



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

yours.

GOOD REASON TO SMILE.

www.termemerano.it

THERME
MERAN
TERME
MERANO



Take your time.

Time to let yourself drift,
to open yourself up, to listen
consciously to your body.
What does it tell you, what
does it long for, what is
good for it?

Take your time. Time to
browse through this brochure,
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.

good reason to smile.



A pleasant scent, warmth,
quietness, your body, nature.
A feeling of weightlessness,
of inner peace. The alternating
movements, sometimes
gentle, sometimes stronger,
let the muscles loosen for total
relaxation.

Our Spa & Vital Center

is open daily,

09:00 – 19:00

For details and bookings:

T +39 0473 252 024

spa@termemerano.it

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

Even when you are lying by
the pool and 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 a place free – we will keep
our fingers crossed!

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But, before it all begins, one little thing...
OK, actually quite a big thing: our credo,
our SPA concept.

It sounds incredibly complicated, but it's basically very simple.

There are three themes that accompany us, round which everything revolves: first of all, personalisation, then comes our holistic detox concept and finally, of course, our dear homeland of South Tyrol.

You will see that they will all help you find your ideal treatment.

So what are you waiting for?!



You will quickly notice there is something different here: it is somehow "personal".

That's because many of our treatments are not just offered à la carte, but are designed for your individual needs.

So we achieve the maximum for you and your body, intervening where you most need it, or perhaps using essences and toiletries that are specially tailored to your skin type – differently for men and women, of course. We simply call this

personalisation

and indicate the treatments with their own symbols:

Ⓟ

Detox

Detox treatments help purify the body, ridding it of toxins that may have accumulated through an unhealthy diet, stress or environmental pollution. This acts as a relief for your organs, stimulates the metabolism and strengthens your immune system. Your skin and your energy balance will be just as delighted as your head, your spirit, your everything!

A wonderful all-round treatment, recognisable by its symbol:

Ⓣ

We make no secret of the fact that we are truly in love with South Tyrol, with South Tyrolean mountain hay here, herbs and flowers there, honey, organic whey, apples, grapes, juniper, dandelion and edelweiss... We even use the fine sand from Vinschgau marble for our exfoliation treatments.

South Tyrol

is in our hearts – not to mention many of our treatments. And to make sure you can quickly recognise them we have simply marked them with a symbol:

Ⓢ

Facial treatments

Every skin is different, just like every person. And we love being spoiled – just like our skin.

Luckily it's one of the specialties offered in our Spa & Vital Center.

(P) (S)

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, exfoliations, gentle massaging of head, foot, neck and face, and nutrient-giving masks with personalised attention to finish.

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 nutrient-active ingredients of our own natural cosmetics – find out more on page 34.

(P) (D)

Radiofrequency

Smoothing, firming, lifting – without chemicals! This high-tech application for the first time 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.

45 mins, 60 EUR

Also available as a body treatment – see page 14.

P D

Deep cleansing with Sofri Color Energy Cosmetics

High-tech cosmetics based on energy and chakra teachings, perfectly adapted to the needs of your skin.

Analysis, skin diagnosis, cleansing, exfoliation, deep cleansing and facial massage according to need, nutrient mask and individually tailored attention to finish, including personal recommendations. 80 mins, 88 EUR



The holistic concept of SOFRI focuses in particular on combining plant extracts with natural organic substances. The textures of the individual products are deliberately formulated differently in order to fully meet the individual needs of the skin. Above all it is the knowledge of the energy potential of plants, gemstones and colours that flows into Sofri products and finds its high point in the Color Energy line, which demonstrably increases the energy level on the basis of chakra teachings. Yes indeed!



P D

Facial cleansing for teens

We all know all about teen skin! It will often misbehave and demand special attention. And it can get it!

Analysis, skin diagnosis, cleansing, exfoliation, deep cleansing, nutrient mask and individually tailored attention to finish. 50 mins, 65 EUR

P D

Sofri Rah

Revitalising, refining, brightening: superlative cell regeneration, a true power mix. Plant stem cells from grapevine extract reduce the spread of wrinkles and increase cell life, while resveratrol acts as a natural antioxidant and astaxanthin, derived from blood rain algae, improves resistance to disease and helps prevent pigmentation disorders. Low- and high-molecular hyaluronic acids also cushion the skin over time.

