

MENS SANA IN CORPORE SANO

The cloister garden has always been a haven of pure peace and sensorial bliss, its lush nature a balm for body and soul. Our 'SALUS PER ACQUAM' wellbeing area was inspired by nature and the resulting sense of wonder and bliss you can experience here. The area boasts an outdoor, heated pool,

a Finnish sauna and bio sauna, chill-out rooms, a hammam and targeted treatments to ensure you can tap into a wellspring of wellbeing. A special place where you can forget about all your daily worries and thoughts – a place where time itself seems to stand still.



OUR PARTNERS

OWAY

OWAY stands for Organic Way. The Italian company based in Bologna believes in working in synch with nature, pursuing this philosophy by growing biodynamically on the hills of Bologna – making it as local as it gets – and using glass and aluminium packaging, therefore avoiding plastic. By employing highly effective formulas containing 100% natural, vegan ingredients and concentrates, the smallest amounts can deliver their full potential and efficacy. We opted for OWAY as our partner because it mirrors our demands for a 100% natural, organic beauty regime. It social responsibility, ethics, and genuine sustainability convinced us they were the right choice for us.

FLORA

The Tuscan company was founded in 1986 and, for over 30 years, has been the go-to company for traditional and scientific aromatherapy products making 100% pure essential oils and natural and biological cosmetics. Flora represents a responsible lifestyle and a commitment towards nature, using flowers, leaves and fruits to make their products. You'll find FLORA cosmetics in your rooms and suites: lavender soap, aloe vera bodywash, and laurel, chamomile, tangerine and orange shampoo.

All products are available for purchase in our shop.

FACE

OWAY DEEP PURITY FACE

The changing seasons influence the weather, temperatures, and flora. And, would you believe it, even what your skin needs. This tailored deep cleansing purifies your skin, sharpens your face's contours, and will make your skin glow by leveraging the harmonising effect of plants. Active principles such as biodynamic olive oil and walnut purify your skin in tune with the surrounding nature.

50 MIN.	95 €
+ OWAY DE-STRESS EYE TREATMENT	120 €

OWAY FACE LIGHTENING TREATMENT

A beauty ritual for a lighter and smoother skin. This multi-step cosmetic strategy uses Alpine willowherb, chia, and walnut active substances to fight both blemishes and uneven skin tone caused by ageing, excessive sun exposure, and hormonal imbalances. A white jade gua sha massage will contribute to firming up your skin.

50 MIN.	110 €
+ OWAY DE-STRESS EYE TREATMENT	135 €

OWAY ENERGETIC FACE MEN

Just because a man's skin has a different structure and needs from that of a woman, doesn't mean it doesn't need daily pampering. This treatment leverages the benefits of plants – including biodynamic juniper berries and ginseng – to boost cellular hydration, improve skin elasticity, smooth away wrinkles and plump up your skin.

50 MIN.	95 €
+ OWAY DE-STRESS EYE TREATMENT	120 €

OWAY AGE BETTER RITUAL

Getting older means being wiser, more capable, ready to recognise and solve problems, bolder, and having hands-on experience. Yet it also causes inevitable changes to your skin. This natural and incredibly effective face ritual reengages cellular functions by stimulating collagen and elastin production. Combined with a gentle yet expert massage, it revitalises cells so you can age with grace and beauty.

