

SALUS
PER AQUAM



WITHIN
ANCIENT WALLS,
A LUSH GARDEN AND
A PLACE DEDICATED
TO WELLBEING UNFOLD,
GENTLY SET APART FROM
THE PACE OF EVERYDAY LIFE.
LIGHT AND THE SURROUNDING
GREEN SOFTEN THE BOUNDARY
BETWEEN INDOORS AND
OUTDOORS, WHERE WATER,
WARMTH AND MOVEMENT
EXIST IN QUIET CONTINUITY.
MONASTIC KNOWLEDGE
MEETS CONTEMPORARY
CARE, SHAPING A HOLISTIC
APPROACH TO WELLBEING. FACE
AND BODY RITUALS SUPPORT
REGENERATION, RESTORING A
NATURAL SENSE OF BALANCE.

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SIGNATURE
RITUALS

SIGNATURE
RITUALS

Ritus Monasterii

DRY BRUSHING
& NOURISHING
FULL-BODY MASSAGE

80 min
€ 150

Inspired by centuries of monastic knowledge devoted to health and well-being, this ritual begins with invigorating dry brushing to stimulate circulation and gently prepare the skin. A deeply nourishing full-body massage with rich shea butter follows, using slow, flowing movements to release tension and promote profound relaxation. The skin is left supple and replenished, while a deep, grounded calm begins to unfold. Your brush accompanies you home, inviting you to continue this mindful daily practice.

Ritus Arx Vivendi

POMEGRANATE
FULL-BODY RITUAL WITH
EXFOLIATION & MASSAGE

80 min
€ 150

The pomegranate—symbol of life, vitality, and beauty—lies at the heart of this signature experience and is deeply woven into the spirit of the monastery. A gentle exfoliation smooths and refines the skin, complemented by a soothing head and facial massage with precious pomegranate seed oil. A flowing full-body massage completes the ritual, releasing tension and bringing a renewed sense of ease. The skin appears soft, luminous, and delicately revitalised.

SIGNATURE
RITUALS

Ritus
Athletae

INTENSIVE FULL-BODY
RITUAL FOR MOVEMENT
AND RECOVERY

80 min
€ 150

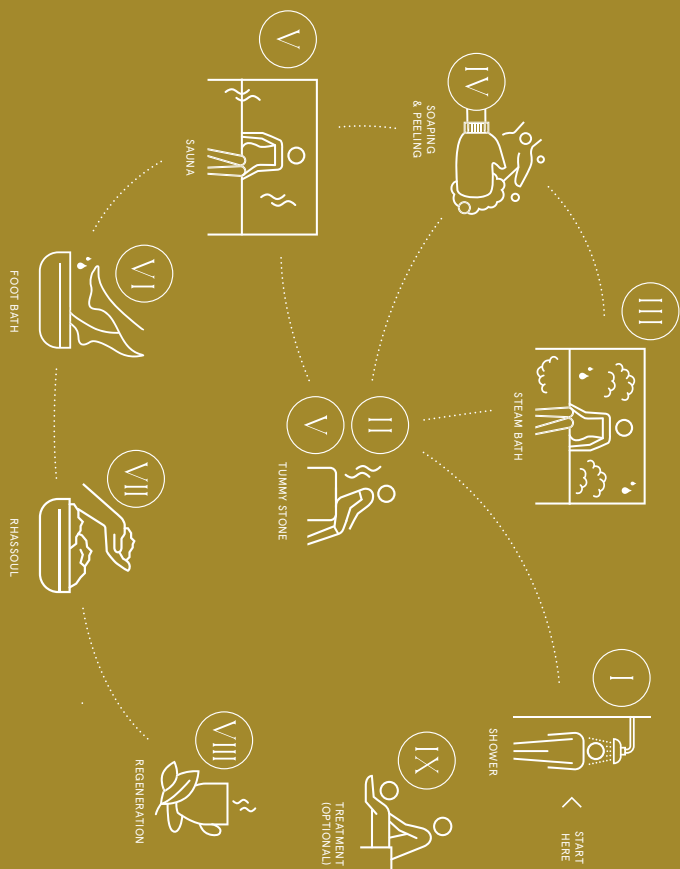
Created for moments of activity and release, this energising ritual combines assisted stretching with a deeply targeted full-body massage. Essential oils of rosemary, lemon, and thyme awaken the senses, stimulate circulation, and support the body's natural recovery process. Ideal after physical activity—or in preparation for it—this treatment helps to release muscle tension, enhance mobility, and leave the body feeling light, balanced, and restored.

