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PALACE MERANO

HEALTH FOR LIFE


REVITAL
 DETOX FOR LONGEVITY

*Health
for Life*

The spirit of well-being

Dear guests,

It is always a great pleasure for us to welcome you here as our guests in the lovely city of Merano.

Merano has been a spa town since 1830 and is one of the most important health resorts in Europe. It has a mild climate all year round and is, therefore, the ideal place to wind down from the stress of daily life and regenerate with the **Palace Merano Hotel's personalised Revital Detox programmes**.

The Revital preventive treatment programmes are aimed at eliminating toxins, recuperating energy and initiating weight loss. Thanks to the staff of medical professionals, therapists and nutritionists who have been working together for more than 20 years, you will be able to regain a healthy balance and new vital energy.

A correct diet is essential for staying healthy for as long as possible. At the Palace Merano, you will learn how to change bad habits through an exclusive and unique nutritional concept. The **Revital Detox diet only uses fresh seasonal vegetables packed with natural vitamins and antioxidants** aimed at eliminating all the built-up toxins from the body.

Chef **Günther Pirhofer's** team will delight your palette with delicious, healthy dishes.

During your stay, you will have the chance to learn some of the amazing recipes and new cooking methods through the cookery courses on offer, so you can maintain a healthy intake of nutrients.

The Revital cosmetic line has been enhanced with an expanded range, including the **new Hydra Essential Velvet face mask and Thermoactive body cream**. Revital hydro-mud therapists and specialists use unique professional products featuring a combination of interactive substances, such as South Tyrolean spring water, natural phytoextracts, seaweed and pure clays from Brittany.

Welcome to the Palace Merano Hotel - all the staff look forward to making you feel at home!



STRESS AND REVITAL TREATMENTS

What is stress? Are there different types of stress? Can stress be positive for the body or does it only have a negative effect?

It should be made clear that stress, in itself, is neither good nor bad for the human body. **On the contrary, without stress there would be no human race.** In fact, even though today it has negative connotations, stress is, in fact, a normal physiological response and considered positive in the evolutionary history of the human species.





Stress is not always negative. It can be good for you and so, is called *eustress* or it can be harmful and become a *distress*.

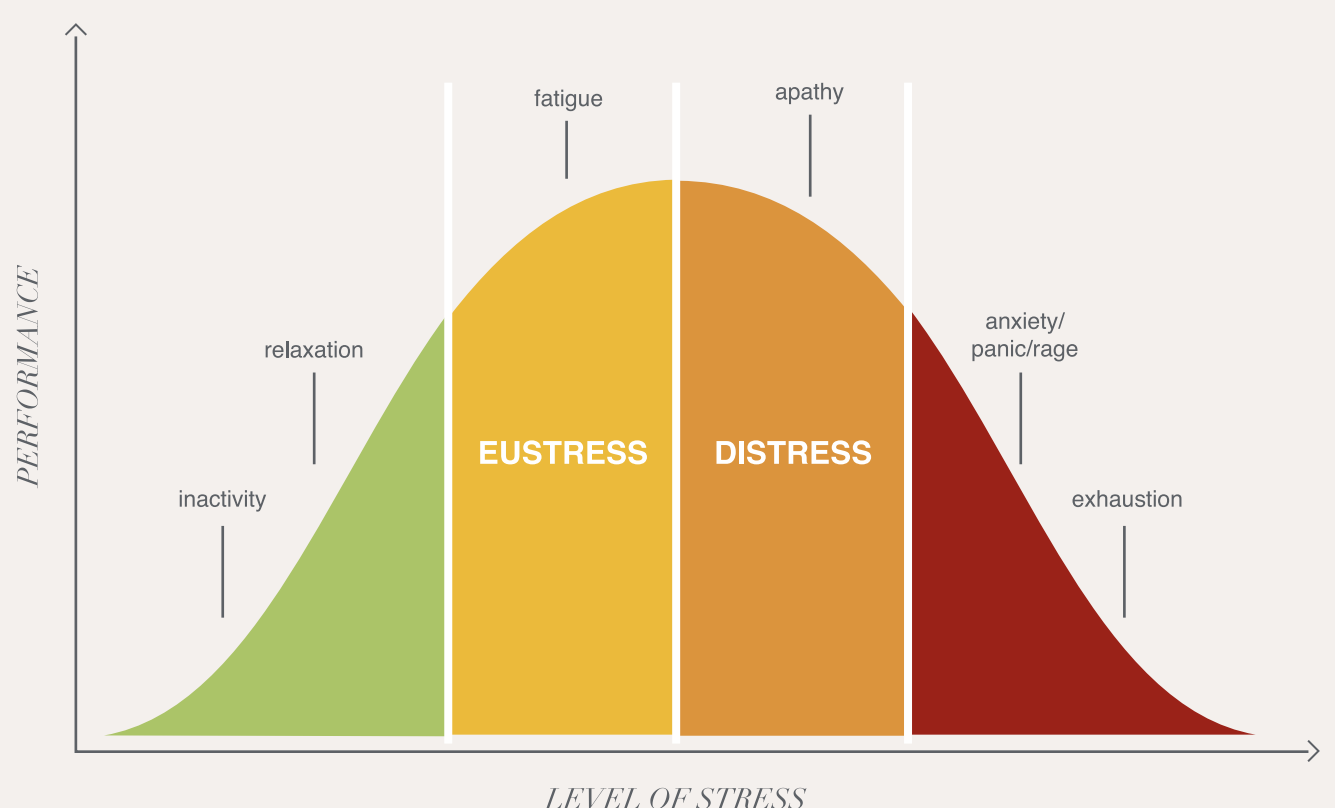
What distinguishes positive stress from negative stress is the degree of insecurity. In other words, stress is positive when it is desired. It gives us the feeling of being in charge of our environment and thus boosts vitality which is indispensable to life, and is manifested in the form of constructive and interesting environmental stimulation. The so-called “stress reaction” helps us to