The treatment can be personalised with ultrasound, moisturising fleece, Active Peel Off Q10 or Happy Aging Lift Up according to skin type and need. 50 mins, 75 EUR

P

Sofri White Tea

Protection and balance for sensitive skin: the healing properties of numerous micronutrients, vitamins, polyphenols and antioxidants contained in the leaves and buds of white tea are used specifically for the treatment of extra-sensitive skin.

Personalised balance care for all types of sensitive skin: dry, oily, low in moisture or prone to rosacea. 50 mins, 75 EUR

P

Sofri Stem Cell

Plant stem cells are regarded as cellular all-rounders and extracts of their active substances boost and regenerate weakening cells. In combination with five different hyaluronic acids, tiger grass and the energy booster Sepitonic, this is ideal in helping to prevent and delay the onset of skin aging. The skin becomes firmer and you too are sure to gleam like new!

Firming anti-aging treatment with plant stem cells. 50 mins, 75 EUR

P

Sofri Stem Cell plus Ozone

Anti-aging, painless and with no side effects! This complement to the plant stem cell treatment using oxygen and stabilised ozone produces visible results against wrinkles, age spots and impurities even after the first treatment.

50 mins, 110 EUR

The agony of choice? It doesn't have to be like that! Our team is here for you, with suitable recommendations for treatment and happy to design a totally personalised programme with you!

Body treatments

Your body is your castle.
Exactly, and a castle like that
requires a lot of care.
There is always something that
needs to be done.

Ask our team at the Spa & Vital Center – they know best.

Presso-what? Pressotherapy!
This works in a similar way to
lymphatic drainage and helps
our bodies to release and
remove retained water and
toxins from the tissues.
This effectively combats
problems and congestion of
the natural lymphatic flow,
often the cause of unwanted
cellulite. It also relieves
swelling and promotes
blood circulation and cell
metabolism.

TOP TIP: it has a particularly
long-lasting effect when
combined with lymphatic
tape. Our team will be happy
to advise you!

P D S

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 external
cellulite. The 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 need!**
35 mins, 45 EUR

P D S

Pressotherapy with gel

Purifying, detoxifying, draining
and moisturising: this
customised pressotherapy
programme applies a herbal
gel with dandelion, juniper
and birch extracts that is
effective against heavy
legs, water retention and
the appearance of external
cellulite.

**Treatment of legs, bottom
and abdomen according to
individual need!**
35 mins, 35 EUR

“For women only”?
Wrong, mister!

This is where our personalisation principle comes in, because we focus on you and your specific needs. And yes, even men’s skin and muscles have needs!

OK, it may not be the cellulite challenge, but perhaps a high-tech facial will make you men glow too – even if you are George Clooney. Maybe that’s his secret, who knows... whether or not he is a regular visitor? Sorry, we’re not saying!

See page 09 for the radiofrequency treatment specially dedicated to your face, neck and décolleté!

P D

Radiofrequency Body

Body high-tech application 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 nasty 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

P D

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.

