PALACE
MERANO

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1. Palace Merano

Palace Merano is Italy's first **Medical Spa** that, over 20 years ago, pioneered the **Revital® Method**. Its **bespoke programs** integrate functional, allopathic, and energy medicine for **preventive care**, combined with holistic principles of **Traditional Chinese Medicine (TCM)**.

Nestled in the heart of Merano, this 5-star hotel occupies an elegant historic building, offering **99 rooms**, including **14 junior suites** and **30 suites** spread across the main palace, the castle, and the panoramic floor. Within its premises lies **a 6,000 sqm Medical Spa**, **featuring a state-of-the-art 1,500 sqm medical center**.

Situated at an altitude of 325 meters amidst the Alps, Palace Merano harmonizes with its natural surroundings, boasting a unique microclimate year-round. Pristine air, mountainous landscapes, and meticulously maintained gardens create a serene oasis, ideal for restoring balance and releasing stress. Here, **nature becomes an integral part of the wellness journey**, turning every stay into an opportunity to reconnect with oneself.

At Palace Merano, **quality** is central to every treatment and service, ensuring an unforgettable experience. **Personalization** is the norm: every guest deserves a tailor-made journey designed to meet their unique needs. **Health is seen as a continuous journey**, with each stay marking a step toward lasting wellness. The expertise and **reliability** of the dedicated team distinguish Palace Merano, guiding guests through every phase of their wellness path.

The 6,000 sqm Revital Center offers advanced **diagnostics and innovative, personalized treatments**. **The Spa** features **18 cabins** for hydro-mud therapy, 6 for hydro-jets, 19 for aesthetic treatments, relaxation and meditation areas, an indoor pool, saunas, hammam, Kneipp path, and a 31-meter outdoor pool equipped with hydromassage loungers, a whirlpool, and bar service. The fitness area, overlooking the park, is equipped with state-of-the-art Technogym equipment and offers various indoor and outdoor activities with personal trainers. Renovated in 2023—and scheduled for further upgrades in 2025—the Spa offers customized treatments using advanced technologies and natural products, including therapeutic massages, scalp, back, and abdomen treatments, lymphatic drainage, reflexology, peeling, and facial treatments. A boutique offers Revital® cosmetics alongside a hair salon.

The **medical center on the fifth floor spans 1,500 sqm**, hosting an analysis laboratory, scanning and check-up facilities, hydro-colon therapy, acupuncture, osteopathy, oxygen-ozone therapy, a bioenergetic and nutritional department, advanced aesthetic treatments—such as meso-jet—and the expertise of an aesthetic doctor and team. Supported by a dedicated medical team working in synergy with nutritionists, naturopaths, osteopaths, and nurses, the center implements an integrated preventive approach.

In 2025, Palace Merano will **enhance its focus on sports** with the launch of the state-of-the-art **Sport Recovery Lab**—designed for athletes and those recovering physical functionality and muscle strength post-injury.

The culinary experience at Palace Merano is the crown jewel. Nutrition, central to all treatments, is personalized to complement therapies. The three dietary regimens—**Palace Detox® Diet, Palace Biolight® Nutrition, and Palace Sport® Nutrition**—are crafted with fresh, seasonal ingredients. Nutritionists work closely with guests, providing consultations and guidance to help them experience each meal as a moment of joy and wellness.

Ahead of the 2025 reopening**, Palace Merano's two historic dining rooms will undergo complete renovations and be renamed**, creating refreshed, welcoming spaces.

2. History

The story of Palace Merano begins in the **19th century** when entrepreneur Peter Delugan acquired the grounds of the ancient Maur Castle, dating back to 1676. This enchanting site, with its expansive park and botanical gardens, was already a favored **retreat for European aristocracy** seeking relaxation. Within just 18 months, **in 1906, the hotel was built** in a neoclassical style, attracting distinguished guests drawn to Merano's Mediterranean climate.

Its history was not without challenges: **during World War II, the Palace became a military garrison**, but the local community united to protect it. **In the 1970s**, significant modernization efforts expanded its services and rooms. However, **the true transformation occurred in the 1990s**, with the renovation of the care center and the addition of a new pavilion in 2000, **establishing Palace Merano as one of the world's most renowned Medical Spas**.

