



WELLBEING

EN



Cultura Dolomiti. Our good life.



The landscape, a force of nature. The mountain, a magnet. The summit, pure bliss. Our food, authentic and refined, brings you back down to earth. Art inspires, good company connects. In the spa, you let go – and feel something fall into place. A feeling that goes deep.



Welcome to the CYH. Where your wellbeing begins.

They shape the region: rugged, steep, majestic. The Dolomites. For thousands of years, locals have lived in tune with the landscape. They have learned: life only works with the mountains. But never without or against them. A way of life emerged from this deep-rooted respect, drawing its essence from nature itself. We call this attitude Cultura Dolomiti. Our good life.

CULT
DOL

TASTES GREAT! AND MAKES YOU HAPPY.

GIVES YOU AN ADRENALINE RUSH.

GROWS THE FUTURE FROM STRONG ROOTS.

This alpine primal force, our culture and hospitality shape Cultura Dolomiti. Strengthening, nourishing, connecting. Providing everything for a good life. Genuine and free.



LEAVES TRACES, DEEP.

BRINGS PEOPLE TOGETHER.



BRINGS ARTE INTO THE VALLEY AND OUT INTO THE WORLD.

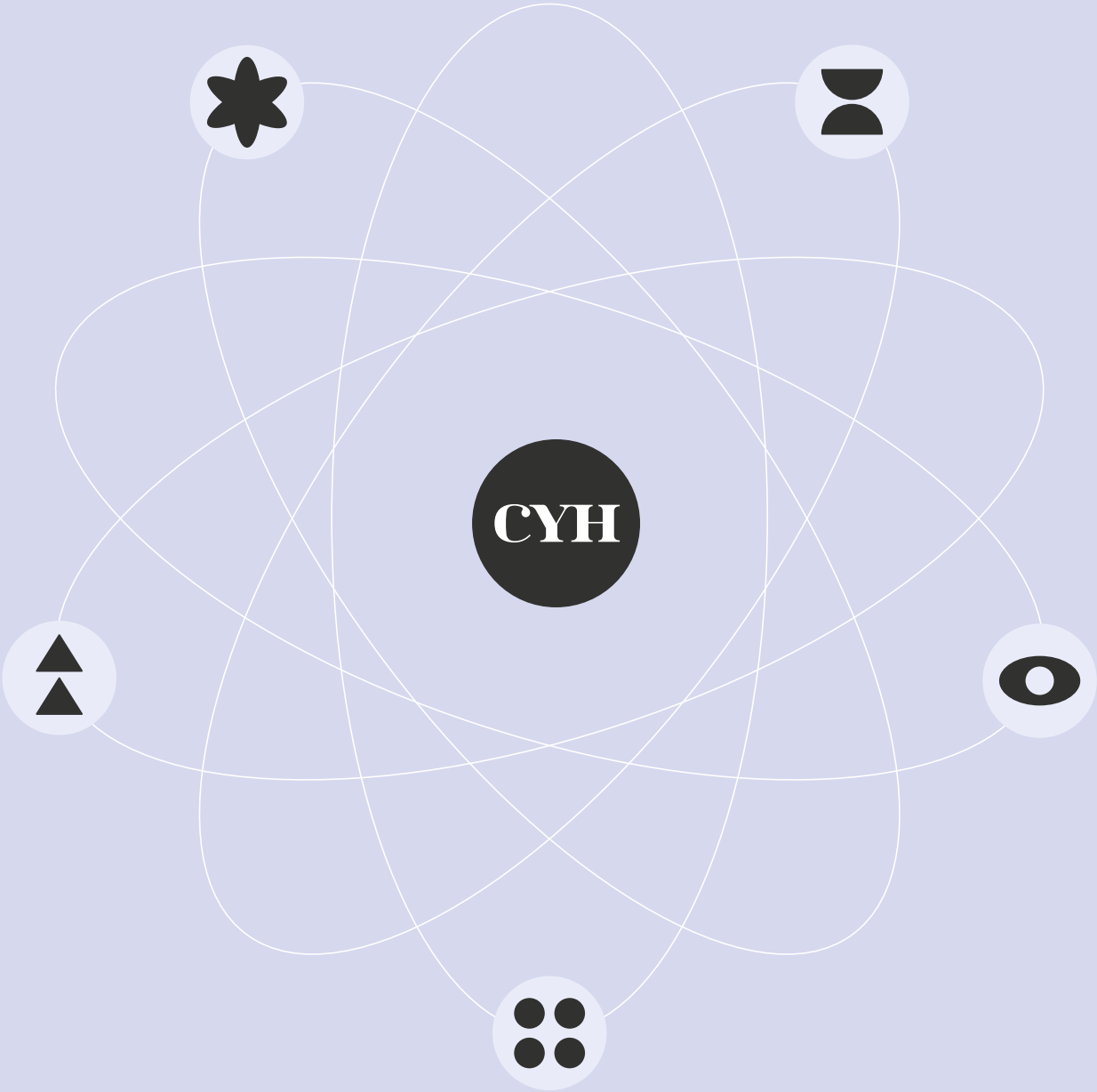


Inspired by international models of wellbeing and the definition of health by the World Health Organization (WHO), we at the CYH have developed our own understanding of holistic wellness. Our Wheel of Wellbeing describes health as the interplay of all spheres of life. Arranged around five forces that interlock and strengthen one another. They are the values at the core of Cultura Dolomiti.



