

Health for Life



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PALACE MERANO

HEALTH FOR LIFE



REVITAL
DETOX FOR LONGEVITY



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History

History

A CENTURY OF LUXURY IN A PRESTIGIOUS HISTORICAL SETTING

The history of Hotel Palace Merano began in the early twentieth century, when entrepreneur Peter Delugan purchased the land where Castle Maur had stood since 1676. The property, which included an enormous park, featured a nursery, a vegetable garden, a vineyard and a botanic garden. At that time, it was a favourite stopping place for nineteenth-century European aristocrats on continental tours. It made sense to construct a luxury hotel to cater to their needs; in just eighteen months building work was completed and Hotel Palace Merano opened its doors in 1906.





Palace

Philosophy

OUR PHILOSOPHY: CARING FOR BOTH MIND AND BODY

Welcome. Here you'll have the chance to change pace, just think about yourselves and re-establish harmony between your mind and body. In this beautiful, historic hotel, your daily activities will take you to a state of wellbeing. Hotel Palace is ready and waiting to craft an unforgettable experience for you. Let you unwind and leave yourself in the hands of our team of professionals: they'll support you through every step of your journey to health. In the stunning setting of the town of Merano, the hotel treats its guests to the perfect union of refinement, attention to details and hospitality.



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Hospitality

Hospitality

A SAFE PLACE WHERE YOU CAN FIND TRUE HARMONY BETWEEN MIND AND BODY

Hotel Palace Merano is a safe haven, a place where you can feel at home. As our guests are looked after by expert staff, they can fully enjoy the available services during their stay. The various treatments are personalised and designed to respond to individual needs. The medical check-up and focus on the patient are the two core elements our guests' journey to better health, and each guest has a whole team of specialists on hand to make suggestions, give advice and provide support throughout the treatment period.







