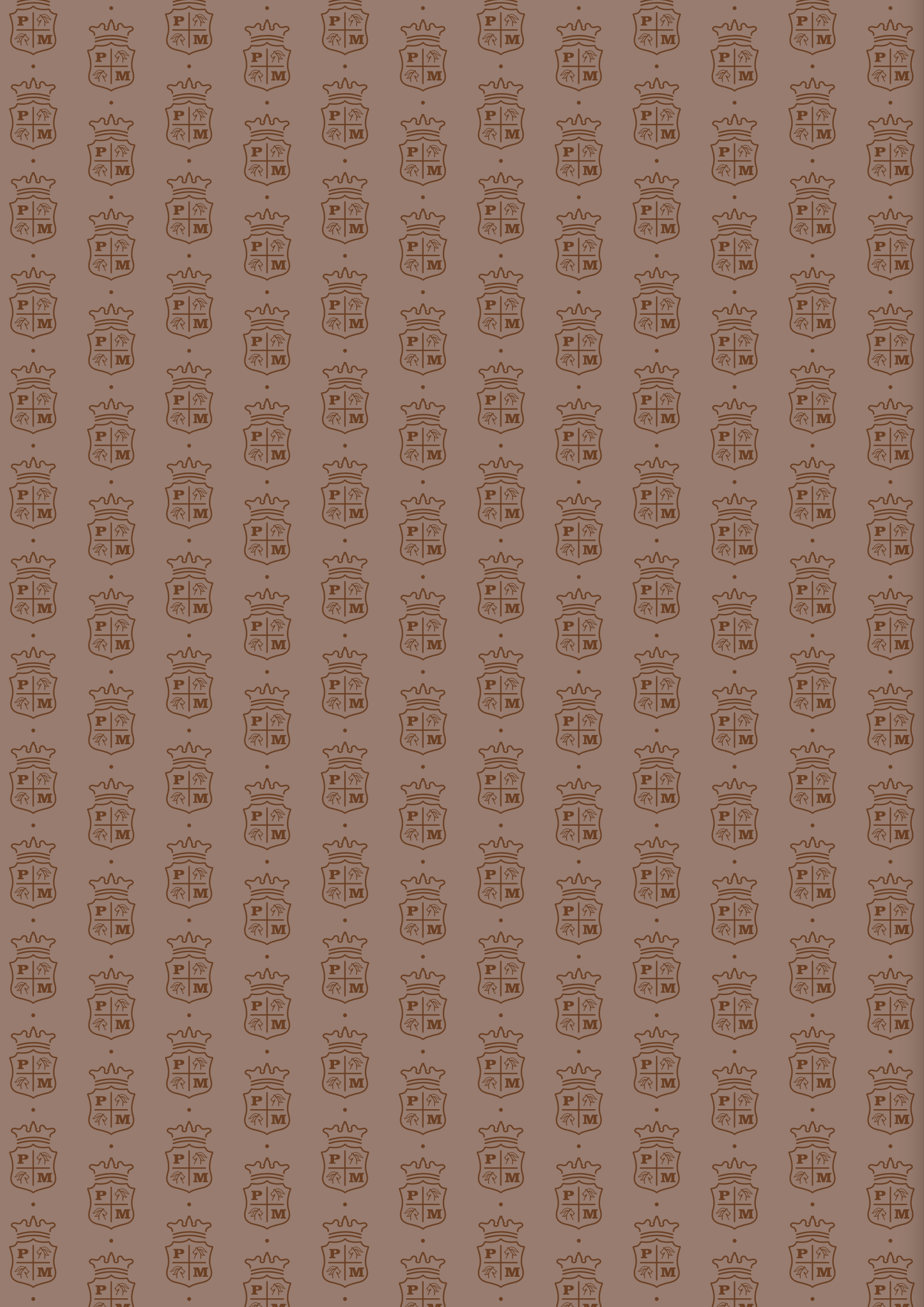




PALACE

M E R A N O

Revital® for Longevity



Unlock your maximum health potential

True wellbeing starts with the understanding that you deserve the best. It's about tuning into yourself, appreciating your worth, and nurturing what makes you unique. For over twenty years, our **Revital Method**® has embodied this vision through a holistic approach that blends functional medicine, allopathic care, and Traditional Chinese Medicine. This personalised journey enhances **cellular regeneration**, **slows aging**, and nurtures your overall health.

As **pioneers in Italy**, we were the first to embrace the power of Detox, reimagining health as a profound internal rejuvenation. We know your drive to improve, and with the expertise of our dedicated medical team, we will guide you through a **bespoke program** filled with **targeted treatments**.

Step into your transformation.

Detox & Longevity

Purify the body, **reactivate** the metabolism, **boost** the immune system, and slow down cellular ageing.

