

Spa with a view – looking forward to holidays in Ticino

Dream now – travel later: Self-care at home is followed by spa holidays in Ticino – and that’s something we can already dream of today

Health and self-care in times of coronavirus have taken on a new significance. Strengthening your immune system by eating healthily, getting enough sleep, enjoying a good book and simply relaxing or having a good fitness session or home beauty treatment are all great ways of improving your physical and mental well-being. And these are all things you’d normally look for in a spa holiday. What’s important right now is to find ways to look after ourselves in our homes. By the way, a return to well-being in both body and soul – as well as respect for nature and life – was something that a community of famous philosophers and *bon vivants* preached on the Monte Verità on Lago Maggiore in the early 20th century. And since the 19th century, travellers from Northern Europe stopped off for a few days in Ticino on their journeys south in order to relax in the calming, rejuvenating surroundings of Lago Maggiore and Lake Lugano and to recharge their batteries. Nowadays the region is dotted with hotels with lavish wellness centres offering not only therapeutic spa facilities but also fantastic panoramic views of nature – and they are already looking forward to welcoming guests and caring for their well-being once the current crisis is over. Our tip: You can already buy vouchers for your next stay in Ticino at www.amoreticino.ch and at the same time support your favourite hotel in the crisis.

Hotel Eden Roc, Ascona – relax in a Mediterranean ambience

Absolute quiet, an unbeatable location right on the shores of the Lago Maggiore, a private bathing beach, an ample panoramic jetty with a private marina, 95 colourfully designed luxurious rooms and suites, four exceptional restaurants and a veritable Garden of Eden are the paradisiacal components making up the Hotel Eden Roc in Ascona. On top of that, the hotel also has a 2,000-square metre spa area and even a water sports school offering all kinds of activities on the lake. Interior Designer Carlo Rampazzi found inspiration in the nature of Ticino for the spa areas. Blossoms are the



feature of the Eden Roc Spa, and are carefully designed to awaken spring fever amongst its guests. The water world was designed based on the colours of Lago Maggiore with its shimmering blue to grey tones and offers two indoor and outdoor pools and a hydrotherapy pool with a range of whirlpool recliners to help relax body and mind. The Kneipp path is laid out with stones from the nearby Maggia river and move naturally underfoot for you to experience the reel feeling of a riverbed. In addition, the Eden Roc Spa offers an extensive sauna area with steam bath, sanarium, Finnish sauna, exclusive area for women and a fitness area with the latest Technogym devices. www.edenroc.ch

Termali Salini & Spa, Locarno – dive into another world

The Termali Salini & Spa in Locarno enjoys a prime lakeside position on the Lago Maggiore and wows guests with its unique architecture. All the little recesses, caverns and waterfalls in the spa area remind visitors – in an abstract way – of the famous Ticino river valleys, and open up around every corner to a breathtaking panoramic view of the region. All the pools are natural salt water. The bathing complex covers a specified route over two floors with a series of optional treatments, all of which consist of diving into another world and leaving behind your everyday life. Unlike many other spas, Termali Salini & Spa Locarno is not all on one level, but takes you to a whole new world of relaxation over several floors. The sauna area in the basement feels like an underwater world, and the exclusive spa rooms on the roof terrace offer a stunning view of the lake and the mountain landscape. www.termali-salini.ch



Villa Orselina – a view to relaxation

Villa Orselina rises 449 metres above Locarno and is the perfect location for relaxed holidays beyond hectic everyday life. This five-star boutique hotel is surrounded by a 1-hectare sub-tropical garden with a view over Lago Maggiore and the Ticino mountain landscape, offering its visitors a stunning safe haven. All 28 elegantly decorated rooms and suites offer a spectacular panoramic view over the lake. The hotel, a member of the Small Luxury Hotels of the World community, also has a bar with a romantic terrace and two restaurants: the gourmet Ristorante di Villa Orselina and the Mediterranean pool restaurant La Pergola, both of which have stunning views. The spacious “La Spa” wellness and beauty oasis not only offers treatments, but also has a sauna area, and indoor pool, a heated outdoor pool and a fitness centre. www.villaorselina.ch



Kurhaus Cademario Hotel & Spa – unrivalled location above Lake Lugano

The Kurhaus Cademario Hotel & Spa, at an altitude of 850 metres, is Ticino's highest wellness hotel. Cademario is located in Malcantone, a gently rolling, densely grown hilly landscape located some 12 kilometres from Lugano. The spa hotel, which is surrounded by a 10-hectare park, has a 2,200 square metre spa with indoor and outdoor areas, several pools, a saline contrast pool and salt cave, a sauna world, a fitness area and several treatment rooms. The



building itself, which has been standing for over a century, has achieved the perfect combination of modern architecture harmonised with historic elements and features. The 82 rooms all have an open view over Lake Lugano and the area surrounding the hotel. Both panoramic restaurants with their broad terraces specialise in dishes from the local cuisine. Hikers and bikers can also use the hotel as a perfect base for setting out on 350 kilometres of tours all around Malcantone. kurhauscademario.com

Hotel Splendide Royal, Lugano – lifestyle for body, spirit and soul

“Balance is not something you find, it's something you create”. This is the philosophy of the new lifestyle spa in the five-star Hotel Splendide Royal in Lugano. The oasis of tranquillity, opened in 2019, is part of the Splendide Royal Hotel (one of the “Leading Hotels of the World” and “Swiss Deluxe Hotels”) – an architectural masterpiece with its panoramic pool that offers the comfort of an indoor pool with a breathtaking outdoor view and inviting sun terrace. The spa area has saunas and steam baths, treatment rooms, private spas and a gym, as well as a wide range of different



treatments using the finest products. This vital equilibrium is the approach on which the Splendide Lifestyle Spa bases its foundations. To support guests achieving this state of balance, the Lifestyle Spa has developed its very own compass, identifying four unique cardinals: Mind, Body, Soul and Energy. The Mind will help reaching a state of serenity through meditation and yoga sessions, under the expert guidance of the Spa professionals. The Body will build strength and release toxins with physical exercise, at the pool and with the latest equipment at the gym. The Soul will be nourished with positive emotions, through sensorial rituals and regenerating massages. The Energy will be provided by healthy meals and drinks, designed by the nutritionist and prepared only with natural ingredients. On this holistic journey, wellness holidaymakers will discover their own motivation and acquire methods to help them keep a healthy lifestyle even beyond their stay at the hotel. www.splendide.ch/en

The View Lugano Design & Lifestyle Hotel & Spa – above the rooftops of Lugano

The Swiss Planhotel Hospitality group opened The View in Lugano in 2015 – the latest luxury designer hotel in the five-star superior segment in the city. The hotel, designed by architect Alessandro Galloni, has an interior reminiscent of a luxury yacht and is located on the slopes of the Monte San Salvatore in the centre of the Paradiso municipality in the district of Lugano. And the name is no coincidence either: the location offers a spectacular view of the lake and the city of Lugano over to the Monte Brè. The hotel has 16 junior suites and two dream suites with Ambassador service, a 700-square



metre spa with beauty, pool and relaxation areas as well as a gourmet restaurant serving exquisite Mediterranean cuisine under the expert guidance of Executive Chef Mauro Grandi. www.theviewlugano.com/en

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