Under the management of **Commendatore Pietro Tosolini** since **2005**, who fully acquired the property later that year, the hotel has seen **further investment**, with upgrades to rooms and common areas. The Revital® Method, known for its exclusive treatments, has become a hallmark of quality living and wellness.

The renewal journey began **in 2020 with new RoofTop Suites**, followed by the **2023 Spa upgrade, the 2024 Relax & Balance area** introduction, and, finally, the **2025 restyling of saunas, dining rooms, the addition of the Panoramic Suite, and the innovative Sport Recovery Lab**, reaffirming Palace Merano's excellence in detox and regeneration.

The Swiss magazine *Bilanz* recognized Palace Merano by placing it fourth in the "Top 20 Health Hotels" in the Alpine region for 2024.

3. Values

Quality: At Palace Merano, every detail reflects a commitment to excellence. From impeccable service to personalized treatments, everything is designed to deliver an unparalleled experience, **ensuring care** for both body and mind **through rigorous standards**. Expertise and innovation define the specialist team, ensuring tangible, lasting results that make Palace Merano a global leader in Medical Spas.

Hospitality: For over a century, hospitality has been an intrinsic value at Palace Merano. It's more than a duty—it's a genuine pleasure, fostering connections among countries, cultures, and individuals. The focus on welcoming and sharing creates the perfect environment for extraordinary hospitality.

Personalization: Every guest is unique, with individual health and wellness goals. This is why a **bespoke approach is adopted, offering tailored solutions based on advanced diagnostic tools and exclusive treatments**. This ensures transformative results, making each guest feel valued and cared for throughout their wellness journey.

Health: Palace Merano's aim is not just to enhance guests' current conditions but to lay the foundation for a healthy, sustainable future. Believing that true balance starts with profound care for body and mind, the goal is to achieve lasting results while **preventing future ailments**.

Reliability: With over 20 years of experience, Palace Merano's reputation is built on tangible results and an unwavering commitment to excellence. Every treatment, consultation, and program is developed with **scientific rigor and professionalism**, delivering on promises and exceeding expectations. Guests can feel secure and supported every step of the way on their wellness journey.

Traditional Chinese Medicine (TCM): TCM is a cornerstone of Palace Merano's approach. The Revital® Method draws on this ancient discipline to restore and maintain the body's energy balance. TCM views health as a reservoir of energy that depletes over time. The Revital® Method **restores energy levels**, enhances recovery, and protects the body from illness. Personalized treatments—such as energy massages, bioenergetic check-ups, and detox diets—revitalize energy flow through the body, fostering overall well-being and preventing age-related conditions. These programmes not only improve vitality, but also include **specific therapies for reducing stress, optimising energy and improving sleep quality**, contributing to the prevention of age-related diseases and preserving quality of life.

Merano: The unique thermal microclimate of Merano makes it an ideal destination year-round. The pure air, mountainous landscapes, and manicured gardens create a peaceful oasis. **This enchanting natural environment is integral to the wellness journey**, amplifying the benefits of treatments and enabling guests to reconnect with themselves.

4. The Revital® Method

The Revital® Method, developed over 20 years ago**, is a comprehensive set of treatments aimed at restoring the body's psychophysical balance**: enhancing quality of life, preventing disease, boosting physical and mental performance, and, last but not least, slowing the aging process.

This method is applied using a **holistic approach, with a strong focus on each individual's uniqueness.**

Nutrition plays a decisive role and is designed to bring the body back to a **neutral pH**, reducing **oxidation** and counteracting **free radicals**. An antioxidant diet helps cleanse the body, improving its natural ability to eliminate toxins and promoting lasting well-being.

The Revital® Method at **Palace Merano** is based on a wellness philosophy that **combines the most advanced Western medicine techniques with the ancient principles of Traditional Chinese Medicine**, creating a unique and integrated approach to health. This method includes a series of **complementary therapies** that work synergistically, such as **hydrotherapy, energy massages, and hydro-mud therapy**, with the aim of promoting deep detoxification.