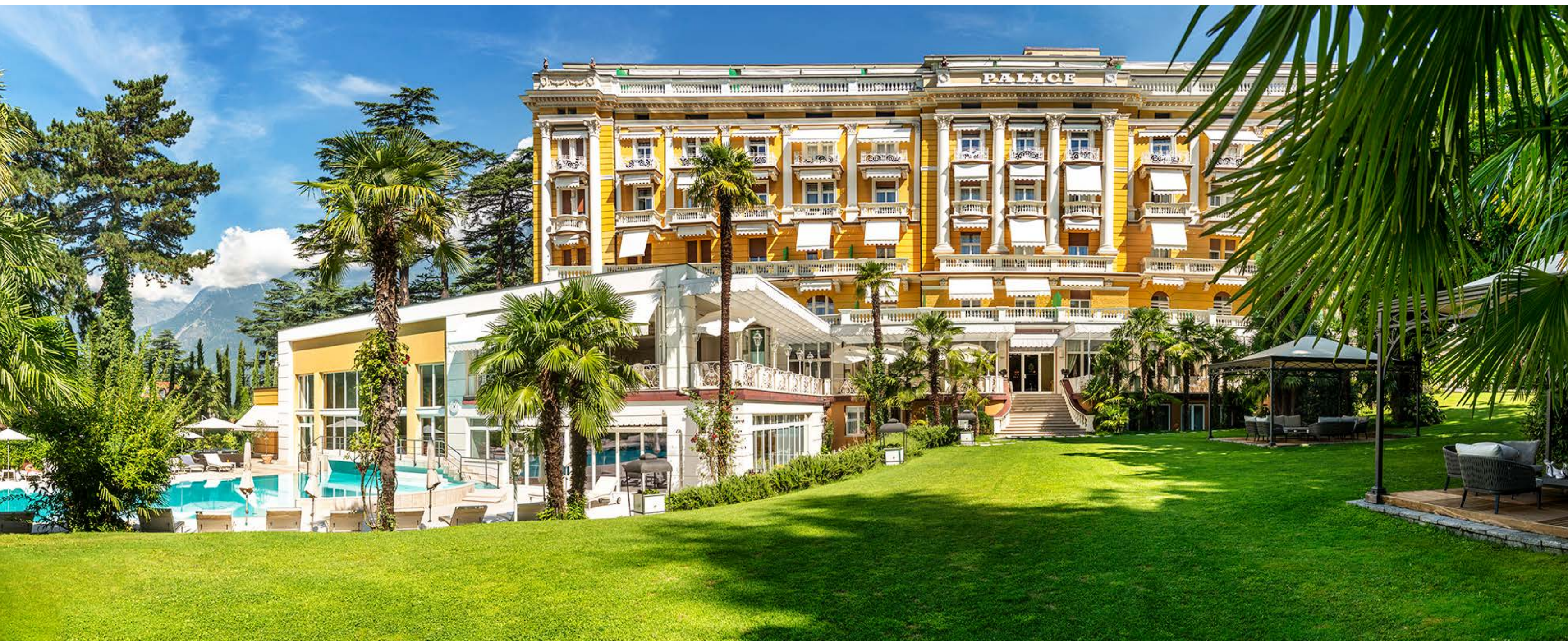
Ambiance

Ambience

THE ENCHANTING ATMOSPHERE OF THE PALACE

At Hotel Palace, guests are immersed in a uniquely charming atmosphere where they breathe history and relaxation. Our attention to detail and the discretion of all our staff add further elegance, simplicity and refinement in order to give our guests a truly exclusive experience. In pleasant spaces surrounded by verdant nature and enjoying beautiful views over the town of Merano, guests can share their experiences, their feelings, or moments of pure relaxation. Classic design and carefully tailored services help all our guests feel at home.











Accommodation

Rooms & Suites

ELEGANT AND LUXURIOUS ACCOMMODATION

Designed to be comfortable and homely, the rooms and suites are also bright and spacious. They form part of the overall simple-yet-elegant feel of the hotel; the furniture is a tasteful mixture of period and modern pieces, sumptuous fabrics and contemporary touches. The rooms and suites are somewhere you can snuggle up and feel at home. The pleasant, relaxing atmosphere completes the picture, and adds a restful element which is a great aid to mental and physical health. Our staff aims to ensure that every guest has their needs met and goes away with happy, lasting memories.



























