



PALACE MERANO

HEALTH FOR LIFE



Palace Merano
Presentation





| | |
|----|--|
| 2 | Why stay at the Hotel Palace Merano |
| 4 | Location and Hotel |
| 6 | The town of Merano |
| 8 | The Revital method and the 5 elements |
| 14 | 5 departments for health and wellbeing |
| 22 | The Revital line of products |
| 26 | The Revital treatment programmes |
| 28 | Rooms and suites |
| 32 | History |
| 36 | Info and team |



Why stay at the Hotel Palace Merano

Physical and mental fatigue arise from our lifestyles, as our daily activities expose us to a multitude of different stressors that can negatively influence our cognitive abilities and physical performances. Hectic schedules, inadequate exercise and less than optimal dietary choices lead us to an overall deterioration of our health and to excess weight, which can make us susceptible to a whole host of serious health problems.

To combat these risk factors, we advise undergoing a series of preventive treatments designed to boost your health and help your energy levels rise again.

The customised Revital treatments available at the Hotel Palace Merano are designed to eliminate toxins, increase energy levels and begin the process of weight loss.

Detox diet

- Problems related to obesity, diabetes and diet-related metabolic dysfunction
- Cardiovascular problems arising from being overweight
- Problems related to obesity and resultant joint pain
- Begin weight loss

Stress

- Cardiac and circulatory problems
- Hypertension
- Sleep disorders
- Digestive disorders
- Disorders relating to anxiety/depression
- Muscle and joint pain (tension in the back and neck)
- Skin disorders

Anti-age

- Prevention of physical and connective-tissue disorders
- Prevention of accelerated aging processes
- Revitalisation

Health and prevention

- Improvements to overall health
- Recovery of physical and mental fitness
- Immune system boost
- Improvements in Long Covid syndrome



Location and Hotel

The Hotel Palace Merano is located in the spa town of Merano, in the South Tyrol region of Italy, the perfect place for leisure and relaxation. The renowned Palace Merano centre is considered a jewel, not only in Italy's crown, but in Europe's, in part thanks to the extensive renovation work carried out in the past few years. The hotel's surroundings are peaceful and steeped in history. Our attention to detail and the discretion of our staff make the atmosphere refined and relaxing so that all of our guests achieve maximum enjoyment from their stay. The hotel is immersed in nature, with magical views of the mountains that provide the backdrop to the town.



The hotel boasts 99 spacious, bright rooms – of which 30 are suites and 14 junior suites – all with quality furniture, two health restaurants, a tea bar, two terraces overlooking the hotel's botanic garden, a large reception room and a delightful winter garden. Our 6000m² Revital wellness centre boasts its own medical laboratory, wellness space with 26 cabins, hydrotherapy department with 18 separate cabins, fitness centre adjacent to the 16m-long indoor swimming pool, sauna, hamman, Kneipp therapy pool, women's wellness department, 31m-long outdoor pool with water-jet beds and bar service.

Ample parking with CCTV surveillance and electric-car recharging points complete our services. The hotel can be reached in just under four hours by car from Zurich, southern Germany, Milan and Venice.





The town of Merano

Nature, energy and culture are the keystones of any stay in Merano. The Passirio river flows briskly through the town, imbuing it with its vitality. When guests walk along the riverside, they feel rejuvenated and more like themselves again thanks to this contact with nature, while taking in the mountains rising majestically around the town.

Merano is also a town with a wealth of history: when meandering around the ancient streets in the town centre, it's easy to come across historic buildings, some of which house elegant boutiques for your fashion needs. Merano has been considered a spa resort since 1830, and at the end of the 19th century was one of the hotspots of Europe. The mild climate and gentle transitions from summer to winter have long made it the ideal place to come to recover or boost your health.



The Revital programme

With the Revital – Detox for Longevity programme, the Hotel Palace Merano has forged new frontiers in detox concepts. **Detox – Prevention – Anti-aging** are the foundation stones of this method. The principal objectives of our treatments are: to improve quality of life, enhance physical and mental performance and, last but certainly not least, ease the aging process. The Revital method is applied adopting a holistic vision of the guest, with a strong focus on the uniqueness and individuality of each person.

Our medical team closely analyses the interaction of various factors which influence the natural aging process. Our biological age depends strongly on our lifestyle, habits, diet, stress and whether or not we get enough physical exercise. TCM (Traditional Chinese Medicine), medical technologies and Western medical practices together form the basis for boosting patients' vitality and re-activating their bodies' natural ability to heal.