6 DAYS

- Nutrition Detox
- 1 Bioenergy check-up
- 5 Bioenergy treatments
- 1 Body densitometry (DEXA scanner), subject to medical visit
- 1 Oxidative Balance & pH Analysis
- 1 Nutritional Consultation
- 1 Post-treatment stage diet plan
- 6 Energy massages
- 6 Hydro-energy treatments including three phases:
 - ✓ Hydro-aromatherapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes acces

Prices from € 4,550.00
Room accommodation not included

Extra: 3 compulsory medical visits € 332.00
Visit
Control
Assistance

4 DAYS

- Nutrition Detox
- 1 Bioenergy check-up
- 4 Bioenergy treatments
- 1 Nutritional Consultation
- 1 Post-treatment stage diet plan
- 4 Energy massages
- 4 Hydro-energy treatments including three phases:
 - ✓ Hydro-aromatherapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes access

Prices from € 3,050.00
Room accommodation not included

Extra: 2 compulsory medical visits € 242.00
Visit
Control





Sport & Remise en forme

The keyword is "vitality": **recharge your mind and body** and re-energise through the Sport & Remise en forme programmes.

6 DAYS

- Nutrition: Detox or Biolight
- 1 Bioenergy check-up – sport index
- 5 Bioenergy treatments
- 1 Body densitometry (DEXA scanner), subject to medical visit
- 1 Nutritional Consultation
- 1 Post-treatment stage diet plan
- 3 Vitamin-vital infusion complex, subject to medical visit
- 6 Energy massages
- 6 Hydro-energy treatments including three phases:
 - ✓ Hydro-aromatherapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- 3 Sessions with a personal trainer
- 3 "Outdoor walking" sessions with guide
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes access

Prices from € 5,450.00
Room accommodation not included

Extra: 3 compulsory medical visits € 332.00
Visit
Control
Assistance

4 DAYS

- Nutrition: Detox or Biolight
- 1 Bioenergy check-up – sport index
- 4 Bioenergy treatments
- 1 Body densitometry (DEXA scanner), subject to medical visit
- 1 Nutritional Consultation
- 1 Post-treatment stage diet plan
- 2 Vitamin-vital infusion complex, subject to medical visit
- 4 Energy massages
- 4 Hydro-energy treatments including three phases:
 - ✓ Hydro-aromatherapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- 2 Sessions with a personal trainer
- 2 "Outdoor walking" sessions with guide
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes access

Prices from € 3,900.00
Room accommodation not included

Extra: 2 compulsory medical visits € 242.00
Visit
Control

Sport Performance

Enhance your performance with a **tailor-made program**, based on advanced diagnostics and a comprehensive path of training, recovery, and specific nutrition.

6 DAYS

- Nutrition: Sport
- 1 Biomechanical assessment
- 1 Postural assessment
- 2 Cognitive assessment - sport
- 1 Body densitometry (DEXA scanner), subject to medical visit
- Blood analysis
- 5 Personal training sessions
- 4 Cognitive performances
- 5 Treatment with a choice between Cryobody or Dry-floating
- 1 Nutritional Consultation
- 1 Post-treatment stage diet plan
- 6 Energy massages
- 6 Hydro-mud therapy including three phases:
 - ✓ Hydro-aroma therapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes and outdoor group physical activities

Prices from	€ 6,150.00
Room accommodation not included	
Extra: 3 compulsory medical visits	€ 332.00
Visit	
Control	
Assistance	





Relax & Balance

Rediscover **your inner balance** with mind-body relaxation techniques and yogic breathing.

6 DAYS

- Nutrition: Detox or Biolight, subject to medical visit
- Blood analysis
- 1 Bioenergetic check-up
- 2 Floating therapy
- 1 Total relax treatment
- 1 Yoga massage
- 6 Biofeedback
- 2 Vitamin-vital infusion complex
- 4 Bioenergetic treatments
- 2 Yoga one-to-one
- 6 Energy massages
- 6 Hydro-mud therapy including three phases:
 - ✓ Hydro-aroma therapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes and outdoor group physical activities

Prices from € 5,200.00
Room accommodation not included

Extra: 3 compulsory medical visits € 332.00
Visit
Control
Assistance

Revital SPA®

Treat yourself to a **relaxing break** for a healthy life.

6 DAYS

- Nutrition: Detox or Biolight
- 1 Nutritional Consultation
- 6 Energy massages
- 6 Hydro-energy treatments including three phases:
 - ✓ Hydro-aroma therapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes access

Prices from € 3,615.00

Room accommodation not included

Extra: 1 compulsory medical visit € 132.00

4 DAYS

- Nutrition: Detox or Biolight
- 1 Nutritional Consultation
- 4 Energy massages
- 4 Hydro-energy treatments including three phases:
 - ✓ Hydro-aroma therapy sessions
 - ✓ Phyto-mud therapy sessions
 - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes access

Prices from € 2,450.00

Room accommodation not included

Extra: 1 compulsory medical visit € 132.00





Mindexercise

Module to book in addition to programmes or Palace Merano stay

Discover the extraordinary benefits of Revital® treatments with our team of wellness experts.

