

Italy: Apple spa at Vigilius Mountain Resort

by [Matthew Teitelbaum](#)

Arrive, release, rejoice. That's the motto at the Vigilius Mountain Resort in Italy's South Tyrol, but even at step one there's a surprise in store.

Arrival here doesn't mean pull up in a taxi or walk through town. It means be greeted personally after a cable car lifts you into the mountains, a dizzying 1500 metres above sea level. No cars. No TV. No nightclubs. No noise.

Just the panoramic view of the lavender-tinged Dolomite Mountains, from almost every single angle. Sip aperitifs by the open fire and see the mountains. Lie back in bed and see the mountains. Take a shower and see the mountains. Soak in the spa and see the mountains.



Architect Matteo Thun's impeccable design combines privacy with an almost unrestricted view of the very mountains you're in. All the release and inspiration of camping with none of the discomfort. Or "eco, not ego" as he rather more elegantly puts it.

Vigilius prides itself on its eco credentials: its use of sustainable resources, great insulation and its in-built wood chip heating system. These are the kinds of things you don't pay attention to when you're actually relaxing there but they may soothe your travel guilt on the way back home.

When you're there, you're climbing every mountain and fording every stream, just as the famous song says. You're making friends with cowherds and horses and striding through fields full of daisies.



Indoors, you're floating in the spa and getting better acquainted with apples.

Apples are big business in South Tyrol, and with over 18,000 hectares of farmland the region's known as the largest orchard in Europe. Vigilius puts these apples to work in ways that would shame the serpent of Eden.

After an hour of apple and polenta treatment, your skin will glow, your muscles will tremble and your mind may never be able to look at an apple the same way again. If you've got a few days to spare, you don't need to stop there. Go on and repeat the experience with finely chopped pine cones or hop into a hay bath and let your troubles dissolve away.

That's how to enjoy the mountains. In every possible way.

► www.vigilius.it