



MOUNTAIN HEALTH TOURISM PROJECT IN ITALY



Capacity snapshot

- Guests: **~480–520 beds** (220 rooms).
- Staff: **~120–150** in peak season → changing rooms and staff canteen sized for peaks.







Spa & Relaxation

tranquil retreats for ultimate comfort



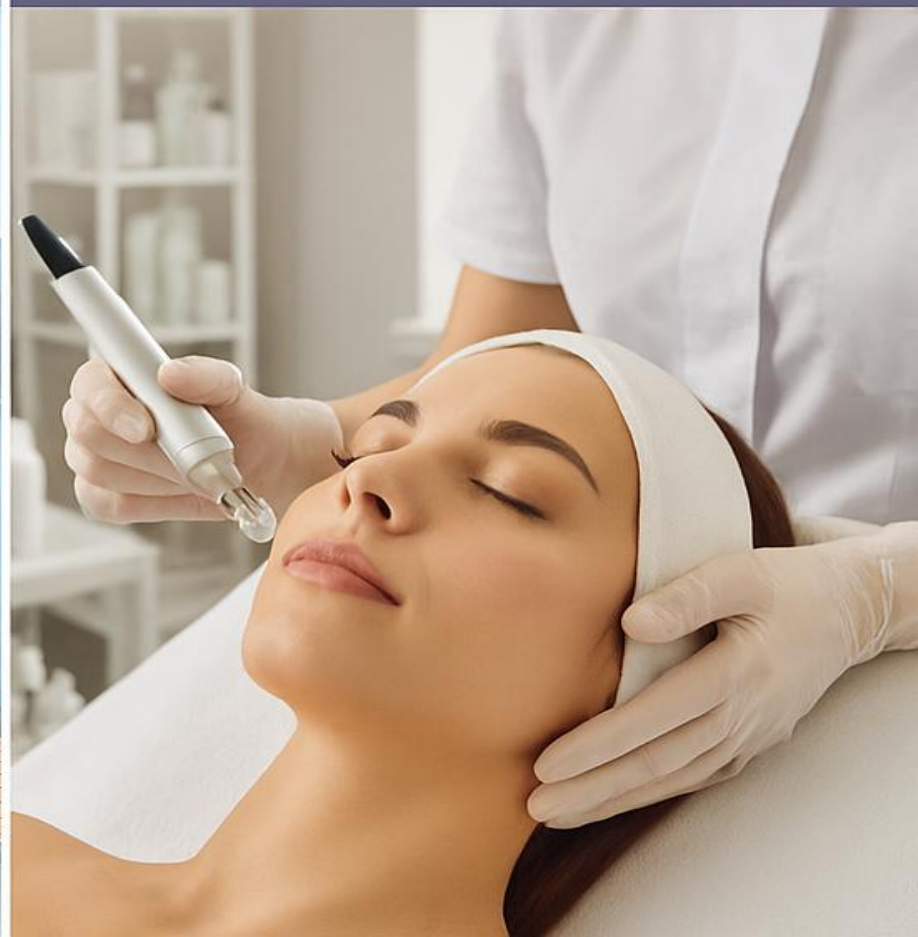
Yoga & Fitness

exercise with breathtaking views



Beauty Treatments

aesthetic care for a younger appearance



Concept-scale assumptions

- Alpine valley plot with gentle slope: ~30,000 m².
- Above-grade structures: **6 stories** for the terraced block (A) and **4 stories** for the curvilinear block (B).
- Single shared basement** (parking + plant rooms) linking both blocks.
- Typical floor-to-floor height: 3.40 m (rooms/offices) – 4.20 m (infrastructure, restaurant, beauty)



Gross Floor Areas (GFA) – estimate

Scope	Above-grade floors	GFA above grade (m ²)	GFA basement (m ²)	Total GFA (m ²)
Block A – Terraced resort	6	10,600	–	10,600
Block B – Curvilinear hotel + Beauty Center	4	3,600	–	3,600
Shared basement (parking, storage, MEP, links)	1	–	6,500	6,500
Entire complex	–	14,200	6,500	20,700