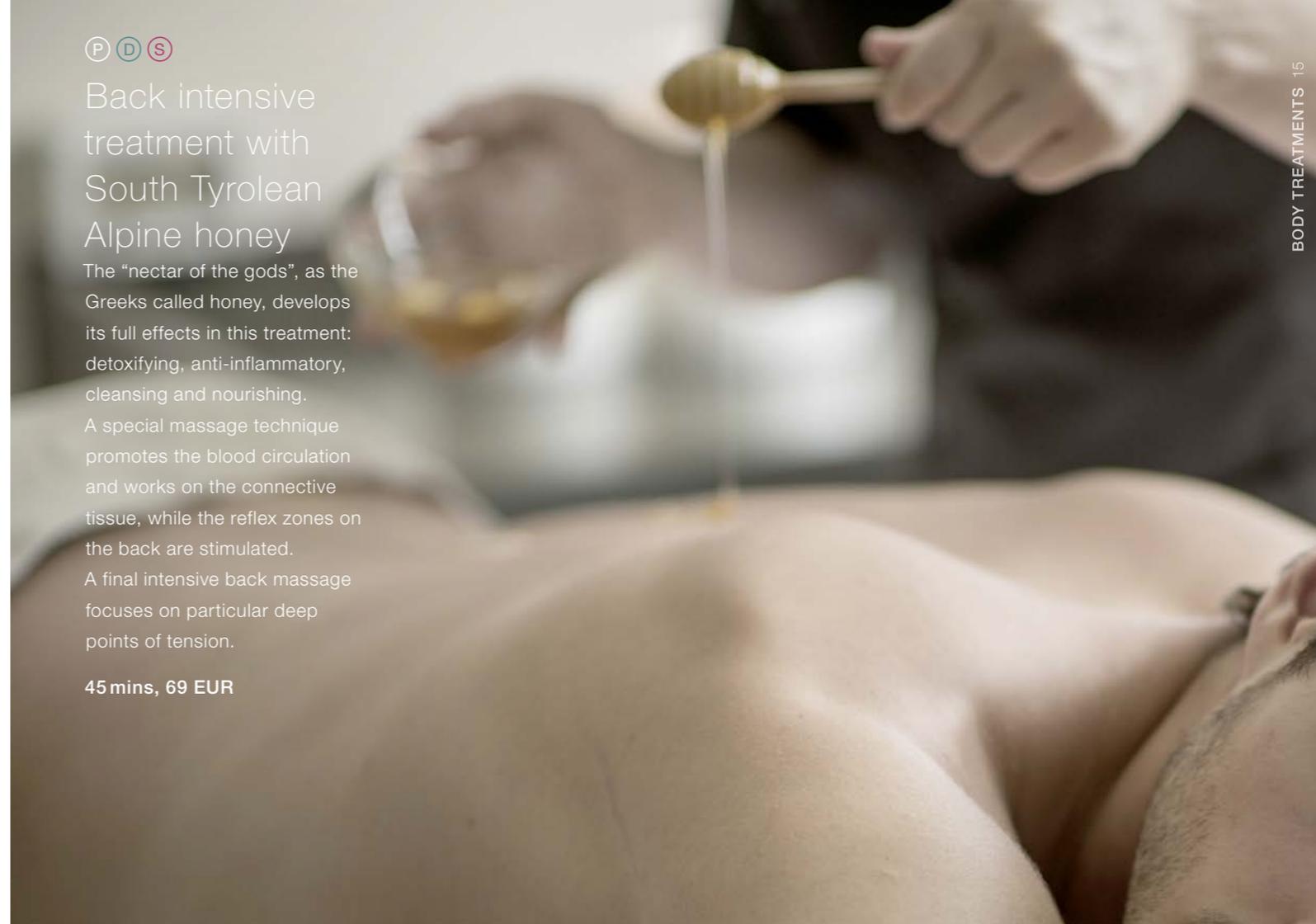
An all-round programme to pamper you with pedicure, exfoliation, personalised pack and a wonderful massage. 65 mins, 69 EUR

P D S

Back intensive 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 points of tension.

45 mins, 69 EUR





D S

South Tyrolean mountain hay bath

Our ancestors were well aware of the special results of lying down in the hay after working in the fields, then waking up full of energy the next morning! A hay bath promotes the blood circulation, boosts the metabolism and helps alleviate rheumatism and osteoarthritis. It also offers skin care while providing the soothing scent of delicate mountain herbs!

A relaxing bath on a special waterbed with original South Tyrolean hay from the Passeier Valley.
20 mins, 39 EUR

South Tyrolean mountain meadow hay is rich in essential oils, minerals and trace elements thanks to the many Alpine plants and grasses it contains. Alpine herbs such as lady's mantle, mountain yarrow, arnica and gentian will relax body and mind.

TOP TIP: don't miss our organic hay sauna! The warm, humid air releases the essential oils to benefit skin, respiratory system and mood. Sweat out your cares!

Perhaps a feel-good exfoliation to make you happy?

Exfoliation removes old, dead skin cells together with skin impurities. The skin is better supplied with blood, thus stimulating its renewal. Gentle smoothness and a fresh, radiant look included!

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

P D S

South Tyrolean marble sand

The fine sand made from marble from the Vinschgau Valley cleans and smooths the skin, stimulates the blood circulation and increases the regenerative power of the skin.

A regenerating, soothing marble-sand exfoliation that is followed by treatment carefully matched to your complexion.
35 mins, 45 EUR

P D S

Honey-whey-flower salt

The combination of detoxifying Alpine honey, the nourishing effect of vitamin- and mineral-rich South Tyrolean organic whey and soothing flower essences in this exfoliation produce a purifying effect and a very delicate skin feeling.

An intense cleansing exfoliation followed by personalised care.
35 mins, 45 EUR

P D S

South Tyrolean grape salt

Precious resveratrol from the skin of the grape is regarded as a natural antioxidant and offers high cell protection against environmental influences. Your skin will be full of freshness!

