



FACT SHEET



LOCATION & SETTING

Preidlhof Luxury DolceVita Resort is located in Naturno, near Merano, in South Tyrol, Northern Italy. This adults-only resort lies at the foothills of the Texel Group Nature Park, surrounded by vineyards, with panoramic views of orchards, valleys, and the surrounding mountains, all within the Dolomite region, a UNESCO World Heritage Site.

Preidlhof is a **Certified Quiet Place®**, recognising the exceptional tranquillity of its setting.

TRANSFERS & ACCESS

Preidlhof is easily accessible by road, rail and air.

Complimentary transfers are available from Naturno railway station.

Private transfers can be arranged on request from nearby airports, including Bolzano, Innsbruck, Milan, Venice and Verona.

Underground parking is available for guests.

THE RESORT

Privately owned and family-run for over 50 years, Preidlhof is an adults-only (16+) wellness destination. Located among vineyards next to the Texel Group Nature Park, the resort focuses on preventive health, wellbeing, and holistic wellness programmes, delivered through The Preidlhof Way—its integrated wellness philosophy created by Wellness Concept Manager Patrizia Bortolin.

The award-winning 5,700-sqm Wellness & Spa features three SKY Spas and a thermal bath and has received recognition at the European Health & Spa Awards in 2021, 2024, and 2025.

Preidlhof was the first wellness and spa facility worldwide to receive ISO 17679 certification for hygiene, sustainability and service quality.

ACCOMMODATION

Preidlhof offers 71 suites, including 5 penthouse suites with personal butler service, designed to support rest, privacy, and restorative sleep. Surrounded by silence and nature, many suites feature loggias, terraces or rooftop outdoor areas overlooking vineyards and apple orchards.

Accommodation is distributed between DolceVita Lodge and Sonnenschlössl, each offering a distinct atmosphere.

- **DolceVita Lodge** presents a contemporary, wellness-focused design with spacious suites and penthouses characterised by clean lines, expansive indoor-outdoor living and modern comfort. It houses the main hotel reception and central guest areas.
- **Sonnenschlössl**, the resort's original building, features a more traditional Alpine aesthetic, with natural wood furnishings and a romantic ambience. It is conveniently located close to the rooftop infinity sports pool and remains equidistant to the spa facilities.



SUITE SELECTION

Sizes include indoor and outdoor areas (loggia, terrace or rooftop terrace).

Category (exact website name)	Size (from)	Location	Key Characteristics
Penthouse Suite DolceVita Premium	251 m ²	DolceVita Lodge	Private pool; rooftop terrace; two bedrooms
Penthouse Suite DolceVita Star XL	106 m ²	DolceVita Lodge	Butler service; rooftop terrace
Penthouse Suite DolceVita Star	101 m ²	DolceVita Lodge	Butler service; rooftop terrace
Penthouse Suite DolceVita	81 m ²	DolceVita Lodge	Butler service; rooftop terrace
Private Suite Romantic Dream	63 m ²	DolceVita Lodge	Loggia; outdoor whirlpool
Suite Romantic Garden	71 m ²	DolceVita Lodge	Loggia; outdoor whirlpool
Luxury Suite Malve	95 m ²	Sonnenschlössl	Rooftop terrace; outdoor whirlpool
Luxury Suite You & Me Premium	63 m ²	DolceVita Lodge	Outdoor whirlpool; separable single room
Luxury Suite Love	55 m ²	DolceVita Lodge	Loggia; outdoor whirlpool
Luxury Suite Allemanda	71 m ²	Sonnenschlössl	Corner suite; infrared sauna
Luxury Suite Magnolie	71 m ²	Sonnenschlössl	Corner suite; additional living area
Luxury Suite You & Me	56 m ²	DolceVita Lodge	Loggia; outdoor daybed
Luxury Suite Jasmin	48 m ²	Sonnenschlössl	Open romantic bathtub; four-poster bed
Luxury Suite Lavendel	52 m ²	Sonnenschlössl	Natural wood furnishings
Luxury Suite Lantana	59 m ²	Sonnenschlössl	Private jetty at the biotope
Comfort Room Pink	51 m ²	DolceVita Lodge	Loggia; outdoor daybed
Comfort Room Romantic Fire	48 m ²	DolceVita Lodge	Loggia; outdoor daybed
Wellness Suite Me	56 m ²	DolceVita Lodge	Single suite; king-size bed
Single Suite Blue	46 m ²	DolceVita Lodge	Loggia; king-size bed

Suite names and categories correspond to those used on Preidlhof's official website and booking system.





