PALACE

MERANO

Revital® for Longevity

Prices 2027

PALACE
MERANO

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.

We were the **first in Italy** 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.

Prices valid from the reopening on 13 February 2027 to 15 January 2028.

Room rates 2027: page 48.

Detox & Longevity

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

6 DAYS

- Personalised Detox nutrition
- Nutritionist assistance in the dining room at lunch
- 1 Bioenergy check-up
- 5 Bioenergy treatments
- 1 Body densitometry (DEXA scanner), subject to medical visit
- 1 Oxidative balance and pH analysis
- 1 Nutritional consultation
- 1 Post-treatment nutrition plan

- 6 Energy massages
- Hydro-energy treatments including three phases:
  - ✓ 6 Hydro-aroma therapy
  - ✓ 6 Phyto-mud therapy
  - ✓ 6 Hydro-jet
- Energetic awakening in the morning
- Access to the pool and sauna areas
- Fitness and indoor group physical activities
- E-bike access

From **€ 4,680.00**

Room accommodation not included

Extra: 3 compulsory medical visits **€ 332.00**

Initial visit
Control
Final visit

4 DAYS

- Personalised Detox nutrition
- Nutritionist assistance in the dining room at lunch
- 1 Bioenergy check-up
- 4 Bioenergy treatments
- 1 Nutritional consultation
- 1 Post-treatment nutrition plan

- 4 Energy massages
- Hydro-energy treatments including three phases:
  - ✓ 4 Hydro-aroma therapy
  - ✓ 4 Phyto-mud therapy
  - ✓ 4 Hydro-jet
- Energetic awakening in the morning
- Access to the pool and sauna areas
- Fitness and indoor group physical activities
- E-bike access

From **€ 3,150.00**

Room accommodation not included

Extra: 2 compulsory medical visits **€ 242.00**

Initial visit
Control





Movement & Vitality

Rediscover mobility, strength and energy at any age with a tailor-made programme based on postural and biomechanical assessments.

6 DAYS

- Personalised nutrition: Detox, Biolight or Sport
- Nutritionist assistance in the dining room at lunch
- 1 Bioenergy check-up
- 5 Bioenergy treatments
- 1 Body densitometry (DEXA scanner), subject to medical visit
- 1 Nutritional consultation
- 1 Post-treatment nutrition plan
- 3 Vitamin infusions, subject to medical visit
- 6 Energy massages
- Hydro-energy treatments including three phases:
  - ✓ 6 Hydro-aroma therapy
  - ✓ 6 Phyto-mud therapy
  - ✓ 6 Hydro-jet
- 1 Postural assessment
- 1 Biomechanical assessment
- 3 Sessions with a personal trainer (60 min.)
- Energetic awakening in the morning
- Access to the pool and sauna areas
- Fitness and indoor group physical activities
- E-bike access

From **€ 5,600.00**

Room accommodation not included

Extra: 3 compulsory medical visits **€ 332.00**

Initial visit
Control
Final visit

4 DAYS

- Personalised nutrition: Detox, Biolight or Sport
- Nutritionist assistance in the dining room at lunch
- 1 Bioenergy check-up
- 4 Bioenergy treatments
- 1 Body densitometry (DEXA scanner), subject to medical visit
- 1 Nutritional consultation
- 1 Post-treatment nutrition plan
- 2 Vitamin infusions, subject to medical visit
- 4 Energy massages
- Hydro-energy treatments including three phases:
  - ✓ 4 Hydro-aroma therapy
  - ✓ 4 Phyto-mud therapy
  - ✓ 4 Hydro-jet
- 1 Postural assessment
- 1 Biomechanical assessment
- 2 Sessions with a personal trainer (60 min.)
- Energetic awakening in the morning
- Access to the pool and sauna areas
- Fitness and indoor group physical activities
- E-bike access

From **€ 4,130.00**

Room accommodation not included

Extra: 2 compulsory medical visits **€ 242.00**

Initial visit
Control

Revital SPA & Beauty®

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

6 DAYS

- Personalised nutrition: Detox or Biolight
- Nutritionist assistance in the dining room at lunch
- 1 Nutritional consultation
- 6 Energy massages
- Hydro-energy treatments including three phases:
  - √ 6 Hydro-aroma therapy
  - √ 6 Phyto-mud therapy
  - √ 6 Hydro-jet
- Energetic awakening in the morning
- Access to the pool and sauna areas
- Fitness and indoor group physical activities
- E-bike access

From **€ 3,745.00**

Room accommodation not included

Extra: 1 compulsory medical visit **€ 132.00**

4 DAYS

- Personalised nutrition: Detox or Biolight
- Nutritionist assistance in the dining room at lunch
- 1 Nutritional consultation
- 4 Energy massages
- Hydro-energy treatments including three phases:
  - √ 4 Hydro-aroma therapy
  - √ 4 Phyto-mud therapy
  - √ 4 Hydro-jet
- Energetic awakening in the morning
- Access to the pool and sauna areas
- Fitness and indoor group physical activities
- E-bike access

From **€ 2,550.00**

Room accommodation not included

Extra: 1 compulsory medical visit **€ 132.00**



Essential Programme

A stay designed for those who wish to discover the Revital Method® for the first time, in complete freedom. No set programme, no rigid path: just the time and space to explore our approach to wellbeing, following your own interests and your own pace.