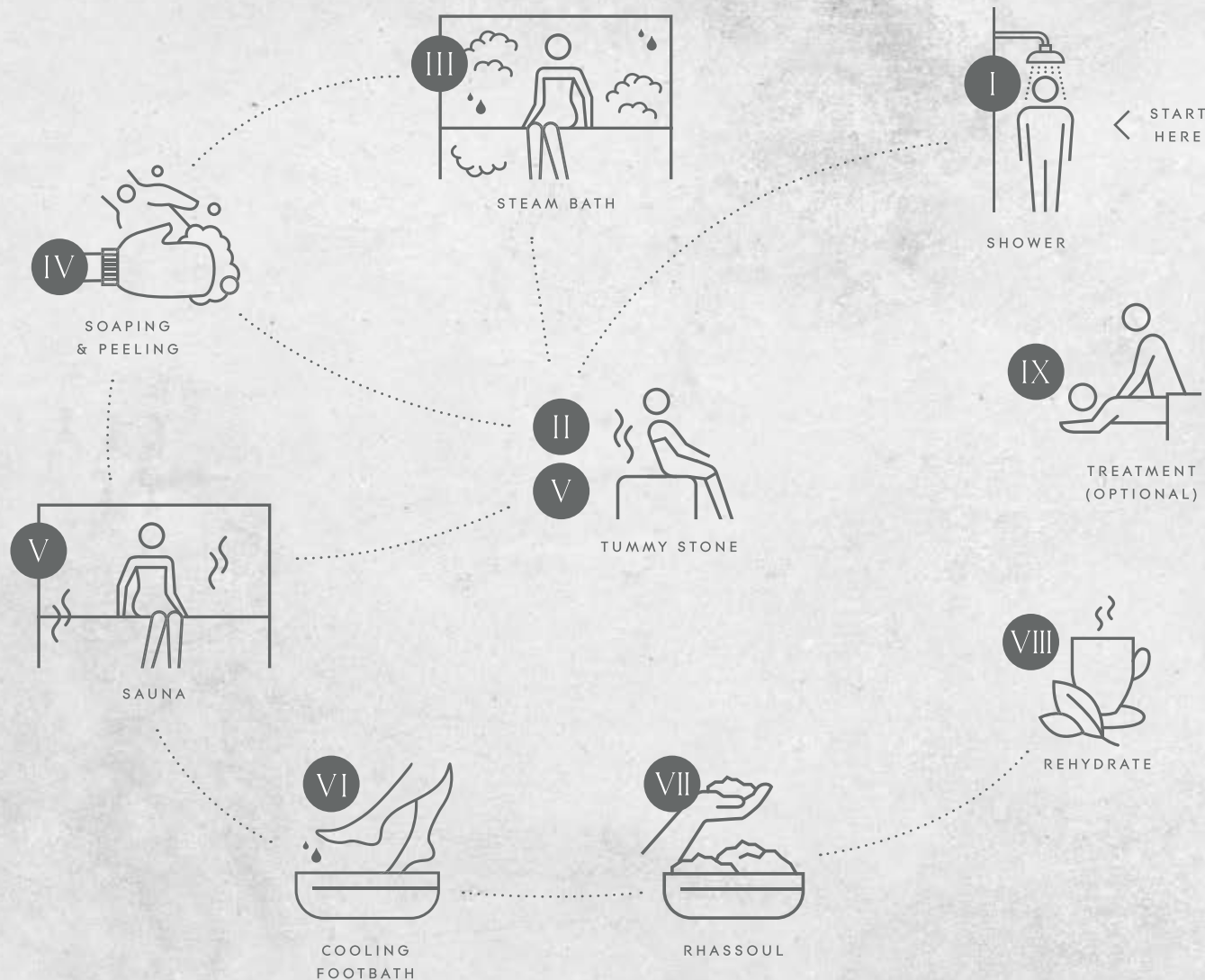
50 MIN.	110 €
+ OWAY DE-STRESS EYE TREATMENT	135 €

OWAY DE-STRESS EYES TREATMENT

A beauty ritual for a fresh and youthful look. The refreshing peel-off, biodynamic marigold mask drains the bags under your eyes, improves microcirculation, and smooths wrinkles.

Can be booked with all OWAY face treatments.

HAMMAM RITUAL



After showering and warming up on the central tummy stone and sweating in the steam bath, the skin is ready for deep pore cleansing with the savon-noir.

This is a traditional Moroccan olive-based soap which works as an enzyme peeling by gently exfoliating your skin to remove impurities. Rinse and massage your skin vigorously with the kessa glove with circular movements to reactivate microcirculation.

You can now choose between the sauna or a relaxing moment on the tummy stone.

Listen to your body. The following foot-bath refreshes and stimulates blood circulation.

You're now ready for an extra bit of pampering: the rhassoul. The Moroccan clay is rich in trace elements, binds toxins, remineralises and nourishes your skin.

Take care of your body and feel as light as a feather in a perfect environment. Revel in this sensation with a delicious cup of tea.

A hammam oil massage can also be booked.

SELF-GUIDED HAMMAM RITUAL

The time has come to step out of time itself and to lose yourself in an extraordinary experience. The hammam ritual is a balm for body and soul. Enjoy this traditional Moroccan purification and wellbeing ritual at your own pace. We recommend you plan 90 minutes for a visit to the hammam. Your personal hammam set contains all you need: pestemal, kessa, savon-noir, and rhassoul. Booking required.

APPROX. 90 MIN.

40 €

RITUS ATHLETAE

An athlete's ritual: intense full-body treatment

A passive stretching followed by a sports massage with rosemary, lemon, and thyme essential oils helps improve blood circulation – to ease the overexertion of your muscles – and reduce muscle tension and fatigue. The ritual is rounded off by applying a camphor and herb-based gel on the critical spots for a longer lasting feeling of wellbeing.