Email:pharma1humanitas@gmail.com

Download:<https://www.pharma1humanitas.com/index.html>





- **Guest rooms:** 220 total (A: ~160 rooms + 20 suites; B: ~60 rooms). Net room area ~6,600 m² (avg. 28–32 m² + bathrooms).
- **F&B (restaurants & bar):** ~1,200 m² (220 covers dining room + kitchens + stores).
- **Beauty/MedSpa (in B):** ~800–1,000 m² (reception, 12–16 treatment rooms, relaxation, tea lounge, small aesthetic procedure rooms, support).
- **SPA/wellness (in A):** ~1,500 m² (sky pools, saunas, steam rooms, relaxation).
- **Back-of-house** (laundry, staff changing, logistics): ~1,200 m².
- **Multipurpose/meeting rooms:** ~400 m².
- **Parking garage:** ~5,500 m² net → ~210–220 stalls (≈25 m²/stall incl. ramps/aisles).
- **Technical areas** (plants, storage tanks, fire-fighting): ~1,000 m².

Email: pharma1humanitas@gmail.com

Download: <https://www.pharma1humanitas.com/index.html>



Project Overview

- **Merger & acquisition and reconstruction** of the existing building
 - Focus on **sustainability** and **energy efficiency**
- High-quality tourist offer with modern wellness services
 - Location: Prealpi Bresciane
 - Winter: direct access to ski slopes
- Summer: trekking, biking, and outdoor sports



Email: pharma1humanitas@gmail.com

Download: <https://www.pharma1humanitas.com/index.html>



PROJECT TO REBUILD FROM ZERO ALSO THE BEAUTY CENTER OR PURCHASE A MOUNTAIN HOTEL AREA.



SPA-RELAX AREA





Wellness & Health-Oriented Services

- Outdoor Wellness & SPA Lodge
- Fitness Center with mountain views
- Relaxation & Nature Immersion



Email: pharma1humanitas@gmail.com

Download: <https://www.pharma1humanitas.com/index.html>





This green space improves the insulation of the building while also reducing urban heat islands and enhancing air quality. At the same time, it has been conceived as a haven where flowers and plants attract pollinators and beneficial insects. The garden will also host several apiaries, making it possible to produce local honey. Beneath the vegetated roof, a blue roof will be created — a structure designed to capture and gradually release thousands of liters of rainwater, thereby reducing the risk of flooding in the neighborhood.