An offering for those who wish to get to know the Revital® world of Palace Merano through a flexible and customisable stay. Guests can experience it according to their own needs, freely choosing how to spend their time and which aspects of the method to explore further, with no constraints or predefined programmes: an opportunity to approach the Palace Merano philosophy in a spontaneous way, in a setting dedicated to wellbeing, regeneration and self-care.



THE OFFERING INCLUDES

- Hotel stay with Palace Biolight® nutrition included
- Participation in group activities dedicated to movement and wellbeing
- Access to the indoor and outdoor pools, the sauna circuit and the hammam
- Access to the fitness area for the entire stay
- Upgrade to the next room category on arrival, subject to availability

ACTIVITY CALENDAR

Energetic awakening: meditation, breathing, stretching	08:00 - 10:00	every day
Outdoor	11:00 - 13:00	every day
Pilates	16:00 - 16:45	every day
Fitness: Functional Training (gym)	17:00 - 17:45	Mon
Fitness: Aquagym (pool)	17:00 - 17:45	Tue / Thu / Sat
Fitness: Mobility & Stretching (Relax & Balance Dept.)	17:00 - 17:45	Wed
Fitness: Full Body Workout (gym)	17:00 - 17:45	Fri
Fitness: Circuit Training (gym)	17:00 - 17:45	Sun

DURATION AND CONDITIONS

Stay from 4 nights, with the option to extend the stay to 5, 6 or 7 nights. Programme valid from 13 February 2027 to 15 January 2028.

RATES

Single Room Comfort · 4 nights

Low season	**€ 2,490.00**
High season	**€ 2,650.00**

From, per person. Includes the stay with Palace Biolight® nutrition. VAT included, tourist tax excluded.

Double Room Comfort · 4 nights

Low season	**€ 4,300.00**
High season	**€ 4,500.00**

From, per couple. Includes the stay with Palace Biolight® nutrition. VAT included, tourist tax excluded.

Season dates are shown on page 49.

THE 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 the ingredients. A light, balanced and flavourful menu that changes daily following the seasonality of the ingredients.

The Biolight breakfast offers a selection of genuine, natural foods: fruit salad or fresh fruit, wholemeal bread served with jams and honey, natural yoghurt and, as you prefer, herbal teas or barley coffee.

EXAMPLE MENU · LUNCH AND DINNER

Lunch	Dinner
Red quinoa, blackberries and coconut cream	Wok vegetables, tomato pesto and fennel seeds
White and red cabbage salad, rocket	Cream of green asparagus, spinach and radishes
Hemp fusilli with vegan carbonara	Veal fillet marinated in black tea with sautéed vegetables
or	or
Saffron risotto with sautéed white asparagus and basil sauce	Amberjack on aubergine purée scented with marjoram and lemon
Digestive herbal tea	Relaxing herbal tea

Example of a daily menu: dishes change every day according to seasonality.

OUR DRINKS FOR EVERYDAY WELLBEING

Herbal teas, barley coffee and healthy mocktails accompany guests' days. No alcoholic beverages or soft drinks are served, in keeping with the wellbeing experience offered by the Medical Spa.

FOR AN EVEN MORE PERSONALISED EXPERIENCE

For those who wish to explore the Revital Method® further, we offer 8 departments and more than 80 treatments to complete the stay according to individual needs and preferences. They are built entirely around the guest, bookable on site and available for an additional charge.

Treatments in the Health department and hydro-mud therapy require a compulsory medical visit.

PLEASE NOTE

For guests residing in Italy, medical treatments may be tax-deductible, in accordance with current legislation.



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 module **Mindexercise** can be integrated into personalised care programmes 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

- 2 Vitamin infusions
- 2 Cognitive assessments
- 4 Cognitive training sessions
- Group physical activity