80 MIN.

140 €

RITUS HAMMAM

Hammam experience and dynamic warm oil massage

Step into a world of oriental wellbeing to detox and relax your body and mind. Listen to the instructions of our hammam expert but, most importantly, listen to your body. Once you've completed your independent hammam experience, treat yourself to a dynamic body, hair, and scalp warm oil massage. The scent of Neroli will transport you to far-away lands.

APPROX. 90 MIN. + 80 MIN.

170 €

RITUS ARX VIVENDI

Pomegranate treatment, peeling and massage

Pomegranates have always been the stuff of legend, and the fruit has symbolised fertility, abundance, and good fortune as well as renewal and regeneration since time immemorial. The fruit's crown-shaped petiole is often associated with the Virgin Mary, but it's also quite symbolic within the monastery's walls. Its symbolism but most of all its many beneficial properties are the reason why we've created a full-body, face, and hair ritual for you. The organic pomegranate scrub prepares your skin for a deeply nourishing massage; the head massage melts all tensions away; while the pomegranate seed oil applied to your face has antioxidizing and anti-inflammatory properties which regenerate the tissue and give that healthy glow to your face.

80 MIN.

140 €

RITUS MONASTERII

Dry brushing and full-body hydrating massage

The monastery's ritual starts with a dry brushing treatment boasting detoxing, balancing, exfoliating, and smoothing properties. This ancient technique was used in Medieval monasteries and is surprisingly effective and simple, with immediate results showing on your skin and entire body. This is followed by a massage with warm shea butter known for its hydrating and antioxidizing properties. An all-round beauty ritual which tones up the skin giving it a more even look, improving blood and lymphatic circulation as well as relaxing the muscles and nervous system. You can take the brush back home with you to start your day with an energy boost and a detox ritual – even after you've left the Monastero ARX VIVENDI. We recommend brushing regularly between three and five minutes.

80 MIN.

150 €



COUPLE RITUALS

SAPOR BENACUS

Couple ritual: peeling, massage and local delicacies

Use all your senses to bask in the beauty of the lake. Lake Garda is at the heart of this couples' ritual – inspired by the lake's nature, lemon trees, olive groves, and vineyards. A salt and lemon peeling removes dead cells and prepares the skin for a massage with olive oil which boasts antioxidant, hydrating, and anti-ageing properties. Lavender and melissa, plucked from our own garden, will provide you with much-needed relaxation. The cherry on the cake is a good glass of Trento DOC wine and a platter of Trentino specialties for a truly 360° sensorial experience.

80 MIN.

300 €

SAPOR ORIENTALIS

Couple ritual: hammam, candle-massage and oriental delicacies

Your trip to the Middle East starts with a hammam experience, an independent treatment to purify your body and soul. You'll be provided with an expert introduction and a hammam set containing all you need for this treatment: a pestemal, kessa, savon-noir, and rhassoul. Then, proceed to a full-body candle-massage. Exotic scents, soft lighting, and warm wax will make you forget time and space. While away the hours in full relaxation, as you both slip into a waking dream, sipping delicious Moroccan mint tea and tasting sweet, oriental delicacies.

APPROX. 90 MIN. + 50 MIN.

330 €

BODY & SOUL

RENASCENTIS

Head, neck, leg and foot massage

Want to feel as good as new after a long trip, a day visiting sights or sports? This is the ideal treatment for you – featuring a foot-bath with refreshing peppermint and lemon oils, a head and neck massage and an energising massage for tired feet and legs.

50 MIN.

85 €

DONUM APIS

Detoxing honey treatment

Honey has been considered a versatile remedy for countless ills for centuries due to its important components. This intense treatment is a deep tissue massage which employs a special “pumping and rolling” technique: thanks to these movements, the honey seeps deep into the back tissue and soles of your feet. It removes waste products and toxins and regenerates skin and muscle tissue. This treatment isn’t meant for people with a hirsute back.

50 MIN.

95 €

DORSUM SANUM

Back mud treatment

An intense experience to provide relief to your back muscles in three phases: a salt scrub to streamline and spark blood circulation, a self-heating mud to detox the body, a back massage to provide infinite lightness.

50 MIN.

95 €

OWAY ACTIVE DRAINING & SLIMMING LEGS WRAP

Want your legs to feel light as a feather? A synergy of a targeted massage and a draining leg wrap regulate microcirculation, fight water retention and revitalise heavy and bloated legs.