The **Mindexercise** module can be integrated into personalised care programs or added to your weekly stay for an engaging wellness experience.

Designed for those who wish to enhance cognitive activity, improve concentration, and strengthen memory, **Mindexercise** will help you achieve optimal balance and greater brain vitality.

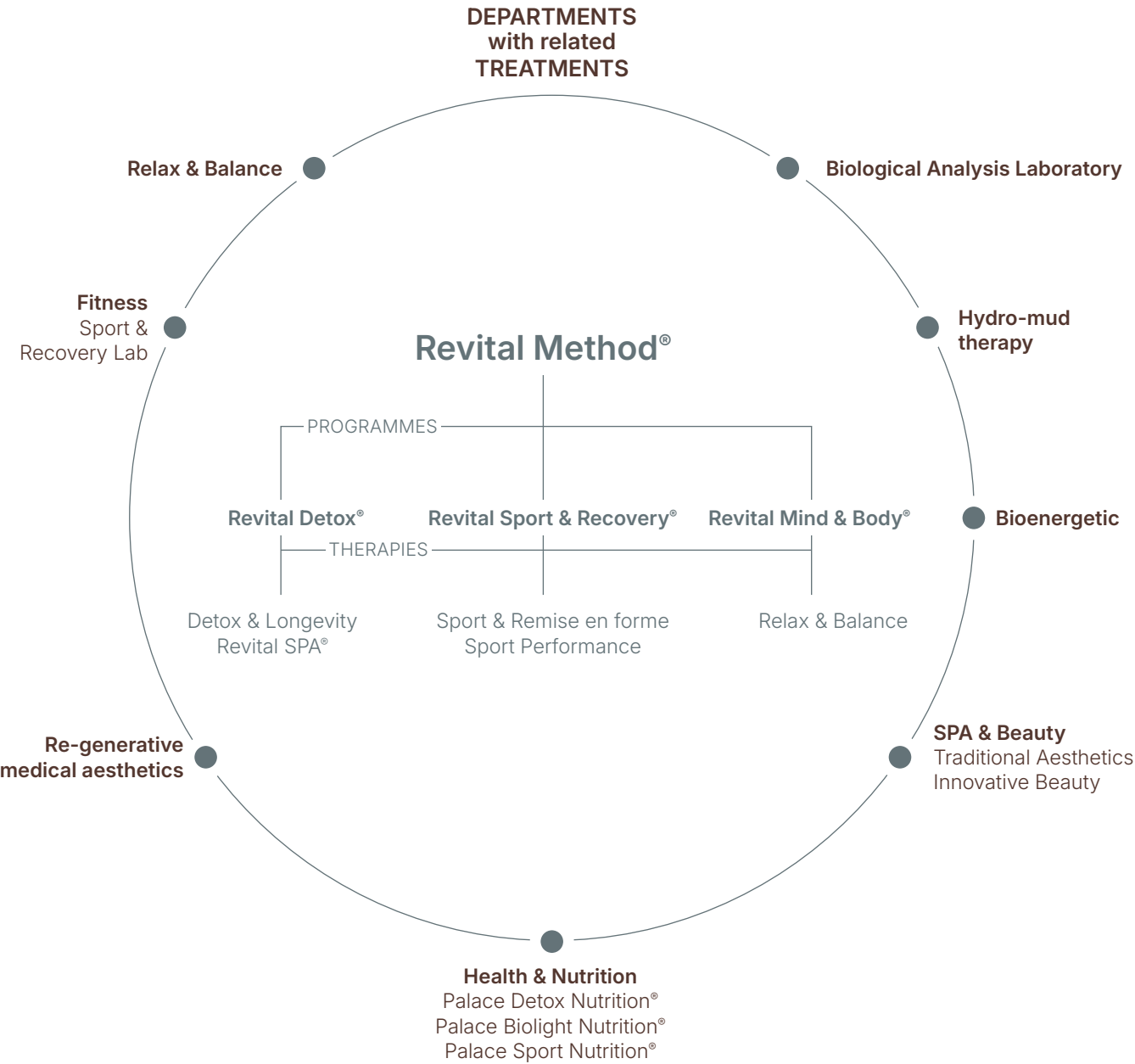
MINDEXERCISE

- Blood analysis
- 2 Vitamin infusions
- 2 Cognitive assessments
- 4 Cognitive performances
- Group physical activity

Prices from € 800.00
Room accommodation not included

The departments

Eight departments, a highly qualified team, totally personalised treatments for rediscovering vigour and vitality and a new aesthetic wellbeing.