physically and psychologically prepare to face a challenge. Stress can be a good thing when, in the right measure and for limited periods of time, it helps us to overcome the inevitable crises that life presents us. So, if the “**stress reaction**” generates energy, enthusiasm and a sense of purpose, it is a good thing because it increases an individual’s overall health. ***Eustress keeps us healthy and happy.***

Vice versa when stress is unwanted, unpleasant and accompanied by feelings of insecurity, unease and apprehension, **it is negative and called *distress*.** Negative stress is unpleasant, for example when you don’t know how to act and you regret not being able to take charge of the situation and become anxious. Examples of *distress* are when it causes major emotional and physical upsets that are difficult to resolve.

STRESS CURVE

-  **Low stress** (useful for recovery)
-  **Functional stress** (it can be positive or negative and is good for performance)
-  **Dysfunctional stress** (it weakens the organism by debilitating physical and mental resources)
-  **Burn-out** (it can trigger real stress-related illnesses)



But what happens to the body in situations like the ones we have to face every day?

The body only has one purpose: to make sure that the individual is in the best condition to face a difficult or uncertain situation. It must be able to fight if the adversary is weak or the stress is manageable but flee if the adversary is stronger or the stress is unmanageable. Our body must, however, be ready to best cope with any situation.

The number of stressful events and their duration can be considered a good predictor of your health or the onset of problems. Negative effects occur when

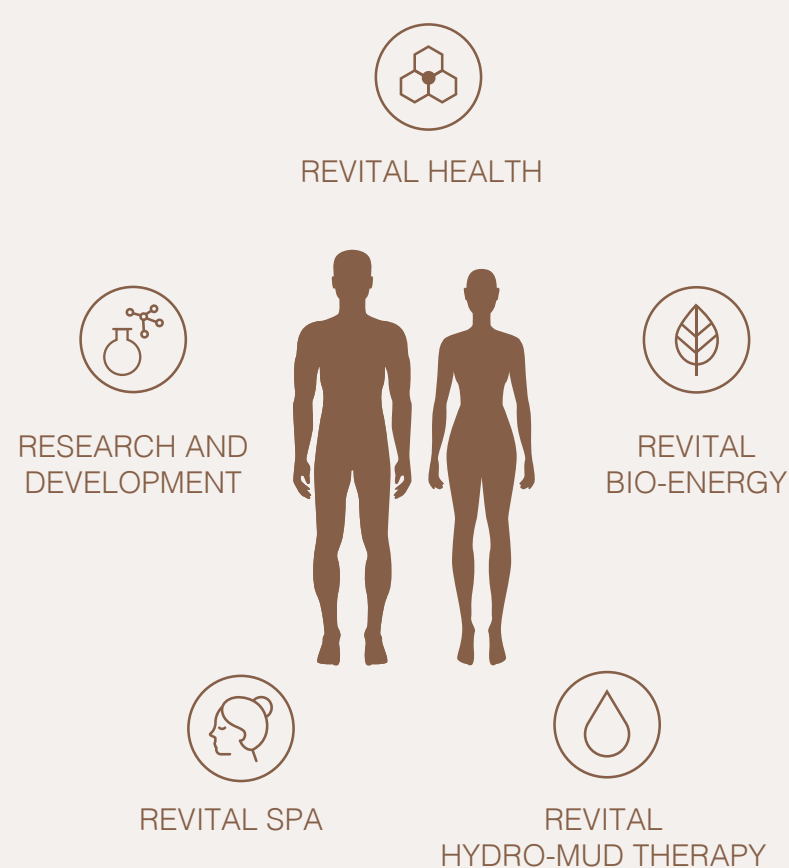
there is an imbalance between the demands of the environment and the subjective ability to meet them.

