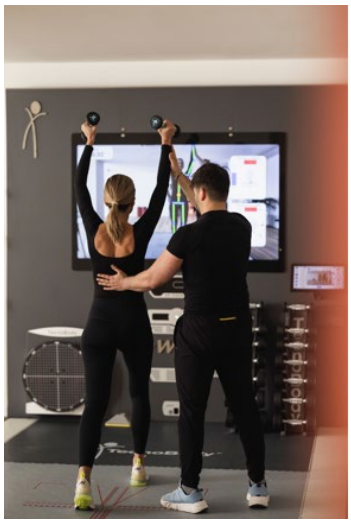
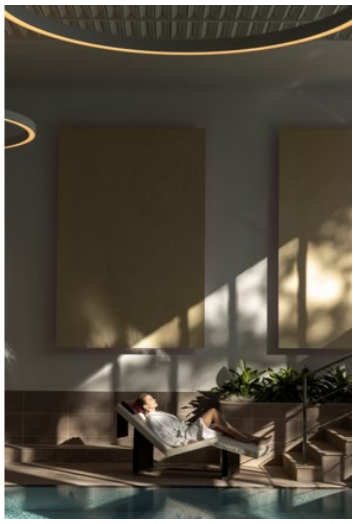




Palace Merano launches its first ever Postpartum Retreat
A Transformative Wellness Retreat for New Mothers

Palace Merano Introduces an Exclusive Postpartum Programme
Palace Merano, a renowned medical destination, proudly introduces the **Postpartum Programme,** designed to support and celebrate new mothers. The retreat offers a holistic path to recovery, balance, and self-care after childbirth. Tailored specifically for women navigating the early stages of motherhood, the retreat provides a nurturing space to reconnect with one's body and mind through a curated blend of medical and physical therapies.

Why a postpartum retreat?

Postpartum retreats are gaining significant global momentum, with **search interest surging by 475%** over the past year, according to Yelp's 2025 Trend Forecast. In South Korea, approximately **80% of new mothers attend postpartum retreats**, underscoring a deep-rooted cultural emphasis on structured recovery and maternal wellbeing.

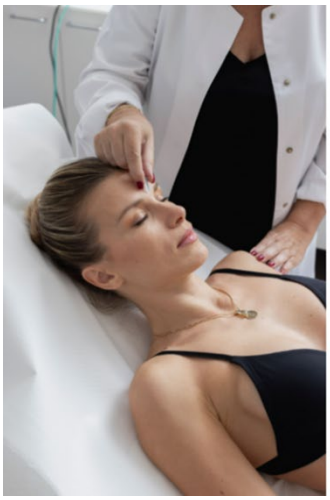
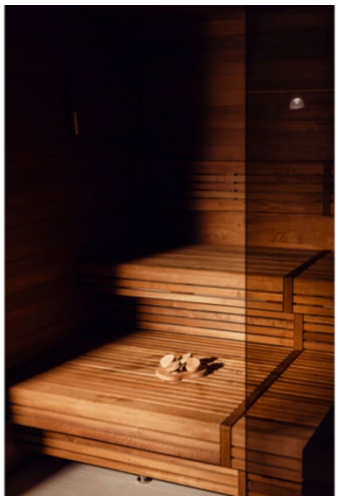
"*The postpartum period is a profound and often overlooked phase of a woman's life. In many Asian cultures, postpartum retreats are a long-standing tradition, placing equal emphasis on the mother's recovery as on the baby's care. In contrast, Western societies and healthcare systems often shift the entire focus to the newborn, unintentionally sidelining the mother's physical and emotional needs. At Palace Merano, we believe that supporting a mother's healing journey - both mentally and physically - is not just beneficial, it's essential. Our Postpartum Programme is designed to provide medical expertise, emotional support, and restorative therapies that honor the complexity of this transition. We aim to empower mothers with the care, balance, and vitality they need to thrive - not just as parents, but as individuals*." **- Dr Massimiliano Mayrhofer, M.D., Medical Director, Palace Merano**

Palace Merano recommends undertaking the postpartum retreat no earlier than 12 weeks after childbirth and once breastfeeding has concluded, due to the use of essential oils and other therapeutic elements that may not be suitable during lactation.

Programme Includes:

- Detox or Biolight nutrition
- 2 medical consultations
- 1 body composition analysis (Dexa scanner)
- Blood test - 3 values (female hormones, thyroid and stress function, and vitamin/oxidative status)
- 1 dietary consultation + personalised nutrition plan
- 2 lymphatic drainage massages
- 2 energy massages
- 2 anti-cellulite treatments
- 2 osteopathy sessions
- 2 pressotherapy sessions
- 2 toning sessions
- 2 abdominal reshaping treatments (Indiba)
- 1 postural assessment
- 1 biomechanical evaluation
- 3 postural training sessions
- 1 body carboxytherapy session with an aesthetic doctor
- 1 body radiofrequency session with aesthetic doctor
- 6 hydro-mud therapies
- Access to pool & sauna area - Indoor & outdoor group physical activities

Each treatment is carefully selected to support postnatal recovery**. Lymphatic drainage massages** help reduce swelling and improve circulation, while **osteopathy** gently realigns the body to relieve tension and restore mobility. **Postural training** and **biomechanical assessments** support core strength and posture, essential for mothers adjusting to new physical demands. Treatments like **Indiba** and **pressotherapy** aid in toning and reshaping the body, while **hydro-mud therapies** detoxify and soothe, promoting deep relaxation and skin renewal.

Notes to Editor:
Palace Merano, Merano, Italy
Palace Merano is Italy's first Medical Spa, pioneering the Revital® Method over 20 years ago. It blends functional, allopathic, and energy medicine with Traditional Chinese Medicine (TCM) for preventive care. Located in Merano, the five-star hotel features 99 rooms, including 14 junior suites and 30 suites. The 6,000 m^2 Revital® Center and 1,500 m^2 medical floor offer advanced diagnostics and tailor-made treatments. Facilities include hydrotherapy cabins, beauty treatment rooms, pools, saunas, a fitness area, and a medical area with diagnostic labs and various therapies. The Sport Recovery Lab focuses on physical recovery, and the culinary wellness programs use fresh, seasonal ingredients.

Book it: The Postpartum Retreat starts from €7,522 for 7 nights and 6 days of treatments and includes medical check-ups, nutrition plan, massages, osteopathy, postural training, aesthetic treatments, hydro-mud therapy, pool & sauna access. Accommodation for 7 nights in single occupancy starts from €2,870 in a Comfort Single Room. Second room on request is available at half room rate price.

Extras: Paid baby-sitting / on-site nannies available from € 25,00 per hour. Additional room for child carer available at 50% discount.
Website**:** www.palacemerano.it
Images: here

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