Treatment menu

HEALTH & NUTRITION

Medical controls and treatments

- Laboratory Analysis
- Body densitometry-bone density (DEXA Scanner)
- Colon hydrotherapy
- Osteopathy
- Physiotherapy
- Revitalizing therapy (infusions)
- Oxygen-ozone therapy
- Acupuncture
- Inhalation therapy

Nutrition

- Nutritional Consultation
- Food intolerance assessment
- Personal Diet plan
- Detox diet and Biolight menu
- Natural Cooking class

SPA & BEAUTY

Treatments

- Energy massage
- Facial treatment (detox, anti ageing, drainage, brightening)
- Abdominal treatment
- Scalp treatment, including Head & Shoulder Massage
- Cellulite treatment
- Manual lymphatic massage
- Plantar reflexology
- Back treatment
- Connective tissue reflexology massage

Traditional beauty treatments

- Manicure
- Gel manicure
- Pedicure
- Body depilatory treatments
- Peeling – body scrub

Innovative beauty

- Digital press
- Shock waves – Storz Medical
- Robolex
- Trilipo - body shaper
- Rexon-age
- Oxypolar
- Indiba® Deep Care
- Skineo
- Plasmozonc
- MesoJet
- Regain Style

FITNESS & SPORT LAB

- Personal training
- Pilates - Pilates Reformer
- Kinesis
- TRX
- Vacu power
- Outdoor walking
- Postural Evaluation
- Biomechanical assessment
- Cognitive assessment and performance
- Cryobody
- DryFloating
- Swimming, tennis, skiing, golf and mountain trekking lessons on request

RELAX & BALANCE

- Energetic awakening
- Yoga massage
- Floating therapy
- Total relax
- Biofeedback
- Yoga one-to-one

BIOENERGETICS

- Bioenergetic check-up
- Energy test and control
- Cellular resonance treatments
- Resonax Pain Therapy

HYDRO-MUD THERAPY

- Hydro-Aroma therapy
- Phyto-Mud therapy
- Hydrojet-Shower

Guests have free access to saunas, pools and hammams, and there is a dedicated sauna area for women.



Health

COMPULSORY MEDICAL VISIT

Initial visit, follow-up and final visit (3 × 30 min.)	€ 332.00
Single medical visit (30 min.)	€ 132.00

BODY COMPOSITION EXAMINATION (DEXA SCANNER)

€ 250.00

(fat mass - muscle mass - bone density) - subject to medical examination
30 min.

COLON-HYDROTHERAPY

€ 150.00

60 min.

OSTEOPATHY

€ 150.00

60 min.

PHYSIOTHERAPY

€ 150.00

60 min.

OXYGEN-OZONE THERAPY

€ 180.00

The therapy strengthens the body's defences while transportation of oxygen to the cells is optimised.
30 min.

ACUPUNCTURE

€ 90.00

Ancient Chinese therapy for the stimulation of energy points. Uses thin sterile needles.
Treatment exclusively carried out by a specialised doctor.
30 min.

INHALATION

30 min.	€ 40.00
3 × 30 min.	€ 100.00

REVITAL® INFUSION

€ 150.00

Personalized according to the programme.
30 min.

LABORATORY ANALYSIS ON MEDICAL CONSULTATION

- | | | |
|------------------------|----------------------------------|---------------------------|
| - General profile | - Dysmetabolic profile | - Food intolerances (IgG) |
| - Hormonal profile | - Rheumatoid profile | - Anti-age profile |
| - Cardiac profile | - Fatty acid and vitamin profile | - Urine culture |
| - Sereum iron profile | - Tumour markers | - Antibigram |
| - Osteoporosis profile | - Helicobacter pylori | |

Nutrition

Palace Detox® Nutrition

This diet aims at **deep cleansing** for the functional and energetic rebalancing of the body. The menu promotes the **elimination of organic toxins** through the excretory organs, such as the kidneys and liver. This is a predominantly vegetarian dietary plan that makes use of **antioxidant, pH-neutral foods** rich in vitamins and minerals. These sustain the body's natural defence processes against free radicals and cell ageing. The Detox path includes a vegetable stock-based "liquid diet" day.

Palace Biolight® Nutrition

The menu includes light and healthy dishes, inspired by the rich **Mediterranean tradition**. We use **innovative preparation methods** aimed at preserving all the precious organoleptic properties of the nutrients.

Palace Sport® Nutrition

The proposed menu is specifically designed using **essential nutrients** such as healthy fatty acids, antioxidants, vitamins, and minerals. It is tailored for individuals engaging in intense physical activity, such as athletes or those involved in professional training. The main goal is to **optimize physical and athletic performance** while preventing conditions that predispose to muscle injuries by providing the body with the right nutrients and the necessary caloric intake. Portions and food selections are carefully curated by a team of nutrition experts, who create a **balanced dietary plan** to meet the specific needs of those who partake in intense physical activity. While the focus is on healthy and detoxifying nutrition, this menu does not include the typical "liquid diet" phase of a detox program but instead incorporates an afternoon nutritional break to support the energy required for the training schedule.