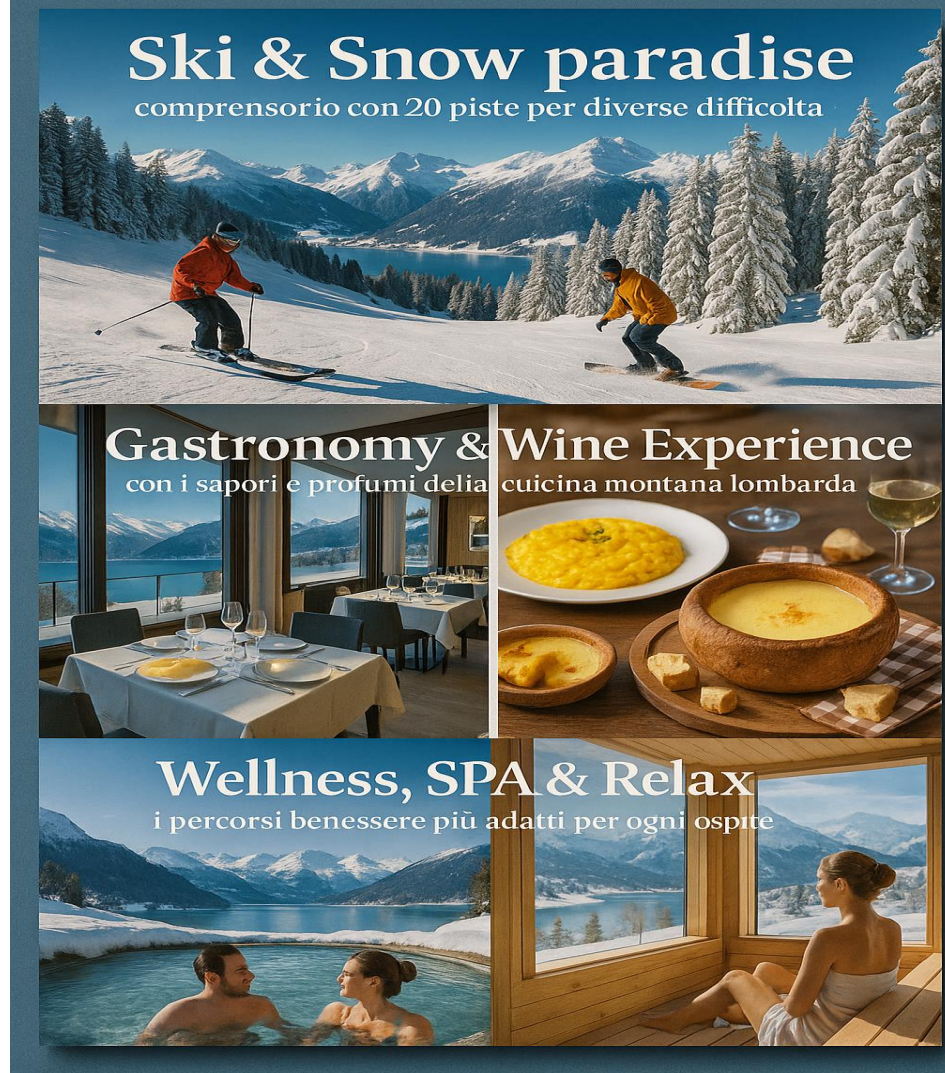


•A **green-oriented holiday** starts with the hotel.

•Climate-friendly structures that:

- Reduce energy consumption
- Support the local community
- Promote local culture & territory
- Offer organic, farm-to-table cuisine

The HOTEL DI MONTAGNA CON CENTRO ESTETICO Resort is designed as a **Net-Zero hotel**, producing as much energy as it consumes, completely self-sufficient and sustainable.



SPA-RELAX AREA



GYM-SPORT AREA



Activities

- **Ski & Snow Paradise** – 20 slopes for all levels
- **Gastronomy & Wine Experience** – local flavors & mountain cuisine
- **Horseback Riding** – guided tours through alpine landscapes
- **Trekking & Outdoor Walking** – all-year activities
- **Mountain Biking** – rental services & dedicated trails