From **€ 650.00**

Room accommodation not included

Relax & Balance

Module to book in addition to programmes or Palace Merano stay

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

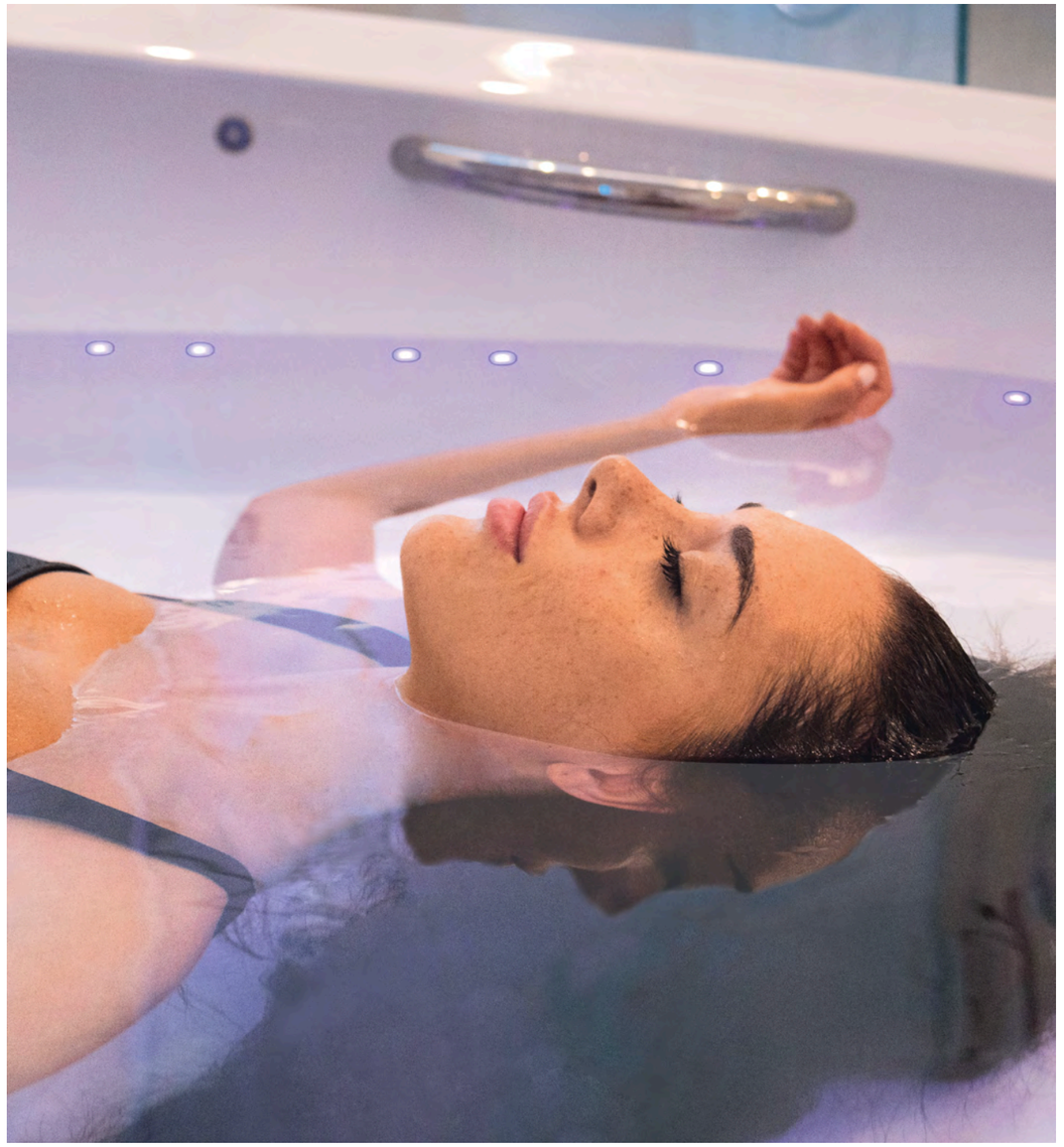
The Relax & Balance module can be integrated into personalised care programmes or added to your stay for a break of deep relaxation, with floating, massages and yoga.

RELAX & BALANCE

- 2 Floating therapy
- 1 Total relax treatment
- 1 Yoga massage
- 2 Yoga one-to-one

From **€ 830.00**

Room accommodation not included



Group activities

Included in the stay, at no extra charge

Movement, breathing and relaxation **every day of the week**. Guests may take part freely, including within a care programme or the Essential Programme. Winter season calendar.

RELAX & BALANCE DEPARTMENT · GROUND FLOOR

	MON	TUE	WED	THU	FRI	SAT	SUN
08:00 - 09:00	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching
09:00 - 10:00	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening
16:00 - 16:45	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates

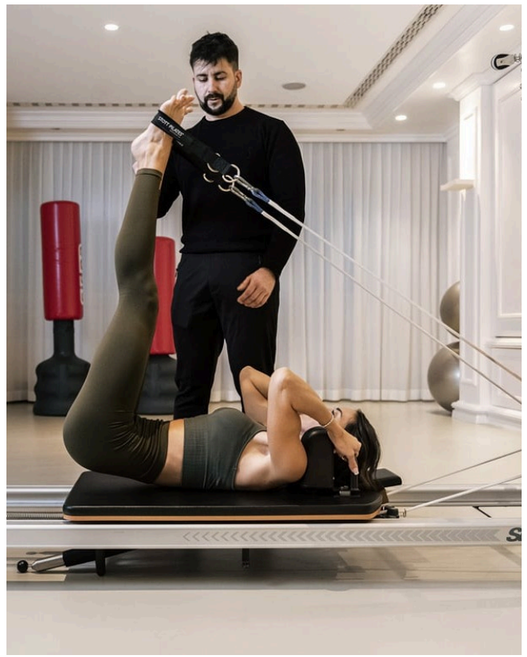
OUTDOOR ACTIVITY · GROUND FLOOR

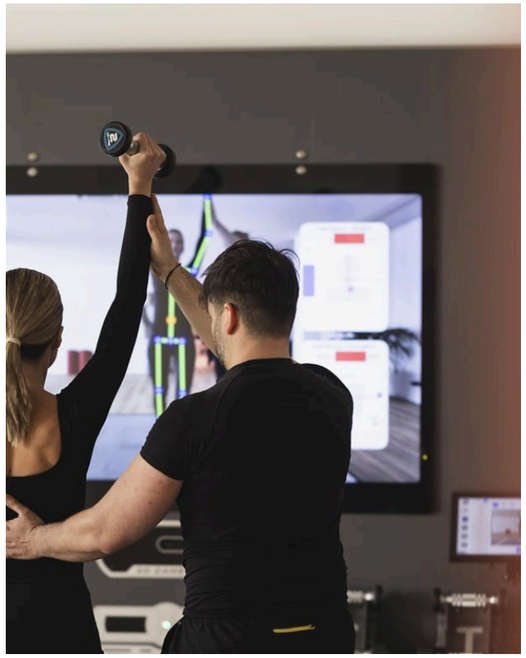
	MON	TUE	WED	THU	FRI	SAT	SUN
11:00 - 13:00	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor

INDOOR FITNESS

	MON	TUE	WED	THU	FRI	SAT	SUN
17:00 - 17:45	Functional Training Gym	Aquagym Pool	Mobility & Stretching Relax & Balance	Aquagym Pool	Full Body Workout Gym	Aquagym Pool	Circuit Training Gym

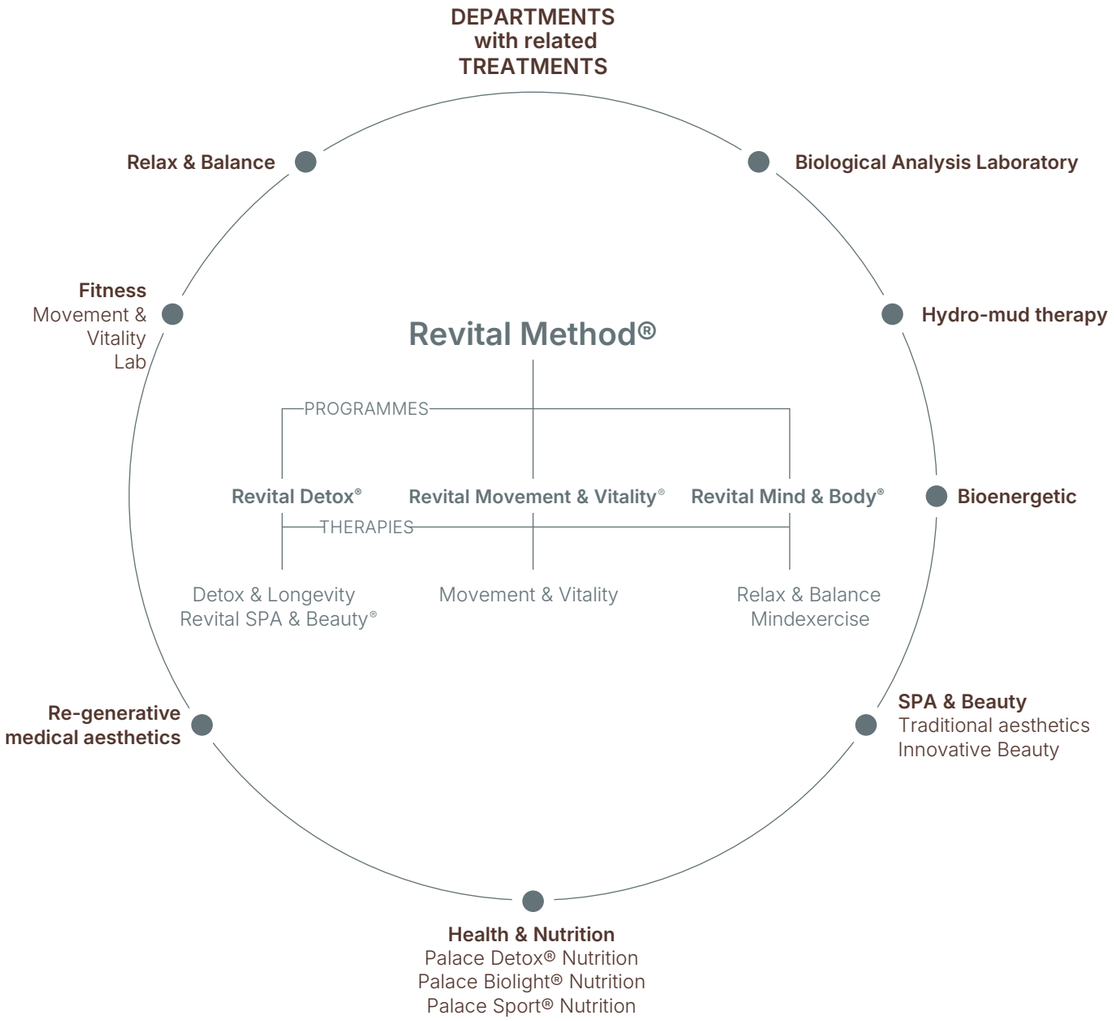
Times are indicative and may vary according to the season.