Our **customised wellness treatments** are intended to be **preventive** in nature and are designed to **detoxify** the body, allow it to **regenerate** and **encourage an increase in vital energy**:

- Your metabolism is stimulated, your digestion improved, your muscle tone enhanced and your skin firmed.
- Your quality of sleep is optimised, which in turn improves your quality of life.
- Our dieticians help you to change unhealthy eating habits.
- Your circulation and lymphatic drainage are improved through weight loss, while your peripheral and vital organs receive more oxygen and nutritional substances.
- Your immune system is strengthened.
- All these positive influences improve brain function.



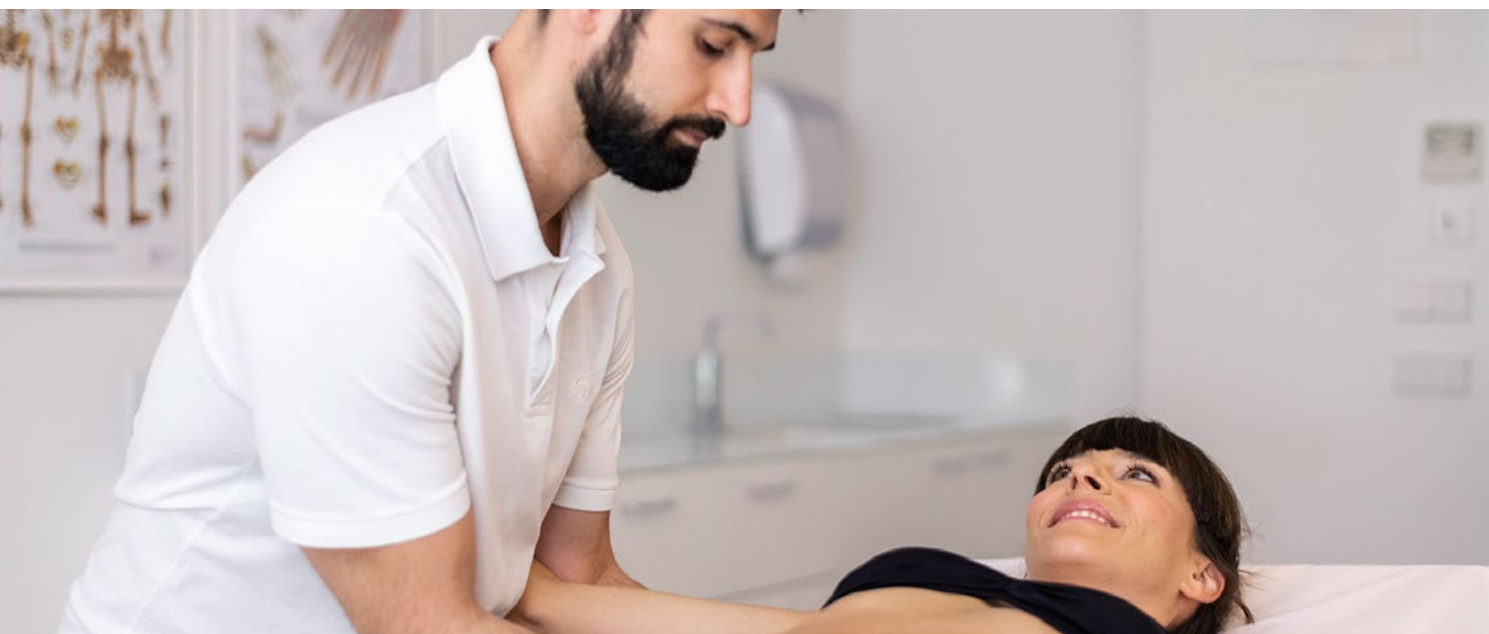
Detox – for maintenance of health

We've been developing tailor-made treatments designed to detoxify the body for over twenty years. Our treatments are adapted to the individual needs of each person and aim to purify and rejuvenate the body at the same time as enhancing their vitality and health.



Prevention and revitalisation – to promote longevity

Aging is a natural process which cannot be reversed and happens to all human beings – it's part of being alive. We can't choose whether to get older or not, but we can choose how to age. The preventive treatments supervised by our staff aim to help your body through this process in order to promote longevity and improve your quality of life.