HAMMAM
RITUAL

HAMMAM JOURNEY

- I **SHOWER**
A gentle arrival, preparing body and mind for the ritual ahead.
- II **TUMMY STONE**
Resting on the warm stone, heat slowly unfolds through the body.
- III **STEAM BATH**
Warm steam opens the pores and prepares the skin for deep cleansing.
- IV **SOAPING & PEELING**
Savon Noir softens the skin, followed by exfoliation with a Kessa glove to gently remove dead skin cells.
- V **PAUSE**
Return to the warmth of the tummy stone or continue in the sauna, allowing the body to fully absorb the experience.
- VI **COOLING FOOT BATH**
A cooling foot bath refreshes the senses and restores a feeling of lightness.
- VII **RHASSOUL**
Mineral-rich clay nourishes the skin, leaving it soft, smooth, and refined.
- VIII **REGENERATION**
A moment of rest with tea and the application of precious argan oil to nourish and soften the skin.
- IX **FULL-BODY MASSAGE**
(optional)
A flowing full-body massage with warm oil completes the ritual, releasing deeper layers of tension and bringing the experience to a harmonious conclusion.

HAMMAM JOURNEY



HAMMAM RITUAL

Ritus Hamмам

SELF-GUIDED
HAMMAM RITUAL

Time to let go of time. Inspired by traditional Moroccan bathing culture, heat, steam, and water come together in a ritual of cleansing, renewal, and deep relaxation. After a short introduction, you follow the different stages of the hammam ritual at your own pace. Your personal set includes a fine cotton pestemal, a Kessa glove, Savon Noir, mineral-rich Rhassoul, and argan oil for the final care.

Self-Guided Ritual

90 min
€ 50

Self-Guided Ritual - Private
(Exclusive use of the hammam)

90 min
€ 60

Self-Guided Ritual
with Full-Body Massage

90+80 min
€ 180





HOLISTIC FACIAL
TREATMENTS

OUR FACIAL
TREATMENTS COMBI-
NE PRECISE CARE WITH A
HOLISTIC UNDERSTANDING
OF SKIN HEALTH. NATURAL
ACTIVE INGREDIENTS AND CA-
REFULLY APPLIED TECHNIQUES
SUPPORT THE SKIN IN MAINTAI-
NING ITS CLARITY, VITALITY, AND
NATURAL RADIANCE.



HOLISTIC FACIAL TREATMENTS

Puritas

PURIFYING
FACIAL TREATMENT

50 min
€ 95

For skin seeking clarity and a sense of renewal. Gentle cleansing and individually tailored care help restore the skin's natural balance, allowing it to return to its pure, unburdened state. The complexion appears refined, even, and quietly luminous.

Vigor

FACIAL TREATMENT
FOR MEN

50 min
€ 95

Created to meet the specific needs of men's skin. This treatment supports regeneration and reinforces the skin's natural resilience, promoting a clear and composed appearance. The skin feels strengthened, refreshed, and full of renewed energy.

Renova

REGENERATING
FACIAL TREATMENT

80 min
€ 135

An intensive treatment designed to renew vitality and awaken the skin's natural radiance. A modulated facial massage, combined with deeply effective care, encourages the skin's own regenerative processes. The complexion appears revitalised, vibrant, and visibly renewed.

