



**PALACE MERANO IS THE ONLY ITALIAN SPA TO WIN THE  
CONDÉ NAST TRAVELLER 'WELLNESS & SPA AWARDS 2025'**

*At the opening of the 2025 season, the Medical Spa presents renovated spaces  
absolute novelty in terms of treatment programmes, one of which is dedicated  
exclusively to amateur and professional athletes.*

**Merano, March 2025** - Palace Merano, the **first Medical Spa in Italy**, and the pioneer of the Revital® Method over 20 years ago, is kicking off the **new season** with yet another **prestigious accolade**. As part of the **"Wellness & Spa Awards 2025,"** Condé Nast Traveller has honoured it with the **"Master MOT"** award, recognizing the top spas that offer comprehensive health check-ups. Palace Merano is the **only Italian spa** in the 2025 ranking.

The facility introduces a **range of innovations**, reflecting a strong commitment to progress by embracing contemporary and cutting-edge approaches.

Starting this month, the **new Revital® programs** are available, each designed with one or more approaches that can be tailored to meet the specific needs of each guest:

**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, 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 - NEW:** aimed at those who perform intensive physical activity on an amateur or professional level and wish to improve their sports performance.



It includes an initial diagnostic phase:

- **Postural assessment.** Thanks to an innovative method using advanced gait analysis technology and a state-of-the-art inertial system, it provides key information for preventing problems in the spine and musculoskeletal system.
- **Biomechanical assessment.** Using a modular digital mirror and a three-dimensional camera operated by artificial intelligence (AI), it allows an objective and scientific analysis of movement, balance, joint mobility and muscle strength.
- **Cognitive assessment.** This consists of an examination of the athlete's current cognitive functions, through an assessment of the general appearance and all cognitive aspects (e.g. attention, reaction speed, memory, concentration), with an analysis performed by computer and analysed by artificial intelligence (AI).
- **Total body densitometry (DEXA Scanner).** An examination of fundamental importance both for a basal assessment of the body in sportsmen and sportswomen of any age, competitive, non-competitive and simple amateurs, as well as for evolutionary assessments during training, more or less intensive or aimed at individual performance.
- **Blood test.** Recommended for athletes of all levels to maintain fitness, prevent injuries and muscle problems, as well as reduce post-exercise recovery time, and essential for creating a customised diet plan.

**The training and treatment phase includes:**

- Meeting with an **athletic coach** and personalized **training sessions** with a personal trainer.
- **Cognitive performance**, a wide range of exercises designed to improve brain performance (i.e. development of self-confidence, motivation, mental strength, stress and anxiety management).
- **Dry Floating**, an innovative system that offers a sensory deprivation experience that is highly effective in alleviating stress, muscle and joint pain, as well as aiding the development of concentration and creativity.
- **CryoBody**, thanks to a patented membrane that surrounds the body, this bath allows you to obtain all the benefits of cryotherapy and immersion in ice water without the need to get wet.
- **Sports energy massage.**
- **Hydro-mud therapy.**
- **Medical and nutritional consultations.**
- **Unlimited** access to the pool and sauna areas.

### 3. REVITAL MIND & BODY®

- **Relax & Balance - NEW:** treatments designed to release psychophysical tension. Exclusive therapies like **yoga massage and floating therapy** guide guests through profound relaxation

Palace Merano has just completed **a major restyling**, which involved both the **sports and wellness areas** and **the restaurant rooms**.

In particular, the **'Relax and Balance' area**, embellished with a **new panoramic window overlooking the park**, where one-to-one and group yoga is practiced, as well as morning energy awakening and guided meditations; the **Sport Recovery Lab**, a new area dedicated to rehabilitation and muscle recovery, equipped with the most advanced technologies, ideal for those practicing sport; the **mixed saunas and the women's sauna**, redesigned to offer a unique health itinerary.



The two historic dining rooms have also been renovated, aiming for more cozy and contemporary spaces, since the moment dedicated to nutrition is one of the cornerstones of the regeneration path proposed by Palace Merano.

Each dietary plan is tailored to individual needs and enhanced by **three distinctive regimens: Palace Detox® Diet, Palace Biolight® Nutrition, and Palace Sport® Nutrition**, all rooted in fresh, seasonal ingredients. 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, flavourful recipes at home.

In conclusion, the 2025 innovations further enhance and reaffirm Palace Merano's defining strength: the Revital® Method. Developed 20 years ago, this unique approach blends cutting-edge Western medical techniques with the ancient wisdom of **Traditional Chinese Medicine**, offering a truly holistic path to health and well-being.

#### **PRESS NOTE**

*Palace Merano is Italy's first Medical Spa, pioneering the Revital® Method over 20 years ago. Its personalized treatments blend functional, allopathic, and energy medicine for preventive care, seamlessly integrated with the holistic principles of Traditional Chinese Medicine (TCM). Nestled in the heart of Merano and surrounded by a unique microclimate, Palace Merano is housed in an elegant historic building—a five-star hotel with 99 rooms, including 14 junior suites and 30 suites spread across the main palace, the castle, and the panoramic floor. Within its walls lies the expansive 6,000 m² Revital® Center and a cutting-edge 1,500 m² medical floor, dedicated to advanced diagnostics and tailor-made treatments. The Revital® Center features a state-of-the-art medical area and a full-service spa, complete with dedicated spaces for sports and relaxation. Guests have access to 18 hydrotherapy cabins, 6 hydro-jet rooms, 19 beauty treatment rooms, a relaxation and meditation area, an indoor pool, saunas, a hammam, a Kneipp path, and a 31-meter outdoor pool with hydromassage loungers, a whirlpool, and bar service. The fitness area, overlooking the park, offers top-tier Technogym equipment and a range of indoor and outdoor activities guided by expert personal trainers. On the fifth floor, the medical area houses a fully equipped diagnostic lab, imaging and health screening facilities, hydro-colon therapy, acupuncture, osteopathy, oxygen-ozone therapy, bioenergetic and nutritional services, advanced aesthetic treatments, and a team of specialized aesthetic doctors. A highly skilled medical team works in synergy with nutritionists, naturopaths, osteopaths, and nurses, applying a comprehensive, integrated preventive approach. Palace Merano also places a strong focus on sports and physical recovery, with its newly introduced Sport Recovery Lab—a cutting-edge facility designed for both athletes and individuals seeking to regain physical function and muscle strength after injury. Culinary wellness is another cornerstone of the Palace Merano experience. The signature Palace Detox® Diet, Palace Biolight® Nutrition, and Palace Sport® Nutrition programs are crafted to enhance overall well-being, using only fresh, seasonal, and locally sourced ingredients. Recognized for its excellence, Palace Merano was ranked fourth among the "20 Best Health Hotels" in the Alpine region for 2024 by the prestigious Swiss magazine Bilanz. In 2025, it became the only Italian spa to receive the coveted "Master MOT" award from Condé Nast Traveller, honouring the best wellness destinations offering comprehensive health check-ups.*

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