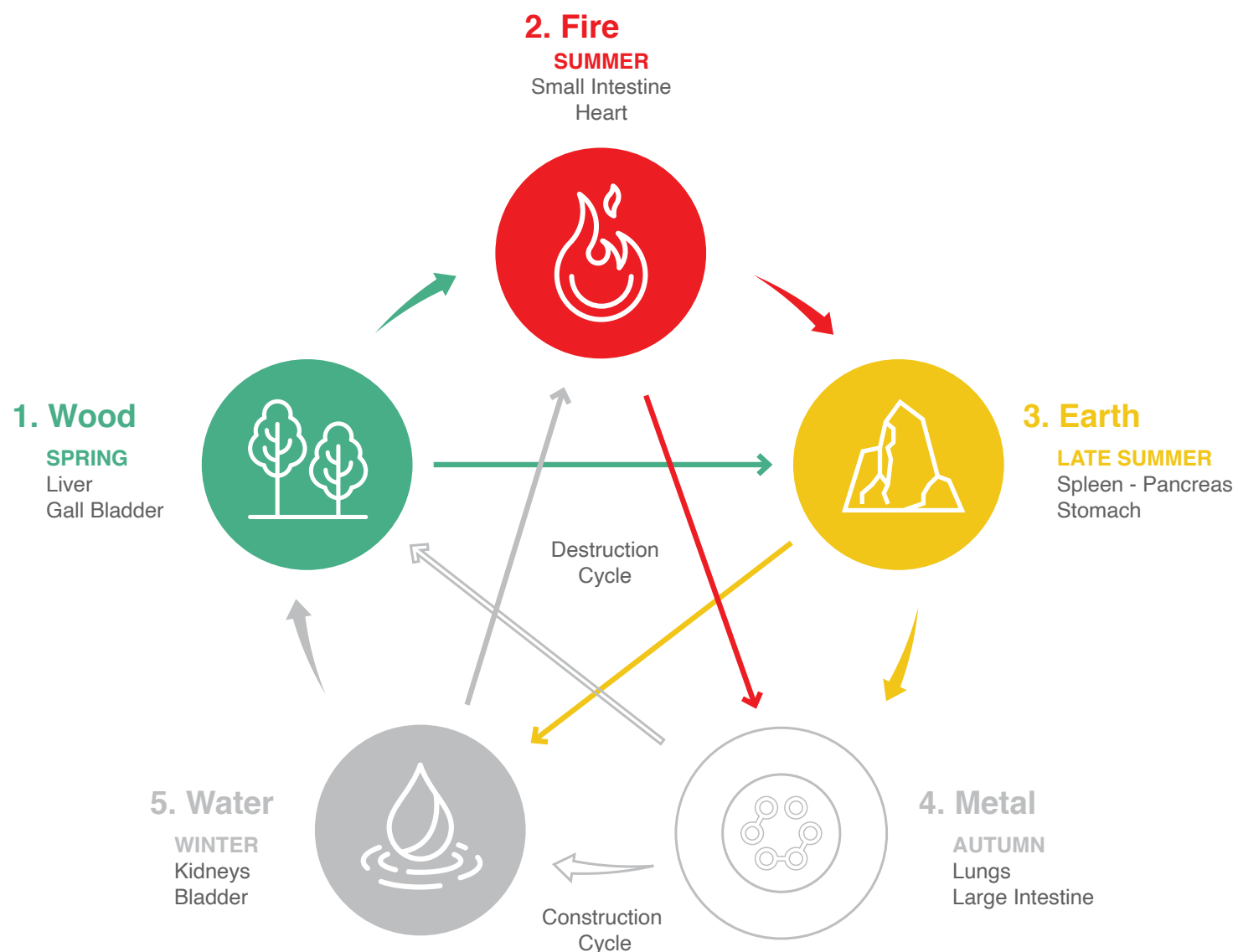


Innovation, research and development

The screening performed at our in-house laboratory, backed up by cutting-edge diagnostic tools, allow us to quickly establish the patient's state of health and provide targeted treatment programmes. We can assess haematological and blood-chemistry tests, analyse the patient's gut flora, their vitamin structure and fatty acid profile, as well as checking the hormonal parameters for aging in order to combat premature cell aging and any problems of genetic origin. Assessment of toxicity levels in the patient's body, bone density, the distribution of fat and muscle mass, and the basal metabolic rate are vital analyses which allow us to establish the most appropriate treatment and the individual diet to follow after the period of treatment, when the patient returns home.



Lastly, the Lyopharm R&D laboratory in Bolzano provides the finishing touch to this extraordinary process of revitalisation. In recent years, the laboratory has conducted intensive research in order to guarantee the highest standards of quality and to create lines of cosmetics, nutritional products and treatments. **Our goal is to offer our guests a service which continues at home so that they can, carry on enjoying our excellence and maintain the state of health and wellbeing they have achieved** during their stay at the Hotel Palace Merano **for as long as possible.**



Each of the five elements has certain distinct characteristics, and manifests in the human body and human character in different ways; each individual is dominated by one element in particular. Identifying these characteristics plays a vital role in tailoring the Revital treatments to individual needs and giving personalised advice.

