



THERME MERANO
TERME MERANO

Experience Terme Merano

Price list 15th May 2016 to 14th May 2017



Give a feel-good
voucher as a gift.

Available at Terme Merano
or online at www.termemerano.it

Feel-good facilities for me

From apple lather peeling to steam bath

At Terme Merano, the focus is on your well-being. With such a wide selection of facilities, treatments and possibilities, the only question is: What feel-good type are you?

For quiet relaxers: exclusive spoil-yourself applications

In the Spa & Vital Center, quiet relaxers will find numerous feel-good applications based on pure raw materials from South Tyrol, exquisite cosmetic treatments and attractive packages.

For active enjoyers: efficient programmes for health and fitness

In the Fitness Center, active enjoyers can choose between innovative courses, individual workout programmes and personal training sessions – at attractive subscription rates.

For nature lovers: refreshing variety of water worlds

In the 25 indoor and outdoor pools (15 open all year round and 10 in summer) nature lovers can abandon themselves to the soothing energy of the water, relax in the saunas and steam baths, or sit and dream by the lily pond in the Spa Park in summer.

The following pages offer a convenient overview of the full and extensive feel-good offering from Terme Merano. Further information is available at Terme Merano and from our website at www.termemerano.it.



Opening hours

Children up to the age of 13 must be accompanied by an adult in order to enter the pools.

Sauna use without bathing costumes. Admission from the age of 14. From 14 to 18 years accompanied by an adult.

Terme Merano is open 365 days a year.
 Special openings:
 5th - 10th December, 9 a.m. - 11 p.m.
 24th December, 9 a.m. - 1 p.m.
 26th December - 7th January, 9 a.m. - 11 p.m.
 31st December, 9 a.m. - 5 p.m.

During the Pools & Sauna Special Nights which take place once a month, from November until March, Terme Merano is opened until 12 p.m. (entry until 10 p.m.)

Pools

Indoor pools (bathing ends at 9.40 p.m.)	9 a.m. - 10 p.m.
Park (bathing ends at 7.40 p.m.)	9 a.m. - 8 p.m.

Sauna (sauna ends 9.40 p.m.)

Monday to Friday	1 p.m. - 10 p.m.
Thursday only ladies	11 a.m. - 6 p.m.
Thursday mixed sauna	6 p.m. - 10 p.m.
Saturday, Sunday and national holidays	9 a.m. - 10 p.m.

Fitness

Monday, Wednesday and Friday	9 a.m. - 10 p.m.
Tuesday and Thursday	6.30 a.m. - 10 p.m.
Saturday	9 a.m. - 1 p.m. / 3 p.m. - 8 p.m.
Sunday and national holidays	9 a.m. - 1 p.m.

Spa & Vital

Monday to Sunday	9 a.m. - 7 p.m.
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Bistro

Monday to Sunday	9 a.m. - 11 p.m.
(1 st October until 14 th April opened from 9 a.m. - 7 p.m.)	

Shop

Monday to Sunday	9 a.m. - 6.30 p.m.
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Hairdressing salon Organic

Tuesday to Friday	9 a.m. - 7 p.m.
Saturday	9 a.m. - 5.30 p.m.

Crèche

Monday to Saturday	9 a.m. - 12 noon / 3 p.m. - 6.30 p.m.
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Pools & Sauna prices summer 15th May - 15th September

Daily

Thermal baths

2 hours	13 €
3 hours	14 €
Day ticket	19 €

Thermal baths & Sauna

2 hours	18 €
3 hours	20 €
Day ticket	25 €

Children (4-13 years)

2 hours	9 €
3 hours	10 €
Day ticket	12 €

Fitness &

Thermal baths & Sauna

Day ticket	34 €
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Summer Specials

Family Ticket summer

A family of at least 3 persons (including up to 2 adults and at least 1 child under 14 years) pays € 31 for a day ticket. € 5 is charged for each additional child. This ticket is available every day of the week.

Summer family experience 3+1

At the purchase of this ticket for the price of 93 € you get four Family day tickets for the price of three. Valid for a family of at least 3 persons, including up to 2 adults and at least 1 child under 14 years. 5 € is charged for each additional child.

Midday Ticket (12 noon - 3 p.m.)

Evening Ticket (7 p.m. - 10 p.m.)

These tickets are valid for 3 hours admission on Mondays to Fridays and they are available in sets of 10 at a price of € 65. They give you direct access to Terme Merano without having to queue at the ticket office. The tickets are not valid on public holidays.

Summer Season Ticket

The ticket costs € 430 (50% reduction for children). The summer season ticket is also available in advance sale (until 15th June) at € 335. This ticket is available every day of the week.

Reservations for pools and saunas are not possible.

For children under 4 years the admission is free.

