

HOTEL \* \* \* \* \*

Chalet Mirabell 

THE SPIRIT OF MERAN

**BERGVILLEN**

BY CHALET MIRABELL

# SPA Book

Treatments in the PREMIUM SPA



# Mirabell Premium SPA

THE SPIRIT OF MERAN

## Scheduling an appointment

We advise you to book your treatments and fitness sessions in advance, if possible already at the time of your room booking. This helps us to make sure your preferred time and treatment are available.

## Terms of cancellation

Please cancel at least 24h prior to your scheduled treatment time. Otherwise, we have to charge the full price.

We are looking forward to receive your contact.

spa@residence-mirabell.com

Tel.: +39 0473 279 300

Internal direct dialing via our house phone: 850

Opening Hours Spa Department:

Daily from 9:00 to 20:00



HOTEL \* \* \* \* \*

Chalet Mirabell 

THE SPIRIT OF MERAN

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THE SPIRIT OF MERAN

# Facial Treatments

For Ladies & Gentlemen,  
according to the method „!QMS“.

The skin reflects everything – external influences, diseases or less care. These factors partly leave clear traces, almost always alter the skin structure and among other things, lead to wrinkles and stains. A major cause of skin aging is that the skin with increasing age loses its vitality and the ability to store moisture.

!QMS Cosmetics stops this development. It stimulates the formation of new cells naturally, high-percentage collagen is stored in deep layers of the skin.

!QSMEDICOSMETICS

## CLASSIC COLLAGEN

A modified anti-aging treatment with the unique !QMS Medicosmetics Collagen System for the highest claims. The skin is prepared first with deep cleansing and exfoliant fluid for the subsequent algal mode. Following this, the humidity's degree of the skin through the application increases 70% of naturally soluble collagen, thanks to the significantly increased skin's hydrate and the promotion of cell renewal.

This treatment was especially developed for skin rejuvenation and revitalizing. Also for sensitive skin perfectly suitable.

90 min | € 146,00

## INTENSE COLLAGEN REJUNVENATION

with neck, décolleté,  
hand and arm massage

120 min | € 175,00

## INTENSE CLEANSING FACIAL TREATMENT

Designed for problematic skin, this treatment clears impurities, calms inflammations and regenerates the basic functions of the skin, which are important in improving the overall wellness of skin. (Utilizes the specially formulated for sensitive skin MED Set of collagens and gentle exfoliation.)

60 min | € 88,00

## SKIN CELL RENEWAL

An anti-aging facial treatment developed to support the skin's own stem cells, it enhances the stimulation of new skin cells and improves the overall skin metabolism. This treatment is high impact leaving the skin visibly smoother and firmer. To finish Ion Skin Equalizer is the preferred moisturizer, this pioneering anti-aging skin-care duo exclusively repairs the extracellular matrix and reduces pigmentation.

90 min | € 149,00

## EYE REVIVER

Ideal for lifting tired and puffy eyes, this relaxing treatment provides complete rejuvenation for the delicate eye area. Through intense hydration; the eye area is left nourished, refreshed and smooth.

15 min | € 25,00

## OXYGEN BOOST

Intensive treatment with immediate effect due to Hyaloronserum and oxygen.

15 min | € 32,00

## ACTIVATOR TREATMENT

An instantly revitalizing facial treatment to improve the wellness and energy of the skin. Based on !QMS Medicosmetics innovative activation techniques, this energizing treatment regenerates and refuels the skin through the supply of active ingredients leaving it firm, fresh and glowing.

75 min | € 89,00



# We think green

Nature is our one and only

HIGHTECH NATURAL COSMETICS  
**TEAM DR JOSEPH**  
SÜDTIROL

**TEAM DR JOSEPH-METHOD**  
The TEAM DR JOSEPH-method offers deep tissue treatments based on the individual needs of your skin and the latest scientific findings. For a holistic sense of well being, healthy skin, and radiant beauty. Experience the individual beauty care of the method from TEAM DR JOSEPH.

pureness. recreation. protection.



# Facial Treatments

for Women and Men - method „TEAM DR JOSEPH“

## INTENSE CLEANSING FACIAL TREATMENT

Classic treatment tailored to the individual needs of your skin, including deep cleansing of the skin. For pure, soft, glowing, revitalized skin.