- ✱ NATURALNESS
Nature as a source of strength
Respect, movement, inner rhythm
- ⬢ HEALTH
Balance for body and mind
Regeneration, rest, awareness
- 👁 PLAYFULNESS
Curiosity revitalizes
Creativity, openness, lightness
- ⌘ COMMUNITY
Companionship makes a difference
Exchange, belonging, shared moments
- ▲ FUTURE
Action with direction
Reason, inspiration, orientation

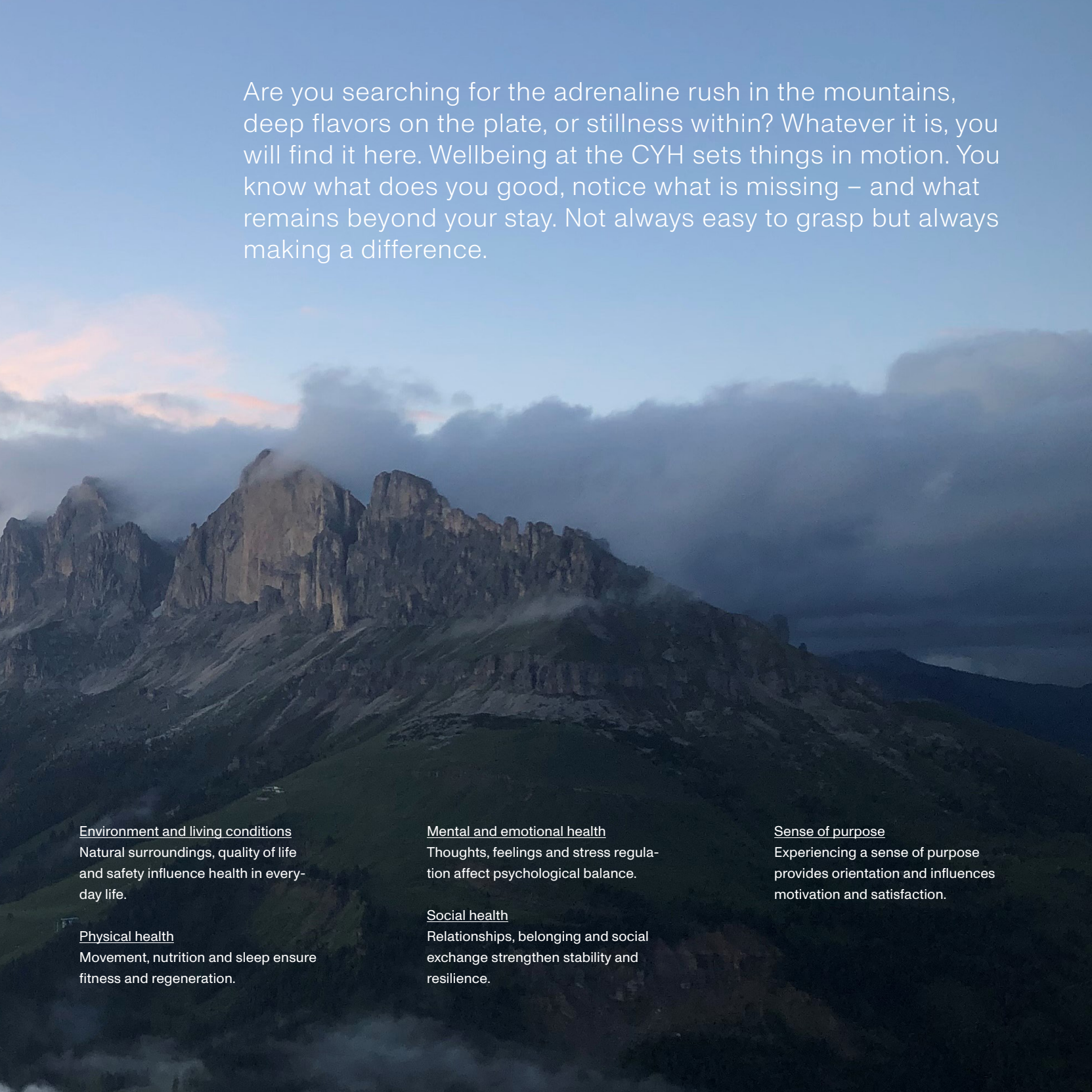
WHEEL OF WELLBEING





THE SCIENCE BEHIND IT ALL

The World Health Organization (WHO) describes health as the interplay of several spheres of life. They influence one another and work together as a system.



Are you searching for the adrenaline rush in the mountains, deep flavors on the plate, or stillness within? Whatever it is, you will find it here. Wellbeing at the CYH sets things in motion. You know what does you good, notice what is missing – and what remains beyond your stay. Not always easy to grasp but always making a difference.

