

PREMIUM SPA



Feel the holiday: Slow down, relax and let yourself be pampered.



4 lilys – 20/ 20 points

Breathe in, calm down and recharge your batteries. In the midst of nature. Rays of sunshine tickling your face and the smell of the forest caressing your nose. This is your hideaway at Chalet Mirabell. Enjoy unforgettable moments here and feel free to let us know your wishes at any time. We love to put a smile on our guests' faces. Perfectly round off this feeling of happiness with a soothing massage or an enchanting facial treatment.

Browse through our Spa menu and let yourself be inspired. Our spa reception will be happy to assist you with professional advice to find the right treatment for you. We recommend that you already indicate your spa reservations when booking your room, so that you can secure your desired appointment. Our Spa team will reserve the time for the booked ritual and prepare this with care. Please give us at least 24 hours' notice if you are unable to attend a booked treatment. Otherwise the treatment will be charged.

We look forward to hearing from you
spa@residence-mirabell.com · info@residence-mirabell.com
T +39 0473 378821 · Internal number via house phone: 850
Opening Hours daily from 10:00 to 19:00





Massages

From head to toe in good hands. Our popular massages relieve tension and relax body, mind and soul. Physical vitalisation leads to inner balance and harmony and specific massaging techniques customised to your needs can soothe aches and pains to increase overall wellbeing.

Classic massage

Through firm strokes and kneading, even tension in large muscle groups is relieved and circulation is improved. The positive effect on the central nervous system gives an immediate feeling of wellbeing.

Full body – 50 min _____ € 94
Partial body – 25 min _____ € 53

Honey massage

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

50 min _____ € 118

Massage with essential oil antistress

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

Full body – 50 min _____ € 99
Partial body – 25 min _____ € 59

Mirabell's calf massage

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

25 min _____ € 53

Facial massage

With this special facial massage we meet your individual needs. Soothing, invigorating, firming.

25 min _____ € 65
50 min _____ € 118

Massage for sports(wo)men back, shoulders, legs

The treatment starts with a pleasantly warm footbath to refresh your feet.

Specific massaging techniques and stretching exercises relieve tension and have a vitalising effect on your body. For the massage we use a selected blend of oils from locally grown herbs.

50 min _____ € 115

Dynamic Recreation Back Massage

An uplifting back treatment that is individually adapted to your needs in terms of technique and intensity. The highly effective, natural active ingredients of the massage oil optimize the result. The unique combination of cupping glasses and singing bowls helps to relieve tension and improve the dynamics of the spine. Move relaxed and free.

50 min _____ € 119

Relaxing Head & Neck Massage

A restorative back treatment, which is individually adapted to your needs in technique and intensity. The highly active, natural ingredients of the massage oil optimize the result. The unique combination of cupping glasses and singing bowls supports the release of tension and improves the dynamics of the spine. Moving in a relaxed and liberated way.

50 min _____ € 119



Special massages

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 massage strokes to increase your sense of wellbeing. This treatment is especially effective if enjoyed more than once.

50 min _____ € 102

AromaTouch Technique by doTERRA

This spinal and sole technique relaxes and vitalises on a physical, emotional and mental level. To strengthen the immune system, reduce stress, prevent inflammation and regenerate through mental and physical relaxation.

50 min _____ € 122

Ayurveda Abhyanga

This traditional warm oil massage leads to a sensation of deep relaxation and revitalises the body. That's why Abhyanga means „great oiling with loving hands“ in ancient Indian. The high-quality oils penetrate deeply into the skin and are valuable for a healthy complexion. In addition, the gentle massage strokes are a very effective way to clear your head.

80 min _____ € 149

Hot Stone®

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 wellbeing and harmony.

80 min _____ € 139

Südtirol 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 warmed and soaked in rich oils and are used to massage your muscles and energy pathways with caressing moves.

50 min _____ € 119

25 min (back only) _____ € 76

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 moved by the wonderful experience.

80 min _____ € 159

Individual time

Book your individual time with one of our massage therapists and we will strive to improve your wellbeing with the right treatment, tailored to the needs of your body, mind and soul.

25 min _____ € 63

50 min _____ € 122

80 min _____ € 179

Belvita Active Massage

This massage has a wonderfully stimulating and strengthening effect. Relish these precious moments of relaxation and stress relief. After a relaxing footbath, let us pamper you with a foot massage using soothing St. John's wort oil. Finally, it's time to let go and switch off completely with a back massage. Tension is released and your body feels free of any blockages. Simply fantastic.