- warm herbal compresses
- soft lymph-stimulating massage-peeling
- cleansing (optionally with small cupping glasses and professional deep cleansing)
- purifying face pack
- peel-off mask and day cream for a perfect finish

60 min | € 86,00

## DEEP ACTION FACIAL – the classic

Natural treatment tailored to the needs of your skin with immediate results and relaxing effect

- skin diagnosis and eyebrow shaping
- lymph-stimulating massage & warm herbal compresses
- peeling and deep cleansing (optionally with small cupping glasses)
- special serum and facial massage
- intensive mask and day cream for a perfect finish

80 min | € 123,00

## ANTI-AGING INTENSIVE TREATMENT – for women

Intensive treatment with biodynamic lifting massage tailored to the needs of your skin. This treatment will leave you immediately looking younger and fresher.

- skin diagnosis and eyebrow shaping
- lymph-stimulating massage & warm herbal compresses
- peeling and deep cleansing (optionally with small cupping glasses)
- special serum and facial massage
- bioenergetic flower stamp massage with lifting effect and intensive anti-aging mask
- day care products tailored to your skin-type

110 min | € 145,00

## Face

Lash colouring	€ 19,00
Brow colouring	€ 17,00
Lash & brow colouring	€ 32,00
Brow shaping	€ 17,00
Exclusive day or evening make-up	from € 25,00

## Body – hair-removal

Whole leg	€ 45,00
Leg to knee	€ 42,00
Upper lip or chin	€ 9,00
Bikini area	€ 22,00
Armpits	€ 22,00
Back or breast (men)	€ 42,00

## Body Peeling

Mirabell's – pure luxury with honey	20 min   € 36,00
Peeling with apricot kernels & herbal extracts	20 min   € 36,00
Seasalt & oil blend	20 min   € 36,00

## Hand & Foot

Manicure with massage	45 min   € 55,00
Manicure with massage & nail polish	50 min   € 60,00
Manicure with french nails	50 min   € 69,00
Manicure with gel polish	60 min   € 79,00
Pedicure with peeling	50 min   € 67,00
Pedicure with peeling & nail polish	50 min   € 70,00
Pedicure with french nails	50 min   € 72,00
Pedicure with gel polish	60 min   € 79,00
Nail files with varnish (hands or feet)	25 min   € 29,00
Nails varnishing with color according to choice	€ 16,00

## Solarium

10 min | € 9,00

# SPA Basics

## Additional Treatments

# Alkaline applications

For an optimal acid-base-balance.

The current lifestyle often leads to acidification. A good acid-alkaline equilibrium is the precondition for physical well-being and beautiful skin. Alkaline body care neutralizes acids and stimulates the skin to natural toxin excretion.

### ALKALINE SCRUB WITH ALKALINE BATH

The gentle whole body scrub with basic salts followed by a bath, brings the pH value back into balance and gives at the same time, a clear and even skin.

50 min | € 79,00

### ALKALINE BATH

It alkalises and promotes the dissipation of toxins and sets blocked energies free. Ideal even after exercise.

25 min | € 42,00

### ALKALINE LEG WRAP

Acids and toxins can be eliminated particularly good over the skin of the legs and feet.

25 min | € 42,00

# Body Treatment by

## !QMSMEDICOCOSMETICS

### ANTI-CELLULITE CONTOURING TREATMENT

This specialized body treatment is highly effective in targeting cellulite, improving circulation and hydrating the skin. The combination of expert products and special techniques helps to eliminate toxins, smooths the skin's texture and refines body contours.

70 min | € 108,00  
Arm & Chest Treatment 100 min | € 135,00

# Rituals for couples

For women and men - method „VITALIS Dr. Joseph“

Body treatments with South Tyrolean herbs and high tech effect for your well being.  
Relaxation for body, mind, and soul.

For lovebirds – Private Spa “Luis Trenker” - You and I

Taking a massage, swimming, and relaxing are even better if experienced together with someone you love.

Enjoy all of our body treatments and massages together in our Private Spa Luis, including:

infrared cabin “Luis Trenker“ for two | sensual multi-sensory shower for two | two comfortable massage tables | private whirlpool  
relax lounge for two

## MIRABELL LOVE

- gentle honey peeling and Mirabell's Love Bath with essential oil of your choice
- undisturbed time to cuddle and enjoy candlelight
- aphrodisiac Mirabell chocolates and sparkling prosecco from South Tyrol
- full body massage with essential oils

145 min | for 2 | € 289,00

## SOUTH TYROL PURE

- infrared cabin – ideal for a tense back
- soothing back massage with herbal stamps
- undisturbed time to cuddle
- homemade schnapps or liquor

110 min | for 2 | € 194,00

## AMORE MIO

- private whirlpool for two with honey-milk-bath
- 2 glasses of prosecco and aphrodisiac Mirabell chocolates
- undisturbed time to cuddle with sensual essential oil

55 min | for 2 | € 99,00

Wellness Love  
Treatments  
for 2

# Massages

From head to toe in good hands. Our popular massages relieve tensions and relax body, mind, and soul. Physical vitalization leads to inner balance and harmony, and specific massaging techniques customized to your needs can soothe the pains to increase overall well-being.