Environment and living conditions

Natural surroundings, quality of life and safety influence health in everyday life.

Physical health

Movement, nutrition and sleep ensure fitness and regeneration.

Mental and emotional health

Thoughts, feelings and stress regulation affect psychological balance.

Social health

Relationships, belonging and social exchange strengthen stability and resilience.

Sense of purpose

Experiencing a sense of purpose provides orientation and influences motivation and satisfaction.

CYH WELLBEING MAP

Everything is interconnected. The Dolomites give new impulses. For activity and stillness, for community and retreat, for inspiration and reflection. Together, they make an impact. This is what the resilience of the Dolomites looks like. Discover its power right where it unfolds and take as much of it home with you as possible.



NATURALNESS

Nature as a source of strength
Respect, movement, inner rhythm



COMMUNITY

Companionship makes a difference
Exchange, belonging, shared moments



HEALTH

Balance for body and mind
Regeneration, rest, awareness



FUTURE

Action with direction
Reason, inspiration, orientation



PLAYFULNESS

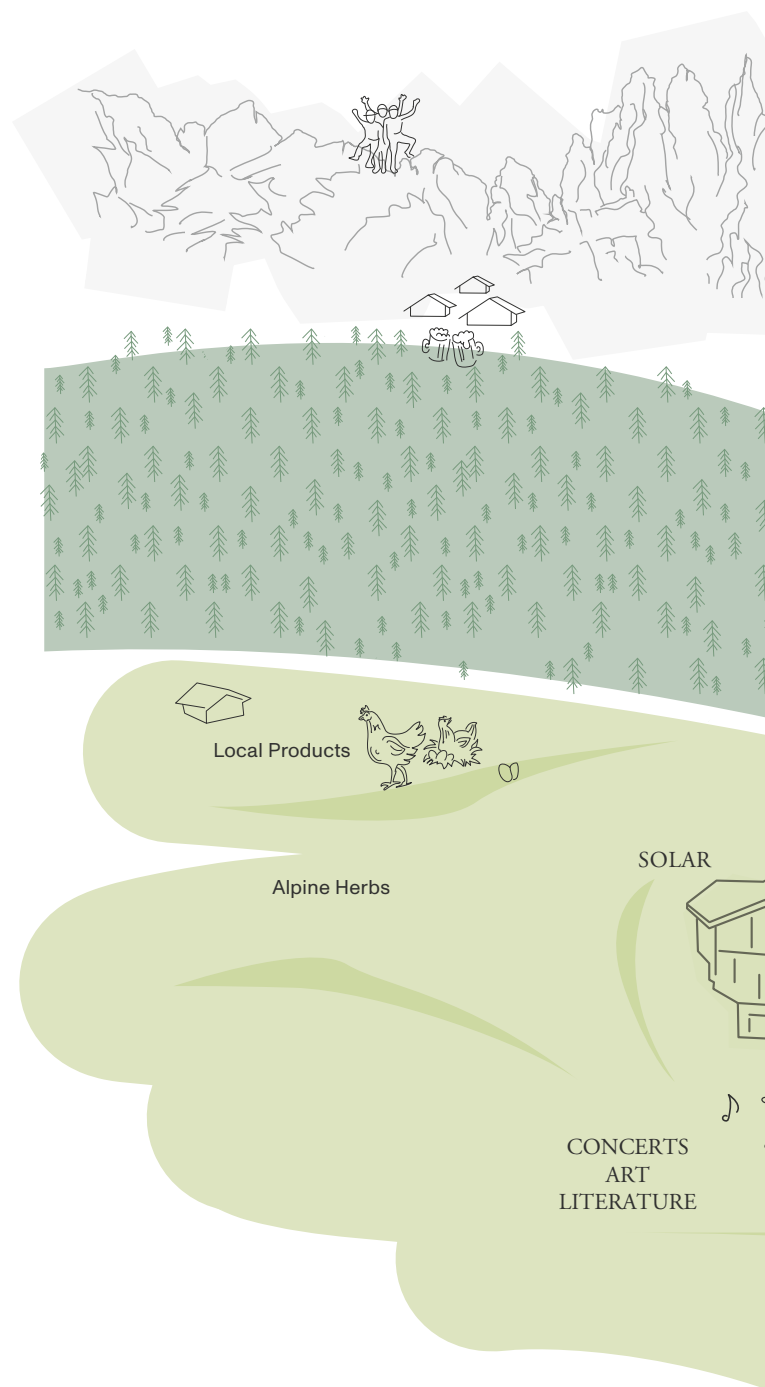
Curiosity revitalizes
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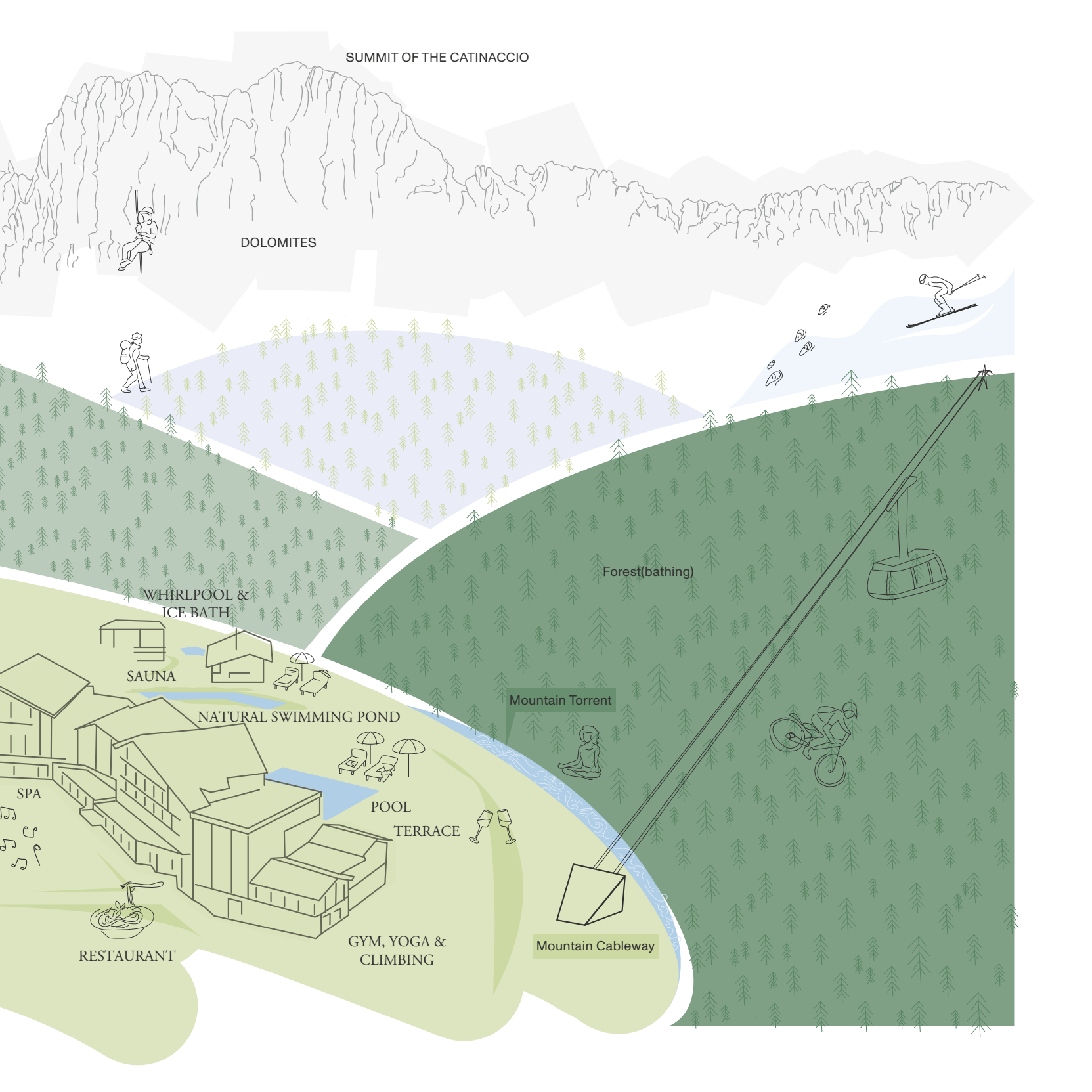
WHAT SPEAKS TO YOU TODAY?