Pools & Sauna prices winter 16th September - 14th May

	Weekdays	Weekends & National holidays
Thermal baths		
2 hours	13 €	15 €
3 hours	14 €	16 €
Day ticket	19 €	21 €
Thermal baths & Sauna		
2 hours	18 €	20 €
3 hours	20 €	22 €
Day ticket	25 €	27 €
Children (4-13 years)		
2 hours	9 €	11 €
3 hours	10 €	12 €
Day ticket	12 €	14 €
Fitness & Thermal baths & Sauna		
Day ticket	34 €	34 €

Winter Specials

Early Swimmer (9. a.m. - 12 noon)

Evening Tickets (7 p.m. - 10 p.m.)

These tickets are valid for 3 hours admission Mondays to Fridays. And they are available in sets of 10 at a price of € 78. They give you direct access to Terme Merano without having to queue at the ticket office. This offer does not apply on weekends, national holidays or from 26th December to 7th January.

Family Ticket - winter (Monday - Friday)

A family of at least 3 persons (including up to 2 adults and at least 1 child up to 13 years) pay € 21 for three hours in the Thermal baths and € 29 for a day ticket. € 5 is charged for each additional child. This offer does not apply on national holidays or during the school holidays in South Tyrol.

Special rates apply from:
5th - 10th December 2016
26th December 2016 - 7th January 2017

Reservations for pools and saunas are not possible.

For children under 4 years the admission is free.

Pools & Sauna all-year offers

Tickets for admission to Thermal baths and Sauna

Saver tickets

Saver tickets are transferable, i.e. they can be used by more than one person. They are available for € 85, € 100, € 150 and € 200 with a reduction of 15% on the normal price of admission to the pools and saunas.

Bonus ticket 10+3

It gives you direct access to Terme Merano without having to queue at the ticket office. Unlike the saver ticket, the bonus ticket is for a specific length of stay, which you select in advance. The bonus ticket can only be used by one person at a time. Available for admission 10 times for 2 or 3 hours or for full-day admission. At the purchase of a bonus ticket of 10 admissions, three additional admissions are for free.

Students discount

With a valid student card, students between 14 and 25 years are entitled to receive a price reduction of 15% on all single entrances. This offer does not apply from 26th December to 7th January.

Garage Terme Merano Centre

For ticket holders for admission to Terme Merano one hour's parking is free on presentation of the parking ticket. For all season-ticket and day-ticket holders (single and family tickets) daily rate 10 €. The parking ticket is not available from 5th December to 7th January.

15 in- and outdoor pools open throughout the year

- main pool 34°C
- brine pool 35°C
- hot and cold pools 37°C - 18°C
- thermal pools with radon 33°C
- children's pool 34°C
- whirlpools 37°C

10 pools open in the park from 15th May until 15th September

- sport swimming pool solar heating 25°C
- non-swimmers' pool solar heating 28°C
- children's pool solar heating 28°C
- bathing trail with kneipp pools 34°C - 18°C
- spring bath 34°C
- flume 34°C
- cold and hot pools 18°C - 34°C
- cold water pool 25°C

The saunas

- Finnish saunas, dry hot air, 90 - 100°C
- Sanarium, biosauna, 45-55% humidity, 60°C
- caldarium, 70% humidity, 42 - 45°C
- steam baths, 100% humidity, 42 - 45°C
- snowroom

Spa & Vital Feeling Good from the Nature of South Tyrol

Packages

New! The original South Tyrolean edelweiss ca. 3,5 h	134 €
New! Scent of apple on my skin ca. 4 h	126 €
SPA à la carte ca. 3,5 h	126 €
Toned contours ca. 3 h	99 €
New! South Tyrolean wine pleasure ca. 3,5 h	95 €
My feel good day ca. 3,5 h	99 €
Sport Counterbalance ca. 3,5 h	96 €
New! Alpine back wellness ca. 3,5 h	81 €
Alpine fragrance ca. 3 h	69 €

Packages for two

Private Spa Suite ca. 5 h	295 €
Relaxation for two ca. 3,5 h	176 €
Time for Twosomes ca. 4 h	225 €
Baths for Two Sissi's organic whey bath for two with a glass of sekt 20 min.	46 €
Wine bath for two in the wooden tub with a glass of red wine or grape juice 20 min.	43 €
Specialities of South Tyrol South Tyrolean wool treatment 50 min.	120 €
2 x 50 min.	180 €
South Tyrolean mountain hay bath 20 min.	39 €

