



THERME MERAN  
TERME MERANO

Time for me

Spa & Vital



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Sissi's organic whey bath

## Our natural raw materials

### **New! The marble.** The white gold

This precious raw material, rich in minerals, is finely ground and used as very effective peeling particles.

### **The edelweiss.** Powerful flowers

Edelweiss (*Leontopodium alpinum*) is extremely rich in antioxidants and therefore ideal for skin care. It nourishes and regenerates skin, moisturises and reduces lines.

### **The apple.** An effective anti-aging product

Apples are rich in vitamins B and C, calcium for the bones, potassium to firm the tissues, and zinc for cell development.

### **The grape.** Pure essence of beauty

Cold-pressed grapeseed oil counteracts the skin aging processes for a smooth and supple skin.

### **The organic whey.** Healthy through and through

The high-grade whey protein helps to maintain the natural balance of the skin, and adjust the pH.



### **The wool.** Pure nature

Wool stimulates the microcirculation, helps achieve relief from rheumatic disorders, arthritic conditions and arthrosis, and generally harmonises the functions of the organism.

### **The herbs.** From arnica to lemon balm

South Tyrol is home to a wide variety of herbs, and their active agents have equally diverse effects: stimulating or relaxing, cleansing or regenerating. The warmth of the hay also alleviates chronic pain.

### **The mountain pine.** Mountains of power

The South Tyrolean mountain pine improves the circulation and has cleansing and invigorating effects.



South Tyrolean  
mountain hay bath

## SPA etiquette

### Opening hours

The Spa & Vital centre of Terme Merano is open 365 days a year from 9.00 a.m. until 7 p.m. This area is meant as a calm oasis, therefore we kindly ask our guests to respect our house rules.

### Booking

In order to satisfy the best your personal time preferences, we would like to inform you that for all treatments an early booking is necessary. You may contact us at our spa-reception:

T +39 0473 252 017  
spa@termemerano.it

### Health problems

Please indicate at the reservation possible health problems, in order to suggest you the most suitable treatments. Terme Merano uses for its treatments high quality raw materials from South Tyrol. Nevertheless in case of sensitive individuals allergic skin reactions can't be excluded.



Apple lather peeling

### Delay & cancellation

If you are prevented from keeping your appointment, you are kindly asked to cancel it at least 24 hours in advance. Otherwise we reserve the right to charge the full price. To ensure maximum benefit from your Spa experience, we recommend you to arrive 10 minutes prior to your appointment. All treatments begin punctually at the agreed time. If you come late, you will have less time for the treatment, which can reduce both the pleasure and the efficacy of the treatment. Unfortunately, we cannot reduce the charge for late arrival.

### Hairdressing salon

After your visit to the thermal baths, why not call a tour organic hairdressing salon and give your hair a good time too? Enjoy a relaxing scalp massage and let our hair stylists give your hair that look-again look.

Appointments: T +39 0473 252 051

### Opening hours

Tuesday to Friday 9 a.m. - 7 p.m.  
Saturday 9 a.m. - 5 p.m.

## Gift vouchers

Give the gift of wellbeing with a gift certificate for treatments for any occasion. There is a whole variety of gift ideas available in the Online Shop of the Terme Merano.

Alternatively, we would be pleased to assist you onsite in the selection of a personalized gift certificate.

Prices apply until further notice.



South Tyrolean mountain pine peeling

## Packages

### **New! The original South Tyrolean edelweiss**

**Nourishing, revitalising & anti-aging**

- Brine bath with original South Tyrolean edelweiss extracts (20 min.)
- Original South Tyrolean edelweiss body pack (20 min.)
- Relaxing massage with original South Tyrolean edelweiss oil (45 min.)
- Admission to thermal baths 2 h

Total value 150 €, for you at a special price of **134 €**

### **New! Scent of apple on my skin**

**Refreshing & nourishing**

- Apple lather peeling (20 min.)
- Facial treatment with apple based cosmetics of Terme Merano (50 min.)
- Pedicure (max. 50 min.)
- Admission to thermal baths 2 h

Total value 148 €, for you at a special price of **126 €**

### **SPA à la carte**

Select from our varied offering to meet your personal wishes and needs.

