

56 treatments,
158 products,
5 exclusive suites,
365 days,
1 smile...

yours.

GOOD REASON TO SMILE.

www.termemerano.it

pssst!

With many new
good reasons to smile,
check it out!

THERME
MERAN
TERME
MERANO

Take time out.

Let yourself drift, relax and consciously listen to your body. What does it tell you, what is it longing for and how are you able to satisfy its needs?

Take your time. Time to browse through this brochure and to get to know yourself, to search for and find yourself. Where are you being taken, where do you feel comfortable? We want to know!

Take your time – plenty of time. For yourself.

Our MySpa is open daily:

Monday to Saturday

9 am – 7 pm

Sunday

10 am – 2 pm

3 pm – 7 pm

For details and bookings:

T +39 0473 252 024

spa@termemerano.it

—

Clearly, the sooner the better, but it's never too late!

Even when lying by the pool and you spontaneously feel the urge for a relaxing massage, a personalised facial treatment or even Sissi's organic whey bath for two, simply ask! Perhaps there will be an appointment free – fingers crossed!

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**NEW!**

Reponse Specifique

Customized facials, unique treatments with individual protocols to restore the skin's balance, regenerate, and a special care for the eye contour area.

Specific treatment for face and eye contour area.

50 min, 75 EUR

Including radio frequency for extra lifting and radiant skin

+20 EUR

NEW!

Reponse Expert

The skin experts. Treatments designed to calm and re-balance the skin, refine skin texture, smooth fine lines and wrinkles, sculpt the facial features, tighten and tone the skin for a lifting effect and brighten the skins complexion.

Personalized face treatment from sensitive to demanding skin.

80 min, 89 EUR

Including radio frequency for extra lifting and radiant skin

+20 EUR

NEW!

Reponse Premium & Privilege

Precious facials, for a skin that is looking for a luxurious experience, scientific research and premium results in a single treatment.

Premium facial treatment, ideal for particularly demanding skin.

80 min, 120 EUR

Including radio frequency for extra lifting and radiant skin

+20 EUR

New at our MySpa, the cosmetics of Matis, a renowned French cosmetic brand that for over 80 years has been successfully striving to provide customized cosmetics for every skin type. Complete personalized responses that begin in the treatment room and continue with home care products.

MATIS
PARIS

Terme Merano Signature Facial

A South Tyrolean journey for body and soul, from the warm apple scent of the valleys to the fresh edelweiss of the mountains. Gentle textures of fine South Tyrolean active ingredients will pamper the skin – and indeed the heart.

Cleansing with milk and tonic, exfoliation, gentle massages of the face, neck, head, hands or feet. Nourishing masks with personalised finishing products.

50 mins, 65 EUR

— A blissful 80 minutes, with the addition of a pleasantly relaxing hand care treatment.

80 mins, 85 EUR



This treatment focuses on the nourishing active ingredients of our own natural cosmetics – find out more on page 20.

Radiofrequency

Smoothing, firming, lifting – without chemicals! This high-tech treatment uses radiofrequency waves to significantly improve the appearance of the skin, increasing the circulation and nutrient supply to the tissues, all while mobilising the body's own resources and sustainably rebuilding them. In other words, you swap wrinkles for firm, radiant skin.

Treatment of face, neck and décolleté according to individual needs.

35 mins, 69 EUR

Ciao Ciao Cellulite!
Also available as a body treatment – see next page.

Costumized body treatments?
We would be happy to create a free personalized program for.
Give us a call!



Anticellulite treatment with pressotherapy

Complete treatment against the external appearance of unwanted cellulite! The draining action of the treatment reduces water retention, promotes microcirculation and uses vasoprotective measures to improve capillary resistance. The skin texture is improved for soft and compact skin

Targeted treatment according to individual needs.

50 min, 75 EUR

Pressotherapy with fango (mud)

A special pressotherapy programme, tailored to you, is combined with a cool, mineral-rich mudpack that, enriched with local horse chestnuts, hay extract and mint, has a detoxifying and anti-swelling effect and can even help fight the appearance of cellulite. Metabolism is stimulated, while tired legs again feel fresh and light as a feather.

Can you already feel the gentle tingling sensation?

Treatment of legs, bottom and abdomen according to individual needs!

35 mins, 49 EUR

Lymphatic tape

Treatment with lymphatic tape gently and non-invasively promotes the reduction of the external appearance of cellulite, facilitates the drainage and further enhances specific treatments, for faster and long-lasting results. The tape improves blood circulation, promotes lymphatic drainage and, thanks to its 24h action lasting up to 5 days, provides visible results in a short time.