Antioxidant grape salt exfoliation followed by personalised care tailored to your skin.
35 mins, 45 EUR

Relaxation bath in the hot tub

Just relax as you sink into the pleasantly warm water, with gently stimulating bubbles and the fine pressure of the jets that are programmed to massage various parts of the body.

And of course you decide for yourself which of the three bath essences you would prefer, according to need or feeling!

South Tyrolean edelweiss

The valuable extracts intensively nourish the skin, revitalising and soothing it.

20 mins, 34 EUR

South Tyrolean grape

The South Tyrolean grape extract has an antioxidant effect and helps protect the skin from environmental influences.

20 mins, 34 EUR

South Tyrolean herbal salt

The active ingredients of various herbs will help purify the body, revitalise the skin and relax the mind.

20 mins, 34 EUR



Softpack – the miracle cure

Feel as if you have just come back from two weeks on holiday – this treatment can be addictive!

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. As the film prevents the body from coming into contact with the water, a feeling of weightlessness is created. The occlusion effect of the two films improves absorption of the active ingredients, while the spine and muscles relax completely. Fancy a holiday?

South Tyrolean edelweiss

Intensively nourishing with gentle, soothing care.

20 mins, 35 EUR

South Tyrolean apple

Moisturising, rich in vitamins and nutrients, to help prevent aging.

20 mins, 35 EUR

TOP TIP: your desired Softpack application, combined with exfoliation and facial treatment, is available as the All-for-me package on page 25! A pleasure doubled: it can also be booked for couples!

The choice is yours: your desired exfoliation plus Softpack.

Combine one of the exfoliations on page 17 with the Softpack application of your choice! And, if you can't decide, we will be pleased to help you personalise the combination to your individual needs!

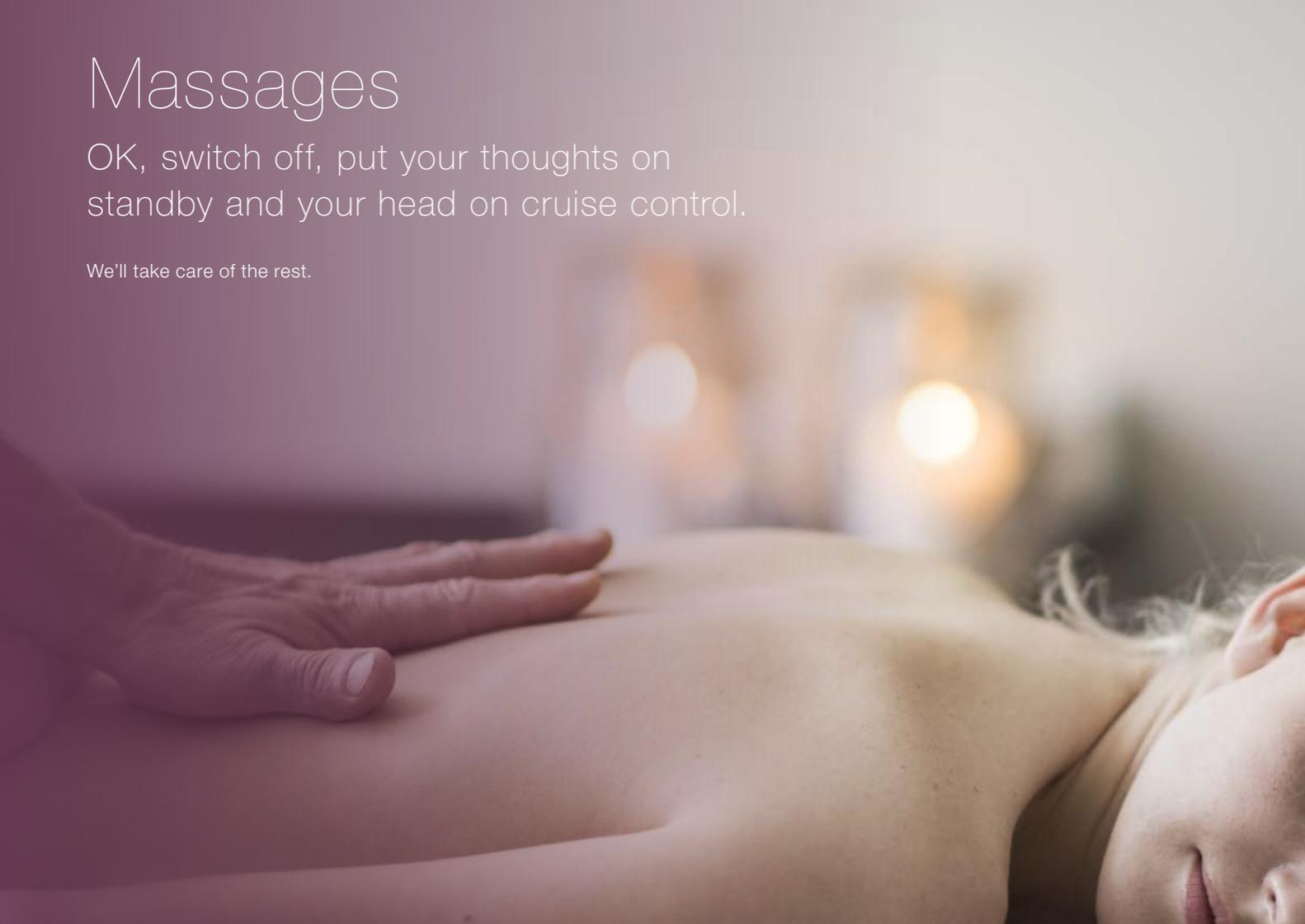
We have already mentioned the addictive nature of the Softpack: you can work your way through all the combinations – there are six to start with, plus seasonal exfoliations!