CHARACTERISTICS & AMENITIES

SUITE GROUPINGS

Single & Wellness Suites: Single Suite Blue; Wellness Suite Me

Romantic & Luxury Suites: Luxury Suite You & Me; You & Me Premium; Love; Allemanda; Magnolie; Jasmin; Lavendel; Lantana; Malve

Private Suite Romantic Dream: Private Suite Romantic Dream

Penthouse Suites DolceVita / Star / Star XL: Penthouse Suite DolceVita; DolceVita Star; DolceVita Star XL

Penthouse Suite DolceVita Premium: Penthouse Suite DolceVita Premium

Characteristics & Amenities	Single & Wellness Suites	Romantic & Luxury Suites	Private Suite Romantic Dream	Penthouse Suites DolceVita / Star / Star XL	Penthouse Suite DolceVita Premium
Private outdoor area (loggia / terrace / rooftop terrace)	✓	✓	✓	✓	✓
Quiet location	✓	✓	✓	✓	✓
Natural daylight	✓	✓	✓	✓	✓
Sleep Well System®	✓	✓	✓	✓	✓
Customised mattresses and pillow menu (free of charge upon request)	✓	✓	✓	✓	✓
Living / sleeping lounge	—	✓	✓	✓	✓
Fireplace (selected suites)	—	✓ (selected)	✓	✓	✓
Whirlpool or private hydrotherapy feature	—	✓ (selected)	✓	✓	✓
Private sauna (selected penthouses)	—	—	—	✓ (selected)	✓
Outdoor daybed (selected suites)	—	✓ (selected)	✓		✓
Multiple bedrooms	—	—	—	✓ (selected)	✓
Sleep Well Suite	—	—	—	—	✓
Outdoor cinema	—	—	—	✓ (selected)	✓
Spa robe and spa bag; slippers available on request	✓	✓	✓	✓	✓
Better Sleep Basket (complimentary, on request) – relaxation e-book, calming music, fragrance lamp with essential oils, candles, eye masks (standard & cooling), notepad and pen	✓	✓	✓	✓	✓
In-room refreshment amenities (coffee machine, herbal teas, minibar)	✓	✓	✓	✓	✓
Hiking backpack and refillable water bottle	✓	✓	✓	✓	✓
Television	✓	✓	✓	✓	✓
Wi-Fi with night-time deactivation	✓	✓	✓	✓	✓
Daily housekeeping service	✓	✓	✓	✓	✓
Butler service	—	—	—	✓	✓

✓ = available — = not applicable

Amenity availability may vary according to suite category.

Selected suites feature covered loggias with outdoor daybeds designed to allow guests to sleep outdoors under the stars in comfort and privacy.

SUITE GALLERY



PENTHOUSE SUITE DOLCEVITA PREMIUM

Private pool; expansive rooftop terrace; multiple bedrooms suitable for intergenerational stays; private sauna; outdoor cinema.

Houses the Sleep Well Suite, recipient of the European Health & Spa Award for Innovation.



PENTHOUSE SUITES DOLCEVITA STAR XL / STAR / DOLCEVITA

Rooftop terraces; butler service; generous indoor-outdoor living; selected suites with private sauna or outdoor cinema.



PRIVATE SUITE ROMANTIC DREAM

Loggia; outdoor whirlpool; living and sleeping lounge.