NUTRITIONAL CONSULTATION

€ 90.00

Assessment of dietary habits and development of personalised dietary plan to observe during the treatment and at home.
30 min.

COOKING COURSE

€ 70.00

Learn some secrets to take home with you together with the kitchen staff and under the supervision of the nutritionist. The course is held directly in the kitchen.
90 min.

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.





SPA & Beauty

Facial treatments

PURIFYING AND DETOXING FACIAL TREATMENT

€ 160.00

Exfoliating and restructuring treatment, aimed at cell renewal of facial skin. Highly recommended before other specific treatments, it has a detox and purifying effect and prepares the skin for optimal regeneration.
60 min.

ILLUMINATING NOURISHING FACIAL TREATMENT

€ 160.00

Designed for stressed and dull skin. It has a highly toning effect and restores oxygenation, hydration and vitality.
60 min.

ANTI-AGE FACIAL TREATMENT

€ 160.00

Excellent treatment for mature, dehydrated skin which combats free radicals and restores hydration and elasticity to the skin. An ally against the signs of ageing.
60 min.

DRAINAGE FACIAL TREATMENT

€ 160.00

Ideal for faces affected by excessive puffiness. It targets vascularisation, regeneration and tissue elasticity through a specific connective facial massage.
60 min.

Body treatments

ENERGY MASSAGE

€ 160.00

Performed manually and using the cupping technique, it can release energy blocks, acting on muscles and tendons, toning and regenerating them.
60 min.

ABDOMINAL TREATMENT

€ 160.00

Ideal for anyone with a distended abdomen or suffering from intestinal disorders or a blocked diaphragm, this method helps reduce bloating and abdominal volume and promotes better bowel mobility and transit time.
60 min.

BACK TREATMENT

€ 160.00

Intensive massage focused on the relaxation of the back muscles.
60 min.

CONNECTIVE TISSUE REFLEXOLOGY MASSAGE € 160.00

Connective tissue massage without the use of oils or creams to strengthen the connective tissue.
60 min.

MANUAL LYMPHATIC MASSAGE € 160.00

60 min.

CELLULITE TREATMENT € 160.00

60 min.

SCALP, NECK AND SHOULDER TREATMENT € 160.00

Excellent for preventing hair loss and boosting the health of the scalp.
Aimed at improving blood circulation, oxygenating tissues and relieving tension in the back of the head, neck, shoulders and cervical area.
60 min.

PLANTAR REFLEXOLOGY € 160.00

60 min.

Traditional SPA beauty care

MANICURE (WITH NAIL POLISH) € 60.00 (€ 80.00)

30 min.

MANICURE WITH SEMI-PERMANENT NAIL POLISH (SHELLAC) € 100.00

60 min.

GEL-MANICURE € 135.00

45 min.

PEDICURE € 95.00

60 min.

PEDICURE WITH SEMI-PERMANENT NAIL POLISH (SHELLAC) € 150.00

90 min.

Hair removal

WHOLE LEG € 95.00

60 min.

PARTIAL LEG € 60.00

30 min.

EYELASH AND EYEBROW TINTING € 65.00

60 min.

BODY PEELING - WET TABLE € 155.00

Includes the application of body exfoliating products, a hammam black soap massage and the use of a steam sauna cabin.
60 min.

Fitness

ONE-TO-ONE GYM TRAINING

60 min. € 155.00
3 × 60 min. € 420.00

TRX € 155.00

Training that concentrates on suspension training integrated with bodyweight exercises.
This approach is aimed at boosting strength, balance and physical flexibility.
60 min.

KINESIS € 155.00

Functional training designed to boost the metabolism and improve posture, strength and suppleness.
60 min.

PILATES ONE TO ONE € 155.00

60 min.

PILATES REFORMER € 155.00

Specific equipment for pilates lessons. Requires the assistance of a personal trainer.
60 min.

VACU POWER

Vacu Power is a combination of a running machine and a depressurised capsule. It remodels the body, visibly reduces fat and cellulite in the abdominal area, hips, and buttocks. Requires the supervision of a personal trainer.

60 min. € 165.00
3 × 60 min. € 465.00

OUTDOOR ACTIVITY

Explore the natural beauty of Merano during physical activity. The programmes and trails are led by a personal trainer.

120 min. € 165.00
3 × 120 min. € 465.00

INDOOR ACTIVITY Service included in the stay

Group training in the gym or pool from 4 pm to 6 pm.

POSTURAL FITNESS € 365.00

Programme of personalised exercises aimed at restoring the balance of the musculoskeletal system.

3 × 60 min.

PRIVATE LESSONS ON REQUEST

- Swimming

- Tennis

- Skiing
- Golf

- Mountain hikes

We recommend packing a swimming costume, tracksuit and trainers.
In the event of bad weather, the activities will be held indoors.