Gua Sha, aroma therapy, ski safari, wine tasting, forest bathing, sauna infusions or a glimpse behind the scenes together with the hotel director. CYH Wellbeing reinvents itself anew every day. The current weekly program is waiting for you in the lobby, in your room or directly in the app.



DISCOVER THE
EXPERIENCE GUIDE





SUMMIT OF THE CATINACCIO

DOLOMITES

Forest(bathing)

WHIRLPOOL &
ICE BATH

SAUNA

NATURAL SWIMMING POND

Mountain Torrent

Mountain Cableway

POOL
TERRACE

GYM, YOGA &
CLIMBING

RESTAURANT

SPA



The Catinaccio gleams in the sun. As if someone had placed a light inside the rock. Still. Surreal. Almost too beautiful to be true. Somewhere out there, adventure is waiting.



THE SCIENCE BEHIND IT ALL

The human organism is attuned to life within natural environments. Time in nature reduces stress, stabilizes the nervous system and supports regeneration. Regular exposure to nature strengthens health and recovery.



You arrived. At least physically – the mind is still stuck on thoughts of the past few days. Then you take your first steps outside. The crisp mountain air on your skin, the snow glistening in the sunlight, a soft crunch beneath your feet. A feeling that leaves traces.



A few laps, without a goal. Just warmth, water and stillness. And then this view of the Catinaccio. This is where your holiday begins. The mountain is calling, but not until tomorrow. Today, you let yourself float.



A glass in hand, sitting outside, taking it all in. It feels almost surreal, as if the world has shifted slightly for a moment. Your gaze traces the lines in the rock, drifts further upwards. And as it lingers somewhere on the Dolomites, you can feel it – that quiet, tingling joy.