Body peelings

New! Peeling with Lasa marble 20 min.	34 €
New! Peeling with red wine salts 20 min.	34 €
Apple lather peeling 20 min.	34 €
South Tyrolean mountain pine peeling 20 min.	34 €
Baths New! Brine bath with original South Tyrolean edelweiss extracts 20 min.	33 €
Brine bath with South Tyrolean mountain pine 20 min.	33 €
Brine bath with Dead Sea salt 20 min.	33 €
Body packs Original South Tyrolean edelweiss body pack 20 min.	39 €
Apple stem cell body pack 20 min.	39 €
Mountain pine needle oil pack 20 min.	39 €

Fango

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 Per person max. 40 min.	16 €
For two persons max. 40 min.	27 €
Massages Part body massages (back or legs) 20 min.	34 €
Aromatic oil massage with South Tyrolean essences 45 min.	63 €
Relaxing massage with original South Tyrolean edelweiss oil 45 min.	63 €
New! Back-neck-head massage 45 min.	63 €

Special massages

Therapeutic massage 25 min.	38 €
Sport massage 45 min.	67 €
Foot reflexology massage 45 min.	59 €
Back massage with South Tyrolean honey 45 min.	64 €
Oil massage with warm herbal bundles 50 min.	74 €
Oil massage with hot lava stones 80 min.	98 €
Body lymph drainage 50 min.	71 €
Energy treatments Shiatsu 50 min.	72 €

Modellage

Pressotherapy 20 min.	35 €
Pressotherapy 6+1 20 min.	210 €
Facial treatments Facial treatments with the Terme Merano cosmetic line 50 min.	65 €
Facial treatment with oxygen and ozone for cell regeneration Individual treatment	90 €
Package, 4 treatments	300 €
Classic facial treatment 70 min.	88 €

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

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 included 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

1 unit max. 12 min.	13 €
6+1 units max. 12 min.	78 €

Terme Merano's apple-based cosmetics

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 - nutritive 50 ml - highly nutritive 50 ml	32 € 36 € 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 €

Thermal cures The healing powers of water

Inhalations

Steam jet inhalations
We recommend 12 sessions for 10 min.

Aerosol inhalations
We recommend 12 sessions for 10 min.

Micronised nasal douche
We recommend 12 sessions for 10 min.

Prices for inhalations

Initial medical consultation and supervision, 60 €
Inhalations, per session, 11 €

Thermal baths

Medical consultation 60 € and thermal baths 25 €.
We recommend 6 - 12 baths for 15 min.

Fitness Exercise for joy in life

Single tickets (without subscription)

Single ticket ganztäglich gültig 1 session	17 €
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Mini subscription 5 sessions + 1 10 sessions + 3	84 € 169 €
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Weekend Special valid on Friday, Saturday and Sunday 2 daytickets by choice	26 €
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Fitness Card valid for all Fitness-, Aqua- and Body & Mind courses 10 sessions	80 €
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Fitness subscriptions by time of day

Open Pass 9 a.m. - 9.45 p.m.	
1 month	119 €
3 months	267 €
6 months	76 € / month
12 months	65 € / month*

Morning Pass 9 a.m. - 3 p.m.	
6 months	66 € / month
12 months	55 € / month*

Special Pass (students under 25 and persons aged 65 and above)	
9 a.m. - 12 noon	
2.15 p.m. - 5 p.m.	
8.15 p.m. - 9.45 p.m.	
1 month	69 €
6 months	59 € / month
12 months	47 € / month*

Fitness Summer Special 15 th May - 15 th September 9 a.m. - 9.45 p.m.	
4 months	259 €

Fitness & Thermal baths

Silver Card Thermal baths & Fitness daily fitness, 3 h Thermal baths & Sauna once a week	89 € / month*
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Golden Card daily fitness, 3 h Thermal baths & Sauna daily	109 € / month*
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Platin Card daily fitness, day ticket for Thermal baths & Sauna daily	139 € / month*
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Personal Training (4 h / month)	
6 months	272 € / month
12 months	249 € / month

Individual consultation Fitness Check	per test 32 €
Individual technical consultation	152 €
Single Workout with Personal Trainer	46 €

Pilates

Starter package	150 €
Personal Trainer Pilates one-to-one	
1 hour	55 €
5 hours	250 €
10 hours	450 €

* One free extra month
on payment in advance.

Physiotherapy Vital through life

Physiotherapy treatment

1 treatment 55 min.	65 €
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1 treatment 55 min. + admission to thermal baths 3 h	70 €
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3 treatments 55 min. each	165 €
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5 treatments 55 min. each	260 €
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5 daily fitness tickets + 5 free tickets valid for one year after the purchase of 5 treatments	80 €
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Physiotherapy and bathing package 55 min. + admission to thermal baths 2 h	70 €
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Medicinal lymph drainage 55 min.	70 €
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All prices include VAT and apply until further notice.

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Piazza Terme, 9
39012 Merano - Italy
T +39 0473 252 000
info@termemerano.it

www.termemerano.it