- Peeling (20 min.)
- Bath (20 min.)
- Massage (45 min.)
- Admission to thermal baths 2 h

Total value 142 €, for you at a special price of **126 €**

### **Toned Contours**

**Cleansing & toning**

- Body-styling mask with South Tyrolean mountain pine extract and massage with toning South Tyrolean pine needle cream (60 min.)
- Admission to thermal baths 2 h

Total value 109,50 €, for you at a special price of **99 €**

**New! South Tyrolean wine pleasure**

**Relaxing & nourishing**

- Red wine salt peeling (20 min.)
- Relaxing massage with grape seed oil (45 min.)
- Admission to thermal baths 2 h

Total value 111 €, for you at a special price of **95 €**

**My feel-good day**

**Calming & relaxing**

- South Tyrolean mountain hay bath (20 min.)
- Relax massage with South Tyrolean herbal oils (45 min.)
- Admission to thermal baths 2 h

Total value 116 €, for you at a special price of **99 €**

**Sport Counterbalance**

**Revitalising & relaxing**

- South Tyrolean pine needle body oil pack with mountain pine body lotion (20 min.)
- Full-body massage with South Tyrolean mountain pine sports cream (45 min.)
- Admission to thermal baths 2 h

Total value 111 €, for you at a special price of **96 €**

**New! Alpine back wellness**

**Intensive & reactivating**

- Infrared cabin (max. 40 min.)
- Intense back massage (45 min.)
- Admission to thermal baths 2 h

Total value 95 €, for you at a special price of **81 €**

**Alpine Fragrances**

**Relaxing & soothing**

- Brine bath with South Tyrolean mountain pine (20 min.)
- Back massage with South Tyrolean essences (20 min.)
- Admission to thermal baths 2 h

Total value 82 €, for you at a special price of **69 €**

## Packages for Two

### Private Spa Suite

#### Time for Twosomes

You and your partner are invited to spend delightful hours in a special suite reserved exclusively for you, letting yourselves be pampered with applications that will enhance your well-being.

- Romantic bath for two with a glass of sekt and fruit bowl (20 min.)
- Back muscle relaxation on the latest infrared beds (20 min.)
- Full-body and facial massage for two (70 min.)
- Relaxation on the luxurious water bed
- Admission to thermal baths 2 h

Time spent together in the Private Spa Suite: approx. 3 hours, plus another 2 hours' admission to the thermal baths

Total value 323 €, for you at a special price of **295 €**

### Relaxation for Two

#### Soothing, relaxing & revitalising

- Apple lather peeling for two (20 min.)
- Aromatic oil bath for two (20 min.)
- Back massage for two with your selection of aromatic oils (20 min.)
- Admission to thermal baths 2 h for two

Total value 204 €, for you at a special price of **176 €**

### Time for Twosomes

#### Relaxing & moisturising

- Sissi's organic whey with a glass of sekt for two (20 min.)
- Sissi's organic whey cream packs for two (20 min.)
- Full-body massage for two with your selection of aromatic oils (45 min.)
- Admission to thermal baths 2 h for two

Total value 265 €, for you at a special price of **225 €**



Private Spa Suite





Wine bath for two

## Baths for Two

### **Sissi's organic whey bath for two with a glass of sekt**

Mineralising and vitamin-rich bath for soothing body care; double enjoyment in the Kaiser bath.

20 min., **46 €**

### **Wine bath for two in the wooden tub with a glass of red wine or grape juice**

Wine has anti-bacterial and anti-viral effects. Pure pleasure in the tub for two with a glass of red wine or grape juice.

20 min., **43 €**

## Specialties of South Tyrol

### **South Tyrolean wool treatment**

For this treatment the body is immersed, in local wool, which produces natural and pleasantly relaxing warmth and helps to bring relief to chronic pain. At the same time a soft massage stimulates the microcirculation while the whole ambience is pleasantly perfumed with local herbs. The wool can be taken home for further uses.

One wool treatment 50 min., **120 €**

Two wool treatments 50 min., **180 €**

### **South Tyrolean mountain hay bath**

In this bath the powers of hay and the mountain herbs are released for maximum relaxing and pain-relieving effect, which is additionally reinforced by the water bed.

20 min., **39 €**

## Body peelings

A peeling treatment for the body has a smoothing effect and stimulates cell reproduction. Peelings may be done with a selection from various raw materials from South Tyrol.

Duration: 20 min.

Price: **34 €**

### **New! Peeling with Lasa marble**

Precious peeling particles with local marble sand from Lasa.

### **New! South Tyrolean red wine salts peeling**

The pairing of salt with red wine within a single peeling treatment leaves the skin fresh and glowing.

### **Apple lather peeling**

Wreathed in soft lather, the skin is gently massaged.

### **South Tyrolean mountain pine peeling**

Vegetable extracts and natural antioxidants have a calming influence on sensitive skin.

## Baths

A healthful bath contributes to physical relaxation.

Duration: 20 min.

Price: **33 €**

### **Brine bath with original South Tyrolean edelweiss extracts**

A reinvigorating bath that reinforces the connective tissue.

### **Brine bath with South Tyrolean mountain pine**

A refreshing and invigorating bath that activates the circulation.

### **Brine bath with Dead Sea salt**

Particularly recommended for various skin complaints.