The early bird catches the first rays of morning light. The air still cool, the route still ahead of you. You go at your own pace, step by step. Find your swing.



After all that fresh air and challenging yourself, you've earned a moment of rest. Your feet are tingling from the last adventure, your body is ready to recharge. Surrounded by warmth, you let go and revisit those moments at the summit.



Your gaze moves upwards, fingers searching for a hold. Inhale, focus, make the next move – the pulse quickens. You are testing your limits and there is nowhere you would rather be right now.



Time has flown by. No wonder your stomach is making itself heard. You sit at the table in great company, one course follows the other, you let the evening unfold and it feels just right.





With every meter, the anticipation grows. The car of the mountain cableway lifts off, the summit calls. While the fog still shrouds the valley below, the mountain panorama reveals itself up here. One look – and it captivates you.



THE SCIENCE BEHIND IT ALL

Movement strengthens the heart

Regular physical activity improves circulation, blood pressure regulation and metabolic processes. It contributes to long-term heart health.

Muscle strength stabilizes the body

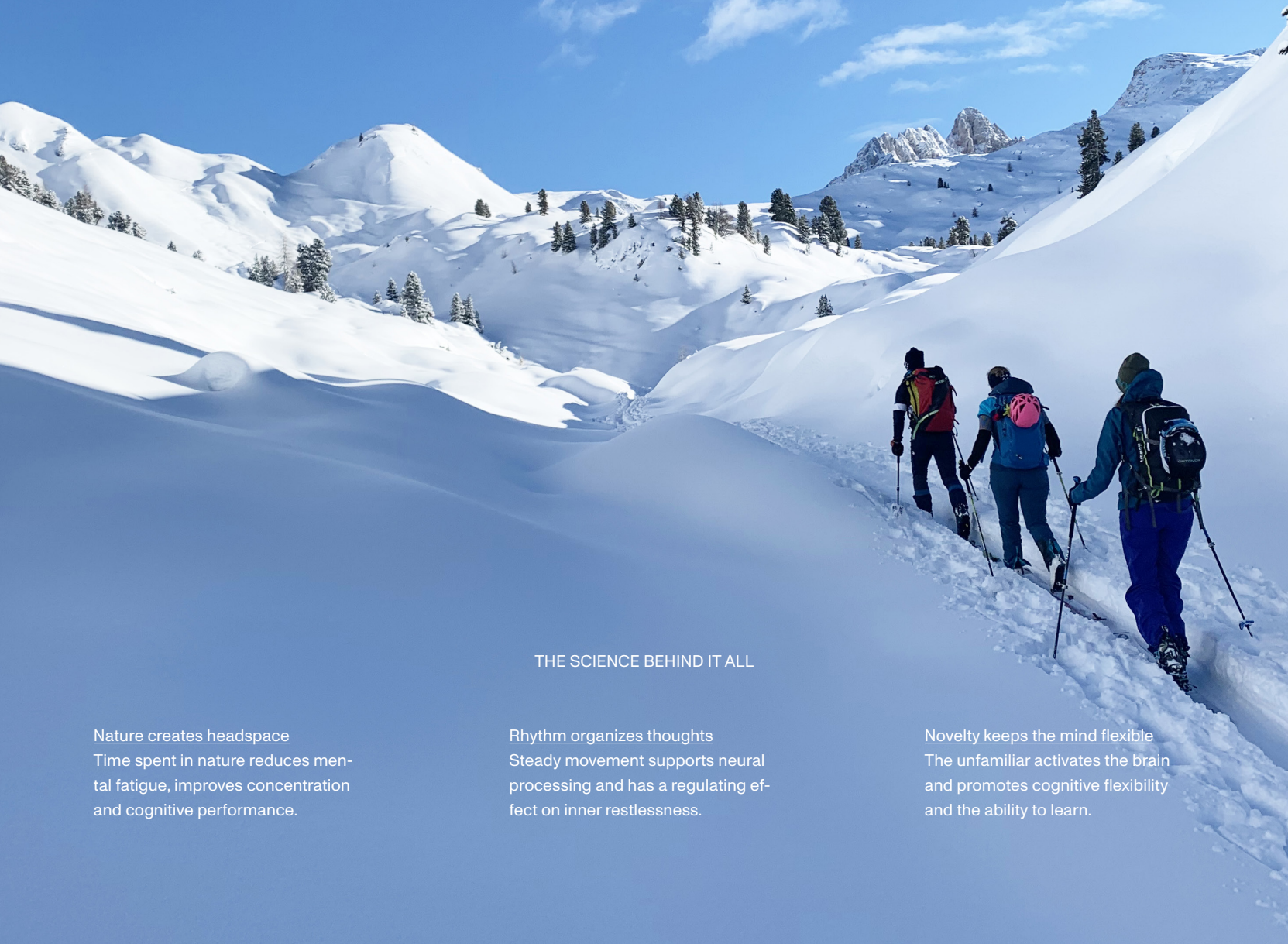
Muscle mass supports balance, protects bone structure and maintains physical functionality as we age.