People subjected to permanent stress are 45% more likely to develop type II diabetes, have a weaker immune system, increased blood pressure, crave sweets and sugar while increased cortisol in their blood reduces libido and sexual activity.

The origin of physical and mental fatigue can be pinpointed in the lifestyle we lead, in daily life that exposes us to multiple types of stress that can positively or negatively affect our cognitive abilities and physical performance.

To combat these risk factors, a series of preventive treatments are recommended to boost your health and get you back to your best form.

The personalised Revital treatments at the Palace Merano Hotel are aimed at **reducing negative stress / eliminating toxins / initiating weight loss** and restoring the body's energy to its maximum and thus, reactivating the body's self-healing processes in a balanced manner.



The metabolism is stimulated, the digestive process is improved, muscle tone is invigorated and the skin firmed up.

The quality of sleep is optimised which, in turn, improves the quality of life.

Dieticians help to change unhealthy eating habits.

Blood and lymph circulation improves thanks to weight loss. The body's peripheral and vital organs receive more oxygen and nutrients.

The immune system is reinforced.

All these positive influences improve brain and physical functions.



THE ACID-ALKALINE BALANCE AND REVITAL DETOX DIET

Thanks to buffer systems, the body is able to neutralise excessive levels of acid and alkaline while maintaining a balanced pH.

The standard pH scale varies from 0 to 14: 0 indicates complete and absolute acidity while 14 indicates total alkalinity. **pH 7 is neutral.** Very few substances in nature are truly neutral.

Within the body, pH varies greatly depending on the different environments and regions responsible for various functions.

The values that are compatible with the body vary from 6.8 to 7.8.

The pH of the body's internal environment is a good indicator of the potential health of the fluids inside and outside the cells. **Life unfolds along this scale.**

A healthy body can cleanse itself adequately, provided that these systems are not overloaded with excessive doses of toxins and catabolites (acidic debris from cell metabolism).

The alkaline pH of pancreatic juice, for example, is used, on the one hand, for the proper functioning of the other enzymes involved in digestion and, on the other hand, to restore the acid-base balance that occurs with the secretion of acid in the stomach.





In order for the body to remain healthy for as long as possible and avoid disease, it must be able to maintain a stable pH. For example, a diet that is excessively rich in acidic foods will exhaust physiological buffer systems, which may be unable to cope, thus creating acid saturation. **Cell congestion will then lead to a change in the body's biological terrain**, and with the weakening of the immune system, the door to chronic and degenerative diseases will be opened.

This does not mean that we should eliminate all acidic foods, but it is very important to eat a balanced diet and to introduce food that provides sufficient vitamins, trace elements and antioxidants (fruit and vegetables) to counteract any acidic environment (e.g. a dinner out with meat, wine and coffee).

Signs that our body is too acidic

Lack of energy

Food intolerances and allergies

Being overweight

Muscle, bone and joint pain

Gum disease and bad breath

Frequent inflammation of the respiratory tract

Dull complexion and dry skin

Constipation and bloated abdomen



The foods that can **cause excessive acidification** are white sugar, refined flours, processed foods and the excessive consumption of meat, coffee and tea.



Seasonal, fresh and organic fruit and vegetables, yoghurt, pulses, nuts, oilseeds and oils should be preferred. The Revital Detox diet, with its unique concept that takes into account the acid-base balance, brings crucial and immediate benefit to the body.

CARRYING OUT A DETOX SHOULD, THEREFORE, BE REPEATED AT LEAST TWICE A YEAR BECAUSE:

- it includes **a lot of foods with antioxidant properties** and slows down the ageing process;
- **it restores energy and vitality to the body**, enabling it to reactivate natural self-healing processes;
- it encourages **weight loss**;
- it significantly reduces **constipation and bloating**;
- it improves **mood and brain function**;
- it protects and reinforces the **immune system**;
- **it strengthens the bone and joint system**;
- it immediately **restores glow and radiance to the skin**.

The Revital cosmetics line expands the range

In keeping with the principles of the Revital method, developed at the Palace Merano Hotel to restore vitality, health and longevity to the body, **the Revital cosmetics line adds five new formulas to the range.** To hydrate and nourish the skin deep down, thus promoting health and slowing down facial ageing, the Revital Cosmetics range is complemented by two new creams and an anti-ageing mask. Two highly innovative products have been developed for the body: a high-performance gel to prepare the body for sporting activities and a gel to firm and tone tissue.