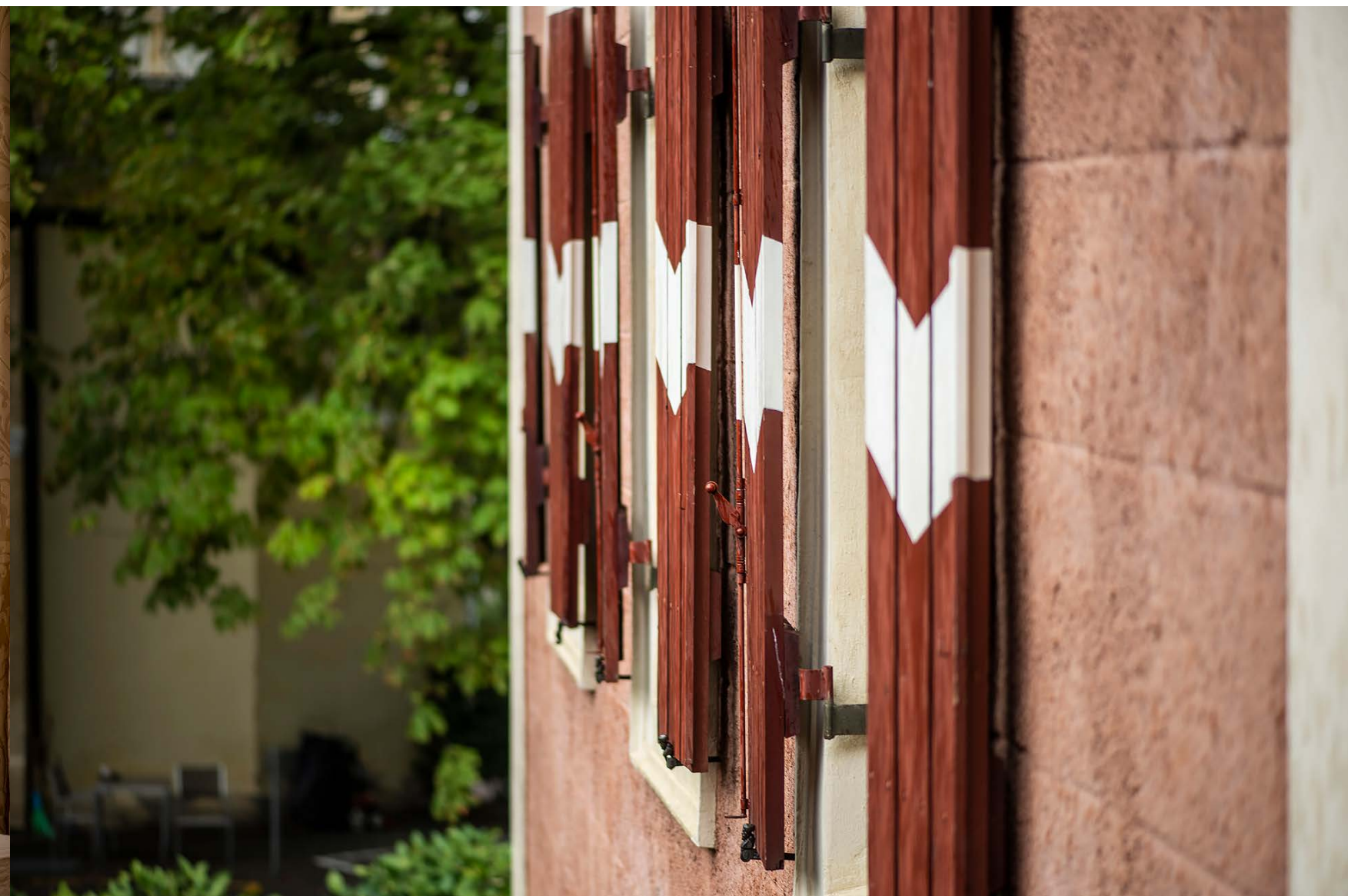








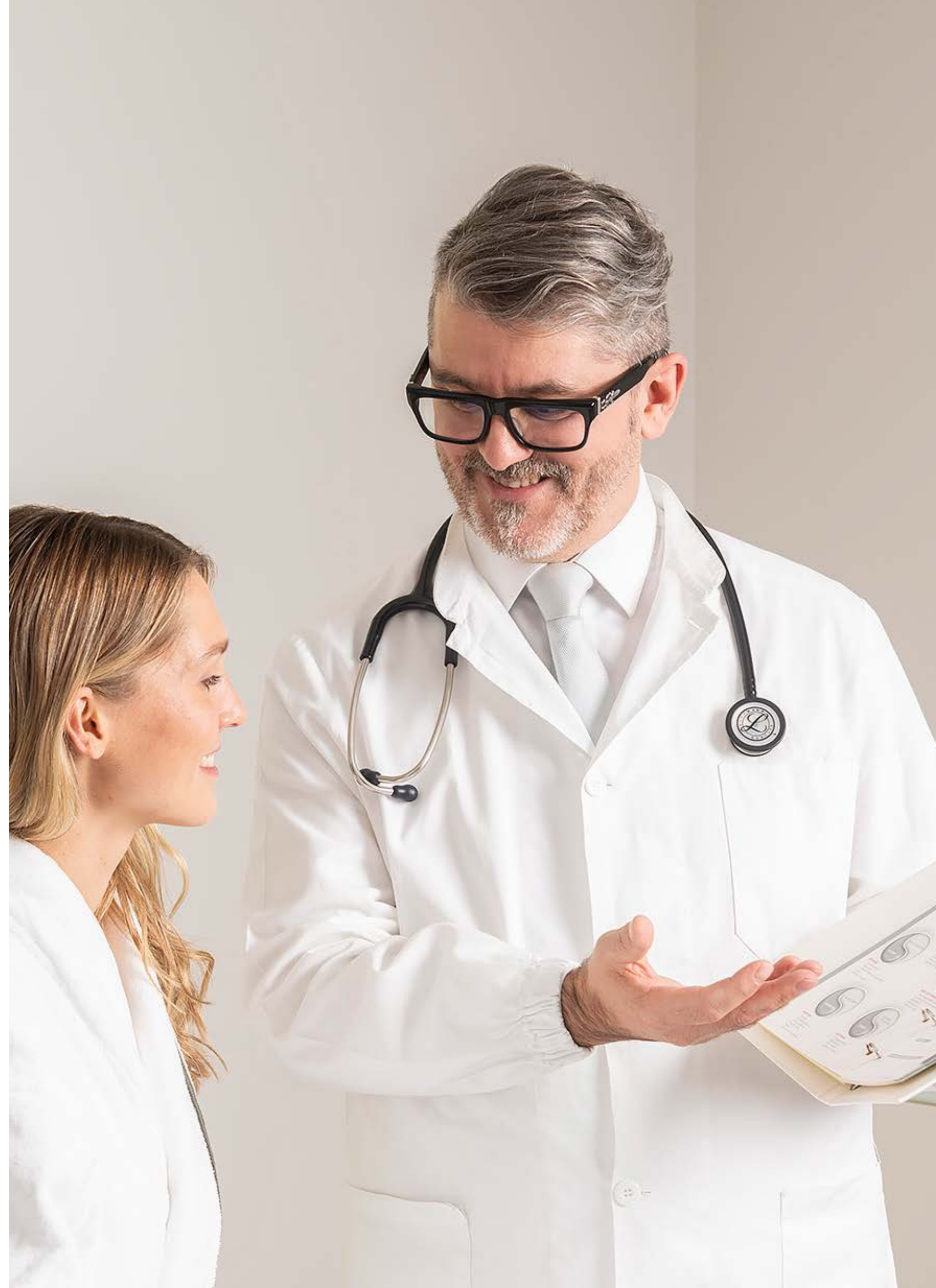




Revital

Revital

REBALANCE YOUR MIND
AND BODY NATURALLY







Our Revital method and the Detox for Longevity program have been practiced with great success for over 20 years. One of the key moments in a guest's stay with us is the initial medical check-up. This allows us to make a precise assessment of each guest's state of health. Our team of experts uses new and methodical equipment aimed at longevity. Our diagnostic tools allow our doctors to assess each individual's mental and physical health; then, with those results in hand, they can draw up the personalised treatment programme. Treatments are recommended according to the individual needs of each guest, with the common goal of regenerating and improving overall health. Hi-tech equipment and treatments administered by specialist medical staff go together with complementary interventions and diet to help each person find their best self.



