Nature supports regeneration

Time spent in natural environments lowers cortisol levels and activates the parasympathetic nervous system, which is responsible for rest and recovery.



The trail winds through the mountainside, into the forest, up to the ridge. You push yourself, step by step, you find your flow.



THE SCIENCE BEHIND IT ALL

Nature creates headspace

Time spent in nature reduces mental fatigue, improves concentration and cognitive performance.

Rhythm organizes thoughts

Steady movement supports neural processing and has a regulating effect on inner restlessness.

Novelty keeps the mind flexible

The unfamiliar activates the brain and promotes cognitive flexibility and the ability to learn.



Forest bathing. Really? You hesitate at first, then go anyway. The soft give of the ground beneath you, the smell of wood. Barefoot you feel your way forward – unusual, prickly, and somehow just right. The sounds of the forest carry you. You stop questioning, stop evaluating, and simply open up to the experience. And suddenly there is space.



Silver quartzite, stones from the Pfitschtal, rest warm and firm on your skin. Incense and gentle sounds guide through the ritual. You feel warmth, pressure and rhythm along the body's energy channels. Tension is released, the nervous system settles down, and somewhere between breath and silence, calm takes hold. This ritual reaches far beneath the surface.



You sit in the Culture Lounge, a cup of tea and a book in front of you. A few pages in, your thoughts drift off. And you follow, lose yourself briefly, pick up the thread again. Something is set in motion: fresh impulses, insights, new ideas – all of which need time and quiet to grow.



CURIOUS?

Find the spa ritual that feels right.



OPEN SPA RITUALS MENU

The first deep breath. Fresh, clear, mountain air. Mat next to mat: focus, balance and movements that align. A rhythm emerges. Then the calm settles and in the quiet something is created that connects.



The sun hangs low, glasses clink. Faces in the warm light, voices mingling. The day passes by one more time – in small moments, in laughter, in shared stories.

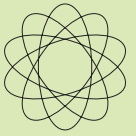


The trail draws lines through the snow, step by step you climb higher. Your guide knows the way, tells stories of the past, of rock and weather, of tales that have lingered here. At the top, it is silent and vast. A shared moment that will stay with you.



One table, many strangers. First words, exchanged gingerly and curious. And then you spark a conversation, a connection forms. An evening that opens up hearts and possibilities. And no one stays alone for long.





A grand piano, a stage, the fire crackling in the fireplace. Expectant silence fills the room. When the Culture Lounge becomes a stage, new worlds open up. And inspiration flows.



THE SCIENCE BEHIND IT ALL

Good relationships extend life

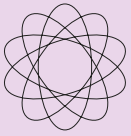
Long-term studies show: social bonds are among the most important factors for health and life expectancy.

Community strengthens resilience

A stable social environment has a regulating effect on the psyche, reduces stress and lowers the risk of depression and loneliness.

Connection protects the brain

Social belonging supports cognitive health and is considered a key protective factor against mental decline.



You set off one more time. The journey is the destination. Your movements are steady, you feel the power flowing through your body. Clear, awake, present. You want this vastness to stay.



THE SCIENCE BEHIND IT ALL

Purpose carries

A clear sense of purpose in life is linked to higher life expectancy and a lower risk of illness.

Connection protects the brain

Social belonging is considered a key factor in protecting against cognitive decline and supports mental health.

Positive emotions matter

A positive attitude can reduce inflammatory processes in the body and support physical balance.



You stay a little longer, take it all in.
Breakfast tastes different on the last day.
Quieter, more conscious. Well-trodden
and almost a ritual by now, the walk to the
buffet. You come back and your coffee is
already there, just the way you like it. A
glance, a brief smile – the gesture,
priceless.



You move through the house, encounter
familiar faces, hear your name – it all
comes naturally. What was new at first,
now feels familiar. So much is different
here. Nature, of course. But it's the people.
Their presence, the way they listen and
respond – considerate and genuine.



There is an ever-present lightness, both
calm and energizing at once. Like a new
order that settles in and realigns something
within you. That is what remains. And
what keeps drawing you back here.