Sport & Recovery Lab

POSTURAL ASSESSMENT € 150.00

Innovative method that uses advanced technology to analyse gait, pelvic position and dynamic control of body stability. It effectively identifies postural defects, problems in foot placement and leg movements. It monitors in real time using advanced sensors and artificial intelligence. This analysis provides key information to help prevent problems with the spinal column and musculoskeletal system.

60 min.

BIOMECHANICAL ASSESSMENT € 250.00

This system provides customized programs for training and improving sports performance, boosting strength and balance through postural and functional training exercises designed to involve the entire body, while also promoting harmonious recovery and enhancing overall motor skills.

60 min.

COGNITIVE ASSESSMENT € 100.00

The cognitive assessment consists of an examination of the athlete's current cognitive functions, through an evaluation of the general aspect and all cognitive aspects (e.g., attention, reaction speed, memory, concentration) carried out on a computer and analyzed by artificial intelligence (AI). The results of the first evaluation are stored, and the exam is repeated at the end of the week after performing a series of specific exercises for the skills that were found to be deficient during the test.

30 min.

COGNITIVE PERFORMANCE € 125.00

Cognitive performance includes a wide range of exercises designed to improve various aspects of brain performance, such as the development of self-confidence, motivation, mental strength, stress and anxiety management, as well as improving technical skills in various situations.

30 min.

CRYOBODY € 90.00

With its patented membrane enveloping the body, this tub allows you to experience all the benefits of cryotherapy and immersion in ice water without the need to get wet. This makes exposure to the cold safer and more comfortable. This treatment, which lasts 3-5-7 minutes, guarantees a state of general wellbeing, while also contributing to stress reduction and stimulating skin rejuvenation.

3 - 7 min.

DRY FLOATING € 90.00

Dry Floating is an innovative system that provides a sensory deprivation experience – highly effective in alleviating stress, as well as muscular and joint pain, while also fostering development in concentration and creativity. The body lies on top of a tub containing over 400 litres of hot water without actually coming into contact with it. Thanks to the sensation of weightlessness and floating, the body enters a state of total relaxation and inner introspection, promoting optimal psycho-physical recovery and a profound state of wellbeing.

30 min.

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.

Relax & Balance

YOGA MASSAGE

€ 160.00

An anti-stress treatment which is ideal for boosting general mental and physical relaxation. The body is treated with stretching and twisting exercises to release tightness, increase flexibility and free the diaphragm and lungs from tension. The treatment is carried out on a special futon.
60 min.

FLOATING THERAPY

Relaxation technique in water infused with Epsom salts and heated to body temperature. The body floats at zero gravity in a setting devoid of lights, sounds and external stimuli, creating an optimal state of tranquillity. It is ideal for mental and physical recovery, combating the accumulation of stress and boosting muscle recovery while boosting creativity and concentration.
60 min. € 150.00
60 min. × 2 € 250.00

TOTAL RELAX

€ 160.00

Complete reflexology. It starts by stimulating the reflex points of the organs in the feet and continues with the treatment of the head and face.
60 min.

BIOFEEDBACK

€ 30.00

An experience of deep mental wellbeing, designed to enhance personal rest through the use of noise-cancelling headphones and guided audio content. The treatment offers two distinct paths – Mindfulness and Guided Breathing - to train the mind, improve focus, and manage stress. Five guided meditations stimulate various cognitive and emotional functions: deep relaxation (Relax), inner calm (Calm), emotional balance (Stability), mental clarity (Lucidity), and creative thinking (Creativity). Five breathing exercises guide you towards conscious breath control, enhancing vitality, clarity, and performance in all areas of life.
30 min.

YOGA ONE TO ONE

€ 160.00

Yoga enhances lung capacity and diaphragm efficiency, benefiting the cardio-respiratory system. It has a positive effect on the nervous system, reducing anxiety and stress. It increases concentration and improves cognitive functions, including attention and memory.
60 min.

ENERGETIC AWAKENING

Service included in the stay

Group activities indoors, every day from Monday to Friday, from 8 am to 10 am. Including Kundalini meditation, 5 Tibetan rituals, stretching and various breathing techniques.

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.





Bioenergetics

Bioenergetic check-up

The equipment works on the central nervous system from a holistic point of view and provides a general overview of the body's energy balance. It allows measuring the person's energy reserves and, by evaluating the "vitality factor", indicates the correct therapeutic path to follow during subsequent treatments.

Select

A bioresonance device. Bioresonance is a body energy analysis method based on the waves produced naturally by the human body. This treatment checks the energy flow quality of the individual organs and corrects any imbalances both as a preventive measure and to support the healing of certain disorders. Bioresonance "reprograms cells, rebalancing them" through low frequency energy waves.