50 min _____ € 115

Shiatsu

Efficient pressure, stretching and mobilisation techniques as well as structural decompression stimulate the flow of energy, return your body to equilibrium and release blockages. Comfortable clothing recommended.

50 min _____ € 115

Tibetan singing bowl massage

Experience deep relaxation and harmony. Through the finest waves and vibrations on the body, tension and blockages are relieved.

50 min _____ € 102

25 min (back only) _____ € 65

Foot reflexology

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

50 min _____ € 102

25 min _____ € 65



Body Treatments

Body Scrubs

Mirabell's – pure luxury with honey
20 min _____ € 49

Scrub with apricot kernels
& herbal extracts
20 min _____ € 49

Seasalt & oil blend
20 min _____ € 49

Alkaline scrub
20 min _____ € 49

Anti-Cellulite Contouring Treatment

This specialised 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, smooth the skin's texture and refine body contours.

75 min _____ € 139

Arm & Chest Treatment
105 min _____ € 165



Rituals for couples

FOR LOVEBIRDS – PRIVATE SPA LUIS TRENKER

Having 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 bath
- relaxation lounge for two

Mirabell Love

- Mirabell's Love Bath
- gentle honey scrub
- cuddle by candlelight undisturbed
- aphrodisiac Mirabell chocolates and sparkling prosecco from South Tyrol
- full body massage with essential oils

145 min – for 2 _____ € 354

Südtirol Pure

- infrared cabin – ideal for a tense back
- soothing back massage with herbal stamps
- time to cuddle undisturbed
- 2 glasses of prosecco

110 min – for 2 _____ € 245

Amore mio

- private bath for two with honey milk bath
- 2 glasses of prosecco and aphrodisiac Mirabell chocolates
- time to cuddle undisturbed in your Private Spa

55 min – for 2 _____ € 135

Waterbed

EFFECTIVE BODY PACKS ON THE WATERBED

For this treatment, you lie gently rocking on pleasantly warm water without your skin coming into contact with 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 optimum relaxation and a perfect skincare experience, we recommend you to enjoy a scrub before the body pack and a massage afterwards.

Price for one body pack
25 min _____ € 57

Detox pack with fango (mud) from the alps

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

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 as well as restoring your energy. The essential oils of these plants help to relieve stress and tension.

Treatment pack with marigold & camomile

Pampering for stressed skin. Marigold and camomile stimulate and soothe irritated skin: your complexion is fresher and your skin radiant and supple.

Hydration pack with apple & rosehip

Apple extract is rich in vitamins & minerals as well as natural substances especially important for mature skin. In combination with rosehip, it boosts the wellbeing of your skin and reduces moisture loss. Your skin will be more supple and feel refreshed.



Bathing & relaxing

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

Lavender bath

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

25 min _____ € 49

Wellness rose bath

The fragrant wellness rose bath soothes and enchants your skin.

25 min _____ € 49

Honey bath

Vitamins A and E moisturise, protect and lead to very smooth skin.

25 min _____ € 49

Bath of your choice & partial body massage with essential oil

for 1 – 55 min _____ € 99

for 2 – 55 min _____ € 195

Bath of your choice & full body massage with essential oil

for 1 – 80 min _____ € 139

for 2 – 80 min _____ € 266

Body scrub & bath of your choice

for 1 – 55 min _____ € 85

for 2 – 55 min _____ € 179

Body scrub, bath of your choice & partial body massage

for 1 – 80 min _____ € 139

for 2 – 80 min _____ € 270

Body scrub, bath of your choice & full body massage

for 1 – 110 min _____ € 172

for 2 – 110 min _____ € 345

Body scrub & full body massage with essential oil

for 1 – 80 min _____ € 139

for 2 – 80 min _____ € 266



Alkaline applications

FOR AN OPTIMAL ACID-BASE BALANCE

Our current lifestyle often leads to acidification. A good acid-alkaline equilibrium is the precondition for physical wellbeing and beautiful skin. Alkaline body care neutralises acids and stimulates the skin to excrete toxins naturally.

Alkaline scrub with alkaline bath

The gentle whole body scrub with basic salts followed by a bath, restores the pH value and at the same time results in clear and even skin.

50 min _____ € 93

Alkaline bath

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

25 min _____ € 53

Alkaline leg wrap

Acids and toxins can be eliminated particularly well through the skin of the legs and feet.