The 5 Elements

The Revital Method is inspired by the principles of Traditional Chinese Medicine, an ancient holistic discipline, which we integrate with the most advanced techniques and practices of Western medicine.

According to Traditional Chinese Medicine, there are five forms of energy found in nature, known as “elements”: wood (the green element – the liver), fire (the red element – the heart), earth (the yellow element – the pancreas), metal (the white element – the lungs) and water (the grey element – the kidneys).





5 departments for health and wellbeing

Five departments, a highly qualified team of experts, customised applications and innovative methods are at the service of your health. We will be happy to walk with you along your path to a healthier lifestyle.

1. *REVITAL HEALTH*

Before beginning treatment, each patient undergoes a number of medical examinations and targeted tests in order to evaluate their overall state of health and to structure the various treatments according to their individual needs.



Health

- Evaluation of the level of organic toxicity
- Biological analyses (in-house laboratory)
- Bone and body densitometry (DEXA Scanner)
- Nutritional advice
- Colonic irrigation
- Osteopathy
- Massage and physiotherapy
- Recovery therapy (IV drip)
- Oxygen-ozone therapy
- Help with Long Covid syndrome



Nutrition

If you want to keep up a healthy lifestyle, you have to eat right. Eating the wrong foods or an unbalanced diet leads to the accumulation of toxins in the body, which weigh it down and compromise its performance levels. Bad habits and advancing age intensify this process and lead the body into a gradual decline. The Revital method and the Revital Detox for Longevity programme combat this imbalance by helping your body to detox correctly. The diet plans include only plant-based foods, with protein coming from legumes and algae; they contain no salt or saturated fatty acids and are packed with antioxidants.

Our team of expert chefs ensures that the base materials are all top quality, and they use local, seasonal produce as far as possible. Thanks to the delicate preparation methods and innovative cooking methods, the nutritional elements in these healthy foods are preserved, together with all their flavour. At the Hotel Palace Merano, our nutritionists will work with you to draw up your tailor-made diet, based on the principles of either the Revital Detox diet – closely tied to the Revital Detox programme – or the Bio-Light diet. A combination of the expert advice from our team and the weekly cookery classes will guide you through the discovery of new cooking methods, nutritional principles and better combinations of ingredients so that you can recreate these incredible recipes at home.



Aesthetic Medicine

Any problem areas in your body can be positively impacted by Aesthetic Medicine treatments. Our anti-age specialists will be happy to advise you on the latest laser technology methods for lifting, mesotherapy and spot applications of platelet-rich plasma. Aesthetic correction using hi-tech procedures based on ultrasound and radio frequencies to firm the required part of the body and rejuvenate your skin is also available. The aesthetic medicine doctor will analyse your individual needs, and use cutting-edge instruments and the utmost professionalism in order to provide personalised, targeted improvements to your looks and help you feel better about yourself.



Oxygen-ozone therapy

This method consists of oxygenating the blood (increasing its oxygen saturation), improving the elasticity of the red-blood-cell walls and enhancing their ability to bond with oxygen and therefore carry it to tissues all around the body. This leads to an improvement in blood circulation and the oxygenation of all body tissues, with consequent optimisation of their functionality. In essence, it's a way of rejuvenating and regenerating the body, with improvements to mood, muscle tone, physical stamina and energy levels. Moreover, the blend of oxygen and ozone stimulates the release of certain substances (interleukins and other cytokines) into the blood which provide a powerful stimulus to the immune system, correcting and boosting our body's immune responses.

2. *REVITAL BIOENERGY*

Our **Bioenergy** department is responsible for carrying out diagnostic tests and measuring the energy levels in patients' bodies, with particular focus on their internal organs.

CHECK-UP: the device works on the central nervous system and provides an overview of the balance of energies in the patient's body, taking into consideration the biochemical, physical and emotional factors in their overall state of health.

TEST EXPERT PLUS provides a targeted bioenergetic diagnosis. The device looks at each organ in turn, finding energy imbalances along the meridians and stimulating the "control points" with a non-invasive electroacupuncture technique.

SELECT is a bioresonance device which uses electromagnetic waves to work on the energy currents and vibrations in the cells in order to activate the body's natural self-healing powers.