Personalization is the rule: each journey is tailored to the specific needs of guests, combining targeted therapies like IV treatments, oxygen-ozone therapy, blood tests, and osteopathy for a truly bespoke wellness experience.

4.1 Revital® Programs

Palace Merano offers **three care programs** divided into **five therapies**. Each program is personalized according to the guest's specific needs. This approach ensures that every treatment is adapted to individual requirements, guaranteeing a unique wellness experience.

1. **Revital Detox®**

    - **Detox & Longevity:** A comprehensive and innovative approach to organic detoxification. Ideal for those looking to optimize metabolism, strengthen the immune system, and prevent cellular aging. These treatments provide benefits extending to cardiovascular, circulatory, muscular, and digestive health, supported by a detox nutritional plan enriched with bioenergetic and hydro-energetic treatments.

    - **Revital Spa:** A pathway combining hydro-mud therapy, energy massages, and hydro-aromatherapy to rejuvenate body and mind. Complemented by an antioxidant-rich diet and overseen by expert staff,

this program stimulates the circulatory, lymphatic, and nervous systems, offering guests a deeply restorative experience.

2. **Revital Sport & Recovery®**

- **Sport & Remise en Forme:** Designed to restore strength and energy, this solution integrates sports activities, regenerative treatments, and a personalized nutritional plan. Guests can rely on personal trainer assistance for indoor and outdoor activities, along with sessions of hydro-mud therapy and targeted muscle recovery massages. The program is enhanced with personalized vitamin IV drips to ensure optimal results, under the constant supervision of qualified medical personnel.

- **Sport Performance:** Aimed at individuals engaging in intense physical activity, whether amateur or professional, who wish to improve their athletic performance.

The initial diagnostic phase includes:

- **Postural Assessment:** Utilizing advanced technologies for gait analysis and an innovative inertial system to provide key insights for preventing spinal and musculoskeletal issues, while enhancing overall efficiency.

- **Biomechanical Assessment:** Employing a modular digital mirror and a 3D camera powered by artificial intelligence (AI) to conduct an objective and scientific analysis of movement, balance, joint mobility, and muscle strength.

- **Cognitive Assessment:** Evaluating the athlete's cognitive functions, including attention, reaction speed, memory, and concentration, using computer-based tests analyzed with AI.

- **Body Composition Analysis (DEXA Scanner):** A fundamental examination for athletes of all levels to evaluate body composition and monitor progress during training.

- **Blood Tests:** Recommended for athletes of all levels to maintain peak physical condition, prevent injuries, and create personalized nutritional plans.

The training and treatment phase includes:

- **Sessions with a personal trainer.**

- **Cognitive performance exercises** to enhance brain function (e.g., self-confidence, motivation, mental strength, stress management).
- **Dry Floating** therapy for sensory deprivation, effective in relieving stress and promoting creativity.
- **CryoBody** therapy for the benefits of cryotherapy and cold-water immersion without direct exposure to water.
- **Sports energy massage.**
- **Hydro-mud therapy.**
- **Medical and nutritional consultations.**
- **Unlimited** access to the pool and sauna areas.

3. **Revital Mind & Body®**

   - **Relax & Balance:** Treatments designed to release psychophysical tension. Exclusive therapies like **yoga massage and floating therapy** guide guests through profound relaxation and awareness, improving sleep quality and concentration.

4.2 Revital® Nutrition

Nutrition is the cornerstone of the wellness experience and the Palace Merano method.

An unbalanced diet leads to toxin buildup in the body, impairing overall performance. Poor habits and aging intensify this process, causing gradual and progressive decline.

Three dietary regimens are offered, prepared with fresh, seasonal ingredients:

- **Palace Detox® Diet:** Designed in synergy with treatment programs, it promotes psychophysical well-being and detoxifies the body by eliminating excess fluids and toxins. The low-calorie menu encourages the body to mobilize and eliminate accumulated toxins through natural detoxification processes.
- **Palace Biolight® Nutrition:** Offers healthy, easily digestible dishes inspired by Mediterranean cuisine, using local, seasonal ingredients. Meals are served in “wellness portions” and are a model for balanced daily nutrition.
- **Palace Sport® Nutrition:** Tailored for intense physical activity, this menu optimizes athletic performance and prevents injuries through a balanced intake of essential nutrients. The focus remains on detoxifying and nutritious eating, complemented by a daily energy-boosting snack.