Expert plus test

It performs a targeted bioenergetic diagnosis. It investigates the imbalance points, organ by organ, of the meridians and allows the correct rebalancing therapy to be carried out, through stimulation of the "control points" with non-invasive electro-acupuncture (no needles and no pain) and is able to detect the causes of intolerances.

Resonax

A device that emits low frequency waves and is used as a therapy to combat joint pain and muscle tension. On an energetic level, it is useful for releasing so-called "energy blockages" and improving the flow of vital energy through the meridians.

BIOENERGETIC ASSESSMENT	€ 205.00
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(Bioenergetic check-up and interpretation)
30 min.

BIOENERGETIC TREATMENT	€ 90.00
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30 min.

PAIN THERAPY	
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Aimed at efficiently managing the causes and manifestation of chronic or acute pain. It uses a multidisciplinary approach between the doctor and therapist and involves the use of specific instrumentation targeted at the area to be treated.

30 min.	€ 90.00
2 × 30 min.	€ 150.00
3 × 30 min.	€ 210.00

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.

Hydro-mud therapy

Hydrotherapy acts directly on the body's main communication networks: capillaries, lymphatic circulation and the nervous system. It is divided into three phases:

Hydro-aroma therapy

It is a particular hydro-massage technique with the addition of essential oils and mother tinctures. The variations in temperature and water pressure, in addition to the action of plant extracts, act on the vasodilation or vasoconstriction of the capillaries. Benefits: it ensures a fundamental benefit for the capillaries and for the peripheral blood circulation. Helps eliminate toxins and fats deposited in the tissues. Stimulating and toning effect, to strengthen natural physiological functions, to counteract and protect from damage caused by ageing.

Phyto-mud therapy

The soft and pleasant mud, used in the wraps, is enriched with pure microalgae, white or green clays, pure essential oils and mother tinctures. Benefits: draining and detoxing. It eliminates physical and mental stress and tension, both nervous and muscular.

Hydro-jet

It is the last and third phase of hydro-energy treatments: a jet of water on the body, directed with precision, restores energy and vitality. Benefits: it tones and firms the body.

HYDRO-AROMA THERAPY, PHYTO-MUD THERAPY AND HYDRO-JET	€ 220.00
60 min.	
HYDRO-AROMA THERAPY	€ 110.00
20 min.	
PHYTO-MUD THERAPY	€ 120.00
20 min.	
HYDRO-AROMA THERAPY AND HYDRO-JET	€ 130.00
40 min.	

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.





Innovative Beauty

Face

MESOJET

Radiofrequency, hydroporation and painless mesotherapy without needles. The treatments work together to renew the skin barrier, reduce sun spots and stimulate the production of collagen and elastin in the skin. Facial skin is more toned, brighter and wrinkles appear visibly smoother.	
Complete basic treatment (drainage - peeling - vascularisation / radiofrequency - hydroporation) 60 min.	€ 270.00
Follow up treatment (drainage - hydroporation) 30 min.	€ 180.00
Package: basic treatment + 3 follow-up treatments	€ 680.00

PLASMOZONIC

Anti-age/lifting effect Plasma, ozone and ultrasound against skin ageing. Latest-generation treatment that improves skin elasticity, oxygenates the tissues and reduces fine lines. It boosts the absorption of the active ingredients transported by plasma.	
60 min.	€ 255.00
3 × 60 min.	€ 720.00

REXON-AGE 2

An innovative, non-invasive therapy that induces biostimulation and regeneration of the skin on the surface and deep down. It activates the skin's natural cell renewal which appears more supple, smooth and soft. The treatment is relaxing and very enjoyable creating a pleasant feeling of warmth.	
30 min.	€ 210.00

OXYPOLAR

Exfoliating - Nourishing - Oxygenating An innovative technology to rejuvenate the skin of the face. Peeling combined with oxygen increases the skin's permeability and optimises the deep-down absorption of the nutrients. It firms the skin restoring suppleness and brightness.	
Basic treatment (peeling - nourishment) 60 min.	€ 165.00
Complete treatment (peeling - nourishment - radiofrequency treatment) 60 min.	€ 260.00

INDIBA® DEEP CARE

A monopolar radiofrequency technology with deep regeneration treatments. It increases the permeability of the membrane cells, re-establishes microcirculation and improves oxygen flow in the tissues. Deep fat cells rapidly lose volume, toxins are eliminated and fluid retention (oedema, lymph) is reduced. Indiba® Deep Care is recommended for skin firming, body reshaping, cellulite reduction and pre- and post-surgery treatments. Indiba face: reduction of wrinkles, correction of double chin, firming of the skin on the neck, face and other areas of the body.

60 min.	€ 230.00
3 × 60 min.	€ 630.00

SKIN ANALIYZER Q1

Facial skin assessment. A very thorough skin test: it detects any skin problems and offers personalised recommendations for skincare routines and products.