The departments

Eight departments, a highly qualified team, totally personalised treatments for rediscovering your psychophysical balance and a new aesthetic wellbeing.



Treatment menu

HEALTH & NUTRITION

Medical checks and treatments

Laboratory analysis
Bone and body densitometry (DEXA scanner)
Colon hydrotherapy
Osteopathy
Massage physiotherapy
Revitalizing therapy (infusions)
Oxygen-ozone therapy
Acupuncture
Inhalation therapy

Nutrition

Nutritional consultation
Food intolerance assessment
Personalised nutrition plan

Detox diet and Biolight menu
Cooking classes

SPA & BEAUTY

Treatments

Energy massage
Facial treatment (detox, anti-age, drainage, brightening)
Abdominal treatment
Scalp, head and shoulder treatment
Cellulite treatment
Lymphatic massage
Plantar reflexology
Back treatment
Connective tissue reflexology massage

Traditional aesthetics

Manicure
Manicure with nail polish
Pedicure
Hair removal
Peeling

Innovative Beauty

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

RELAX & BALANCE

Energetic awakening
Yoga massage
Floating therapy
Total relax
Guided audio mindfulness
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
Hydro-jet

MOVEMENT & VITALITY LAB

Personal training
Pilates - Pilates Reformer
Kinesis
TRX
Vacu power
Outdoor walking
Postural assessment
Biomechanical assessment
Cognitive assessment and performance
Cryobody
DryFloating

Private lessons on request: swimming, tennis, skiing, golf and mountain trekking

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 x 30 min.) **€ 332.00**
Single visit (30 min.) **€ 132.00**

BODY COMPOSITION EXAMINATION (DEXA SCANNER) **€ 260.00**

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

30 min.

COLON HYDROTHERAPY **€ 155.00**

60 min.

OSTEOPATHY **€ 155.00**

60 min.

MASSAGE PHYSIOTHERAPY **€ 155.00**

60 min.

OXYGEN-OZONE THERAPY **€ 190.00**

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. **€ 45.00**
3 × 30 min. **€ 120.00**

REVITAL® INFUSION **€ 155.00**

Personalised according to the programme

30 min.

LABORATORY ANALYSIS ON MEDICAL CONSULTATION

- General profile
- Hormonal profile
- Cardiac profile
- Serum iron profile
- Osteoporosis profile
- Dysmetabolic profile
- Rheumatoid profile
- Fatty acid and vitamin profile
- Tumour markers
- Helicobacter pylori
- Food intolerances (IgG)
- Anti-age profile
- Urine culture
- Antibiogram
- Oxidative balance and pH

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 foods**, which are pH-neutral and 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 — € 95.00

Assessment of dietary habits and development of a 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 — € 165.00

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

60 min.

ILLUMINATING NOURISHING FACIAL TREATMENT — € 165.00

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

60 min.

ANTI-AGE FACIAL TREATMENT — € 165.00

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 — € 165.00

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 — € 165.00

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 — € 165.00

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 — € 165.00

Intensive massage focused on the relaxation of the back muscles.

60 min.

CONNECTIVE TISSUE REFLEXOLOGY MASSAGE — € 165.00

Manual massage without the use of oils or creams to strengthen the connective tissue.

60 min.

MANUAL LYMPHATIC MASSAGE € 165.00

60 min.

CELLULITE TREATMENT € 165.00

60 min.

SCALP, NECK AND SHOULDER TREATMENT € 165.00

Prevents hair loss. Improves blood circulation, oxygenates the tissues and relieves tension.

60 min.

PLANTAR REFLEXOLOGY € 165.00

60 min.

Traditional SPA beauty care

MANICURE € 65.00

45 min.

MANICURE WITH NAIL POLISH € 85.00

45 min.

PEDICURE € 100.00

60 min.

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

Hair removal

WHOLE LEG € 100.00

60 min.

PARTIAL LEG € 65.00

30 min.

EYELASH AND EYEBROW TINTING € 70.00

60 min.

BODY PEELING - WET TABLE € 160.00

Body exfoliating products, hammam black soap massage and steam sauna cabin.
60 min.

Fitness

ONE-TO-ONE GYM TRAINING

60 min. € 160.00
3 × 60 min. € 420.00

TRX € 160.00

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

60 min.

KINESIS € 160.00

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

60 min.

PILATES ONE TO ONE € 160.00

60 min.