## CLASSIC MASSAGE

Through firm strokes and kneading, even tensions in large muscle groups are relaxed and circulation is improved. The positive effect on the central nervous system gives an immediate feeling of well-being.

Full body | 50 min | € 79,00  
Partial body | 25 min | € 44,00

## MASSAGE WITH ESSENTIAL OIL

This full body massage is done with warm and highly effective essential oils. Similar to an aromatherapy, this specific massage regenerates body, mind, and soul and leads to a sense of total well-being.

50 min | € 82,00

## SCALP MASSAGE

Relieves blockages and restores your energy and vivacity. A wonderful relaxing source of energy, perfect for all who experience high levels of stress in their daily lives.

25 min | € 40,00

## HONEY MASSAGE

The honey massage uses the power of hot honey on the back. The special tapping technique transports waste products and toxins on the surface. The skin appears soft and smooth, and the muscles are well perfused and relaxed.

50 min | € 85,00

## MASSAGE FOR SPORTS(WO)MEN back, shoulders, legs

The treatment starts with a pleasantly warm footbath and refreshes your feet. Specific massaging techniques and stretching exercises relieve tensions and have a vitalizing effect on your body. For the massage we use a selected blend of oils from local-grown herbs.

50 min | € 86,00

## MIRABELL'S „CALVES MASSAGE“ legs & feet

After a footbath with natural herbal soap you enjoy a refreshing peeling. Then, we treat you with a relaxing foot & leg massage and finish off with a nourishing and refreshing herbal foot balm.

25 min | € 45,00



# Special Massages

from all over the world

## HOT STONE MASSAGE ©

An extraordinary wellness-experience with warm basalt stones and rich essential oils from South Tyrolean flowers and herbs. Your body is massaged with the warm stones and essential oils to treat your skin and leave you with an increased sense of well-being and harmony.

80 min | € 118,00  
25 min | € 48,00 (only back)

## AYURVEDA ABHYANGA

This traditional warm oil massage leads to a sensation of deep relaxation and revitalizes the body. That's why Abhyanga means in old-Indian „great oiling with loving hands“. The high-quality oils get deep through the skin and are valuable for a healthy skin in addition, the gentle touches are a very effective method to clear your mind.

80 min | € 127,00

## SOUTH TYROL HERBAL STAMP MASSAGE

This massage shows you how to relax your body and provide it with vital energy to regain strength. Selected herbs are put into linen cloth and made into stamps. The stamps are warm and soaked in rich oils and are used to massage your muscles and energy pathways with caressing moves.

50 min | € 94,00  
25 min | € 52,00 (only back)

## LOMI LOMI NUI

Long and fluid movements, partially performed with the forearm, glide over the body with warm oil and alternate with gentle movements to relax the joints and increase the energy flow. In the background, you will hear Hawaiian music. This treatment will leave you perfectly calm and feeling touched by the wonderful experience.

80 min | € 139,00

## TIBETAN SINGING BOWL MASSAGE

The singing bowl massage is a way to experience deep relaxation and harmony. Through the finest waves and vibrations on the body tensions and blockades are relieved.

50 min | € 90,00

## BELVITA PREMIUM-SPA MASSAGE

This treatment can be an activating or a relaxational massage. Both rituals serve to reduce stress and lead to a better sleep. The oil from the Johannes Herb serves for relaxation after a quiet day of wellness, while the oil of the mountain pines works activating after a strenuous day. After the massage, it is recommended to rest 30 minutes on a pine wood cushion or in a pine wood room.

50 min | € 92,00

## SHIATSU

Efficient pressure, stretching and mobilization techniques as well as structural decompression stimulate the flow of energy and return your body to equilibrium. Blockages, which, for example, make themselves noticed as tensions in the body, are relieved. Comfortable clothing recommended.

50 min | € 90,00

## INDIVIDUAL TIME

Book your individual time with one of our therapists and we will make sure to improve your well-being with the right treatment, tailored to the needs of your body, mind, and soul.

50 min | € 92,00

## DRAINING MASSAGE whole body

Gently detoxes your body and stimulates your lymph system. Perfect to treat small-scale swellings and stagnations in the body. Performed with gentle touches to increase your sense of well being. This treatment is especially effective if enjoyed more than once.

