAUNA

Benefits: Mobilizes excess fluids and metabolic waste, Relaxes contracted muscles, Balances, sleep/wake cycles, Promotes overall well-being.

Experience pure energy through an intense, dry heat that invades the body, encouraging rapid and deep sweating. Important notes, mandatory towel use!

Recommended duration: 10-15 minutes.

Not recommended for: gastric sensitivity, hypertension, low blood pressure, cardiovascular disorders, inflammatory conditions, pregnancy/menstrual period

STEAM BATH

Benefits: cleanses and enhances skin elasticity, induces overall relaxation and well-being.

Experience a pleasant sensation of being in an enveloping vapor cloud that facilitates breathing and leaves skin soft and velvety. Advice, enter without a towel.

Recommended duration: 10-15 minutes.

Not recommended for: gastric sensitivity, hypertension, low blood pressure, cardiovascular disorders, inflammatory conditions, pregnancy/menstrual period

KNEIPP PATH

Benefits: provides micro-massage of blood vessels and skin, excellent post-sports activity, creates a sensation of leg lightness through hot and cold water immersion. Tip, repeat the path twice

EMOTIONAL SHOWERS

Aroma and chromotherapy will quickly lead you to a state of absolute relaxation. a pleasant perception of being in a cloud of intense alpine aroma and cold mint. excellent cold reaction after sauna or turkish bath.

RELAXATION AREAS

Three different relaxation zones await you, where you can immerse yourself in the fragrances of our mountains, relaxing on our beds with a warm blanket and a beneficial herbal tea. Forget about stress and fully enjoy your relaxation. Wellness tip: rest at least 20 minutes between sauna sessions

INFRARED SAUNA

Infrared rays work from the inside out, warming muscles and providing deep relaxation. Excellent for those suffering from muscle tension.

HYDROMASSAGE POOL

Two hydromassage pools, with hot water at 37°. vascular and skin massage, passive vascular and muscular gymnastics, promotes psycho-physical well-being.

Not recommended for: cardiovascular disorders, bacterial infections, hypertension and low blood pressure, capillary fragility, gastric sensitivity.

remember to always hydrate before accessing the various rooms.



OLTRE

VERTICAL WELLNESS

A journey through different states of wellbeing, a vertical path designed to awaken deep and authentic sensations. Like a mountain rising toward the sky, each floor represents a stage in this path of renewal.

From the energetic movement at the base to the contemplative quietness at the summit, OLTRE accompanies you on a transformative experience. Natural light permeates every space, while large openings create a continuous dialogue with the surrounding Alpine landscape.

At the heart of this experience, water reveals its ancestral power: its sound calms the mind, its movement hypnotizes the gaze, its warm embrace dissolves tension. An element that has always given humans a state of natural wellbeing, amplified by the view of the surrounding mountains.

Here, movement becomes conscious energy, rest finds its most authentic dimension, and the mind discovers new spaces of freedom.

In December, our heated outdoor pool with mountain views will welcome you. In spring, the experience will be completed with the opening of all spaces.

Explore. OLTRE.

SPA ETIQUETTE

RESPECT THE SILENCE

Here at Arborea Spa, we cherish quietness and silence. We recommend turning off your mobile phone, speaking softly, and enjoying the experience in total relaxation.

TOWELS & BATHROBES (BAG)

Your Wellness bag includes a bathrobe and slippers for the entire duration of your stay. Requesting "new" linen costs 10€. At the end of your stay, please leave the wellness bag in your room; otherwise, we will charge 50€. The slippers are our gift to you. At the Arborea reception, you can collect towels to be used in the spa.

HYGIENE

For hygienic reasons, we ask you to access the Finnish sauna, infrared sauna, and steam bath without swimwear and without slippers. Use a towel for sitting.

When walking the Kneipp path, go barefoot, disinfecting your feet before entering. Walk slowly, lifting your limbs well.

Access to Tablà SPA is not permitted for those under 15 years old.

POOL ETIQUETTE

For safety reasons, diving is prohibited. The pool is also a place of relaxation and rest. Please respect this.

KIDS (<12) SPLASH TIME

To ensure peace and tranquility for our guests who choose MONROC, POOL KIDS SPLASH TIME is reserved for children up to 12 years old from 3:00 PM to 5:30 PM. Outside this time slot, access to the pool area is not permitted for children under 12.

STATES

STRENGTH

A Contemporary temple of movement

On the ground floor, the gym is configured as a luminous space, where wide windows dialogue with the surrounding mountain landscape. Not simply a place of training, but an energy laboratory where body and mind reconstruct themselves.

Cutting-edge equipment integrates with the philosophy of conscious movement.

WATER

BlueMind pool: the regenerating embrace

On the first floor, the heated outdoor pool becomes the epicenter of the Blue Mind Theory.

A sensory experience where water is not just a physical element, but a gateway to deep meditative states. The hydromassage here is not a luxury, but a ritual of reconnection.

TRANQUILLITY

Only Adults zone: silence and lightness

On the second floor, a space dedicated to total recovery. Minimal furnishings, neutral colors, natural fabrics create an environment where time seems to suspend.

Here, rest becomes an art, a contemporary luxury to be rediscovered.

AWARENESS

Only Adults zone: the pinnacle of mindfulness

The summit, the third floor, dedicated to contemplative practices, yoga, and breathing techniques.

A laboratory of inner transformation, where the mountain becomes a metaphor for personal growth.

At the end of December 2024, our heated outdoor pool with a view of the mountains will welcome you. In spring, the experience will be completed with the opening of all spaces.

Questo menu è parte della tua esperienza – ti invitiamo a consultarlo qui. Se vuoi portare con te un po' di MONROC, scopri EXPLORA, il nostro magazine gratuito con storie, consigli e ispirazioni, distribuito all'interno dell'hotel.



This menu is part of your experience – please enjoy it here. If you wish to take a piece of MONROC with you, explore EXPLORA, our free magazine full of stories, tips, and inspirations, available throughout the property.

Dieses Menü ist Teil deines Erlebnisses – bitte genieße es hier. Wenn du ein Stück MONROC mitnehmen möchtest, entdecke EXPLORA, unser kostenloses Magazin mit Geschichten, Tipps und Inspirationen, das im Haus verteilt wird.

there is
more
to explore



MONRōC

www.monroc.it
info@monroc.it
[@monrochotel](https://www.instagram.com/monrochotel)

Val di Sole

TRENTINO