

# European Spa

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FOR SPA DEVELOPMENT



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Wellness on the menu at Switzerland's iconic hotel

## SPA MAKEOVER



Photo credits: Maurizio Marcato

### Way to wellness

Take ayurvedic inspiration from Dhara Wellness at Belfiore Park Hotel on the shores of Lake Garda in Italy



Alberto Apostoli

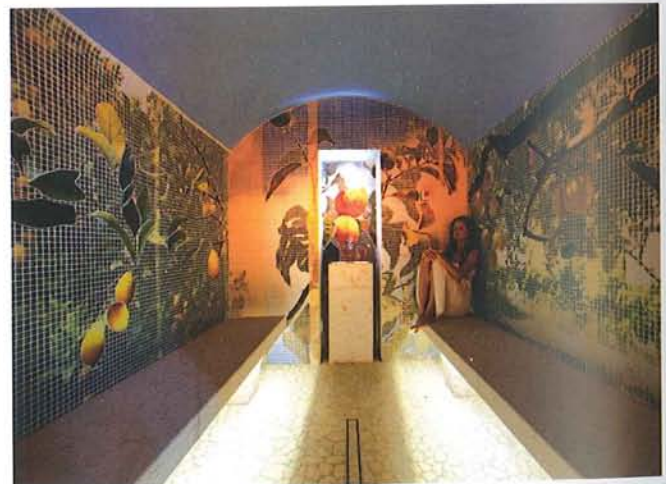
The wellness centre at the Belfiore Park Hotel on the Venetian side of Lake Garda, has unveiled an elegant, Ayurvedic-influenced makeover. Called Dhara Wellness, it was inspired by General Manager Giorgio Consolini's wife's experiences with the ancient healing traditions of Ayurveda in Kerala, Southern India.

The bijou 160sqm spa demonstrates how a once humble storage area can be transformed into a notable spa. Today, guests can enjoy Solimé products, and an Ayurvedic menu in luxurious surroundings.

"The space is full of innovative solutions and small details that were constructed with care and respect for the territory. Careful construction utilised materials such as local stone for the walls and base of the pools," reveals Dhara's architect Alberto Apostoli. "An olive tree creates a unique poolside feature and the local spring we discovered during construction is used to replenish the spa's water."

Other notable design innovations include a large glass-fronted sauna made of olive wood and a hammam decorated by digital mosaic reproduced on thin resin. The whole spa is controlled through a domotic system, which provides wireless, integrated and automated control of lighting, temperature and sound. Upon request, the relaxation zone can also be transformed into a sleeping room.

[www.wellnesslakegarda.co.uk](http://www.wellnesslakegarda.co.uk)  
[www.albertoapostoli.com/en](http://www.albertoapostoli.com/en)



#### Fast facts

Size of spa: 160sqm  
 Investment: €416,000  
 Treatment rooms: two  
 General Manager: Giorgio Consolini  
 Architect: Alberto Apostoli  
 Products and treatments: Solimé

Above: The bijou spa was created from space previously used for storage and was designed with many unique touches