RESONAX: on an energy level, this device helps free "energy blockages" and enhance the flow of vital energy along the meridians.



3. *REVITAL HYDRO-MUDTHERAPY*

Hydrotherapy is administered in 3 stages:

- A 20-minute full-body hydromassage enriched with essential oils and plant extracts provides a delightful feeling of relaxation. Increases and decreases in the water temperature and pressure stimulate the vasodilation and vasoconstriction of the blood vessels.
- After the hydromassage, tailor-made mud packs containing pure microalgae and herbal essences are applied. The clay helps draw out toxins through the pores, the effect intensified by the pleasant warmth emanating from the Soft-Pack® bed enveloping your body.
- Lastly, your body is given a massage with the targeted use of a water jet, using a special technique which stimulates circulation.

4. *REVITAL SPA*

Wellness

Drain, detox and stimulate healing, using the methods and products developed by the Hotel Palace Merano. The exclusive treatments and therapeutic massages applied to the Revital Method are designed to help you regain your ideal weight naturally.

Our face and body treatments are tailored to our guests' specific needs and applied locally to combat cellulite or obesity, or to ward off cell aging by stimulating the body's natural collagen production. Traditional beauty treatments, such as manicures, pedicures and body peels are also available.



Fitness

Getting the right kind of exercise supports the purification and rebalancing process. With the help of personal trainers, the various training modules can be put together in accordance with your specific needs, perhaps, for example, exercises to improve posture, balance, and the coordination of strength and stamina. Our next-generation equipment and the beautiful view over the park from the gym make the fitness programme a pleasant and motivating experience. An array of outdoor activities is also available, such as excursions into our natural surroundings to give you newfound wellbeing.



5. *RESEARCH AND DEVELOPMENT*



In recent years, the Hotel Palace Merano has set up its own research and production facility to develop health foods. The LYOPHARM laboratory is situated in Bolzano and specialises in the production of proteins and peptides distinguished by their impeccable purity and quality.





The Revital line of products

The new Revital line of herbal infusions



The Revital tisanes and herbal teas are all made from natural ingredients, using the highest quality, organically grown medicinal herbs. The extraordinarily beneficial properties of these teas make them perfect for a moment of relaxation or a light detox, helping your body to maintain health and balance over time.



The new line of cosmetics: Revital – Detox for Longevity

The Revital cosmetic products have been designed to complement the Revital method, which aims to enhance strength, health and longevity. Innovative formulas and technologies are used to satisfy every individual need. The cosmetic line is produced in Merano, using top-quality base materials.



The products are packed with active principles produced exclusively by nature, such as spring water from the Alps, high-quality base materials and plant extracts, Breton algae, essential oils and the purest clays. The products are not tested on animals, and are free from silicone, synthetic colours and perfumes, parabens and petroleum-based substances.



Revital 3days@home kit

The kit contains portion-sized freeze-dried foods, all produced at our Lyopharm laboratory. Every day, the patient can enjoy eats a purée (broccoli and cauliflower, green beans, artichoke), a creamy soup (asparagus, pumpkin, leek) and something sweet (berries, stewed apple, stewed pear).

The meals are given extra flavour by the use of herbs. Our medical staff are available to our guests even after their stay, if they need any tips or answers to questions. This way, the beneficial effects of the treatments received at the Hotel Palace Merano can be prolonged.



The new Element-based herbal infusions

Each of the new Revital freeze-dried infusions has been designed to stimulate the drinker's prevailing Element (green/wood – red/fire – yellow/earth – white/metal – grey/water). Containing the highest quality natural products, the infusions have been prepared using a freeze-drying process which allows the nutritional properties of their ingredients to remain intact. They're versatile, functional and are easily transported for use at work or when travelling.





The Revital treatment programmes

Revital Detox for Longevity

Under the guidance of doctors and other healthcare professionals, the REVITAL DETOX programme is designed to strengthen and detox the patient's body and correct their unhealthy habits. The treatment includes an assessment of their level of organic toxicity, a detox diet plan, hydro-mudtherapy and drainage treatments, targeted therapeutic massages and bioenergy treatments aimed at bringing physical and mental energy flows back into balance.

In order to preserve their new-found vitality and wellbeing beyond the patient's stay, the programme also includes natural food products from our Lyopharm laboratory to eat at home.

To maintain this level of wellness, the programme should be repeated at least twice a year.