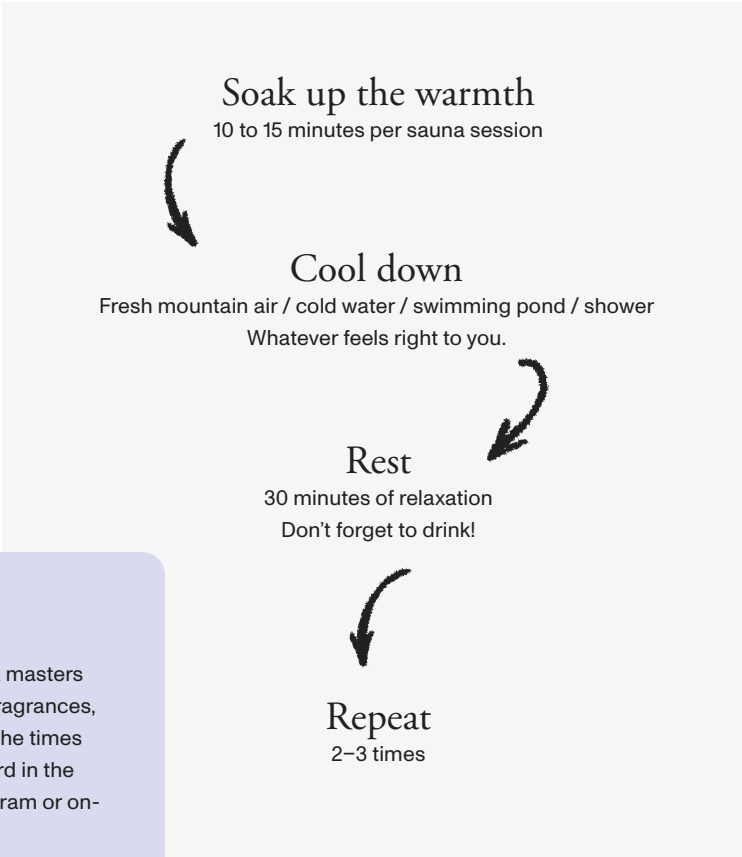


Water. Warmth. Vastness. Between pools, sauna, individual treatments and a spectacular view of the mountain peaks, a force takes shape: the resilience of the Dolomites. Simply dive in and feel what it does to you.





Warm steam, sweat dripping, rest. A purifying ritual as old as time. In our sauna landscape, warmth, cold and rest follow a natural rhythm. A space for retreat. A space just for you. This is how our sauna rituals take full effect.



SAUNA INFUSIONS

Several times a day, our sauna masters offer special infusions – with fragrances, heat and rhythm. You will find the times and themes on the notice board in the sauna area, in the weekly program or on-line in our app.



OPEN EXPERIENCE GUIDE

Your body knows, when it is enough. Listen to it.

HOW TO SAUNA

TAKE YOUR TIME

Plan at least two hours for your sauna ritual. This is how it can unfold its full potential.

EAT BEFOREHAND

Using the sauna on an empty stomach? Not the best idea. But a full stomach isn't either. Two hours between your last meal and the sauna are ideal.

THE BEGINNING: PREPARATION.

Before you enter, take a warm shower. Then dry off thoroughly – dry skin sweats better. Please remove any jewellery and your watch.

TEXTILE-FREE

Our sauna is a textile-free zone. If you like, you can cover up with a towel. Waxed sheets are available for the steam bath.

DON'T FORGET TO DRINK

Water, tea or juice. A few nuts or dried fruit. Enjoy a refreshment in our relax area.

AND IF YOU HAVE ANY QUESTIONS ...

... our spa team is always happy to help.



It all begins with tuning in. The body tells us what it needs. We just have to listen. Our spa therapists tailor each ritual to your personal wishes. For treatments that work on an individual level, maximizing the positive effect on your wellbeing.



Ancient knowledge, new approaches. Passed on, refined, reinterpreted for today. We could talk about it at length. But what truly counts is that it feels right for you.

WHAT DOES YOUR BODY
NEED RIGHT NOW?



OPEN SPA RITUALS MENU

ROOTED IN NATURE

Ancient knowledge and people who understand it – and those who interpret it anew, think it anew, apply it anew. Everything that is used in our spa rituals has deep roots. In nature, in this region, in what has been handed down through generations. Get to know the products behind our treatments.



Stone Ritual with Silver Quartzite

A stone that carries time within. Formed under pressure and heat, compressed over millennia. Silver quartzite from the Pfitschtal is rich in quartz and threaded with crystals, such as rock crystal, tourmaline and zircon. Its special density stores warmth and gives it off evenly. For gentle, constant pressure on your skin. In the CYH Rituals, the back is massaged in flowing sequences following the body's energy channels. Warm oils let the stones glide over the body. Releasing tension and settling the nervous system.



Aroma therapy with leGALENICA

Scents have an effect before the brain has even registered them. The essential oils of this 100 % natural, organic Italian cosmetic line directly influence your mood and wellbeing. Studies show: certain fragrances cause the release of serotonin and dopamine. In the CYH Aroma Rituals, the essences are used with precision to release tension and regulate the body. They unfold their effect in combination with water and warmth. The same oils are also used in our sauna infusions.

FRAGRANCES FOR AT HOME

Did you fall in love with a fragrance from the ritual? You will find it at our in-house shop Brigittes Ladele. For pleasant effects long after your stay.

Less is more

Our skin is exposed to many external stressors every day – often more than it can tolerate. That is why leGALENICA relies on reduced, targeted formulas rather than complex routines. We spoke with Dr. Mariavaleria Ropelato, developer of the skincare line, about what our skin truly needs — and what it can naturally do on its own.

Interview with Dr. Mariavaleria Ropelato, founder of leGALENICA



What does skin really need – and what can it do by itself?

The skin has a remarkable ability to regulate itself. Skincare should respect and support exactly that, rather than working against it. Oftentimes, a reduced, well-considered formula with high-quality ingredients is more effective.