PILATES REFORMER € 160.00

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. **€ 170.00**
3 × 60 min. **€ 465.00**

POSTURAL FITNESS **€ 365.00**

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

3 × 60 min.

OUTDOOR ACTIVITY

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

120 min. **€ 170.00**
3 x 120 min. **€ 465.00**

INDOOR ACTIVITY **Service included in the stay**

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

PRIVATE LESSONS ON REQUEST

- Swimming
- Tennis
- Skiing
- Golf
- Mountain trekking

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

Movement & Vitality Lab

POSTURAL ASSESSMENT **€ 155.00**

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. Using advanced sensors and artificial intelligence, it monitors and corrects body movements in real time. This analysis provides key information to help prevent problems with the spinal column and musculoskeletal system.

60 min.

BIOMECHANICAL ASSESSMENT **€ 260.00**

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 **€ 105.00**

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 **€ 130.00**

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 **€ 95.00**

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 **€ 95.00**

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 — € 165.00

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 — € 155.00

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 promoting creativity and concentration.

60 min.

TOTAL RELAX — € 165.00

Complete reflexology. It starts by stimulating the reflex points of the organs in the feet and continues with the treatment of the hands, neck and face.

60 min.

GUIDED AUDIO MINDFULNESS — Service included in the stay

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 — € 165.00

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.

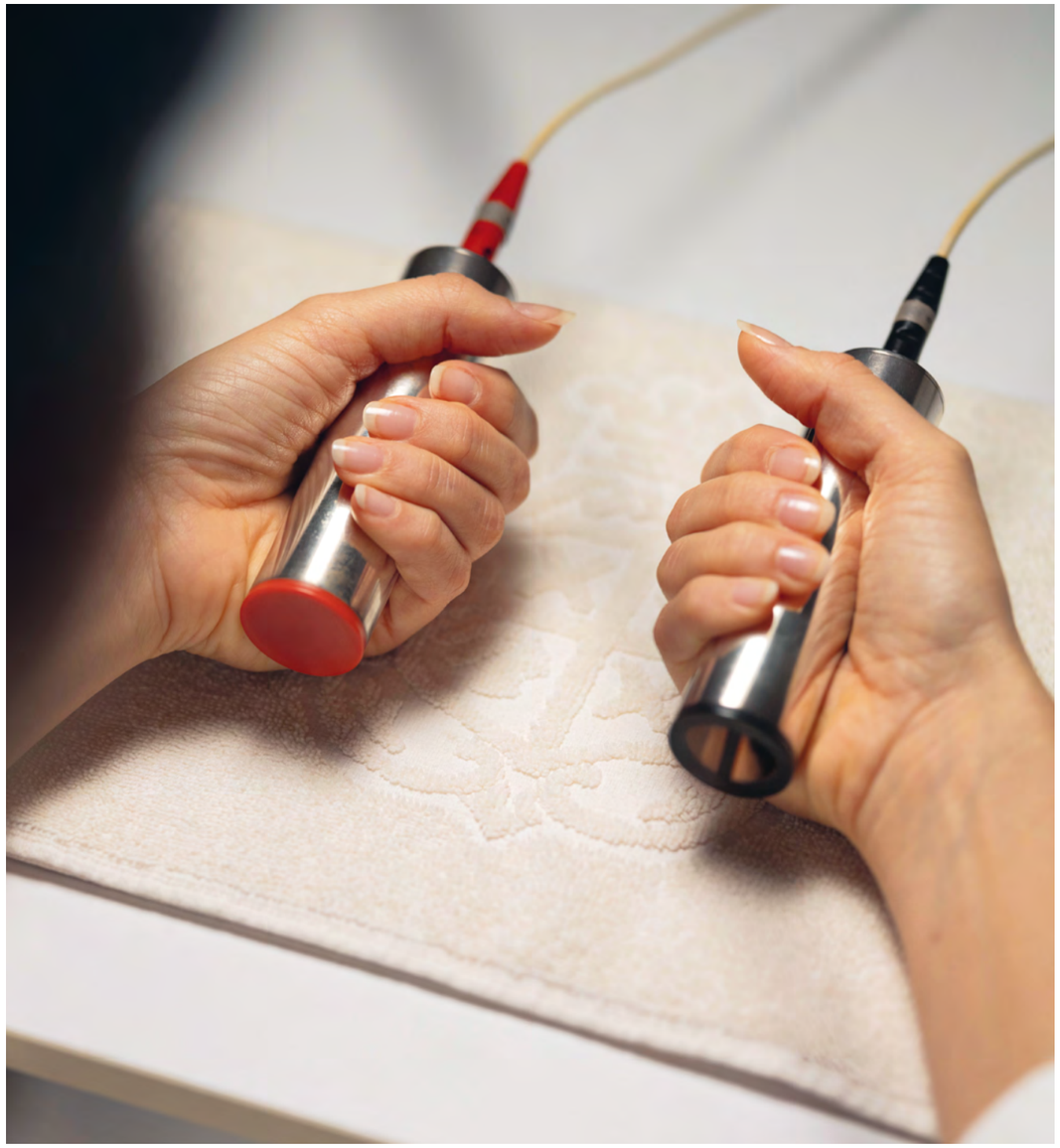
60 min.