Detox Revital & Sport

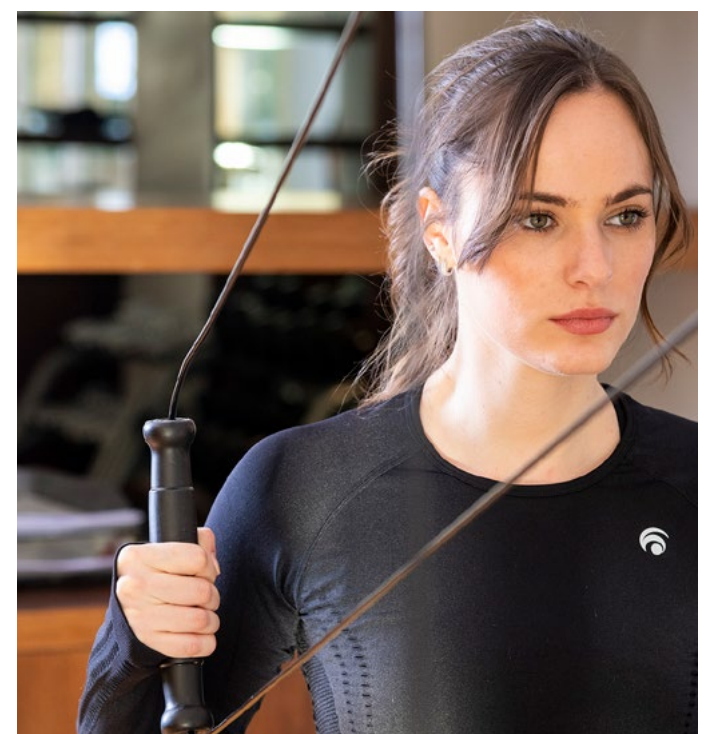
The Detox Revital & Sport package is based on the Revital Detox for Longevity programme, with the addition of daily sporting activities with a personal trainer or such as long walks in the open air and excursions to the mountains. This package is suitable for anyone who wants to feel more energy and vitality. The doctor in charge of the programme administers vitamin-rich IV drips as part of the package.

Revital Spa Wellness

This programme provides complete regeneration and vitality. This week-long package focuses on relaxation and is suitable for anyone who wants to improve their physical and mental wellbeing. The mainstays of this programme are daily deep-tissue and muscle massages, hydro-aromatherapy sessions, mud packs and pressurised water jets. The Bio-Light diet plan completes the package.

Revital 3-day & 4-day programmes

These programmes allow you to experience the Revital method in a shorter timeframe.





Guests who travel alone can choose between the Comfort single rooms (with views of the surrounding mountains) or Park Deluxe single rooms (with a private balcony overlooking the hotel grounds). The size of the single rooms ranges between 22-25m². The spacious double rooms in the Comfort, Park Superior and Park Deluxe categories have relaxing views of the mountains around Merano and the hotel grounds. The size of these rooms ranges from 30-35m².



Junior Suites are available in the Comfort, Park Deluxe and Panorama categories. Various sizes and configurations are available, the common factor being that they all contain a small living-room area. Depending on the category, guests can enjoy views of the mountains around Merano, or the hotel grounds – in this case with a terrace or balcony. The floors are in natural wood. Junior Suites measure between 35-40m².

Rooms and Suites

The hotel's 99 rooms are divided into 23 singles, 32 doubles, 14 junior suites and 30 suites. Since 2020, the hotel has also boasted two luxury suites in the Castle. All of the rooms are spacious, bright and have a private bathroom furnished in marble, along with everything guests need for relaxation.



All the **Panorama suites** are on the 6th floor and have large windows letting in plenty of natural light. They come in a variety of sizes and layouts and most have a separate drawing room so that guests can kick back and relax in their room. The suites overlook the centre of Merano and the surrounding mountains. Breath-taking views can be enjoyed from the terrace.



The **luxurious Palace Comfort suites** face onto the town of Merano and the surrounding mountains. The Palace Park Superior suites overlook the botanic garden. Guests staying in these suites can enjoy the view from a private balcony, while the drawing room is spacious and comfortable. The Palace Park Deluxe suites are located on the first floor and enjoy a large terrace with views over the grounds.

Luxury Suites

The **Sissi Imperial Suite** is on the fourth floor and is an elegant suite in the style of Empress Elisabeth of Austria. It comprises two bedrooms, a dining room, and a separate drawing room with writing desk, and provides every possible comfort. The total area of the suite is between 80 and 120m².



The new Castle Rooftop Suites.