Developed with cutting-edge technology, based on the idea that the human body is a biologically holistic organism, the new formulas aim to respect the uniqueness and characteristics of each skin type. The Revital line uses **natural active substances** such as South Tyrolean spring water, top-quality raw materials and phytoextracts, seaweed from Brittany, essential oils and pure clays. The products are not tested on animals and do not contain silicones.



FACE CARE

REVITAL HYDRA ESSENTIAL VELVET MASK

Mask with hyaluronic acid and Gatuline® Expression. A hydrating face mask, rich in Acmella oleracea, a specific active ingredient to combat expression lines and prevent signs of ageing. Aloe Vera and Shorea ensure extra nourishment and vitality for velvety, glowing skin.

Hyaluronic acid, Amella oleracea, Aloe vera, shea butter, Cratonia siliqua, Shorea, vitamin E, essential oils of mint, lemon, thyme and pine.

REVITAL INTENSIVE NOURISHING CREAM

For dry, dehydrated problem skin. A fatty cream that helps to protect against atmospheric agents with a strong anti-ageing effect.

Soya protein, Vitamin E and panthenol protect and help renew facial skin tissue.

REVITAL ANTIOX REPAIR NIGHT CREAM

Nourishing night cream. While sleeping, its dermo-functional complex acts by decongesting stressed capillaries and blocking the action of free radicals. Ideal in combination with the Revital Vitamin Booster phials.

Vitamin C, vitamin E, grape seed oil, borage oil, Ceratonia siliqua, panthenol, Aloe vera.



BODY CARE

REVITAL THERMOACTIVE CREAM

Thermoactive cream. It prepares the muscles for sporting activities. It can produce a mild, pleasant warming effect when exercising. It naturally combats muscle pain, cramps or soreness. An effective body treatment to combat skin blemishes. It helps fight compact cellulite and excess fatty tissue with its warming and detoxifying effect. It can be applied to the abdomen and thighs, covered with cling film and left on for up to 20 minutes.

Extracts of arnica, St. John's Wort and capsicum, essential oils of rosemary, marjoram, nutmeg, coriander, camphor.

REVITAL BODY FIRMING GEL

Body gel for firming and toning the tissue thanks to active ingredients such as Volufile (sarsasapogenin extracted from the roots of the Asian plant Anemarrhena asphodeloides), it boosts body volume with a cosmetic effect similar to lipofilling. Proteasyl (pea extract) is an anti-protease that benefits skin elasticity and firmness. It contains chritmum maritimum (sea fennel) with a regenerating effect, Vitamin E, panthenol. Rapidly-absorbed gel with a cool texture.

Ideal for a treatment with an instant tightening effect that also helps to strengthen tissues and combat the signs of skin ageing.

ORANGE TAPIOCA



INGREDIENTS FOR 4 PEOPLE

100 ml of orange juice

40 g of tapioca pearls

1 spoon of agave syrup

METHOD

1. Bring the orange juice to the boil and then, add the tapioca.
2. Cook for 7-8 minutes and lastly, add the agave syrup.
3. Cool thoroughly and then, place in the fridge.
4. Decorate as preferred.

Tapioca is obtained from the roots of cassava, a staple plant food widely used in equatorial Africa and South America. **Tapioca is gluten-free, very low in waste, easily digested and gentle on the gut.** It is recommended for all bowel diseases, including colitis. It provides instant energy with its high starch content. It is, therefore, advisable not to consume it in excess, especially in the case of diabetes and if you are overweight.

The tapioca pearls used in this recipe, once cooked, increase in volume and become gelatinous, which is why they give a pleasant sense of feeling full. In cooking, tapioca has various uses, e.g. as a natural thickener for desserts, soups or creams.

The orange is a fruit with a high water content and lots of simple sugars and fibre with a low-calorie content. The orange is a fruit with a high water content and lots of simple sugars and fibre with a low-calorie content. This citrus fruit also contains mineral salts, such as potassium (for a healthy cardiovascular system), calcium and phosphorus (for healthy bones and teeth), plus sodium and vitamins.

In particular, the high Vitamin A content benefits eyesight, keeps your skin looking good and helps prevent infections. Vitamin C is important for its antioxidant and anti-ageing function and because it helps with the absorption of iron. Oranges aid the digestive process thanks to their citric acid content.

The fibre found in the white part under the skin, in particular, not only controls the absorption of sugars, fats and proteins, but also encourages motility and bowel transit.

It should, however, be avoided in the event of allergies and anyone who suffers from stomach acidity or reflux.