Elevatio

INTENSIVE
LIFTING FACIAL

80 min
€ 145

A deeply effective treatment that refines, lifts, and redefines. Biodynamic lifting massage and warm floral compresses support the skin's firmness while enhancing its natural contours and expression. The skin appears smoother, more defined, and elevated with a renewed sense of vitality.

BODY RITUALS
& MESSAGES

BODY RITUALS
& MASSAGES

Renascentis

TARGETED MESSAGE FOR HEAD,
NECK, LEGS & FEET

50 min
€ 95

A sense of renewal emerges as tension gently releases, the mind clears, and the body regains lightness. A gentle balance of relaxation and subtle activation.

Lux et crepusculum

AROMATIC
OIL MESSAGE

50 min
€ 95

A gentle full-body massage with carefully selected essential oils. Either uplifting or calming, tailored to your needs—bringing the body into a state of quiet balance.

Lumen

CANDLE
MESSAGE

50 min
€ 105

Warm, plant-based oils melt into the skin, accompanied by slow, flowing movements. A soft, luminous moment of stillness for body and senses.

Herba Vitalis

ACTIVATING HERBAL
STAMP MESSAGE

50 min
€ 115

Warm herbal stamps, rhythmic movements, and natural essences unfold their effect on muscles and skin. The body feels reawakened, energised, and light.

BODY RITUALS
& MESSAGES

Intensio

SPORTS
MASSAGE

50 min
€ 105

A focused, more intensive massage designed to release muscular tension and stimulate circulation. Ideal in preparation for physical activity or to support recovery afterwards.

Dorsum Vivum

REVITALISING
BACK TREATMENT

50 min
€ 105

A targeted treatment devoted entirely to the back. Manual techniques and cupping are complemented by gentle vibrations, creating a deeply effective experience. Tension is released, muscles soften, and mobility is gently supported. The back feels aligned, balanced, and renewed.

Tonus et Forma

FIRMING DETOX
BODY TREATMENT

80 min
€ 145

An activating treatment designed to stimulate the tissue and support the skin's structure. Exfoliation, circulation-enhancing massage techniques, and a mineral-rich algae wrap work to tone, detoxify, and refine—focusing on abdomen, legs, and hips. The skin appears smoother, firmer, and visibly revitalised.

Vita Nova

MASSAGE FOR
EXPECTANT MOTHERS

50 min
€ 95

A deeply nurturing treatment offering comfort and gentle relief. Carefully applied movements ease tension and support overall well-being during pregnancy. From the 15th week of pregnancy.

BODY RITUALS
& MASSAGES

Harmonia

HOLISTIC
FACE & BODY RITUAL

80 min
€ 150

A deeply relaxing ritual that brings face and body into quiet harmony. Targeted facial care combined with flowing body massage creates a seamless treatment experience, supporting both the complexion and overall well-being. Warm herbal stamps—either vitalising, regenerating, or deeply relaxing—stimulate circulation, release tension, and restore energy. The complexion appears clear, nourished, and radiant. The body feels light, balanced, and at ease.





COUPLE
RITUALS

COUPLE
RITUALS

Sapor Benacus

COUPLE'S RITUAL:
EXFOLIATION, MASSAGE
& LOCAL SPECIALITIES

80 min
€ 320

Inspired by the landscapes of Lake Garda—lemon groves, olive trees, and rolling vineyards. A refreshing lemon salt exfoliation clears and awakens the skin, followed by a gentle full-body massage with olive oil that softens and nourishes. The ritual unfolds into a moment of shared enjoyment with a glass of Trento DOC sparkling wine and a selection of regional specialities.

Sapor Orientalis

COUPLE'S RITUAL:
HAMMAM & CANDLE
MASSAGE

90+50min
€ 350

An immersive ritual inspired by timeless Eastern traditions. The hammam is reserved exclusively for you, offering a quiet space to unwind together and let the outside world fade away. A flowing candle massage follows, where warm oils and subtle fragrances are applied in slow, continuous movements, guiding the body into deep relaxation. The experience gently concludes with mint tea and fine sweet delicacies.