ENERGETIC AWAKENING — Service included in the stay

Group practices, 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 — € 215.00

(Bioenergetic check-up and interpretation)

30 min.

BIOENERGETIC TREATMENT — € 95.00

30 min.

PAIN THERAPY

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. — **€ 95.00**
3 × 30 min. — **€ 250.00**

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	**€ 230.00**
60 min.	
HYDRO-AROMA THERAPY	**€ 115.00**
20 min.	
PHYTO-MUD THERAPY	**€ 125.00**
20 min.	
HYDRO-AROMA THERAPY AND HYDRO-JET	**€ 135.00**
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 **€ 270.00**
(drainage - peeling - vascularisation / radiofrequency - hydroporation)
60 min.

Follow-up treatment **€ 180.00**
(drainage - hydroporation)
30 min.

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**

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 ANALYZER 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**

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.

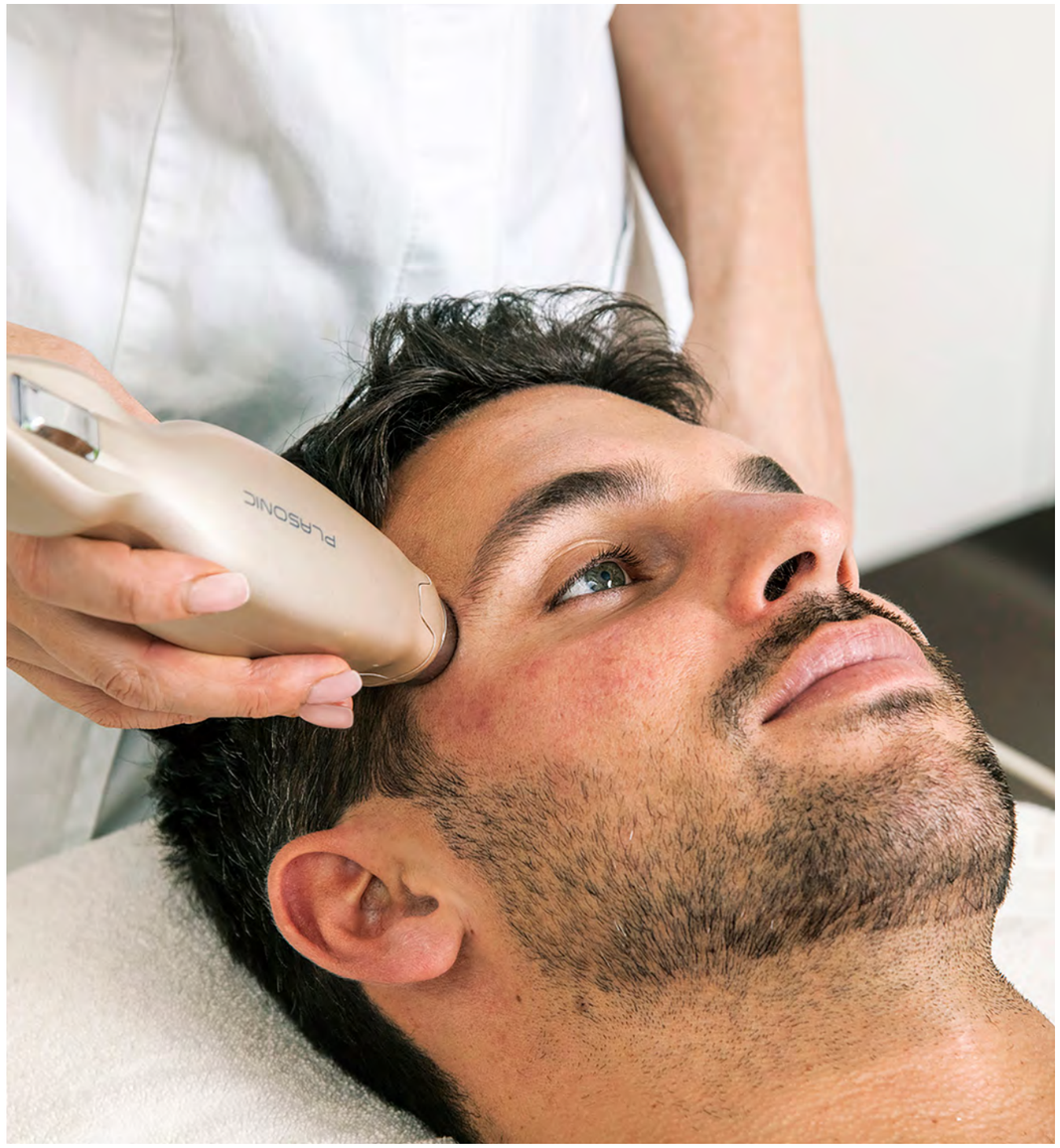
- 1 Detox facial treatment of 60 min.
- 1 Mesojet of 60 min.
- 1 Rexonage of 30 min.

