



The ancient “Traubenkur”, traditionally dedicated to the Mittel-European aristocracy, has returned to the Lido Palace.

A special gourmet menu by Giuseppe Sestito, the Executive Chef, and a luxury Centounidici spa proposal are part of the “Grape treatment”.

In 1899, the year of Lido Palace’s grand opening, the “Traubenkur” was a privilege of the Habsburg dynasty, particularly dedicated to the women, who were accustomed to spend their summer and autumn in the mild area of Lake Garda, dedicating themselves to care for their health.

Nowadays, the traditional treatment of the 19th century has been revived by the fabulous five-star luxury property of Riva del Garda and will be proposed in a modern and attractive format for guests from September 13 to 20, 2013. This new promotion of Lido Palace is for those who are particularly interested in regenerating body and soul.

The “Traubenkur”, already well-known by the Egyptians and the Etruscans for its beneficial role, stimulates the rejuvenation of the cells, thanks to the remarkable antioxidant action on free radicals.

The secret is to drink a glass of grape *must* – the freshly pressed juice- twice a day. By tradition, this kind of grape treatment consists in a first serving of a bunch of grapes or a glass of must during the early morning hours, before eating, and a second one in the late afternoon, a few minutes before dinner time.

The purifying effects of grapes, combined with a light form of fasting and the magical atmosphere of Lido Palace, offer a satisfying sensation of well-being.

The grapes and their must are particularly precious due to the high concentration of vitamin B, calcium, potassium and magnesium, sugars easy to be assimilate and polyphenols, natural antioxidants with anti-inflammatory action. In addition they also help combat cholesterol.

The luxury package, once reserved only to the Mittel-European aristocracy at the end of 19th century, is now part of the Lido Palace’s heritage, thanks to the cooperation with Agraria Riva del Garda, an ancient olive oil and wine firm with deep roots in the local territory and famed for their high quality products, able to provide fresh must daily. The entire selection of juices is cultivated, harvested and processed directly in the Sarca Valley.



As always, in this offer, the Lido Palace combines history and modernity, following its philosophy of hospitality. The traditional “Traubenkur” treatment is paired with “themed” proposals of gourmet cuisine conceived by Executive Chef Giuseppe Sestito and a wellness package of the Centoundici SPA.

The “Traubenkur Woche” (week) starts on Friday, September 13, 2013 with an aperitif on the breathtaking Balì Bar terrace. The grape must, naturally is the star. “In order to serve first quality must, always fresh and specially selected, the event will take place for one week only”, states Gabriele Galieni, General Manager of Lido Palace.

Executive Chef Giuseppe Sestito creates a small gastronomic masterpiece focused on the gourmet “tasting territory” of Lake Garda. The result is the perfect menu: incredibly light and tasty.

Local gastronomic finds, expertly matched with grapes and their precious qualities, have been combined to create five gourmet jewels of “Woche Traubenkur” available, during the special week, at Il Re della Busa, the fine dining restaurant of Lido Palace.

Two starters, a first course, a main course and a dessert. The dinner experience starts with a salmon trout salad and a char on Storo’s smoked potatoes cream with Traminer must reduction; continues with tartar of “Carne Salada” with aubergines, Trentingrana cheese on must; tortelli filled with Nosiola must, marinated ricotta with cinnamon and orange; beef fillet cooked in Teroldego must, roasted wild mushrooms and polenta pie and as a big finish, Marzemino flavored focaccia with rosé Moscato sorbet, as dessert.

For this special occasion, the Centoundici SPA presents a special selection of luxury treatments based on the ingredients of white grapes and on the original “Fragola” grapes, heritage of the north Lake Garda shores and of Valle dei Laghi areas, both renowned for their anti-age properties. Baths, wraps and massages take advantage of the benefits of these products to fight free radicals, responsible for cell aging, therefore ideal for skin care and the beauty. Once, a secret reserved only to the noblewomen of the Austro-Hungarian Empire two centuries ago, is now available to anyone who loves their body.