A team of nutritionists works closely with guests to create tailored dietary programs. Through their guidance and weekly cooking classes, guests can learn new cooking methods, explore nutritional principles, and create healthy, flavorful recipes at home.

5. Revital® Departments

Seven departments, a highly specialized and qualified team, and fully personalized treatments are dedicated to helping guests regain vitality and well-being.

5.1.1 Health & Nutrition: Before starting treatments, guests undergo blood tests—thanks to an in-house laboratory—and medical checks such as bone density scans and dietary consultations to customize treatments. Additional services include colon hydrotherapy, oxygen-ozone therapy, and revitalizing treatments with a strong focus on nutrition. After a medical consultation, a team of nutritionists works with each guest to develop a personalized diet.

5.1.2 Bioenergetics: The Bioenergetics department features state-of-the-art equipment that measures the body's vibrations and energy frequencies. In good health, the body vibrates at specific frequencies, while in compromised conditions, these frequencies change. The department performs diagnostic tests and treatments to assess and improve the body's energetic state.

5.1.3 Hydro-Mud Therapy: Revital® Hydro-Mud Therapy focuses on enhancing physical well-being through the use of water, essential oils, and plant extracts. Treatments include hydro-aromatherapy, which combines beneficial aromas with water, and phyto-mud therapy, utilizing natural muds for their healing properties. Additionally, hydro-jet massages stimulate circulation and promote relaxation. These practices aim to revitalize the body and restore balance and vitality.

5.1.4 Spa & Beauty: Personalized face and body treatments combat cellulite and localized fat deposits while stimulating collagen production. The signature energy massage with cupping releases energy blockages, acts on muscles and tendons, and tones and regenerates them. Treatments are designed to naturally drain, detoxify, and stimulate the body, helping guests rediscover well-being. Services also include aesthetic treatments, such as manicures and pedicures.

5.1.5 Aesthetic Medicine: The aesthetic medical staff performs high-tech cosmetic corrections using the most advanced innovative equipment.

5.1.6 Fitness and Sport Recovery Lab: Guests have access to the gym, pool, sauna, and steam baths and can participate in activities such as aqua gym, yoga, Pilates, Nordic walking, and mountain trekking by appointment. Starting in 2025, the new Sport Lab will offer diagnostics and targeted physical activities for both amateur and professional athletes.

5.1.7 Relax & Balance: From 2025, a new panoramic glass window overlooking the park will offer a serene environment for guests to reconnect with themselves and achieve balance. Treatments include yoga massage, floating therapy, total relaxation, energy awakening, one-to-one yoga, and biofeedback, all designed to promote deep relaxation and recovery of vital energy. With floor-to-ceiling windows opening onto the surrounding greenery, guests can enjoy a profound connection with nature in a bright, relaxing space.

6. Rooms and Suites

Palace Merano is **a five-star hotel** rich in history and charm, located in the heart of the city. Its impressive structure is both grand and discreet, mirroring the personalized hospitality it offers.

The hotel features **99 rooms**, including **23 singles, 32 doubles, 14 junior suites, and 30 suites.** Since 2020, the hotel also offers two luxurious Castle Suites, and from 2025, it will unveil the new Panoramic Suite on the sixth floor.

Castle Suites: Introduced in **2020**, these suites provide unparalleled luxury and comfort, each with unique features. The **Castello Rooftop Suite Deluxe** (137 sqm) offers breathtaking views of the park and surrounding mountains. It includes a spacious living room, two bedrooms (available separately), and two naturally lit private bathrooms. The **Castello Rooftop Suite Comfort** (58 sqm) overlooks the surrounding mountains and features a spacious living room and separate sleeping area. Harmoniously coordinated color schemes add a special touch to the fully air-conditioned spaces. Guests can easily access the spa area via a directly connected elevator.