80 MIN.

135 €

OWAY ULTRA EFFECTIVE DETOX & REDUCE TREATMENT

This especially effective and multi-step beauty ritual stimulates microcirculation and fights against fatty deposits, water retention, and boosts skin relaxation. A synergy between enzyme peeling, mudpacks, and targeted leg and abdomen massage applying white jade gua sha guarantees visible and long-lasting results. Pink pepper and biodynamic and horse chestnut will define the contour of your body and tighten up your skin.

80 MIN.

135 €

MASSAGES

LUCE ORTA

Revitalising aromatic massage

Start the day with a spring in your step. This gentle full-body massage has a revitalising effect on both body and mind thanks to the use of peppermint and lemon essential oils.

50 MIN.

90 €

CREPUSCULUM

Relaxing aromatic massage

Leave the everyday stress behind. This gentle full-body massage with lavender and orange essential oils will provide you with peaceful bliss and a revitalising good night's sleep.

50 MIN.

90 €

INTENSIO

Sports massage

This is a deep tissue full-body massage that works on loosening up your muscles. Thyme, rosemary, and lemon essential oils stimulate circulation and vitality. Ideal before training to increase performance or after to loosen up the impacted muscles.

50 MIN.

100 €

VITA NOVA

Prenatal massage

A delicate treatment for physical and spiritual bliss during a delicate period in a woman's life. Our therapists ensure you feel overall wellbeing and relaxation, while the massage balsam moisturises your skin. This treatment can only be booked after the first trimester (15th week) and only if the pregnancy is not affected by complications.

50 MIN.

90 €

HANDS & FEET

CURA MANUM

Classic manicure

Choose between peeling or nail varnish.

50 MIN.

55 €

CURA PEDIS

Classic pedicure

Choose between foot massage or nail varnish.

50 MIN.

65 €

CURA PEDIS EXTENSA

SPA pedicure

Full pedicure with peeling and nutrient-rich wrap.

80 MIN.

105 €



SPA INFO

PEACE & RELAX

A monastery's cloister was a haven for peace and quiet – and we aim to keep it so even in our modern days. Please respect the other guests' well-deserved bliss. Please do not leave your belongings on the loungers when not using them.

TOWELS

You can find towels inside the Spa bag in your room as well as in the well-being area. Use them consciously so we can contribute to protecting the environment. Place them in the dedicated baskets once they have been used. Remember: large towels and bathrobes must be left exclusively in your room if they require changing.

FOOD & DRINKS

For your safety and hygiene reasons, food and drinks from the bar/restaurant won't be served in the wellbeing area. You're always free to take the apples and water on display, of course. Just don't forget to place the apple cores in the dedicated bin.

TREATMENTS

Book in advance.

Advance bookings are recommended to secure your preferred treatment time.

Personalised advice.

We want our treatments to be just right for you. Let us know what you expect so we can give you personalised advice. Please inform us about your health and any medical conditions such as hypertension, heart disease, a potential pregnancy, etc.

Make yourself comfortable.

Head to the wellbeing area in your slippers and bathrobe. Arrive five minutes early so you can start your wellbeing journey without a care in the world. Changing rooms with lockers and showers can be found at the start of the SPA.

Delays and cancellations.

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals. Please allow 24 hours' notice on spa treatments; otherwise, you will be charged.



SAUNA

Our **SALUS PER AQUAM** wellbeing area features two types of saunas: **GRANATUM** (finnish sauna) with temperatures between 80°C and 100°C and humidity between 10-25%; and **CONFESSIO** (biosauna), with lower temperatures between 50°C and 60°C and 45-55% humidity.

The saunas and the hammam are a clothes-free area. You may use the towels provided. Guests younger than 16 cannot access these areas.

Make the most of your wellbeing experience:

- Focus on what matters: take the time to listen to your body.
- Don't eat too much or nothing at all before entering the saunas.
- Shower, then dry yourself off completely before entering the sauna to speed up perspiration.
- When in the sauna, sit or lie down on a towel. The first stage, the warming -up phase shouldn't last more than 15 minutes. For the last two minutes, sit with your feet below you so your blood circulation can get used to the upright position once again.
- The sauna doesn't end as soon as you've warmed up: continue by cooling down in the shower using cold or lukewarm water. To reap maximum benefits, start from the feet all the way up to the chest (heart area).
- At the end, lie down to relax and allow your blood pressure to return to its normal values.
- The cooling phase should last at least as long as the warming-up phase
- Drink plenty of water to ensure your body replenishes the liquids it sweated out during the sauna.