Individually tailored tape treatment, from 39 EUR

In combination with a body treatment, from 15 EUR

Radiofrequency Body

Body high-tech treatment for long-lasting body modelling: smoothing, firming, lifting – without chemicals! It also improves the appearance of the skin, increasing the circulation and nutrient supply to the tissue, all while mobilising the body's own resources. Ideal for removing those little annoyances after pregnancy or just for those who want a firmer back and bottom! So it's goodbye to unwanted figure problems, localised fat deposits and horrid cellulite!

Treatment according to individual needs of abdomen, legs, bottom, back, arms, chest and décolleté, from 30 EUR

HOT TIP: your desired Softpack application, combined with exfoliation and facial treatment, is available as the All-for-me package on page 15!

A pleasure doubled: it can also be booked for couples!

Softpack – the miracle cure

Feels as if you have just come back from two weeks on holiday! The Softpack application uses nourishing creams, soothing oils, herbs, flowers and leaves, all freshly mixed and applied to the entire body. Then you are wrapped in two layers of film and the bed you are lying on is lowered into a water bath. The occlusion effect of the two films improves absorption of the active ingredients, while the spine and muscles relax completely.

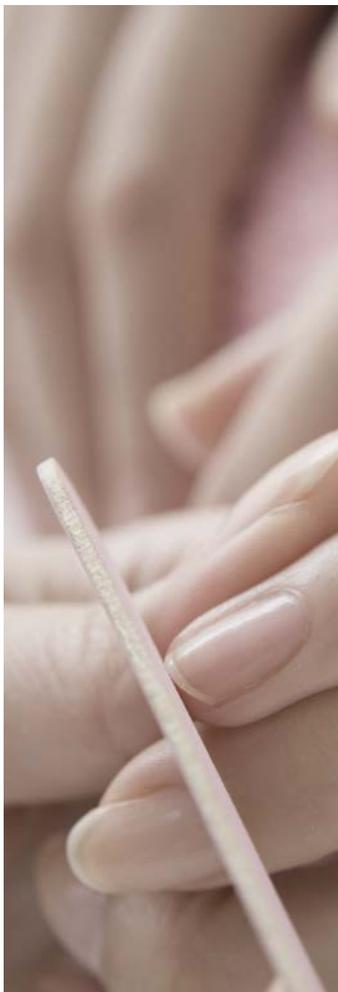
Your choice: detoxifying, nourishing or with mountain hay. 20 min, 39 EUR

Good-feeling-peeling

Exfoliation removes old, dead skin cells and skin impurities. Microcirculation is stimulated, thus activating skin renewal. Gentle smoothness and a fresh, radiant look included

Your choice: detoxifying, regenerating or moisturising. 35 min, 45 EUR

HOT TIP: every season has its special strengths. Ask for our special exfoliation of the season! We will be happy to help you choose!



Manicure
35 EUR

Pedicure
45 EUR

Manicure and pedicure
75 EUR

Nail polish
5 EUR

UV polish
15 EUR

—

Depilation for men and women
from 9 EUR

—

Brazilian waxing
from 12 EUR

Epildream diode laser treatment

High-tech for permanent hair removal. Here light energy is converted into heat energy and absorbed directly by the melanin in the hair root, which is destroyed by the heat. For excellent, permanent results after just a few treatments.

Laser treatment tailored to your skin type, from 39 EUR

Foot dream deluxe

Seventh heaven for your feet... Imagine: pedicure, exfoliation, active ingredients pack, a relaxing, soothing massage... No, it's not a dream! And the best is yet to come: the treatment is perfectly tailored to you and your needs as there are several options to choose from: detoxifying, nourishing or with callus peeling for particularly stubborn hard skin.

An all-round programme to pamper you with pedicure, exfoliation, personalised pack and a wonderful massage. 60 mins, 69 EUR

Solarium

Pure sun, just for you alone! OK, it's not the real sun, but from a technical point of view it offers the same benefits: an optimised ratio of UVA and UVB rays ensures an intensive, long-lasting pigmentation. In addition, the high UVB content produces numerous bio-positive effects. And, best of all, there is no cloud in the sky to worry about!

12 mins, 13 EUR

Infrared

A really deep treatment, with healthy radiant heat to penetrate right into the back, shoulder and neck muscles, relaxing and loosening, relieving pain, promoting blood circulation and activating the body's self-healing powers.