45 mins, 69 EUR

Massages

OK, switch off, put your thoughts on standby and your head on cruise control.

We'll take care of the rest.



P D

Sports massage

Don't worry, no need to break 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

TOP TIP: ideal in combination with a kinesio-tape treatment!

P D

Draining massage

Very gentle, cleansing massage along the lymphatic channels that helps remove harmful toxins in a targeted manner and reduces water retention.

A purifying treatment tailored to your needs.

50 mins, 69 EUR

TOP TIP: ideal in combination with lymphatic tape!

The combination of several treatments with the right taping guarantees better targeted results and long-lasting effects. We will be pleased to match your individual needs with the appropriate optimum taping technology.

Taping from 15 EUR

P

Partial massage

A partial massage is dedicated to a particular part of the body: we will work on it according to individual need. The various massage techniques and of course pressure are tailored exactly to you and your "just there" feelings, relaxing the muscles and tissues while releasing tension.

Targeted treatment of specific areas of the body, e.g. legs, throat and neck, or back.

20 mins, 35 EUR

TOP TIP: the tape can here too help ensure long-lasting results.



(P)

Massage with warm lava stones

The absolute feeling of warmth from the stones, the scent of aromatic oil and the special massage technique will not only relieve tension, but also numerous knotty thoughts.

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

And what about the kiddies?
No problem, see page 38!

TOP TIP: increase the effect as part of a total pampering programme in combination with the detoxifying foot treatment on [page 14!](#)

(P) (D)

Full massage of reflex zones

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

(P) (D)

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, 72 EUR

(P) (D)

Herbal pouch massage

The body’s self-healing mechanisms are activated and regeneration stimulated with the help of plenty of aromatic oil and the well-heated, pleasantly scented herbal pouches. The unfamiliar feeling of the warm pouches on the skin will lead you step by step to a sense of deep relaxation and detachment – happiness guaranteed!

A deep relaxing massage with warm herbal pouches.

50 mins, 79 EUR

(P) (S)

Aromatic oil massage

This full-body relaxation massage not only focuses on your individual needs, but even allows you to choose from various South Tyrolean herbal oils for their specific effects on body and soul.

Individualised full body massage with South Tyrolean herbal oils.

50 mins, 69 EUR

Packages for singles and couples

A little time means plenty of restfulness for one or two relaxed hearts.

You provide the time, we provide the relaxation! Deal?

P D S

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!

Select your preferred purifying exfoliation, add a relaxing dip in the hot tub with your choice of bath essence, then a massage to finish – all adapted to your needs, approx. 110 mins, 135 EUR incl. 2 hrs in the Terme.

Also bookable for couples: 270 EUR

You can find details of our exfoliations on page 17 and our bath essences on page 18!

D S

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

P D S

Back intensive

We start in the infrared cabin – its heat penetrates deep into the back muscles – then comes a massage with 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. 120 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.

P D

All-for-me

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



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 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 gentle rest, while there is a bowl of fresh fruit for a healthy snack as needed.

3 hrs in the suite together, plus 2 more hrs in the Terme, 295 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 looks... oh, how wonderful!