SKI & SNOW PARADISE

20 SLOPES FOR ALL LEVELS



GASTRONOMY & WINE EXPERIENCE

LOCAL FLAVORS & MOUNTAIN CUISINE



HORSEBACK RIDING

GUIDED TOURS THROUGH ALPINE LANDSCAPES



TREKKING & OUTDOOR WALKING

ALL-YEAR ACTIVITIES

MOUNTAIN BIKING

RENTAL SERVICES
& DEDICATED TRAILS

HIFU (HIGH-INTENSITY FOCUSED ULTRASOUND) SLIMMING TECHNOLOGY



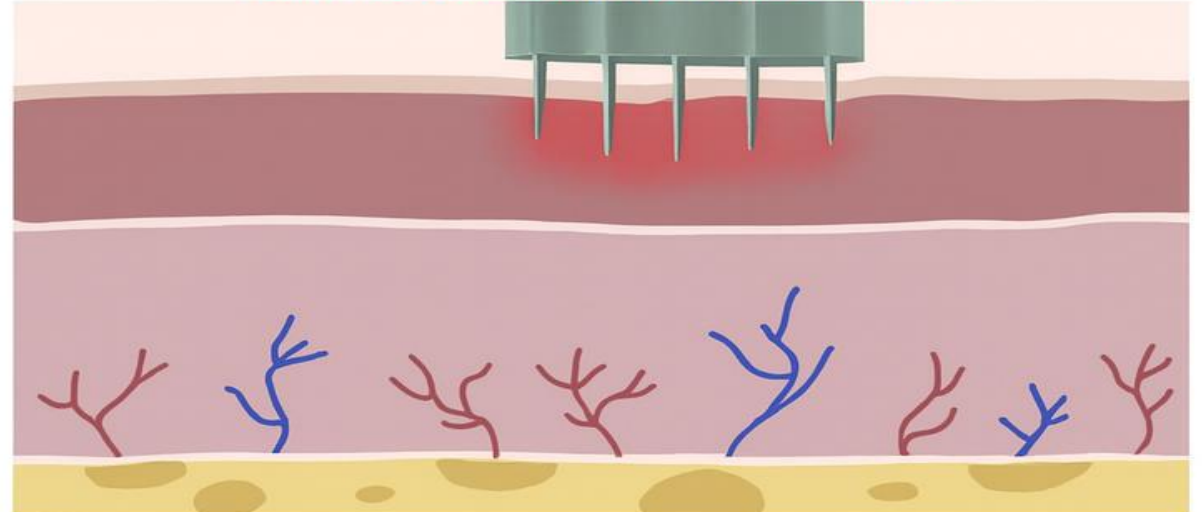
HYPERBARIC OXYGEN TREATMENT



INTENSE PULSED LIGHT ACNEe LITING AESTHETIC MEDICINE EQUIPMENT



MICRONEEDLING DERMAPEN







Email:pharma1humanitas@gmail.com

Download:<https://www.pharma1humanitas.com/index.html>



Advanced Beauty & Aesthetics

- Professional equipment for estheticians
- Personalized beauty and skincare treatments
- Combination of tradition (natural products) and innovation (modern technologies)



Email: pharma1humanitas@gmail.com

Download: <https://www.pharma1humanitas.com/index.html>



Advanced Beauty & Aesthetics



Email: pharma1humanitas@gmail.com

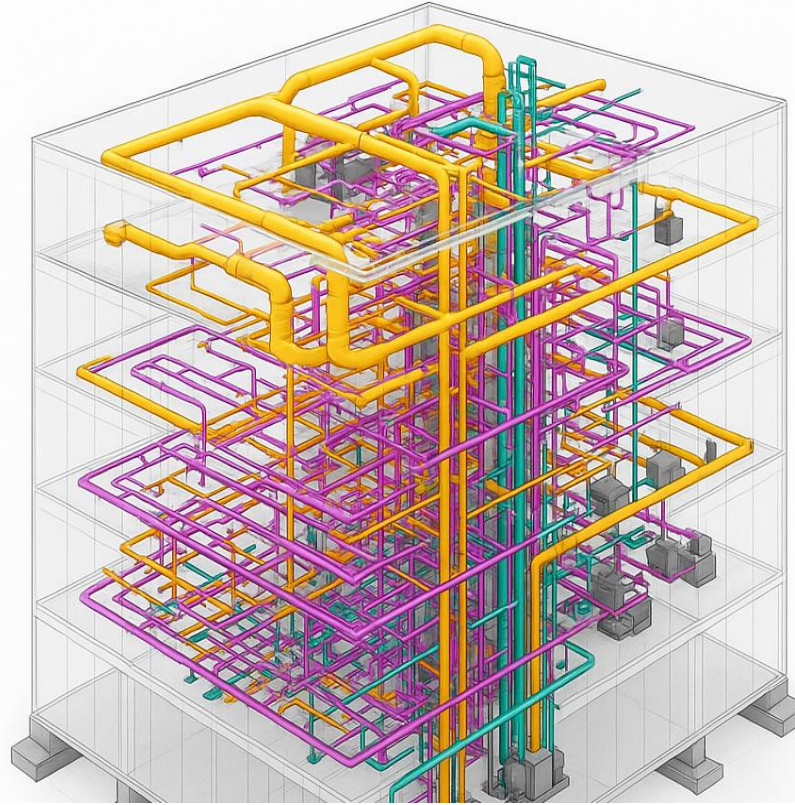
Download: <https://www.pharma1humanitas.com/index.html>





MEP (building services)

- HVAC:** geothermal heat pumps with vertical boreholes + air-to-water integration; distribution via **low-temperature radiant** systems + dehumidification/primary air (DOAS with $\geq 80\%$ heat recovery).
- DHW:** heat pumps + **heat recovery** from chillers/pools/spa; stratified storage tanks.
- Ventilation:** AHUs with F7/F9 filters in rooms, H13 in beauty/clinical areas; variable airflow via VAV/CO₂ control.
- Electrical:** PV on roofs/canopies $\approx 300\text{--}400$ kWp; BMS with sub-metering by zone.
- Hydraulics:** dual water network, rainwater harvesting for irrigation/flush, separate lines for pool backwash.
- Acoustics:** partitions between rooms **Rw ≥ 55 dB**; floors **Ln,w ≤ 48 dB** (resilient underlay + floating screed).



Email: pharma1humanitas@gmail.com

Download: <https://www.pharma1humanitas.com/index.html>