25 min _____ € 53



Spa Basics

Hand & Foot

Manicure
50 min _____ € 65

Manicure with polish
60 min _____ € 79

Manicure with permanent polish
60 min _____ € 95

Pedicure with peeling
50 min _____ € 68

Pedicure with peeling and polish
60 min _____ € 89

Pedicure with permanent polish
60 min _____ € 98

only polish
25 min _____ € 29

only permanent polish
25 min _____ € 35

Body – hair removal

Whole leg
50 min _____ € 59

Leg to knee
25 min _____ € 45

Face
20 min _____ € 17

Armpits
15 min _____ € 22

Back or chest – men
25 min _____ € 49

Face

Lash colouring _____ € 26

Brow colouring _____ € 21

Brow shaping _____ € 27

Lash and brow colouring _____ € 42



Facial treatments

FOR WOMEN AND MEN USING THE QMS METHOD

The skin reflects everything – external influences, diseases or insufficient care. To some extent these factors leave their mark, but they almost always alter the skin structure and among other things, lead to wrinkles and blemishes. A major cause of skin aging is that older skin loses its vitality and the ability to retain moisture.

QMS Cosmetics prevent this from happening. They naturally stimulate the formation of new cells, whereby high-percentage collagen is stored in deep layers of the skin.

Classic Collagen

A modified anti-aging treatment using the unique QMS Medicosmetics Collagen System for the best results. First of all Deep Cleansing and Exfoliant fluid is used to prepare the skin for the algae-based mask which follows. The level of moisture in the skin is significantly increased thanks to the subsequent application of 70% naturally soluble collagens, which work to intensively hydrate the skin and promote cell renewal. A treatment specially developed to rejuvenate and revitalise the complexion. Also ideal for sensitive skin.

90 min _____ € 169

Classic Collagen Intense

with neck, décolleté, hand and arm massage.

110 min _____ € 199

Sensitive Skin Re-Balance

Developed especially for problem skin, this treatment removes impurities, helps soothe inflammation and has a regenerative effect on essential skin functions. (Utilises the MED Set especially formulated for sensitive skin with collagen and gentle exfoliating properties).

60 min _____ € 109

Oxygen Boost

Intensified treatment success due to Hyaloroserum and oxygen.

25 min _____ € 63



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 leaves the skin visibly smoother and firmer. To finish Ion Skin Equalizer is the preferred moisturiser. This pioneering anti-aging skincare duo exclusively repair the extracellular matrix and reduce pigmentation.

90 min _____ € 179

Eye Reviver

This relaxing treatment is ideal for rejuvenating tired and puffy eyes. Through intense hydration, the eye area is left nourished, refreshed and smooth.

25 min _____ € 54

Activator Treatment

An instantly revitalising facial treatment to improve the wellbeing and energy of the skin. Based on QMS Medicosmetics' innovative activation techniques, this using treatment regenerates and refuels the skin using active ingredients leaving it firm, fresh and glowing.

75 min _____ € 126



Facial treatments

TEAM D^R JOSEPH - HIGHTECH NATURAL COSMETICS
EFFICIENT CARE FOR FLAWLESS SKIN

Based on your skin needs and scientific findings, the manual treatment method TEAM D^R JOSEPH starts deep in the tissue. Following the natural laws of function, the skin metabolism is brought into balance: calming of the nervous system, relaxation of facial expressions, harmony of the fluid balance, normalization of the microcirculation to care for and maintain your holistic skin feeling, your skin health and your incomparable beauty.

Experience the individual beauty care according to the method of TEAM D^R JOSEPH: pureness. recreation. protection.

- Visible, immediate effect
- High-tech natural cosmetics
- Holistic treatments
- Sustainable, respectful approach to nature

- Organic certified functional cosmetics
- Light, non-greasy, fast-absorbing textures
- For your skin health

Intense Purifying Face Treatment Deeply cleansed skin

Skin type specific deep cleansing according to the TEAM D^R JOSEPH method. The focus of this facial treatment is the deep cleansing of the skin. The skin is deeply purified with exquisite, plant-based functional ingredients. Clogged pores are gently freed and sebum production is normalized. The treatment ritual is concluded with a toning face wrap and the peel-off mask for optimal hydration. For a visibly fresh, cleansed and even complexion.