Relax in the hot tub with one of our three soothing bath essences, approx. 45 mins, 46 EUR

Our special bath essences can be found on page 18!



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 sparkling wine, water and fruit for the palate, and various bath salts and massage oils for the soul, as you gaze out over the hustle and bustle of the bathing hall, your eyelids becoming heavier and heavier until they gently close.



Can be booked for 3 hours or a full day, with various delightful packages to choose from.

From 250 EUR, including admission to the Terme.

For information about the packages and more details consult our team in the Spa & Vital Center or see online: termemerano.it

Beauty basics

It's often just the little things that make beauty. Sometimes they are just the size of a fingernail.

Here too our Spa & Vital Center differs from the normal beauty offers: our special nail care series, NailSPA by Alessandro, specifically targets the needs of different nail types with personalised active complexes, plant extracts and nutrients.

The accompanying scents of various essential oils from our aromatherapy moreover ensure that it is not only your nails, hands and feet that are fully relaxed, but you are too!

Ⓟ

Manicure
35 EUR

Pedicure
45 EUR

Manicure and pedicure
75 EUR

Additional colour varnish
5 EUR

UV varnish
15 EUR

Depilation for men and women
from 9 EUR

Brazilian waxing
from 12 EUR

TOP TIP: the foot dream deluxe on page 14 lives up to its name, don't you think?

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

More "good reasons to smile" on page 37!

Therapeutic treatments

A proper cure depends on many factors. The right therapy is of course crucial, but the right ambience is also necessary.

This starts with a relaxed, welcoming atmosphere and ends with the aesthetic ambience created by Matteo Thun.

And, in between, there is plenty of room for both – skilled treatment and personal success.

Ⓟ

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.
25 mins, 39 EUR

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

Ⓟ

Water therapy in our radon basin

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.

Physiotherapy in thermal water
50 mins, 72 EUR

Private spa for the home?

Da-daaaa!

To relax, regenerate, nourish, strengthen, care, pamper...

All with as many facets as nutrients.

At least as many!



At the Spa & Vital Center we are well aware of the power of our natural cosmetics. And we also know which skin type needs them, when and how.

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 Val Venosta marble

naturally abrasive to enhance the skin's appearance

The line 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 application:

Terme Merano Signature Facial – see page 09 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

From time to time you have to do yourself some good. But your loved ones too would of course be delighted to join in!

You wanted to give flowers as a gift?

Well, what about South Tyrolean edelweiss? Perhaps in the form of a wonderful Softpack application? Good reason to smile!



A well-being day relaxing with your best friend, a back intensive treatment for Dad, Empress Sissi's organic whey bath or, for something really special, one of the Pool Suites with your other 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!

You can't make up your mind? No problem, let your loved ones decide for themselves!

Our vouchers are available online for 50, 100, 150 or 200 euros!

The gift of joy is something that will truly last – we promise!

For vouchers and more details ask our team in the Spa & Vital Center, phone or enquire in our online shop!

T +39 0473 252 024
spa@termemerano.it
termemerano.it

And a long-lasting gift for yourself:

our Smiling Card!

A welcome gift, birthday bonus, and on top of all this vouchers for all applications and products in the Spa & Vital Center!

Wonderful, smile on!



The quickest route to our vouchers:



Good to know

Our Spa & Vital Center is **open daily**, 09:00–19:00. “Saturdays and Sundays too?”
Yes, on Saturdays and Sundays too and even on public holidays!

Information and bookings:
T +39 0473 252 024
spa@termemerano.it

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

But even if you haven't booked, it may be that a place is free! Just ask, we will be happy to help!

Health is most important of all! Please tell us when booking if you have any health problems. We can then immediately say if your desired treatment is right for you or you should enjoy an equally good 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 regret that we cannot offer any corresponding reduction in price.

It would be best if you can arrive ten minutes early!

And, if you have been in the sauna beforehand, please also allow sufficient time to rest so as to avoid sweating during your treatment!

So, keep calm and relax!

Our children's nursery

A massage for you at short notice, a little time for yourselves? Don't worry, mums and dads, we've also thought of you!

Children are very well catered for at the nursery in the Terme Merano! With friendly staff and plenty of toys, mostly made of wood and natural materials, they will have lots to entertain them!

Monday to Saturday

09:00–12:00

15:00–18:30

For children from 2–10 years.

Free for Terme visitors.

Oh happy day!

Prices

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

good reason to smile.



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5 exclusive suites,
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