50 min | € 92,00

## FOOT REFLEXOLOGY

Our feet mirror our organs. Consequently, this special treatment for your feet can positively influence all organs and processes of the body and has an activating or calming effect.

50 min | € 92,00  
25 min | € 49,00

## DORN & BREUSS MASSAGE

The Breuss massage is a delicate, energizing manual back massage which releases tensions and initiates the regeneration of undernourished spinal discs; it is the key to solve many problems in the musculoskeletal system, especially in the sacral area. When combined with the Dorn method, wrong positioned vertebrae are gently restored. Comfortable clothing recommended.

80 min | € 135,00  
Breuss-Massage only:  
30 min | € 68,00

# Waterbed

## You can choose:

Price for one body pack: 25 min | € 42,00

### Detox pack

with fango from the alps

A must for lovers of alpine tradition. The fango has a pleasant alpine scent, boosts detoxing processes, and has a vitalizing and strengthening effect. A powerful, close-to-nature skin care experience.

### Care pack

with marigold & camomile

The pampering program for stressed skin. Marigold and camomile activate and soothe the irritated skin: your teint is been fresh, the dry skin is soft. Your skin appears in a new shine.

### Sport pack

with arnica & St. John's wort

Experience the invigorating power of arnica and St. John's wort. This body pack treats your tired joints and muscles and restores your energy. The essential oils of these plants help to relieve stress und tensions.

### Hydration pack

with apple & rosehip

Apple extract is rich in vitamins & minerals, natural substances especially important for mature skin. In combination with rosehip, it will boost the well being of your skin and reduce moisture loss. Your skin will be more elastic and feels refreshed.

### Effective body packs on the waterbed

For this treatment, you lie gently swinging on pleasantly warm water – without touching it. Now your body can benefit from an essence of your choice: the warmth of the water opens the pores of your skin, so the body pack can nourish and soften your skin.

For the perfect relaxing and skin care experience we recommend to enjoy a peeling before the body pack and a massage afterwards.



# Bathing & relaxing

Small packages – big effects

Bathing in style and enjoy a wonderful view with the bath additive of your choice. Enjoy a peeling before the bath and/or a massage of your choice afterwards. You can choose the bath additive right before the treatment.

Bath at your choice & partial body massage with essential oil	for 1 for 2	55 min   € 69,00 € 130,00
Bath at your choice & full body massage with essential oil	for 1 for 2	80 min   € 94,00 € 180,00
Body peeling and bath at your choice	for 1 for 2	55 min   € 69,00 € 130,00
Body peeling, partial body massage and bath at your choice	for 1 for 2	80 min   € 99,00 € 200,00
Body peeling, full body massage and bath at your choice	for 1 for 2	110 min   € 141,00 € 280,00

### Hay Flower Bath

Hay flower regenerates and provides your body with new energy.

### South Tyrolian Rose Bath

The fragrant milk bath soothes and charms your skin.

### Lavender Bath

Relaxing, cleansing, and harmonising. The classic bath to relax and calm down.

### Honey & Milk Bath

The vitamins A and E, moisture, protect and provide a very smooth skin.



# Packages

## CALM DOWN

- Body peeling - Pure Luxury with honey
- Aromaoil relaxation massage
- Ayurveda Abhyanga Massage
- „Calm down“ tea

150 min | € 232,00

## AURORA by !QMS

- Classic collages
- Eye reviver
- Anti-cellulite contouring treatment
- Present from !QMS

165 min | € 273,00

## MAN'S WORLD

- Team D<sup>R</sup> JOSEPH facial treatment
- Body pack with arnica and St. John's wort
- Back massage

110 min | € 163,00

## ACTIVE

- Sports massage
- Manicure
- Cooling leg compress
- Gel for legs for further application

120 min | € 196,00

## PURE EFFECT

- 2 full body massages
- Body peeling - Pure Luxury with honey
- Care pack with marigold and chamomile
- Aromaoil relaxation massage

195 min | € 302,00

## BELVITA „GSUND“

- Soothing footbath
- Revitalising foot scrub
- Stimulating hand and arm massage
- Vitalizing body massage
- Face and neckline massage
- Moisturizing body pack

110 min | € 125,00



## For pregnant women

In pregnancy, the female body performs incredible. The development of new life is and will probably be the most beautiful in the world. Let yourself be pampered and enjoy the intimacy.