## Body packs

All body packs are performed on special water beds to make the treatment particularly pleasant and effective. Upon request all packs can be run simultaneously for two people in the same cabin.

Duration: 20 min.

Price: **39 €**

### **Original South Tyrolean edelweiss body pack**

This body pack has intense nourishing, revitalizing and anti-aging effects. Edelweiss contains high quality antioxidants and therefore it supports the skin to neutralize the damaging free radicals.

### **Apple stem cell body pack**

Moisturising and corrective. The fruit acid content makes for a particularly soft, smooth skin.

### **Mountain pine needle oil pack**

Recommended for tiredness, recovering after sports, and tense muscles.

## Fango

Fango contains a large number of health-giving and trace elements. Together with the relaxing deep-heat effect, they explain the positive influence of natural fango applications.

Part body pack  
20 min., **29 €**

Part body pack  
with part body massage  
50 min., **63 €**

Part body pack 10+1  
20 min., **290 €**

## Infrared cabin

Infrared radiation for wellbeing in body and soul. This technique is based on natural processes which are invisible to the human eye. It is employed to activate the forces of self-healing and to deliver valuable energy.

Per person  
max. 40 min., **16 €**

For two persons  
max. 40 min., **27 €**



Back massage  
with South Tyrolean honey

## Massages

**Part body massages**  
(back or legs)  
20 min., **34 €**

**Aromatic oil massage with South Tyrolean essences**  
Relaxing massage with fragrant, unadulterated herb oils. The essential oils have a soothing effect on the vegetative nervous system.

45 min., **63 €**

**Relaxing massage  
with original South Tyrolean edelweiss oil**  
The natural edelweiss gives a pleasant relaxing sensation and a moisturising effect on the skin.

45 min., **63 €**

**New! Back-neck-head massage**  
A delicate, relaxing massage to dissolve tension in the back and neck.

45 min., **63 €**

## Special massages

### **Therapeutic massage**

This treatment is designed to relieve physical complaints.

25 min., **38 €**

### **Sport massage**

Releases tension and blockages after sports or physical exercise.

45 min., **67 €**

### **Foot reflexology massage**

Massage of the reflectory points on the brine of the foot. In the case of a disorder of the corresponding organ, the self-healing forces of the body are activated.

45 min., **59 €**

### **Back massage with South Tyrolean honey**

The use of honey paired with an intense massage of connective tissues supports the detoxifying effect of this treatment. It also contributes to dissolving deep tension.

45 min., **64 €**

### **Oil massage with warm herbal bundles**

A completely new and fascinating massage experience with warm oils and warm herbal bundles to activate the powers of self-healing and regeneration.

50 min., **74 €**

### **Oil massage with hot lava stones**

The heat of the stones, the scent of the aromatic oils, and the massage all contribute to total relaxation of both the body and mind.

80 min., **98 €**

### **Full body draining massage**

Massaging along the lymph channels stimulates the removal of accumulated toxins.

50 min., **71 €**

## Energy treatments

Energy treatments are an ancient form of health care designed to stimulate the body's own powers of healing and generally strengthen the organism. They are based on a holistic concept of the human being and help to restore the balance between body and soul. Please wear a light cotton tracksuit for the sessions.

### Shiatsu

With this Japanese method, the fingers, balls of the hands and elbows are used to exert pressure on the meridians. The treatment triggers relaxation and releases blockages caused by stress, mental pressure and a lack of exercise. The treatment is performed on a futon (cotton mat) on the floor.

50 min., **72 €**

## Modelling

### Pressotherapy

Mechanical lymph drainage with pronounced detoxifying and decongestant effects. Suitable for cellulitis, oedemas, and tired and heavy legs.

Pressotherapy  
20 min., **35 €**

Pressotherapy 6+1  
20 min., **210 €**

## Facial treatments

### Facial treatments with the Terme Merano cosmetic line

Cleansing with milk, peeling, toning, massage and mask.

50 min., **65 €**

### Facial treatment with oxygen and ozone for cell regeneration

Results are visible from the first treatment.

RVB OZONE OXIGEN THERAP is a new cosmetic treatment that uses the combined action of pure oxygen and stabilised ozone, specially designed to stimulate cell activity and the regeneration of the skin tissues. This treatment is extremely effective against the formation of wrinkles, age marks and impurities.

Individual treatment **90 €**  
Package, 4 treatments, **300 €**

### Maria Galland Soin Masque Modelant Yeux

Revitalising and cooling eye mask for the delicate skin around the eyes. Anti-wrinkle treatment with retinol concentrate: eliminates signs of stress and fatigue, and significantly reduces swelling and rings around the eyes.