60 min.	€ 55.00
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Facial treatment - for her and him

FACIAL BASIC - SKIN CARE € 530.00

Facial cleansing, peeling and drainage, toning and stimulation of the dermis to increase collagen production.

- 1 Detox facial treatment of 60 min.
- 1 Mesojet of 60 min.
- 1 Rexionage of 30 min.

FACIAL REVITALIZING € 850.00

Applications tailored to the individual needs of the skin to eliminate signs of fatigue. Superficial and deep-down skin biostimulation and regeneration. Improves the elasticity of the skin and oxygenation of the tissues, smooths fine lines and boosts the absorption of the active ingredients transported via plasma.

- 1 Brightener facial treatment of 60 min.
- 1 Anti-ageing facial treatment of 60 min.
- 2 Plasmozonic of 60 min.
- 1 Rexionage of 30 min.

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.





Innovative Beauty

Body

REGAIN STYLE - BODY TONING

New body toning and remodelling technology. The device helps to build and sculpt muscles in just a few sessions in a non-invasive manner.

Toning and remodelling

30 min.	€ 155.00
5 × 30 min.	€ 665.00

ROBOLEX BODY CONTOURING

Body remodelling combining vacuum, cavitation, low-power laser and multi/bipolar radiofrequency. Lipocytes in the treated area are dissolved by the ultrasonic waves of cavitation and subsequently dissolved using bipolar radiofrequency. Cellulite is reduced by the low-power laser. Lastly, the vacuum rapidly drains the dissolved lipocytes, stimulating local microcirculation and maintaining skin elasticity.

30 min.	€ 255.00
2 × 30 min.	€ 455.00
3 × 30 min.	€ 655.00

TRILIPO - BODY SHAPER

Tension action
Stimulation of the dermis, hypodermis and muscles for a triple action of fat tissue reduction and body reshaping. The thermal effect accelerates the natural process of fat metabolism. It is applied to the face, neck, arms and body with a lifting and toning effect on the skin. It also improves blood circulation and tissue oxygenation through detoxification and lymphatic drainage.

30 min.	€ 255.00
3 × 30 min.	€ 610.00

INDIBA® DEEP CARE

A monopolar radiofrequency technology with deep regeneration treatments. It increases the permeability of the membrane cells, re-establishes microcirculation and improves oxygen flow in the tissues. Deep fat cells rapidly lose volume, toxins are eliminated and fluid retention (oedema, lymph) is reduced. Indiba® Deep Care is recommended for skin firming, body reshaping, cellulite reduction and pre- and post-surgery treatments. Indiba® body: reduction of the abdomen, thighs and buttocks, firming of the arms, post-pregnancy body contouring, mobilisation of localised fat and reduction of fat nodules.

60 min.	€ 225.00
3 × 60 min.	€ 610.00

SHOCK WAVES - STORZ MEDICAL

Anti-cellulite shock treatment. It stimulates the connective tissues and activates muscles, improves the lymphatic system and blood circulation. Used on arms, legs and abdomen, the skin becomes more supple and compact.	
30 min.	€ 245.00
3 × 30 min.	€ 620.00

SKINEO

Non-invasive treatment for various parts of the body, such as arms, abdomen and legs - recommended for all types of cellulite.	
30 min.	€ 160.00
5 × 30 min.	€ 700.00

DIGITAL PRESS

Pressotherapy, infrared rays and stimulation help eliminate toxins, reduce localised fat deposits and combat water retention.	
60 min.	€ 195.00
3 × 60 min.	€ 480.00

Body treatment - for her and him

BODY SHAPE & SCULPTING € 1,120.00

- Robolex combination of vacuum - laser and radio frequency for lipo-reducing action.
Indiba® - deep fat cells rapidly decrease in volume.
Skineo - ultrasound impulses for skin and tissue firming.
- 2 massages (abdomen/cellulite/lymphatic draining of your choice) of 60 min.
 - 2 Robolex body contouring of 30 min.
 - 1 Indiba® Deep Care of 60 min.
 - 2 Skineo of 30 min.

BODY TONING & REMODELLING

New body toning and remodelling technology. The Regain Style device helps to remodel the areas in question (arms, abdomen and buttocks) and optimises the final result in combination with Trilipo, Indiba and Robolex.

Arm remodelling	€ 900.00
- 2 Regain Style (2 × 30 min.)	
- 3 Trilipo (3 × 30 min.)	
Abdomen remodelling	€ 900.00
- 2 Regain Style (2 × 30 min.)	
- 3 Indiba® body (3 × 60 min.)	
Buttock remodelling	€ 900.00
- 3 Regain Style (3 × 30 min.)	
- 2 Robolex (2 × 30 min.)	

The duration of the treatments is given by way of example and also includes customer's welcome by the operator.



Suite



Junior Suite



Single and double rooms