Since 2020, the Hotel Palace Merano has been proud to offer a further two categories of exclusive room – the Castle Rooftop Deluxe Suite and the Castle Rooftop Comfort Suite. The Deluxe suite measures 137m² and offers breath-taking views over the grounds and beyond to the surrounding mountains. It comprises a spacious drawing room, two bedrooms (which can be taken separately) and two private bathrooms, both with natural light.



The **Comfort Suite** measures 58m² and features views of the surrounding mountains. It has a spacious drawing room and separate sleeping area. Carefully blended, muted colours give a special feel to the fully air-conditioned spaces. Guests can reach the spa area with total ease, thanks to the direct connection provided by the elevator.





History

The Hotel Palace Merano is one of the last surviving hotels from the Belle Époque in Merano and the original building is still intact. Over the past century, many illustrious personages have graced the hotel with their presence.

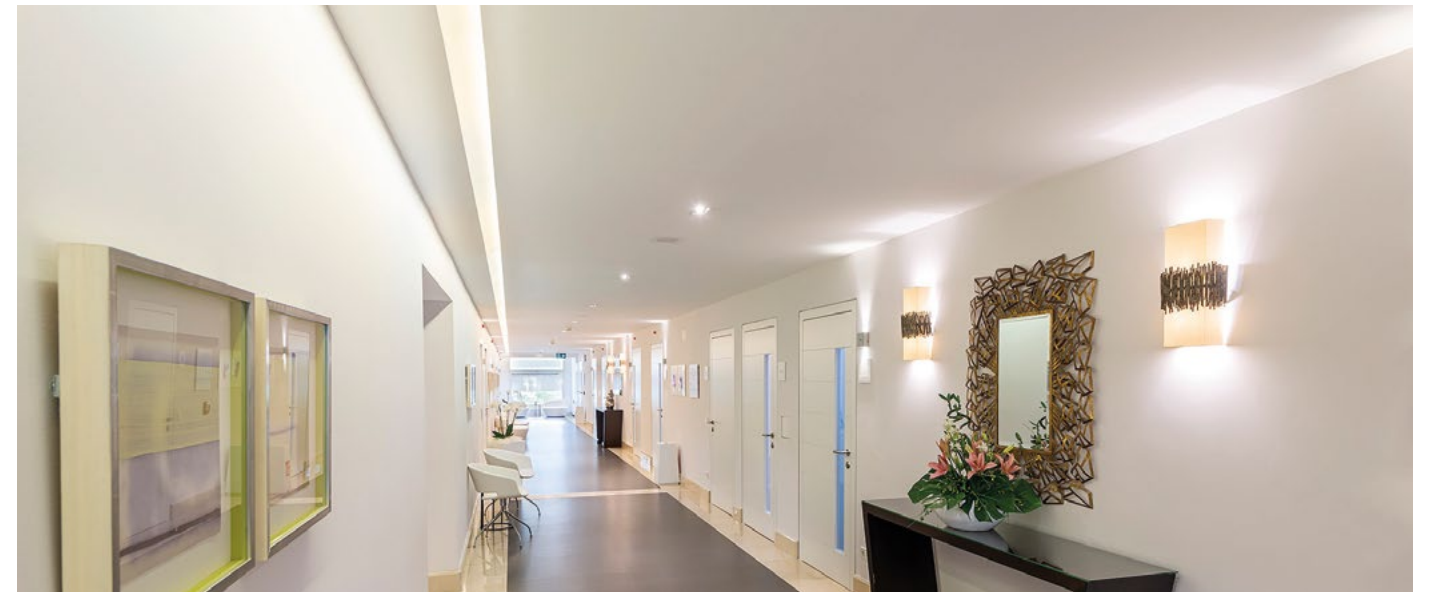
The Hotel Palace Merano's story began in the nineteenth century, when the renowned builder Peter Delugan purchased Castle Maur and its grounds. He decided to build a luxury hotel that would attract European aristocrats. The hotel was built in the record-breaking time of just 18 months; at the time, it counted 150 rooms for a total of 200 beds and its doors opened in March 1906.



The story of Castle Maur, of which the first documented evidence dates back to 1285, is closely intertwined with the story of the hotel. The castle changed owners seven times before entrepreneur builder Peter Delugan bought it in 1905. In 1929, the passage connecting the castle to the hotel was created.

During the Second World War, the hotel was transformed into a military hospital, leading to its temporary closure. After the end of the war, a number of intrepid citizens of Merano took charge of this highlight of the town and started it up as a hotel again.

In 1972, extensive restoration work was undertaken: the viewing terrace was extended, the kitchen enlarged and the wellness area on the ground floor was renovated. This was also when the outdoor swimming pool was constructed and a number of new rooms and suites were created.