Panoramic Suite: Opening in 2025 and designed in collaboration with French architect Michel Jouannet, this suite combines fresh tones, contemporary design, and comfort. This project will extend to the entire sixth floor by 2026, redefining hospitality standards at the hotel.

Suites: A variety of luxurious suites, each with unique characteristics. The **Imperial Suite Sissi**, located on the 4th floor, is an elegant 86 sqm suite inspired by Empress Elisabeth of Austria’s style. It boasts a splendid view of the park and Merano, a separate living room, a dining area, and a spacious marble bathroom for ultimate comfort and luxury. The **Park Deluxe Suites** on the first-floor feature terraces overlooking the park and pool, a separate living area, and warm tones that create a welcoming atmosphere. The **Panorama Park Deluxe Suites** on the sixth floor offer panoramic terraces with views of the Merano basin and a spacious design with separate living areas. The Park Superior Suites face the internal park and pool, offering a relaxing ambiance with warm tones and refined parquet floors. The

Panorama Comfort Suites, also on the sixth floor, provide stunning views of Merano and the surrounding mountains, with large terraces and comfortable spaces. Finally, the **Comfort Suites** come in various shapes and sizes, featuring separate living rooms and enchanting views of Merano and the Tessa Group Nature Park, perfect for those seeking elegance and tranquility.

Junior Suites: Offer various accommodation options, all characterized by comfort and elegance. The **Panorama Junior Suites** overlook the city of Merano and the Tessa Group Nature Park mountains, visible from the private terrace with panoramic views. The **Park Deluxe Junior Suites** provide a relaxing view of the internal park and feature private balconies. Each suite includes a living area, refined parquet floors that create a warm and welcoming ambiance, and a marble bathroom with ample counter space, a sink, a bathtub or rain shower, a bidet, and a separate WC. The **Comfort Junior Suites** vary in shape and size but share the same attention to detail and also overlook the surrounding natural beauty.

All rooms include a hairdryer, slippers, and a bathrobe, ensuring maximum comfort during the stay.

7. Experiences

Nestled in the picturesque landscape of South Tyrol, Palace Merano offers guests a wide range of experiences that combine wellness, adventure, and culture. Guests can immerse themselves in the natural beauty of the region while enjoying a luxurious stay. Each experience is designed to delight the senses, rejuvenate the body, and nourish the soul, ensuring every guest leaves the hotel with unforgettable memories.

Wellness and Relaxation

Merano is renowned for its thermal and therapeutic environment, and at Palace Merano, wellness is elevated to an art form. Guests can stroll along the **Tappeinerweg** trail, one of Merano's most picturesque walks, starting just steps from the hotel. Immersed in Mediterranean flora and offering spectacular views of the surrounding mountains, this walk is more than a nature excursion—it's a truly rejuvenating experience for both body and mind.

Similarly, the Marlinger Waalweg and Algunder Waalweg trails offer relaxing walks alongside ancient irrigation channels, immersing visitors in the tranquil beauty of South Tyrol's orchards and vineyards. For those seeking more intense physical activities, the hotel provides guided **Nordic walking sessions and e-bike tours** to explore the meadows and forests surrounding Merano, enhancing both fitness and a connection with nature.

Outdoor Adventures

For adventure enthusiasts, the area around Palace Merano offers a wealth of options. Golfers can take a short drive to **Golf Club Lana** or **Golf Club Passeier**, where they can test their skills on courses set amidst breathtaking Alpine landscapes. The 9-hole Lana course features gently rolling terrain suitable for all skill levels, while the more challenging 18-hole Passeier course includes lakes and bunkers nestled in the natural beauty of the mountains. Cyclists can enjoy some of the region's most scenic routes. One of the most popular trails begins in Merano and extends 19 kilometers through the **Val Passiria**, offering a flat and easy path along the river. Alternatively, guests can rent bicycles and take the train through the **Val Venosta or Val d'Adige**, surrounded by meadows and orchards.

