



"Palace Merano Essential"

A stay designed for those who wish to **approach the Revital® Method for the first time** in complete freedom. No fixed programme, no rigid pathway: **only time and space to discover our approach to wellbeing**, following one's own interests and rhythm.

The "Essential Programme" is designed for guests who wish to discover the world of Revital® at Palace Merano through a **flexible and fully customisable stay**. Guests can experience their stay according to their own needs, **freely choosing how to spend their time and which aspects of the method to explore in greater depth**, without constraints or pre-set programmes. An opportunity to embrace the philosophy of Palace Merano in a spontaneous way, within a setting dedicated to wellbeing, regeneration and self-care.

What the programme includes

- **Hotel stay with Palace Biolight®** nutrition **included**
- Participation in **group activities** dedicated to movement and wellbeing
- Access to indoor and outdoor **pools**, sauna circuit and **hammam**
- Full access to the **fitness area** throughout the stay
- Room upgrade to a higher category upon arrival, subject to availability

Activity schedule

Energy awakening: meditation, breathing, stretching	8.00 - 10.00
Guided outdoor experience with e-bike use	9.00 - 11.00
Fitness	17:00 - 17:45
Pilates	Mon / Fri
Full Body Workout	Wed
Acquagym	Tue / Thu / Sat
Circuit Training	Sun

Palace Biolight® nutrition programme

An integral part of the experience, **Palace Biolight®** offers nutrition inspired by the Mediterranean tradition and based on preparation techniques that preserve the **nutritional value of ingredients**. A **light, balanced** and **flavourful** menu that changes daily according to seasonal produce.

Our wellbeing beverages

The Medical Spa philosophy is also reflected in the beverage offering, designed to accompany the stay with harmony and balance.

Herbal teas, barley coffee and healthy mocktails structure the guest's day, turning every break into a simple act of self-care. For this reason, no alcoholic beverages or soft drinks are served, in full coherence with the wellbeing experience offered.

Important notice

For guests residing in Italy, medical treatments may be tax-deductible under current regulations.

Duration and conditions

Stays from **4 nights**, with the option to **extend to 5, 6 or 7 nights**.

Rates

"Essential Programme" in Comfort Single Room:
from €2,380.00 per person (4 nights)

"Essential Programme" in Comfort Double Room:
from €4,080.00 per couple (4 nights)

For an even more personalised experience

For guests wishing to further explore the Revital® Method, we offer **8 departments** and over **80 treatments** to complete the stay according to individual needs and preferences. These are **fully tailored to each guest, bookable on site and available at an additional charge**.

**Treatments within the Health Department and mud and hydrotherapy are subject to mandatory medical consultation.*

Reservations: This experience can be booked via the website or by contacting our reservations office:

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