LUXURY SUITES

- Luxury Suite Malve
- Luxury Suite You & Me Premium
- Luxury Suite Love
- Luxury Suite Allemanda
- Luxury Suite Magnolie
- Luxury Suite You & Me
- Luxury Suite Jasmin
- Luxury Suite Lavendel
- Luxury Suite Lantana

Loggia, terrace or rooftop outdoor areas; selected suites with outdoor whirlpool, infrared sauna, romantic bathtub or additional living space.



COMFORT ROOMS

- Comfort Room Pink
- Comfort Room Romantic Fire

Loggia; outdoor daybed; generous living space.



SINGLE & WELLNESS SUITES

- Wellness Suite Me
- Single Suite Blue

Designed for solo travellers seeking space, comfort and restorative sleep; loggia; king-size bed.



IN-ROOM WELLNESS AMENITIES

- **Sleep Well System®** with specialised mattresses and a curated pillow menu, developed with a sleep consultant (available on request, complimentary)
- **Wireless connection switched off at night** to support restorative sleep
- **Sleep amenities** including melatonin shot, sleep tea, sleep mask and ear plugs
- **Better Sleep Basket** (available on request, complimentary) featuring a relaxation e-book, calming music, fragrance lamp with essential oils, candles, dream catcher, eye masks (standard and cooling), and a notepad and pen for reflective writing
- **Automatic night bathroom lighting**
- **Spa robe, spa bag and slippers** (slippers available on request, complimentary)
- **Sleep Well Suite**, recipient of a European Health & Spa Award for Innovation, is located within the Penthouse Suite DolceVita Premium.

SPA & WELLNESS & THERMAL BATH

Preidlhof comprises 5,500 m² of wellness space, distributed across landscaped gardens and multiple spa buildings.

SPA FACILITIES

Key facilities include:

- Sonnenschlössl with rooftop infinity sports pool
- DolceVita Lodge with rooftop spa, sky pool and thermal bath
- Six-floor Sauna Tower with rooftop Infinity SPA
- Skywalk and sun deck with large hydropool
- Garden Spa with two private outdoor spa suites (seasonal)
- Centrally located Spa Reception

The DolceVita Lodge also houses the central hotel reception and destination discovery morning concierge desk, along with shared guest spaces including a library, an outdoor dining terrace for guest use, an outdoor climbing wall and a boutique.

SPA RECEPTION & TREATMENT ROOMS

The Spa Reception is located on the ground floor and overlooks the main pool and relaxation area. Preidlhof features 9 treatment rooms, most with natural daylight, designed for individual and couple treatments. Dedicated private spa suites are available in the Garden Spa during the summer season.

A comprehensive menu of signature, medical and holistic treatments is available, alongside a dedicated à la carte menu.

Treatments draw on a range of Eastern and Western healing traditions, alongside contemporary holistic and bodywork approaches.

POOLS & HYDROTHERAPY & THERMAL BATH

- 7 swimming pools
- 7 hydrotherapy pools
- Infinity saltwater pool (Sauna Tower rooftop)
- Rooftop infinity sports pool (Sonnenschlössl)
- Panoramic indoor-outdoor pool (34°C, year-round)
- Outdoor summer pool
- Thermal indoor pool
- Mediterranean outdoor pool experience with hydrotherapy pools
- Additional therapeutic pools

Pools are open daily from 07:00 to 23:00.

SAUNA TOWER

The contemporary six-floor Sauna Tower features 16 sauna, steam and relaxation areas with panoramic views over orchards, valleys and mountains.

Selected experiences include:

- Panorama Events Sauna with daily Aufguss rituals
- Olive Bio Sauna
- Turkish Bath
- Five Elements Sauna
- Schwarzbrenner Outdoor Sauna
- Wine Sauna
- Salt Lounge with infrared beds
- Snow Room

The Sauna Tower is open daily: during the winter season from 9:00 a.m. to 11:00 p.m., and during the summer season from 11:00 a.m. to 11:00 p.m.