Excitement and Discovery

Equestrian enthusiasts can practice at nearby stables, riding Haflinger horses, a South Tyrolean breed known for its strength and gentleness. The **surrounding stables** offer a range of equestrian experiences, from beginner lessons to panoramic mountain rides. For water sports lovers, Palace Merano is just a short distance from thrilling activities such as rafting, power **rafting, and kayaking in the pristine rivers of South Tyrol**.

Cultural Excursions

Beyond adventure, South Tyrol is rich in history and culture. A must-visit destination is the **Gardens of Trauttmansdorff Castle**, just five minutes from the hotel. Spanning 12 hectares, these botanical gardens host exotic plants from around the world, set against the stunning backdrop of the Tyrolean Alps.

History enthusiasts will appreciate the **South Tyrol Museum of Archaeology in Bolzano**, home to the famous "Ötzi," the prehistoric man discovered in Val Senales. His remains provide a rare glimpse into life during the Chalcolithic period. Tyrol Castle, which gave the region its name, houses the South Tyrolean Museum of History and Culture. A visit to this medieval fortress offers unique insights into the region's long and fascinating history. Adjacent to the castle is the **Bird Care Center**, where guests can witness spectacular flight demonstrations of eagles, owls, and falcons—a rare opportunity to observe these majestic animals up close.

Winter Magic

In winter, the **snow-covered slopes** of Merano 2000 await skiing enthusiasts. The hotel's proximity to this famous ski destination allows guests to quickly access the slopes for **skiing**, **snowboarding**, or **sledding**. For ice skating, the nearby Meranarena offers both indoor and outdoor rinks, ensuring hours of entertainment for skaters of all levels.

Exclusive Experiences

Palace Merano offers exclusive experiences such as **helicopter tours** over the spectacular nearby Dolomites, providing unparalleled views of these UNESCO World Heritage mountains. Departing a short distance from the hotel, tours range from 35 to 50 minutes, offering either brief glimpses or extended panoramas of this extraordinary Alpine landscape. Additionally, guests can enjoy a **day trip to Lake Garda**, where **private boat tours** explore hidden gems such as the picturesque Sirmione peninsula and the iconic Villa Feltrinelli.

Events and Festivals

Merano is also home to prestigious cultural events. At the end of summer, the **Merano Music Weeks** bring world-class performances of classical, baroque, and contemporary music to the city. In September, the famous **Merano Grand Prix** attracts horse racing enthusiasts from around the world. As the year draws to a close, the **Merano Christmas Market** fills the streets with festive joy, offering visitors a magical holiday experience. Not to be missed is the **Opera at the Verona Arena**, just a two-hour drive from Merano.

8. The Team

The Palace Merano team works in synergy to provide a personalized and exceptional wellness experience. Every guest is welcomed with care and attention to ensure their stay is unforgettable.

<u>The Tosolini Family: The Heart of Palace Merano</u>

The history of Palace Merano has been intertwined with the Tosolini family since 2005, when Comm. Pietro Tosolini, a visionary entrepreneur and owner of the renowned construction company Habitat, acquired the property. Driven by a desire to preserve the villa's historic value and transform it into a wellness excellence, Tosolini initiated

an ambitious restoration project, laying the foundation for an internationally recognized Medical Spa.

Pietro's approach, guided by the integration of tradition and innovation, made Palace Merano a benchmark for preventive medicine and high-level hospitality. A man of great human depth, he was a model of integrity and responsible entrepreneurship—values that live on through his children.

Today, Palace Merano is led by **Architect Paolo Tosolini**, who passionately carries forward his father's vision, supported by his family. Core values such as integrity, innovation, and personal attention guide every decision, with the goal of investing in the future of the property, maintaining its strong connection with South Tyrol, and solidifying its role as a wellness leader on the international stage.

Stefano Plotegher - CEO

Since 2024, Stefano Plotegher has been the CEO of Palace Merano, boasting a distinguished career in luxury hospitality. A graduate of the Caterina De Medici Hospitality Institute, he further specialized at SDA Bocconi. His career began as Front Office Manager at prestigious establishments such as Rocco Forte Hotels and Royal Demeure, progressing to roles of increasing responsibility, including Hotel Manager at Lungarno Collection.