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 Rexonage 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 x 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**
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.	**€ 655.00**

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.	**€ 630.00**

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 radiofrequency for lipo-reducing action.
Indiba®: deep fat cells rapidly decrease in volume.
Skineo: pulsed ultrasound for firming skin and tissues.

- 2 massages of your choice (abdomen/cellulite/lymphatic drainage) of 60 min.
- 2 Robolex body contouring of 30 min.
- 1 Indiba® Deep Care of 60 min.
- 2 Skineo of 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











Room rates 2027

Per room, per night

Prices VAT included. Nutrition, breakfast and
tourist tax not included. Rates are valid
from 13 February 2027 to 15 January 2028, according to the
seasons shown on page 49.

COMFORT

	LOW SEASON	HIGH SEASON
Single Room	€ 420.00	€ 460.00
Double Room	€ 670.00	€ 720.00
Junior Suite	€ 745.00	€ 800.00
Junior Suite Panorama	€ 900.00	€ 950.00
Suite Castello	€ 900.00	€ 950.00
Roof Suite Castello (1 bed)	€ 945.00	€ 1,010.00
Suite Palace	€ 780.00	€ 840.00
Suite Palace Terrace	€ 825.00	€ 870.00
Suite Panorama	€ 1,120.00	€ 1,220.00

PARK SUPERIOR

	LOW SEASON	HIGH SEASON
Double Room	€ 755.00	€ 820.00
Suite Palace	€ 1,230.00	€ 1,350.00
Suite Panorama	€ 1,285.00	€ 1,430.00

PARK DELUXE

	LOW SEASON	HIGH SEASON
Single Room	€ 560.00	€ 600.00
Double Room	€ 790.00	€ 850.00
Junior Suite	€ 890.00	€ 950.00
Suite Castello	€ 1,250.00	€ 1,340.00
Roof Suite Castello (1 bed)	€ 1,560.00	€ 1,670.00
Roof Suite Castello (2 beds)	€ 2,220.00	€ 2,420.00
Suite Palace	€ 1,370.00	€ 1,510.00
Suite Panorama	€ 1,425.00	€ 1,590.00
Suite Imperial Sissi (1 bed)	€ 1,800.00	€ 1,990.00
Suite Imperial Sissi (2 beds)	€ 2,500.00	€ 2,750.00

SEASONS 2027

Low season
13 - 28 February
19 June - 30 September
7 - 25 December

High season
1 March - 18 June
1 October - 6 December
26 December - 15 January 2028

Conditions of stay

PAYMENT AND GUARANTEE

Deposit by credit card equal to **40%**, balance at the hotel.

CANCELLATION POLICY

A cancellation may be made **up to 21 days before arrival**. In the event of late cancellation, the penalty is calculated on the total price of the booking as follows:

From 20 days before arrival	**20%**
From 14 days before arrival	**50%**
From 7 days before arrival	**80%**
One day before arrival or no-show	**100%**

The booking can be modified in relation to the arrival date **up to 14 days before** the planned date. If the arrival date is changed with less than 14 days' notice, an amount equal to **40%** of the booking will be charged.

In the event of **early departure**, payment of the booked package will still be required.

ADDITIONAL DAYS

Each additional day beyond the duration of the programme includes **accommodation and full board**. For the day of arrival, the day of departure and all additional days, any additional treatments must be booked **à la carte**.

ARRIVAL AND DEPARTURE

Check-in	**from 3:00 pm**
Check-out	**by 11:00 am**

VALIDITY OF PRICES

All prices in this document are **valid from the reopening on 13 February 2027 to 15 January 2028**.

CHILDREN

In order to make your stay quiet and pleasant, parents or accompanying persons assume full responsibility and are obliged to supervise children in the restaurant and in the pool area. On request, we can arrange a professional service for outdoor activities such as tennis, excursions, etc.

From 2 to 12 years completed, in an extra bed in the parents' room	**€ 145.00 per day**
From 13 years, in an extra bed in the parents' room	**€ 165.00 per day**

Meals à la carte.

DOGS

Small dogs are allowed.

Daily rate, food excluded	**€ 45.00**

A dog-sitting service is available at an extra charge, to be booked in advance of arrival.

To respect the wellbeing of all guests, dogs are allowed in the common areas provided they are kept in their carrier and do not disturb other guests. We ask you to keep them on a lead and to monitor cleanliness, both inside the building and in the gardens and outdoor park.

Dogs may not be left alone and are **not allowed** in the following areas: restaurant, terraces, bar, SPA and medical departments, indoor and outdoor pool. For any damage caused, extra cleaning or replacement costs will be charged.



Palace Merano | Via Cavour, 2/4 - 39012 Merano (Bz) Italy | T. +39 0473 271000 | info@palace.it
Booking: T. +39 0473 271 399 | reservations@palace.it | palace.it