50 min _____ € 102

Supreme Ultrasonic Facial Lift Intensive premium ultrasound lifting program

The premium class of ultrasound lifting! This premium intensive treatment uses a completely new procedure to make the face appear plumper, fresher and youthfully firm. Thanks to the ultrasound frequencies, the natural functional ingredients are safely transported to deeper skin layers. This enables the functional ingredients' potential to better develop and the skin is strengthened to the maximum. Depending on the skin condition, the treatment is individually adapted to your needs: lymphatic stimulation, steam compresses, cleansing, enzyme & ultrasound deep peeling, alginate mask, Ultrasonic Repair & Lifting, vitalizing neck & face massage, Gua-Sha Lifting Massage, daycare, eyebrow shaping. To maintain the result and the wow effect for as long as possible, we recommend booking the treatments as a package.

90 min _____ € 179

TEAM D^R JOSEPH

Advanced Bio Lifting Face Treatment Intensive Treatment with biodynamic Lifting

The holistic maximum program according to the TEAM D^R JOSEPH method: intensive treatment with biodynamic lifting massage according to your skin needs. Experience a truly unique beauty treatment with skin diagnosis, eyebrow shaping, lymph stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, Gua-Sha Lifting Massage, intensive mask and a final individual daycare and stabilization. Nature's high-tech for lasting effect, immediate visibility and a maximum result.

110 min _____ € 195

Supreme Eye + Face Lift Intensive Lifting & Glow Treatment

Intensive Lifting & Glow treatment for an awake eye area and firm contours. The intensive care treatment consisting of gentle cleaning, peeling, mindfulness massage, Gua-Sha Eye Lifting Massage, care mask, eye & lip care and individual skincare is ideal for wrinkles, tiredness and puffiness in the eye area and ensures a visibly firmed eye area and taut facial contours.

50 min _____ € 110

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Express Power Lift for Men Powerful care for Men

Powerful, natural, effective: skin diagnosis, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing, special serum, intensive mask with facial massage and a final individual daycare. Natural high-tech power for a vital and well-groomed look.

60 min _____ € 119



For expectant mothers

In pregnancy, the female body does incredible things. The emergence of new life is and remains the most beautiful thing in the world. Let yourself be pampered and enjoy the intimacy.

Lymphatic drainage with leg compress

Due to the suction effect of lymphatic drainage, the lymph flow is accelerated, lymph congestion and edemas are pumped out, the venous return of the blood is encouraged and slag tissue and acid deposits are drained off. After a 50-minute lymphatic drainage, there is a leg compress, which visibly and significantly reduces fluid retention thanks to its unique combination of ethereal oils and other effective herbal active ingredients.

80 min _____ € 135

Scalp neck massage

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

25 min _____ € 53

Pampered from head to toe

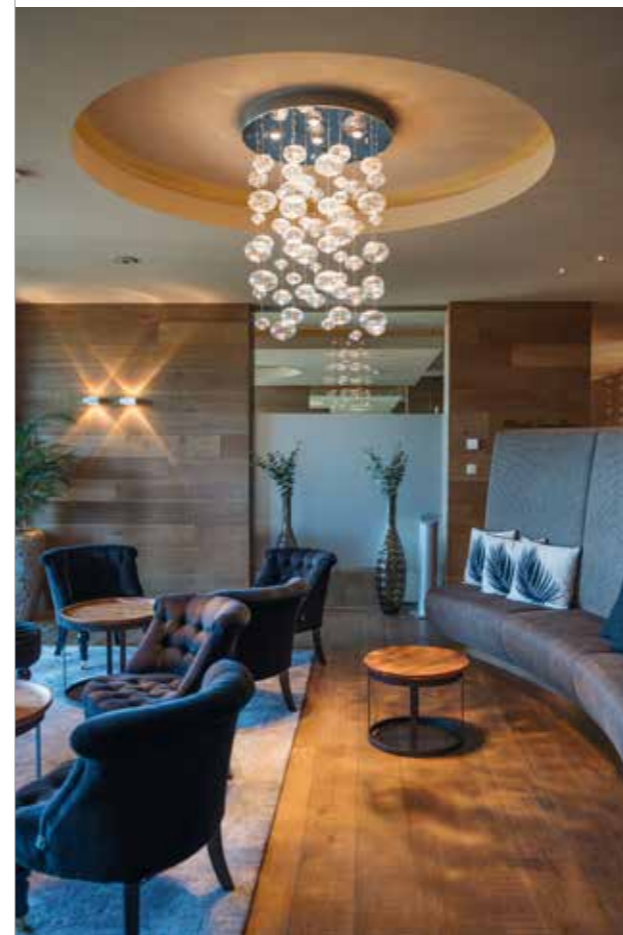
After a scented footbath and a pedicure with nail polish, you can enjoy a facial treatment using QMS products which produce immediate results, as well as a skin caring compress for your baby bump.