Many products promise a lot. Why do you focus on reduced formulas?

Because balance is key. Too many active ingredients do not lead to better results – quite the opposite: they can throw the skin out of balance and make it more sensitive. A targeted selection of ingredients allows for precise, reliable formulations.

So what makes a formulation effective?

The interplay of its ingredients. Every ingredient serves a clear purpose and must work in harmony with the others. Texture, concentration and the quality of each raw ingredient all work together. You can feel a good formula immediately: the skin feels soft, firm and even.

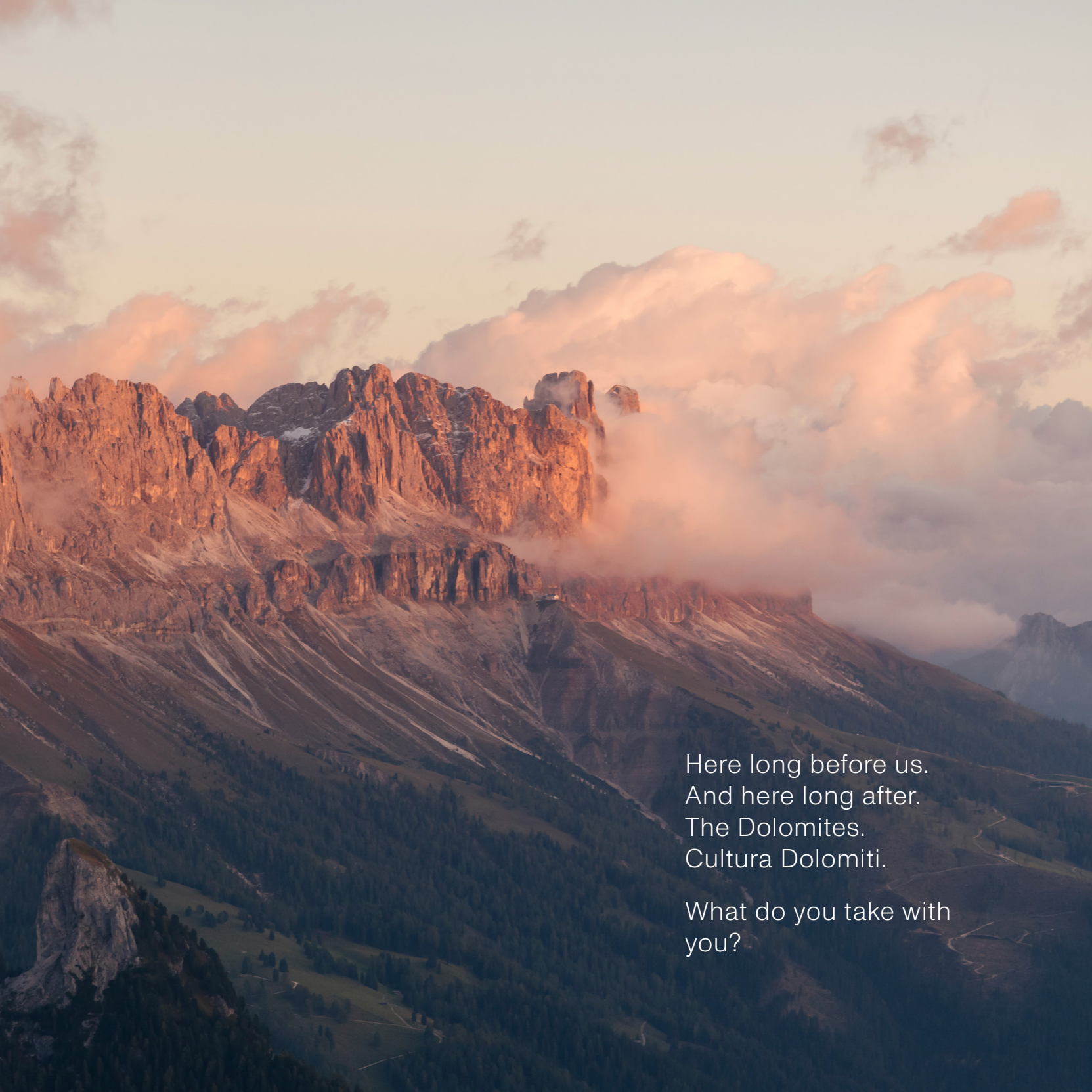
What role does the source of the ingredients play?

A central one. Quality begins at the source: climate, soil and processing shape the raw ingredients. leGALENICA works with selected partners in Italy – in Sicily for orange oil, in Tuscany for lavender or in South Tyrol for Swiss pine. The plants are processed directly on site to preserve their properties as best as possible.

How do you know that a skincare product really works?

When the skin finds its balance again. It appears firmer, more even and less irritable. No spectacular instant effects. Real effectiveness shows in the natural, healthy feeling of your skin, day after day.





Here long before us.
And here long after.
The Dolomites.
Cultura Dolomiti.

What do you take with
you?

CYPRIANER HOF

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EXPERIENCE GUIDE