An infrared cabin just for yourself or as a couple, max. 45 mins, from 20 EUR

Would you like to thank your back for its years of support? Surprise it with the intensive back treatment shown on page 13.

[Pssst, don't say anything yet, it's supposed to be a surprise!]

The perfect surprise for your loved ones? See page 22!



Personalized massage

Personalized massage for back problems, tense neck, foot pain, heavy legs or just the desire for total relaxation? After a short consultation, this massage will be adapted to your wishes, your needs and your mood. Happy Relax!

Massage completely customized to your wishes.

50 min, 79 EUR

80 min, 110 EUR

Cupping massage with base salt

A combination of base salt peeling and cupping massage for a highly effective detox treatment. The alkaline salt cupping massage has a purifying, deacidifying, vitalising, regenerating effect and stimulates the metabolism. Fasciae are mobilised and muscles relax.

Detoxifying and vitalising massage with base salt.

50 min, 75 EUR

Sports massage

Don't worry, there is no need for you to break into a sweat... this sports massage is so called because it is mainly used by athletes to prevent injury while improving performance or recovery after exercise. We specifically address your needs:

a tension-relieving treatment following sporting activities or physical exertion.

50 mins, 72 EUR

HOT TIP: ideal in combination with a kinesio-tape treatment, from 10 EUR

Intensive back treatment with South Tyrolean Alpine honey

The "nectar of the gods", as the Greeks called honey, develops its full effects in this treatment: detoxifying, anti-inflammatory, cleansing and nourishing. A special massage technique promotes the blood circulation and works on the connective tissue, while the reflex zones on the back are stimulated. A final intensive back massage focuses on particular deep tension points.

45 mins, 72 EUR

Massage with warm lava stones

The warmth from the stones, the scent of aromatic oil and the special massage technique will not only relieve tension, but also help alleviate some of those day to day mental stresses.

50 mins, 74 EUR

80 mins, 98 EUR

As a special treat for two hearts, it can also be booked for couples:

80 mins, 196 EUR

Shiatsu

Shiatsu comes from the Japanese and means "finger pressure". A special technique stimulates the meridians, the energy channels of the body, by means of slight pressure, stretching and rotation using the fingers, palms and elbows. The treatment activates the body's energies, provides relaxation and dissolves blockages caused by stress, mental strain and lack of exercise. It is performed according to tradition on a futon – a cotton mat – on the floor.

Relaxing shiatsu massage along the energy pathways of the body.

50 mins, 74 EUR

Foot reflexology massages

The foot is like a map of the whole body, especially of the various organs, which are depicted via reflex points on the foot. The self-healing powers of the body can be activated when these are consciously targeted: organ functions are stimulated, blockages are released, and a deep relaxation resets the balance of the entire system. And, apart from all that, a foot massage is simply heavenly!

A personalised, relaxing and activating foot reflexology massage.

50 mins, 69 EUR



Classical physiotherapy

Physiotherapy aims to restore the natural working of the body and is oriented towards the treatment of limitations on our functions, movements and activities. Together with our therapists, a personalised therapy programme will be defined for you on the basis of your individual needs.

Our specialties focus on orthopaedic therapy, functional therapy, sports physiotherapy and rehabilitation gymnastics.
50 mins, 69 EUR

Medical lymphatic drainage

This uses oedema and decongestant therapy to treat problems with the lymphatic system that can for example occur following trauma or surgery.

Lymphatic drainage therapy
50 mins, 72 EUR

Therapeutic massage

Well, where does it hurt? A targeted therapeutic massage will help tackle specific ailments, relieve tension and blockages and bring you and your body back in flow!

Various therapeutic massage techniques for muscle relaxation and metabolic stimulation.
50 mins, 75 EUR

Water therapy in our radon baths

This therapy in water promotes the basic motor properties such as strength, co-ordination and mobility while relieving tone- and tension-related pain.

The radon content of our thermal water has additional calming and pain-relieving effects on the peripheral and central nervous systems that can contribute to accelerated healing.

Hydrokinesiotherapy in thermal water
40 mins, 72 EUR

HOT TIP: many treatments can be further assisted with the targeted use of kinesio tape for even greater success.
Taping from 10 EUR



Spa à la carte

Are you looking for a detailed description? With this package it's you who decides, although we will of course be pleased to help if you want!

Cleansing peeling of your choice, relaxing soft pack application of your choice, final massage adapted to your needs, approx. 110 mins, 135 EUR incl. 2 hrs in the Terme.