In late 2005, the hotel was taken over by entrepreneur Pietro Tosolini. We have him to thank for the investments which led to the renovation of 99 rooms and suites, as well as the communal areas such as the pool, fitness centre and spa. In the past few years, further work has been carried out to make the Hotel Palace Merano a flagship not only for Italy but for the whole of Europe. The Revital area was completely rebuilt and now boasts 32 cabins for guests to enjoy within a total area of 1500m².

In 2020, two luxury Rooftop suites were built in addition to the already existing suites. An internal elevator connects the suites directly to the spa area, allowing guests direct, private access to the various treatments.



Old and new, tradition and modernity co-exist side by side in all the rooms in the hotel. The furnishings, the sumptuous upholstery and the contemporary details make this hotel positively enchanting. These innovations, together with the new methods dedicating to achieving longevity, help make the Hotel Palace Merano a leader in preventive healthcare, particularly in the field of detox, rejuvenation and wellbeing. Our high standards of quality were recognised in 2019 by the Swiss magazine "Bilanz", which judged the Hotel Palace Merano as the "best health hotel in the world".



Info & Team

Overview of the prices of the programmes, treatments and full-board accommodation (2023 prices)

Revital programmes 6 days

- Detox for Longevity:** : € 4,050.00, plus mandatory medical exam €302.00.
(To aid continued health at home, the “Revital 3 Days@home” kit is included in the price.)
- Detox Revital & Sport:** € 4,850.00, plus mandatory medical exam €302.00.
(To aid continued health at home, the “Revital 3 Days@home” kit is included in the price.)
- Revital Spa Wellness:** € 3,150.00, plus mandatory medical exam €112.00.

Revital 3-day & 4-day programmes

- 4 days - Revital Detox for Longevity:** : € 2,650.00, plus mandatory medical exam €212.00.
(To aid continued health at home, the “Revital 3 Days@home” kit is included in the price.)
- 3 days - Revital slow ageing face or body:** € 2,050.00, plus mandatory medical exam €112.00.
- 3 days - Revital remise en forme:** € 1,800.00, plus mandatory medical exam €112.00.

Room categories

- Comfort:** Rooms and suites on the town side, with mountain views.
- Park:** Rooms and suites on the park side.
- Panorama:** Suites on the 6th floor with panoramic views.
- Castle:** Suites in the adjacent Castle Maur building

| | Single room | Double room single use | Double room | Junior Suite | Junior Suite Panorama | Suite Palace | Suite Panorama | Suite Castle | Suite Castello Rooftop | Suite Imperial Sissi |
|-----------------|-------------|------------------------|-------------|--------------|-----------------------|--------------|----------------|--------------|------------------------|----------------------|
| Comfort | € 360,00 | € 540,00 | € 570,00 | € 640,00 | € 780,00 | € 670,00 | € 980,00 | € 800,00 | € 825,00 | – |
| Comfort Terrace | – | – | – | – | – | € 715,00 | – | – | – | – |
| Park Superior | – | € 620,00 | € 650,00 | – | – | € 1080,00 | € 1080,00 | – | – | – |
| Park Deluxe | € 480,00 | € 650,00 | € 680,00 | € 770,00 | – | € 1.210,00 | € 1.210,00 | € 1050,00 | – | – |
| 1 bedroom | – | – | – | – | – | – | – | – | € 1.380,00 | € 1.550,00 |
| 2 bedrooms | – | – | – | – | – | – | – | – | € 1.950,00 | € 2.150,00 |

How to get here

By plane:

Bolzano, Verona, Innsbruck, Munich, Venice or Milan airport. A shuttle service is available for a fee from/to Venice airport on Fridays, Saturdays and Sundays (for Air France flight).

New connections between Bolzano airport and London Gatwick – Hamburg – Berlin – Düsseldorf – Brussels – Rotterdam – Copenhagen airport.



By car:

From the A22 Brenner motorway, take the “Bolzano Sud” exit and follow the dual carriageway to Merano (ME-BO).

By train:

A local train connects Merano with the main station in Bolzano.



The **hotel limousine service** with Mercedes S Class or minivan is available for hotel or even home pick-ups (for a fee).

Our team

Our long-standing team is made up of approximately 120 staff members and 60 freelance professionals.

Management:

General Manager - Dir. Maximilian Newiger

Revital Manager - Dr. Massimiliano Mayrhofer

Health Manager - Dr. Silvano Mascadri

Managing Director - Dr. Alex Huber



Bookings

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