

## All the benefits of being immersed in nature, from water to woods NATURAL WELLNESS, A UNIQUE EXPERIENCE

**In Trentino, it's easy to rediscover your well-being and energy: just take a walk in a beech forest and breathe deeply, practise forest bathing or barefoot walking, or turn to the relaxing and regenerating properties of a spa bath, a sensory shower or an aromatherapy sauna with local herbs**

Far removed from the problems and stresses of daily life, feel your body being reborn and recharged day after day in places where time seems to stand still, surrounded by silence, while the rhythm of your breathing becomes slow and prolonged. In Trentino, you can experience the latest trends in **natural wellness**, such as **forest bathing** and **walking barefoot** in nature. Or recharge your batteries in one of the numerous places devoted to wellness, where **the effects of hot water**, steam and aromatherapy baths, sensory showers and jacuzzis will help you get back into shape. Last but not least, complete your wellness holiday with treatments using cosmetic ranges based on natural and organic products that can prolong the beneficial effect after returning from holiday.

### **Sensory therapies and new experiences**

**Kneipp** paths harness the health-giving principles of hydrotherapy, alternating hot and cold water to improve blood circulation and strengthen the immune system. In **San Bernardo** in Val di Rabbi, you can experience the first outdoor Kneipp path in Trentino and dip your toes into the pure waters of the River Valorz. You'll also find a Kneipp path at **Villa Welsperg**, headquarters of the Paneveggio - Pale di San Martino Natural Park, at the end of the "Muse Fedaiè" biodiversity trail.

**Walking barefoot** is an experience that involves mechanics, physical and mental strength, emotions, concentration, poetry and silence. In **Soraga** in Val di Fassa, the "Sora l'Aga" path offers this type of experience: through contact with damp grass, leaves, moss, stones, bark, and water, you learn to get to know and feel the sensations transmitted by the stones, their roughness and their warmth under the soles of your feet. In so doing, you rediscover a dimension in which the mechanics of the human foot, the beneficial connections with the earth's electromagnetism, and the art of passing from cold to hot, which the German abbot Kneipp transformed into a form of therapy, are all intertwined. You can also try out this activity in Val di Fassa, in Moena from Malga Roncac to the resort of Ischies, in **Val San Nicolò** and in Val di Fiemme in **Bellamonte** wood.

**San Martino di Castrozza** was the first area in Italy to join the Barefoot Academy's **Barefoot Trail** project, "The silence of the steps", founded by writer and barefooter Andrea Bianchi. Barefoot trails are paths – already part of the local trail network – that can be walked at least in part barefoot without any great difficulty, even by those that don't have any barefoot hiking experience.

Another natural wellness trend is known as **forest bathing**, and in **Fai della Paganella**, in a vast beech forest of around 36 hectares, you'll find the first certified trail park in Italy dedicated to this practice, equipped for real Forest Therapy. The "Parco del Respiro" (Park of Breathing) consists of four routes, the first of which is called "Acqua e Faggi" (Water and Beech Trees). To get the most out of this practice, which has its origins in Japan, the idea is to walk through the forest, breathing slowly and regularly, to inhale the volatile substances (monoterpenes) found in the essential oils produced by plants, which can be invigorating or relaxing. Forest bathing can strengthen the most active cells of the immune system, improve blood pressure and relieve depression.

In **Val Rendena**, you can walk barefoot on the grass or rocks along natural wellness routes, embracing the trees and smelling the scents of resins and other essences to absorb their energy. Eight routes have been created around **Pinzolo** in the Adamello-Brenta Natural Park, which combine contact with natural elements and activities such as yoga, meditation and barefoot walking.

In **Val di Rabbi**, the **Parco Sonoro Fruscio** (Fruscio Sound Park) has been opened in the Pozzantine area. This route allows you to fully immerse yourself in the forest and its sounds, which are amplified by seven sound and experience stations, creating a harmonious natural symphony. The park area is located 1,650 meters above sea level and can be reached on foot from the Cavallar car park.

### **Rejuvenate in jacuzzis, saunas and sensory baths**

You can enjoy a few hours in a Wellness Centre to take care of your physical wellbeing (and more) at any time of the year. You can experience alpine wellness at the **QC Terme** spa and resort in the heart of the Dolomites in **Pozza di Fassa**. The spa offers a unique experience, thanks to the range of different treatments, which use the thermal waters of the Alloch spring. [www.qctermedolomiti.it](http://www.qctermedolomiti.it).

In Trentino's main tourist resorts, there are numerous wellness centres open all year round, where you can rejuvenate yourself with water, steam, massages and beauty treatments. [List of centres](#).

You can find out more information by following this [link](#)

(m.b.)