### LYMPHATIC DRAINAGE WITH LEG COMPRESS

Through its suction effect, lymphatic drainage accelerates your circulation, pumps out lymphatic congestion and oedemas, the venous reflux of blood is encouraged, with a reduction of tissue slag and acid depots. After a 50-minute lymphatic drainage, follows a leg compress, which, in its unique combination of ethereal oils and other effective herbal active substances, reduces visibly and significantly liquid storage in the tissues.

80 min | € 125,00

### PAMPERED FROM HEAD TO TOE

After a flavored footbath and a pedicure, you can enjoy a facial treatment with the products of !QMS with immediate effect, as well as a skin caring compress for the baby belly.

120 min | € 158,00



## Specials for Teens

### FOR GIRLS (up to 14)

mini facial with massage and mask  
mini manicure incl. nail polish

50 min | € 89,00

### YOUNG & STYLE

For girls and boys up to 18  
Perfect for teens with blemished skin.  
Includes deep cleansing and  
special skin care products tailored  
to the needs of young skin.

50 min | € 74,00

### KIDS & TEEN MASSAGE

Gentle, relaxing massage for  
youngsters between 8 and 14

25 min | € 40,00

## Fit & Fun

Our gym is equipped with the  
latest and best cardio training tools.  
The great view motivates and makes  
you feel close to the nature.

### Personal Training

Treat yourself with the best form of  
training and conquer your weaker  
self. With a qualified personal trainer  
at your side and a training schedule  
tailored to your needs and preferences  
you can easily reach your goals, and  
a perfect body feeling.

Ask for our seasonal training units!

25 min | per person | € 42,00

50 min | per person | € 65,00

50 min Yoga/Pilates € 65,00



## Hair stylist

From the trendy haircut, new  
color techniques, to event styling –  
our stylist creates magnificent masterpieces,  
wonderful for dinner, for special events or  
simply for a new look.

For appointment agreements, we would be  
happy to assist you at the SPA reception (dial 850)  
or directly at the house reception (dial 800).

Give away pure joy

## SPA gift vouchers

Would you like to make someone's stay by our hotel even  
more beautiful? A personalized gift voucher for our beauty & well-  
being treatments is the perfect solution.

## Mirabell DAY SPA

Enjoy a calm and relaxing day at our Premium Spa. The Mirabell  
Day Spa experience includes entrance to our swimming pond, our  
infinity swimming pool, our Premium Spa facilities, several relax  
rooms, and a fitness room as well as the possibility to participate  
on our body & mind program.

We also provide you with a snuggly bathrobe, a bag with bath and  
sauna towels and bathing slippers.

DAY SPA: from 10:00 to 19:30

Mo - Fr: Day Spa Lunch (lunch and cake buffet) € 75,00 per person

Sa - Su: Day Spa Lunch (lunch and cake buffet) € 85,00 per person

Mo - Fr: Late Day Spa, 16:00 - 19:30 € 35,00 per person

Sa - Su: Late Day Spa, 16:00 - 19:30 € 40,00 per person

Breakfast buffet € 30,00 per person

Mirabell Gourmet Dinner € 59,00 per person

HOTEL \* \* \* \* \*

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THE SPIRIT OF MERAN

BERGVILLEN

BY CHALET MIRABELL



## NEW

Infrared cinema  
Event Sauna  
Panorama Ice Pool  
Panorama Hot Whirlpool  
Outdoor Lounge with fire place  
Communication Lounge  
Relax-room „Spirit of Meran“

## Alpine SPA / Family SPA

Finnish sauna  
Steam bath  
Hay Sauna  
Kneipp Paddle Pool  
Panoramic relaxation room  
with floating benches

## Premium SPA (down stairs)

Brine Steam bath  
Herbal Steam bath  
Panorama Bio Sauna  
Finnish Panorama Sauna  
Refreshing pool  
Fresh Air Room  
Ice  
Black Tea Bar  
White Lounge  
Gentleman Room  
Living Room

## Pools

Infinity pool Heated (15 x 4 m)  
Indoor Pool (10 x 5 m) with  
Jacuzzi and pool  
Natural Swimming Pond (25 m)  
Sunset Relax Infinity –  
Adults only (25 x 6 m) with  
massage chairs  
NEW: Children Pool with  
wide wave slide

# Mirabell SPA World

## Beauty

8 Treatment Rooms  
1 Pair treatment room „Luis“  
1 Hairdressing room

## Fit & Fun

Fitness Gym (down stairs)  
Personal Training  
Body & Mind Program  
Aqua Gym  
Indoor Activity Room  
Kettlebell  
Yoga & Pilates  
Supported TRX Training