Hydro

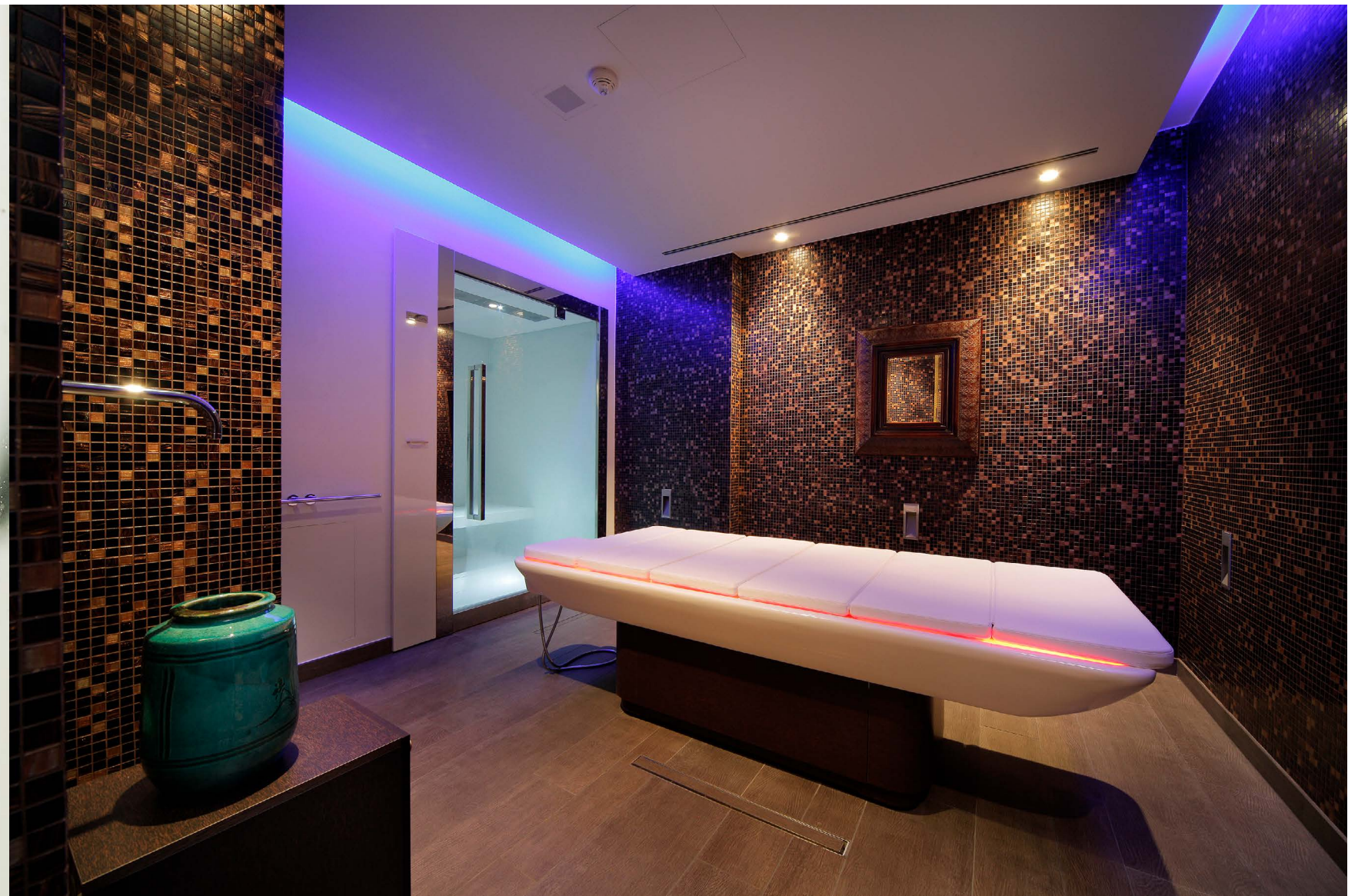
Hydrotherapy

THE FOUNTAIN OF HEALTH AND WELLBEING

The aim of water therapy is to revitalise the guest using the combined powers of water, essential oils and plant extracts. Our exclusive techniques are a guarantee of vital benefits to health. The properties of water work in synergy with the properties of thermal mud, oils and mother tinctures to create a draining, toning effect. This uniquely synergistic effect helps the body to re-establish the right flow of fluids. This way, stress and tension accumulated in both the mind and the body from daily life can drain away. This therapy also helps boost muscle tone, with a consequent increase in vitality.







Energy

Bioenergetics

REGENERATE, ILLUMINATE, UNFOLD

By exploiting the energy channels flowing through the body, this therapy aims to boost the body's vital functions. Advanced technologies are used to measure bioelectrical variations in the body that are symptomatic of individual disorders. The treatment targets certain specific points on the body in order to help it regenerate and re-establish balance. Special techniques and treatments are used to boost energy flows along the meridians in the body, thus leading to greater harmony for that individual.









Fitness

Wellness & Fitness

HARMONY,
TONE AND VITALITY

The right kind and amount of exercise supports the process of purifying and rebalancing the body. With the help and support of a personal trainer, you can choose the most suitable exercise programme for you, developing totally customised training sessions in response to your particular needs. The modern equipment and captivating view of the pool will make your fitness programme pleasant and motivating. During your stay, you will also have the opportunity to take part in outdoor activities, in particular walks at particular rhythms that will give you more energy and determination to reach your health goals.











Delicious

Dietetics

FEED YOUR BODY AND YOUR MIND

If you want to be truly healthy, you need to eat well. We take enormous care over the type and quality of the foods we use, as well as the origin, cooking methods and combinations of ingredients in each meal. In the elegant surrounds of the restaurant, guests can enjoy the view along with their meals from one of the two eating programmes that accompany the treatment plans: detox or bio-light. Both are specially designed to boost health. Once their stay is over, any guest who feels they want to maintain their new state of balance can continue the programme at home. To help guests in this, we offer cookery courses so they can continue to eat optimally after their stay with us.













Merano

Merano

NATURE AND CULTURE: THE SECRET TO YOUR STAY IN MERANO

Nature, energy and culture are the keywords of any stay in Merano. The river Passirio flows briskly through the town, emanating vitality all around. Our guests can walk along the river bank to increase their energy and find themselves through contact with nature, while the surrounding mountains provide an uplifting backdrop whatever the time of year. Merano is also a town with a fascinating history while meandering around its picturesque streets, visitors can see any number of charming historic buildings, many of which are home to modern, elegant boutiques. This dream-like atmosphere makes this town the perfect place to relax and take a break from the stresses of modern life.







R&D

Lyopharm

RESEARCH AND DEVELOPMENT
SUPPORTING HEALTH
AND VITALITY



Lyopharm is our research and development department. Over the years, it has achieved significant results in the field of nutrition thanks to partnerships with various hospitals and respected institutions. The studies conducted have led to the creation of revolutionary products of unrivalled quality. Our laboratory uses top technologies to research micronutrition, weight-loss products and curative cosmetics, with the results applied at the Hotel Palace Merano wellness centre. Through ongoing research, we guarantee the ongoing development of our guests' health and wellbeing.

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HOTEL PALACE Entrance ▶



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Concept e realizzazione a cura di Altea Software srl
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