HANDS
& FEET

HANDS
& FEET

Cura Manuum
Classic Manicure

€ 55

Cura Pedum
Classic Pedicure

€ 65

Additional Services

Nail Polish

€ 10

Gel Polish Removal

€ 25



WELLNESS JOURNEY

SAUNA

A place of warmth, stillness, and gentle release—where the body begins to unwind and the mind grows quiet. The Finnish sauna GRANATUM (80–100°C) offers intense, dry heat that clarifies and invigorates.

The bio sauna CONFESSIO (50–60°C) provides a softer, more humid environment, gentle on the body and soothing for the skin. The natural rhythm of warmth, cooling, and rest allows the body to relax and return to its own balance.

HAMMAM

A secluded space of warmth and calm, dedicated to cleansing, renewal, and unhurried time. The hammam is experienced as part of the Ritus Hammam, guiding you through its stages in a dedicated setting, and may also be reserved for a private experience.

EVENING PRIVATE SPA

An experience reserved entirely for you. From 8:00 pm, the spa is yours to enjoy in a quiet, private setting—calm and undisturbed. Time begins to slow, shaped by warmth, stillness, and a sense of calm presence. Herbal tea and a selection of fresh and dried fruits accompany this moment.

Available upon reservation and subject to availability.

8:00 – 10:00 pm
€ 200

/ including a bottle
of Trento DOC
€ 240

SPA ETIQUETTE

ATMOSPHERE & MINDFULNESS

Our spa is a place of quiet calm and relaxation. We kindly ask you to help preserve this atmosphere and to be considerate of other guests. We ask that loungers are not reserved and that food and drinks are not consumed within the spa area.

BATHROBES & TOWELS

Bathrobes are provided in your room or suite, along with a spa bag containing large towels for use on loungers. Additional towels are available within the spa for sauna use and personal comfort. With consideration for the environment, we kindly invite you to use them with care.

SPA USE

Our saunas and hammam are textile-free areas. Access is reserved for guests aged 16 and over. Children are welcome in the spa area only when accompanied by an adult.

TREATMENTS

ADVANCE BOOKING

To ensure the availability of your preferred treatment time, we kindly recommend booking in advance.

PERSONAL CONSULTATION

Please inform us in advance of any health conditions, pregnancy, or personal preferences so we can tailor your treatment to your individual needs.

UPON ARRIVAL

We kindly ask you to arrive a few minutes prior to your appointment, allowing you to begin your experience in a relaxed and unhurried manner.

DELAYS & CANCELLATIONS

Cancellations are free of charge up to 24 hours prior to your appointment. For late cancellations or delayed arrival, the treatment time will be shortened accordingly or the full amount will be charged.

OUR PARTNERS

FLORA

Flora creates pure essential oils and certified organic skincare in Tuscany. Since 1986, the company has worked with plant-based ingredients and is regarded as one of the early pioneers of aromatherapy. Carefully composed oils accompany selected spa treatments, unfolding their natural character and enhancing the sensory experience. Flora's skincare products are also available in our rooms and suites, featuring botanical ingredients such as lavender, aloe vera, chamomile, and citrus.

BIOTEAQUE

Selected tea compositions accompany our rituals, served at the end to gently round off the experience. Natural ingredients and carefully balanced blends invite you to pause and let the moment linger.

TEAM DR JOSEPH

A holistic approach to skincare shapes the philosophy of TEAM DR JOSEPH—where nature and skin are understood in their natural balance. Since 1986, the South Tyrolean family-run company has worked with plant-based ingredients, combining traditional knowledge with modern research. Their certified natural products are at the heart of our facial treatments and selected body treatments, supporting the skin in its natural functions. A mindful use of resources is an integral part of their philosophy. As a climate- and plastic-neutral company, TEAM DR JOSEPH stands for a considered approach to production and sustainable development.

MONASTERO ARXVIVENDI

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