RELAXATION AREAS

- Deep Sea Room (multisensory relaxation)
- White Silence Lounge
- Fire Lounge with open fireplace
- Vitamin Lounge
- Place of Power relaxation room
- Panoramic outdoor terrace





PREIDL MED SPA

The Preidl Med Spa is grounded in evidence-based medicine and complementary therapies and is fully integrated into the wellness concept and programmes.

Medical services include:

- Traditional Chinese Medicine
- Acupuncture and homeopathy
- HRV (Heart Rate Variability) and sleep analysis
- Body composition and biological age assessment
- Regenerative capacity and lifestyle evaluation
- Nutritional advice, supplements and diagnostics

The Med Spa is led by Dr Alexander Angerer, specialist in complementary medicine.

SPA

Preidlhof offers a comprehensive range of beauty and aesthetic treatments, integrated into the spa and medical wellness concept.

Beauty services include:

- Personalised facial and body treatments
- Non-invasive aesthetic treatments
- Cosmeceutical skincare applications
- Beauty rituals integrated into wellness programmes

Preidlhof features its own signature skincare line, The Preidlhof Way, developed through extensive research and incorporated into selected facial and body treatments. The line was recognised with the European Health & Spa Award for Best Product Innovation in 2023. Vegan and environmentally conscious, it is free from parabens, paraffin, SLS and SLES.

WELLNESS RETREATS

Structured wellness programmes are available in different durations and are tailored following individual consultations:

- Integrated Wellness Retreat
- Sensorial Journey Retreat
- Glowing Flow Immersive Retreat
- Women's Retreat
- Wellness for Two
- Energy for Two
- Silhouette
- Zest
- Traditional Wellness

SPECIAL CLASSES (RETREAT GUESTS ONLY)

Preidlhof offers a programme of special holistic classes reserved for retreat guests, designed to complement structured wellness programmes and support integration, awareness and self-regulation throughout the retreat journey.

Classes may include:

- Forest bathing
- Mindful eating and sensory analysis
- Holistic movement
- Dao Yin / Qi Gong
- Laughter yoga
- Sound healing
- Breathwork and meditation
- Creative and sensorial workshops

Classes are led by Preidlhof's wellness team and are offered according to programme and season.

FITNESS & NATURE

Preidlhof encourages regular movement and outdoor activity as an integral part of the wellness experience, supported by the surrounding natural landscape of South Tyrol.

INCLUSIVE OUTDOOR OFFERING

The resort provides an inclusive programme of outdoor activities.

Inclusive services include:

- Use of e-bikes; Vespas, quad and Porsche Cabriolet available for a fee; complimentary use of mountain bikes
- Access to marked hiking and cycling trails
- Complimentary equipment, including helmets and Nordic walking poles

Availability is subject to season and weather conditions.

GUIDED ACTIVITIES

- Guided hiking and biking tours
- Weekly guided hikes of varying difficulty levels in the Texel Group Nature Park
- Guided e-bike and mountain bike tours

Activities are led by experienced guides and are available according to season.

NATURE & LANDSCAPE

- Direct access to the Texel Group Nature Park
- Forest bathing and nature immersion experiences
- Alpine and Mediterranean landscapes surrounding the resort

FITNESS FACILITIES

- Indoor gym
- Indoor Functional Fitness Hall
- Yoga pavilion
- Daily inclusive fitness classes

Special holistic classes reserved for retreat guests are detailed within the Spa & Wellness section.



DESTINATION DISCOVERY

Curated Destination Discovery experiences include cultural, gastronomic, and nature-based excursions, guided hikes, e-bike tours, Dolomites discovery tours, and helicopter flights, all designed to complement the resort's wellness programmes.

FOOD & BEVERAGE

Preidlhof's culinary philosophy is rooted in hedonic healthy eating, combining wellbeing, fine dining, pleasure and nutritional awareness while celebrating seasonal and regional ingredients.

The cuisine is Italian, crafted by an Italian chef and enriched with Mediterranean influences, complemented by wines from the resort's own vineyard.