Over the years, Stefano has managed some of Italy's most renowned hotels, including SINA Villa Medici, L'Andana, Il Salviatino, Augustus Hotel & Resorts, Hotel Principe di Piemonte, and Casa Cipriani Milano. With extensive experience in managing renovations and new openings, he excels in budget planning, achieving financial targets, guest satisfaction, and communication.

Maximilian Newiger - General Manager

Maximilian Newiger, General Manager of Palace Merano since 2006, boasts an outstanding academic and professional background. He completed his studies at the Deutsche Schule in Rome and the prestigious Shannon College of Hotel Management, preparing him for a brilliant career in luxury hospitality.

His professional journey began as Sales Manager at the renowned Forte Village Resort, followed by roles such as Marketing Analyst at Starwood Hotels & Resorts. Before joining Palace Merano, Maximilian held high-profile positions as Director of Sales & Marketing at iconic properties such as Badrutt's Palace Hotel in St. Moritz and Park Hyatt in Zurich.

With over 15 years of leadership at Palace Merano, Maximilian is known for his strategic vision, charisma, and client-focused approach. His deep experience in the luxury sector and ability to innovate have helped establish the hotel's reputation as one of Italy's most exclusive.

Dr. Massimiliano Mayrhofer - Revital Manager and Specialist in Integrated Medicine

Massimiliano Mayrhofer, known as Dr. Max, is a leading figure in integrated medicine at Palace Merano. Born in Merano, he initially pursued economics studies before dedicating himself to medicine, graduating with honors from the Faculty of Medicine and Surgery at the University of Verona. Driven by a strong interest in holistic medicine, he completed a four-year diploma in Homotoxicology in Baden-Baden and obtained further qualifications in Medical Hydrology and Thermal Medicine from the University of Milan, Traditional Chinese Medicine, and Bach Flower Therapy.

A pioneer in Italy of therapies such as homeo-mesotherapy and ozone therapy, Dr. Max applies an integrated approach to health, combining various branches of medicine to offer comprehensive and personalized care.

Chef Günther Pirhofer - Executive Chef

Born in 1966, Chef Günther Pirhofer is the heart of dietary cuisine at Palace Merano, where he has passionately led a team dedicated to creating healthy and genuine dishes for over 25 years, with a special focus on vegan and vegetarian preparations. His passion for healthy cooking is matched by a love for international cultures, which inspire and enrich his culinary creativity.

Chef Günther finds personal balance through Alpine sports such as climbing and skiing, activities that reflect his love for nature and wellness. With a philosophy rooted in quality and authenticity, he is a key figure for guests embarking on a nutritional journey during their stay at Palace Merano.

9. Program rates

Rates for 4-day/5-night programs in single room comfort

4-day stays (3 nights)

- Detox & Longevity Programme: €5,100.00 + €232.00 (medical visit)
- Sport & Fitness Programme: €5,950.00 + €232.00 (medical visit)
- Revital SPA Programme: €4,450.00 + €132.00 (medical visit)
- Individual Programme (full board, à la carte treatments): €2,995.00

7-day stays (6 nights)

- Detox & Longevity Programme: €7,270.00 + €332.00 (medical visit)
- Relax & Balance Programme: €8,070.00 + €332.00 (medical visit)
- Sport & Fitness Programme: €8,320.00 + €332.00 (medical visit)
- Revital SPA Programme: €6,420.00 + €132.00 (medical visit)
- Sports Performance Programme: €9,020.00 + €332.00 (medical visit)
- Individual Programme (full board, à la carte treatments): €4,225.00

10. Travel details

Venice (VCE) (2h50 drive to Merano)
Verona (VRN) (1h50 drive to Merano)
Innsbruck (INN) (Seasonal - 2h15 drive to Merano)
Bologna (BLQ) (3h drive to Merano)
Milan (LIN) (3h drive to Merano)
Milan (MXP) (3h30 drive to Merano)
Bolzano (BZO) (30 min drive to Merano) served by the Skyalps airline, with flights from Antwerp, Berlin, Billund, Copenhagen, Düsseldorf, Gothenburg, Hamburg, Hanover, Kassel, and London Gatwick.

11. Contacts

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