PALACE MERANO AND THE ST. JOSEF CLINIC IN MERANO: TOGETHER TOWARDS A NEW HORIZON FOR HEALTH AND PREVENTION

The first Medical Spa to devise the Revital® Method enhances its offering with specialist medical check-ups through a partnership with one of South Tyrol's most renowned clinics

Merano, 18 September 2025 – Two centres of excellence from the Merano area come together. **Palace Merano** – Italy's first Medical Spa and pioneer of the Revital® Method – and the **St. Josef Clinic in Merano** have announced a new partnership focused on prevention and holistic well-being. Through this initiative, hotel guests can access specialist, personalised medical check-ups in cardiology, dermatology, ophthalmology, urology and gastroenterology, along with endoscopic examinations and advanced ultrasound diagnostics.

All examinations are carried out at the St. Josef Clinic, just a stone's throw from the hotel, ensuring continuity, discretion and maximum convenience. Thanks to this partnership, a stay at Palace Merano transforms into a comprehensive journey of prevention, further cementing Merano's status as an international hub for health and prevention.

The partnership is the natural evolution of a **shared vision**.

For over twenty years, Palace Merano has been synonymous with longevity and well-being through the Revital® Method – an integrated approach that combines functional, allopathic and energy medicine with the principles of Traditional Chinese Medicine. The St. Josef Clinic, run by the **Teutonic Order**, has roots dating back to **1190** and is today a cutting-edge medical centre which, under the guidance of **Professor Alfred Königsrainer**, draws on an interdisciplinary team of more than **35 specialists**, with a strong focus on **personalised prevention** and **advanced diagnostics**. The partnership

Paolo Tosolini, **owner of Palace Merano**, emphasises the strategic value of this partnership: "*At Palace Merano, we place great importance on the synergy between health and world-class hospitality. With the involvement of ST. JOSEF's expert medical team, we can now rely on a partner with a proven record of clinical excellence – synonymous with medical expertise and personalised care. This partnership allows us to significantly broaden our offering in prevention and diagnostics, further strengthening our position as a destination par excellence for an international audience focused on health and well-being*."

"*With the St. Josef Clinic now part of the Palace Merano pathway, prevention moves to a new level. It offers our guests a unique opportunity to embark on a journey where hospitality and medical diagnostics come together to guide them towards genuine, long-term well-being.*" says **Stefano Plotegher, CEO of Palace Merano**.

"Our partnership with the St. Josef Clinic enables us to offer guests an even higher level of preventive care, integrating the Revital® Method with state-of-the-art diagnostic tools. By combining our longevity programs with specialist check-ups, we can further personalise care and intervene more

precisely, strengthening our mission to guide each person towards lasting well-being," says **Dr Massimiliano Mayrhofer, Chief Medical Officer & Revital Manager at Palace Merano**.

"*We are delighted to be collaborating with Palace Merano, renowned for its outstanding hospitality and holistic approach to health. This partnership represents a valuable opportunity for mutual growth: we open up to the world, and the world opens up to us,*" says **Sepp Haller, Director of the Teutonic Order**.

The collaboration comes at a time of continuous innovation for Palace Merano. In recent months, the Medical Spa has introduced the **Sport & Recovery Lab**, the **Sport Performance** program and new pathways dedicated to women's well-being, alongside the refurbishment of saunas, pools and dining rooms. These innovations complement major international accolades – including Condé Nast Traveller's *Master MOT Award* and a listing among Bilanz magazine's best Alpine Health Hotels, reiterating the facility's reputation as one of Europe's leading names in health and prevention.

PRESS RELEASE

Palace Merano is the first Medical Spa in Italy that conceived the Revital® Method over twenty years ago. Its tailored programmes are based on functional, allopathic and energy medicine aimed at prevention, complemented by the holistic principles of Traditional Chinese Medicine (TCM). An elegant old building is located situated in the heart of Merano, immersed in a unique micro-climate. It is a 5-star hotel with ninety-nine rooms, including fourteen junior suites and thirty suites located between the main building, castle and panoramic grounds. There is a 6,000 m^2 Revital® centre within it and an entire avant-garde medical floor, occupying 1,500 m^2. The Revital® centre, dedicated to advanced diagnostics and innovative tailored treatments, includes a medical area and a spa complete with dedicated areas for sport and relaxation. The spa has eighteen cabins for mud bath therapy, six for hydrojets, nineteen for aesthetic treatments, a relaxation and meditation area, as well as an indoor pool, saunas, a Turkish bath, Kneipp path and a 31-metre outdoor pool with hydro-massage beds, whirlpool and bar service. The fitness room, overlooking the park, features avant-garde Technogym equipment and a variety of indoor and outdoor sports activities overseen by a personal trainer. The medical area on the fifth floor hosts an analysis laboratory, scanner and check-up, colon hydrotherapy, acupuncture, osteopathy, oxygen-ozone therapy, the bioenergetic and nutritional department, advanced aesthetic treatments and the availability of an aesthetic doctor and their team. The centre is supported by an exclusive medical team that works alongside nutritionists, naturopaths, osteopaths and nurses, applying the integrated preventive method. Special attention is paid to sport through the introduction of the new cutting-edge Sport Recovery Lab - designed for athletes and anyone who wants to regain their physical fitness and muscular strength after injury. Palace Merano prides itself on its culinary offer: the Palace Detox® Diet, Palace Biolight® Nutrition and Palace Sport® Nutrition regimens have been developed to enhance mental and physical well-being through the use of fresh, seasonal and farm-to-fork ingredients. The prestigious Swiss magazine, Bilanz, ranked the Palace Merano in fourth place among the best "20 Health Hotels" in the Alpine region in 2024. In 2025, the hotel was the only Italian spa to receive the "Master MOT" award from Condé Nast Traveller, which rewards the best spas with comprehensive health check-ups.

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