Dining Experiences

- 7-course Gourmet Dinner for hotel guests, served in the main restaurant
- 7-course Wellness Healing Gourmet Dining for retreat guests, aligned with individual wellness programmes and based on a predominantly plant-forward cuisine, free from lactose, gluten, egg, soy and refined sugar

Daily Dining

- Extensive buffet breakfast
- Healthy buffet lunch
- Evening gourmet dining

Wellness VIP Lounge

- Retreat guests dine in a separate Wellness VIP Lounge, designed to support mindful eating and sensory awareness

Bars & Lounges

- Bar and lounge areas offering cocktails, wines and non-alcoholic refreshments
- Seasonal poolside service

In-Room Dining

- Room service available with a dedicated menu; service is chargeable, except in the Penthouse Suites where it is complimentary.



SUSTAINABILITY

- ISO-certified wellness sustainability standards
- South Tyrol-Alto Adige Ecological Quality Label
- Solar-heated pools
- Local and seasonal sourcing
- Low-impact detergents and energy-saving systems

SELECTED AWARDS

- European Health & Spa Awards (2018, 2019, 2021, 2024, 2025)
- Condé Nast Traveller Readers' Choice Awards 2025 – Top 20 Spas in Europe
- Falstaff Hotel Guide 2025 – Best Spa Hotel in South Tyrol
- Destination Deluxe Awards 2025 – Wellness Practitioner of the Year (Stefano Battaglia)
- World Luxury Awards 2025 – Continent Winner (Europe), Glowing Flow Retreat

OTHER SERVICES

Preidlhof Shop

- On-site shop located in the DolceVita Lodge, offering selected wellness products and curated lifestyle items

Arrival & Parking

- Complimentary underground parking available on site

Transfers & Local Immersion

- Complimentary transfer from Naturno railway station
- Transfers from regional and international airports available on request
- Morning Concierge support for local exploration and excursions

Connectivity

- Complimentary Wi-Fi available throughout the resort

USEFUL INFORMATION

- **Adults-only resort:** from 16 years
- **Pets:** Pets are accepted exclusively in Comfort Room Pink, subject to availability. A daily supplement of € 30.00 per pet applies. Pets are not permitted in restaurants, bar areas, spa and pool facilities, and must be kept on a leash in public areas.
- **Smoking:** permitted only on outdoor terraces and private loggias



CONTACT DETAILS

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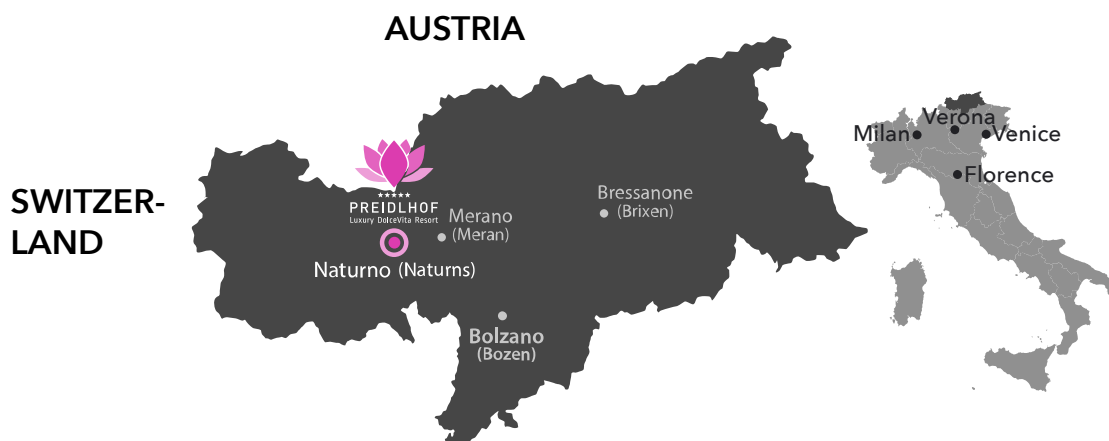
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Perfectly located for a combined trip - Distance by car:
Verona 2 hours · Venice 3 hours · Milan 3,5 hours · Florence 5 hours

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