

Our MySpa is open daily:

You can always find the current opening hours on our website!

For details and bookings:

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spa@termemerano.it

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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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We use customised Matis cosmetic protocols for our Reponse treatments.

MATIS
PARIS

Reponse Spécifique

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, professional check-up with Skin Analyzer included.

50 mins, 75 EUR

Reponse Flash Lifting & Radiance

Individual express treatment with lifting and radiance effect, with radiofrequency.

50 mins, 89 EUR

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, professional check-up with Skin Analyzer included.

80 mins, 94 EUR

Including radio frequency for extra lifting and radiant skin.

114 EUR

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, professional check-up with Skin Analyzer included.

80 mins, 120 EUR

Including radio frequency for extra lifting and radiant skin.

140 EUR

Skin analysis with Skin Analyzer

The complete professional check-up for your skin, in real time. Our special, high-resolution camera provides concrete data based on scientific parameters, for example on elasticity, moisture, sensitivity, wrinkles and pores, pigmentation, acne and impurities. Perfect as a first step, to improve your skin's appearance..

Skin-Analyzer skin analysis followed by a consultation for your individually tailored skin treatment plan.

30 mins, 45 EUR

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, 72 EUR

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

80 mins, 91 EUR



This treatment focuses on the nourishing active ingredients of our own natural cosmetics – find out more on page 09.

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 mins, 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, 55 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

Body Sculpt

For a light and fit silhouette. 9 technologies for your customised remodelling treatment. Reduces cellulite imperfections, improves skin tone and elasticity, reduces panniculus adiposus, promotes drainage, reduces water retention and stimulates the body's biological processes.

During a free consultation, we will define together the path best suited for you.

1 session 130 EUR

5 sessions 550 EUR

HOT TIP: your desired Softpack application, combined with exfoliation and facial treatment, is available as the All-for-me package on page 13!

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 mins, 49 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
37 EUR

Pedicure
49 EUR

Nail polish
6 EUR

UV polish
20 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

7th heaven for your feet...
Imagine: Peeling, loosening and soothing massage up to the knee, relaxing pack. No, it's really not a dream! Paradise for your feet, feels like floating on clouds...

An all-round programme to pamper you with exfoliation, personalised pack and a wonderful massage.

69 EUR

Solarium and Infrared

Simply radiant! Whether it's the optimised ratio of UVA and UVB rays for intensive, long-lasting skin pigmentation in our solariums or the healthy radiant heat of our infrared cabins, which penetrates deep into the back, shoulder and neck muscles, loosens and relaxes them. Guaranteed to get under your skin and to bring a smile on your face!

**Solarium
12 mins, 13 EUR**

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

MySpa for the home? Well here we go!

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.



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

Plentiful in facets and minerals.
At least as many!

Available at the Terme Merano shop, online and of course in our MySpa, where you can 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 & LIP CREAM

SHOWER GEL
BODY LOTION
BODY OIL
HAND CREAM
THERMAL SPRAY



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 mins, 79 EUR

80 mins, 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 mins, 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, 76 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, 78 EUR

80 mins, 105 EUR

**As a special treat for two hearts, it can also be booked for couples:
50 mins, 156 EUR**

Back, neck and head massage

Individual treatment to relieve tension in the back, neck and head area and to relax the muscles.

50 mins, 76 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, 72 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, 143 EUR incl. 2 hrs in the Pools.

Also bookable for couples: 286 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, 112 EUR incl. 2 hrs in the Pools.

To make a well-being day for one into a well-being day for two: 224 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.

Infrared therapy (40 mins), massage (50 mins), 99 EUR, incl. 2 hrs in the Pools.

Also bookable for couples: 198 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, 162 EUR incl. 2 hrs in the Pools.

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? 324 EUR

Good-feeling-peeling-package

Exfoliation removes old, dead skin cells and skin impurities. Microcirculation is stimulated, thus activating skin renewal. Afterwards, the relaxing Softpack treatment ensures maximum well-being, just like the 2-hour Terme admission! Pure good feeling, right?

Seasonal peeling (detox, regenerating or moisturising) and Softpack application, 50 mins, 89 EUR incl. 2 hrs in the Pools.

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 Pools.

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

Our Pool Suites, 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.

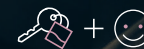
Waterbed, hot tub and steam bath all promise relaxation, with your own shower and toilet and a spa bag containing bath robe, towels and slippers for the necessary all-round comfort.

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 Center
- 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 2 x 30 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 2 x 30 euro gastro vouchers for the self service or sauna bar. Wow, what a great day!



570 EUR

Pool Suite Ladies Day

**Pool Suite for three for
3 relaxing hours, plus a
nice bottle of Arunda Rosé
and a fine brunch plate!**

Ladies, watch out, because this package gives the three of you the perfect day, including all the benefits of the Magic Moments package. And on top of that, you get a fine brunch plate and a bottle of Arunda Rosé to toast with ... Cheers, Ladies!



300 EUR



**Brunch plate for two
in your Pool Suite
30 EUR**

**Romantic package with
candlelight, rose petals and
chocolates
25 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 aromatic bath with a glass of sparkling wine, followed by a full body massage.

“Oh, Sissi!” “Franz!”...

Empress Sissi's aromatic bath, a glass of sparkling wine, followed by a full-body massage with aromatic oil, and 2 hrs in the Pools, approx. 80 mins, 199 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, 209 EUR

Sissi's aromatic bath

You and your partner can enjoy a glass of sparkling wine as you relax like the Empress Sissi in an aromatic bath. So simply relax – and cheers!

approx. 20 mins, 49 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,
55 EUR**

(20 minutes in the hot tub plus post-tub relaxation time)

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 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.

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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

Unfortunately, if you arrive late, we will have less time for your treatment. We hope that you'll understand, that there is no refund or reduction of the 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!