Also bookable for couples: 270 EUR

My feel-good day

Relaxing and soothing: start with a traditional South Tyrolean mountain hay bath on the Softpack waterbed, then enjoy a well-being massage with South Tyrolean herbal oil.

South Tyrolean mountain hay bath and relaxation massage with aromatic oil, approx. 80 mins, 109 EUR incl. 2 hrs in the Terme.

To make a well-being day for one into a well-being day for two: 218 EUR

Intensive back package

We start in the infrared cabin – its heat penetrates deep into the back muscles – followed by a massage using specific techniques to work on the very places you have previously defined with the massage therapist, finishing with kinesio-tape treatment for long-lasting results.

Infrared therapy, massage and taping, approx. 110 mins, 99 EUR incl. 2 hrs in the Terme.

Also bookable for couples: 189 EUR

Here you can relax together in the infrared cabin; subsequent individual treatments are done separately.

All-for-me

Together we choose an individually tailored pampering programme with a regenerating exfoliation, a nourishing, detoxifying or moisturising Softpack application, and a facial treatment to finish. Look forward to your new self!

Personalised package with exfoliation, Softpack application and facial treatment to finish, approx. 150 mins, 156 EUR incl. 2 hrs in the Terme.

The All-for-me package is also available as “All-for-you”, perhaps as a mother-and-daughter dream team – or what about with your best friend? 312 EUR

Relax Time

My relax-time: this package treats your facial skin thanks to personalized treatments and high quality cosmetics that adapt to your wishes and skin needs. For a radiant, smooth, firm, fresh and young look. Your feet will be pampered and vitalized with a pedicure with polish of your choice.

Individually coordinated facial care and subsequent pedicure with nail polish, 134 EUR, incl. 2 hrs in the Terme.

For all those who cannot keep a secret to themselves: turn the page!

Our Pool Suites: brand new and just as unique.

A very special retreat where you float above the bathing hall and enjoy quiet seclusion in a very private and peaceful atmosphere.

Waterbed, hot tub and steam bath all promise relaxation, with your own shower and toilet and a spa bag containing bathrobe, towels and slippers for the necessary all-round comfort. There is a bottle of South Tyrolean sparkling wine, water and fruit for the palate, various fine bath salts and a peeling for the soul, as you gaze out over the hustle and bustle of the bathing hall, your eyes becoming heavier and heavier – relaxation utopia.

Magic Moments

Pool Suite for 3 hours, with a whole host of mega extras:

- Full day admission for two to the pools, sauna and fitness areas
- Full-day parking ticket in the Garage Terme Merano
- Swim bag with bathrobes, towels and slippers
- South Tyrolean sparkling wine
- Flavoured water
- Fresh fruit
- Scrub and poultice for the steam bath
- Bath salts for the hot tub



250 EUR

Magic Moments & Massage

Pool Suite for 3 hours including relaxing massage for two!

This package offers all the benefits of the Magic Moments package from next door plus a 50-minute relaxing massage for the two of you with various South Tyrolean aromatic oils to choose from. Simply perfect! Treat yourself, it's worth it...



370 EUR

Full Day Magic Moments & Massage

All-day use of the Pool Suite including relaxing massage for two and 2x30-euro gastro vouchers.

Time management not your thing? Woo-hoo, this package means the Pool Suite is yours to use all day! Includes a 50-minute aromatic oil massage for the two of you and 2x30-euro gastro vouchers for the self-service or sauna bar. Wow, what a great day!



570 EUR



A Pool Suite as a gift?
Mega-idea! It'll be as much fun looking forward to it as remembering it all afterwards – we promise!

Royal relaxation for two

Relax like the Empress Sissi in an organic whey bath with a glass of sparkling wine, followed by a full body massage with South Tyrolean edelweiss. "Oh, Sissi!" "Franz!"...

Empress Sissi's organic whey bath, a glass of sparkling wine, followed by a full-body massage with aromatic oil, and 2 hrs in the Terme, approx. 80 mins, 188 EUR



Private spa for two

An exclusively reserved ambience, plenty of time and a package with lots to enjoy:

a romantic bath with a glass of sparkling wine followed by further relaxation on the infrared loungers as you are massaged and pampered from head to toe with warm, gently-scented candle oil. The water bed provides a gentle, calming tranquillity and fresh fruit is also at hand for a healthy snack. 3 hrs in the suite together, plus 2 more hrs in the Terme, 295 EUR

Terme Merano Special for two

The nourishing extracts, the romantic scents, the pleasing sensation of massage jets, the soft bubbling of water. And then the warmth of stone, the fragrant essential oils, a gentle massage, and absolute freedom from all cares...