25 min., **36 €**

**Maria Galland  
Classic facial treatment**

Cleansing, peeling, toning, steam treatment and deep cleansing, with eyebrow correction and depilation of the upper lip as required. Application of active agents, massage and individual facial pack.

70 min., **88 €**

**Maria Galland  
Soin Thalasso Visage**

Maximum skin care and wellbeing, and a unique feeling of lasting freshness. Marine algae extracts have an intensive moisturising effect on the skin.

55 min., **83 €**

**Maria Galland  
Soin Cocon**

Exclusive feel-good treatment for every type of skin. A new lease of life for good looks is created in a cocoon of gauze and foam. The perfect anti-stress treatment. Renew your energies, relax and let us spoil you.

55 min., **83 €**

**Maria Galland  
Soin Profilift**

The innovative lifting treatment for clearly defined and firmed facial contours, and a significant improvement in wellbeing.

55 min., **83 €**

**Maria Galland  
Soin Masque Modelant**

The classic Maria Galland treatment with “power concentrates”. The tried and tested self-warming mask for deep action. Intensive moisturising and effective anti-aging effects, plus regulating properties for impure and sensitive skins.

70 min., **88 €**

**New! Maria Galland  
Mille Lumière**

During this special facial treatment against the signs of aging, exclusive active substances are used, along with a professional mask that imparts a Botox-like effect.

80 min., **112 €**

## Beauty

Eyebrow colouring  
ca. 15 min., 10 €

Eyelash colouring  
ca. 15 min., 21 €

Eyebrow and eyelash  
colouring  
ca. 15 min., 26 €

Eyebrow shaping  
ca. 15 min., 12 €

Pedicure  
40-50 min., 35 €

Pedicure with UV nail varnish  
60-90 min., 55 €

Pedicure with varnish  
40-50 min., 40 €

**New!** Pedicure Deluxe  
(peeling, pack and massage)  
75 min., 60 €

Manicure  
40-50 min., 30 €

Manicure with UV nail varnish  
60-90 min., 50 €

Manicure with varnish  
40-50 min., 35 €

## Beauty for Him

Maria Galland  
facial cleansing for Him  
60 min., 74 €

Manicure for Him  
30 min., 26 €

Depilation back or chest  
ca. 20 min., 26 €

Depilation back and chest  
ca. 40 min., 46 €

Eyebrow shaping  
ca. 15 min., 12 €

## Depilation

Partial  
ca. 30 min., 30 €

Full  
ca. 30 min., 46 €

Full, underarm included  
ca. 60 min., 51 €

Partial, bikini included  
ca. 30 min., 36 €

Partial, bikini and underarm incl.  
ca. 50 min., 46 €

Bikini or underarm  
ca. 15 min., 16 €

Bikini and underarm  
ca. 30 min., 27 €

Arms  
ca. 20 min., 26 €

Upper lip  
ca. 10 min., 9 €

## Solarium

One unit  
max. 12 min., 13 €

6+1 units  
max. 12 min., 78 €



South Tyrolean wool treatment

# Terme Merano's apple-based cosmetics

These apple cosmetics, enriched with thermal water, have been developed using the latest research into natural beauty products. Containing no mineral oils, traditional preservatives or dyestuffs, yet rich in vegetable and mineral active substances, this line is also perfect for sensitive skin types. It is based on the pure active substances of the apple, a characteristic South Tyrolean product. The natural fragrances stimulate the senses, while vegetable oils protect the skin from harmful external influences.

## **Thermal water**

Energy for tired, dry skin

The thermal water contains different mineral ingredients such as selenium, iron, zinc, copper, magnesium and manganese, all of which are involved in numerous biochemical activities of the skin and have a natural anti-aging function. The thermal waters regenerate skin that has been damaged by age, prevent the premature aging of the skin through exposure to the sun and reinforce the skin's natural moisture. The skin is thus toned and glows with a healthy, youthful freshness.

## **Apples**

An effective anti-aging product

Apples are 80% water and 100% effective. They are rich in vitamins C and B, contain calcium for strengthening bones, potassium for toning tissues and zinc for building cells. The polyphenols they contain protect and regenerate, resulting in healthy, beautiful skin.

## **Facial care**

Apple cleansing milk  
150 ml, 22 €

Apple tonic  
moisturising  
150 ml, 18 €

Apple peeling  
smoothing  
50 ml, 23 €

Apple face cream  
- moisturising 50 ml, 32 €  
- nutritive 50 ml, 36 €  
- highly nutritive 50 ml, 38 €

Apple eye cream  
15 ml, 31 €

## **Skin care**

Apple body lotion  
- moisturising, nutritive  
150 ml, 27 €

Apple shower gel  
150 ml, 16 €

Apple bath oil  
150 ml, 19,50 €

Available  
from our  
online shop at  
[www.termemerano.it](http://www.termemerano.it)





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