120 min _____ € 186

Mother-child massage

Enjoy time together with a partial body massage.

25 min _____ € 99



Packages

Calm down

- Body scrub - pure luxury with honey
- Full body Aroma oil relaxation massage
- Ayurveda Abhyanga massage

150 min _____ € 269

Aurora QMS

- Classic Collagen
- Eye Reviver
- Anti-cellulite contouring treatment

190 min _____ € 325

Me time

- Soothing footbath
- Revitalising foot scrub
- Full body Aroma oil relaxation massage
- Pedicure with nail polish

110 min _____ € 171

Active

- Sports massage
- Alkaline leg wrap
- Calf massage

100 min _____ € 199

Pure Effect – 3 Days

- 2 full body massages
- Body scrub - pure luxury with honey
- Treatment pack with marigold and camomile
- Full body Aroma oil relaxation massage

195 min _____ € 354

Man's World

- TEAM D^R JOSEPH Express Power Lift for Men
- Body pack with arnica and St. John's wort
- Back massage

110 min _____ € 206

Fit & Fun

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

Personal Training

Treat yourself to 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 feel good about your body. Ask for our seasonal training sessions!

50 min – per person _____ € 69

50 min Yoga/Pilates _____ € 89



Treatments for kids & teenagers

For Girls

Mini facial with massage, filing and polish for girls up to 12 years.

25 min _____ € 89

Massage for kids & teenagers

Gentle, relaxing massage for teenagers from 8 to 14 years.

25 min _____ € 49

Young & Style

For teenagers up to 18 years.

Perfect for teens with blemished skin. Includes deep cleansing and special skin care products.

50 min _____ € 79

Manicure for kids & teenagers

25 min _____ € 43

with polish – 40 min _____ € 56

Pedicure for kids & teenagers

with peeling – 25 min _____ € 46

with peeling & polish – 40 min _____ € 59

Hair stylist

From trendy haircuts and new colouring techniques to event styling - our stylist creates magnificent masterpieces, perfect for dinner, for special events or simply for a new look. For an appointment, we would be happy to assist you at the Spa reception (dial 850).

Give away pure joy

Would you like to make someone's stay at our hotel even more pleasurable? A personalised gift voucher for our beauty & wellness 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 relaxation rooms and a fitness room as well as the possibility to participate in our Body & Mind program. We also provide you with a snugly bathrobe and a bag with bath and sauna towels.

Opening Hours Day Spa from 10 am to 7:30 pm

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Mo - Fr: Day Spa + Lunch _____ € 115 per person
Sa - Su: Day Spa + Lunch _____ € 135 per person
Mo - Fr: Late Day Spa (16:00 - 19:30) _____ € 45 per person
Sa - Su: Late Day Spa (16:00 - 19:30) _____ € 50 per person

Breakfast Buffet _____ € 35 per person
Gourmet Evening Meal _____ € 90 per person



Mirabell Spa World

Premium Spa adults only

- Brine steam bath
- Herbal steam bath
- Panorama organic sauna
- Finnish panorama sauna
- Refreshing pool
- Fresh air room
- Ice fountain
- Black Tea bar
- White Lounge
- Gentleman room
- Living room
- Adventure showers
- Infrared cinema
- Event sauna
- Panorama ice pool
- Panorama hot whirlpool
- Outdoor lounge with fire place
- Communication lounge
- Relaxation room Spirit of Meran

Family Spa

- Finnish sauna
- Panoramic relaxation room with floating benches

Pools

- Natural swimming pond (25 m)
- Sunset Relax infinity pool – adults only (25 x 6 m) with massage chairs
- New: indoor & outdoor pool (31m)
- Kidspool with wide wave slide
- Babypool
- Jacuzzi

Beauty

- 8 treatment rooms
- 1 treatment room for 2
- 1 hairdressing room

Fit & Fun

- Fitness gym
- Personal training
- Body & Mind program
- Aqua gym
- Indoor activity room
- Kettlebell
- Yoga & pilates
- Supported TRX training

Deluxe wellness



Make time for yourself and savour a moment of undisturbed respite in the expansive wellness oases of the “Belvita Premium Spa” hotels. Exclusive spa and beauty treatments with high-quality cosmetic products made from locally sourced ingredients guarantee head-to-toe pampering.

As a member of the Belvita Leading Wellnesshotels Südtirol, this hotel promises the highest quality at all levels.



BELVITA LEADING WELLNESSHOTELS SÜDTIROL
T +39 0473 499499 . wellnesshotels@belvita.it . www.belvita.it