Relaxing bath for two in the hot tub with one of our 3 bath extracts, followed by a massage with warm lava stones. approx. 80 mins, 198 EUR

Sissi's organic whey bath

You and your partner can enjoy a glass of sparkling wine as you relax like the Empress Sissi in an organic whey bath. It works wonders as the whey is rich in vitamins, minerals and proteins. The lactic acid will also help restore the balance of the skin's protective layer, while the bath produces both moisturising and anti-inflammatory effects and helps in the treatment of skin problems and allergies. So simply relax – and cheers!

approx. 20 mins, 46 EUR

Relaxation for two in the hot tub

Romantic scent, nourishing extracts, the pleasant pressure of massage jets, bubbles, dreamy gazes... oh, how wonderful!

Relax in the hot tub with one of our three soothing bath essences, approx. 45 mins, 55 EUR (20 minutes in the hot tub plus post-tub relaxation time)

Private spa for the home?
Well here we go!

To relax, regenerate, nourish, strengthen,
and pamper yourself...

Plentiful in facets and minerals.

At least as many!



At the MySpa we are well aware of the potency of our natural cosmetics and we have the know-how to meet the needs of all skin types.

And we are of course happy to pass on our knowledge... just ask!

Rich in plant and mineral ingredients, mostly organically produced, our natural cosmetics make full use of the regenerating thermal waters together with the various effects of five selected special ingredients from South Tyrol.

Thermal water

energises, regenerates, moisturises

The South Tyrolean apple

rich in vitamins and nutrients

Edelweiss

intensively nourishing, revitalising and soothing

The South Tyrolean grape

antioxidant, protects the cells and soothes

Sea buckthorn

rich in vitamins, strengthens and tones

The Venosta Valley marble

naturally abrasive to enhance the skin's appearance

The natural cosmetic range has been developed on the basis of the latest findings in the area of modern natural cosmetics, in collaboration with herbalists and beauticians. As pure, natural cosmetics, they are entirely free of mineral oils or artificial colourings and preservatives. As we say: a good reason to smile!

Available in the shop at the Terme Merano, online and of course in our Spa. Here you can also enjoy a professional, truly relaxing treatment:

Terme Merano Signature Facial – see page 05 for details!

Complete care in a complete range:

CLEANSING MILK
CLEANSING TONIC
SMOOTHING FACE-PEELING
FRUIT FACE-PEELING
ANTI-AGING MASK

HYDRA SERUM
ENERGY SERUM
VITAMIN SERUM

HYDRATING CREAM
ANTI-AGING CREAM
SENSITIVE CREAM
ALL-SKIN CARE
EYE CARE CREAM

SHOWER GEL
BODY LOTION
BODY OIL
HAND CREAM
THERMAL SPRAY

The early bird catches the worm! Book early so we can reserve the date you would like!

Even if you haven't made an appointment, there may will be something available. Just ask, we will be happy to help you out.

GOOD
TO
KNOW

Health is the most important thing of all.

When booking please inform us of any pre-existing health conditions. We will then immediately let you know if the desired treatment is right for you, if not then we will recommend a suitable alternative.

—
Cancellations

It can always happen, of course. But please let us know as soon as possible so we can rebook the appointment.

We reserve the right to charge the full amount for cancellations made within 24 hours of the appointment.

Late arrival

This is of course a shame because there will be less time for your treatment. We also regret that there will be no reductions in price for late arrivals.

It would be best to arrive ten minutes before your appointment.

If you have been in the sauna prior to your appointment, please be sure to allow sufficient time to rest and cool your body down, as to avoid sweating during treatment.

So, keep calm and relax!

Terme Merano as a gift?

A well-being day relaxing with your best friend, a intensive back treatment for Dad or one of the Pool Suites with your better half?

We have a wonderful range of offers for wonderful people! All beautifully packaged in a lovely voucher! Always the right gift: for mother's day, birthday, Christmas, I-love-you day, thank-you day or even sorry-that-I-haven't-had-so-much-time-recently day!

Also as a value gift – voucher, for those who can't decide! Vouchers and information are available at the reception of our MySpa, by phone or in our Online Shop!

Prices

All prices include statutory VAT and are valid until further notice.

good reason to smile.



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56 treatments,
158 products,
5 exclusive suites,
365 days,
1 smile...

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