



SPA BOOK

TREATMENTS
IN THE
PREMIUM SPA

HOTEL *****
Chalet Mirabell
THE SPIRIT OF MERAN

Mirabell Premium SPA

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 ensure 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 70 % of the price.

We look forward to hearing from you

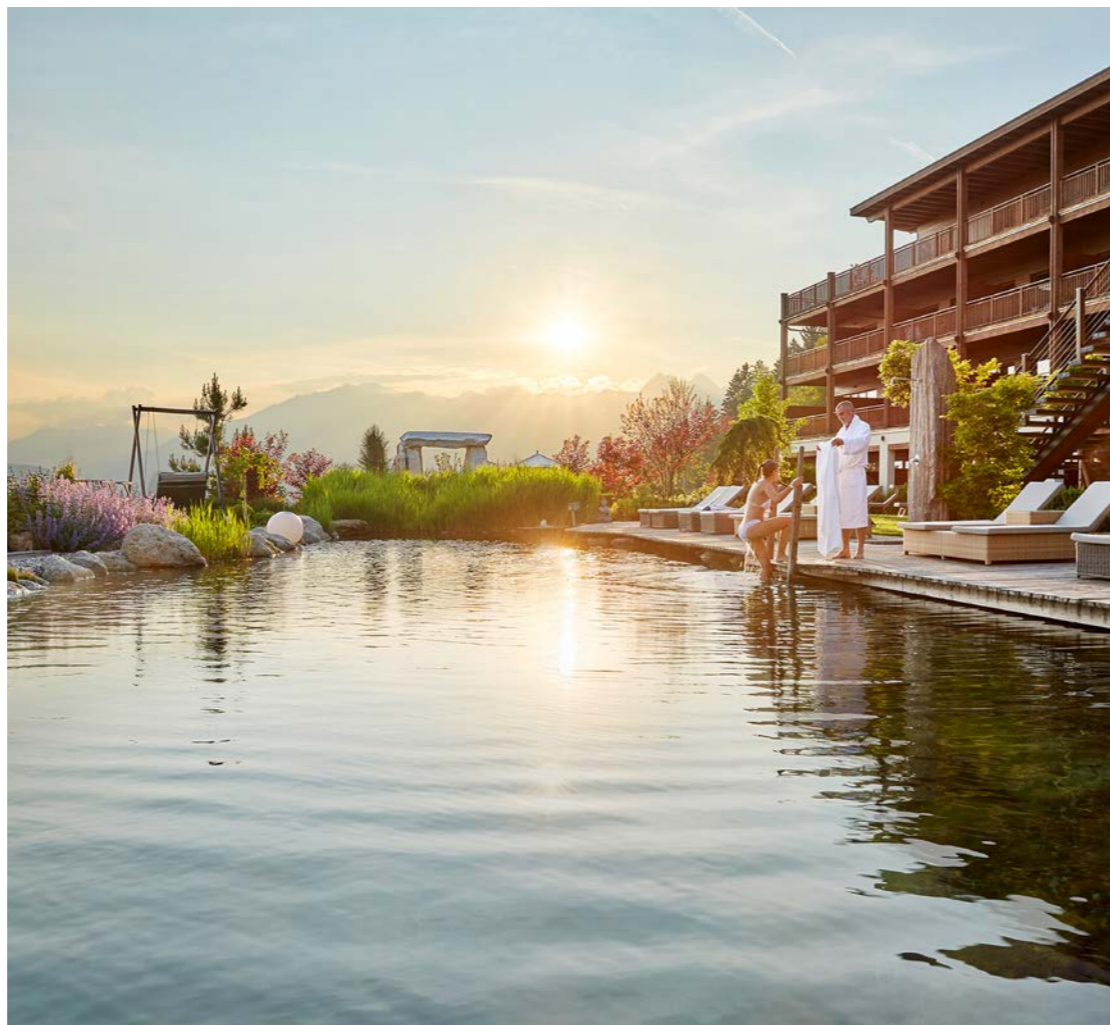
spa@residence-mirabell.com

info@residence-mirabell.com

tel +39 (0473) 378821

Internal number via house phone: 850

Opening Hours Spa Department:
daily from 9:00 to 19:30



4 lilys
20/ 20 points

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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 _____ € 154

INTENSE COLLAGEN REJUVENATION

with neck, décolleté, hand and arm massage

120 min _____ € 195

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 _____ € 96

OXYGEN BOOST

Intensified treatment success due to Hyaloronserum and oxygen.

25 min _____ € 49

QMS
MEDICOSMETICS

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 _____ € 162

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 _____ € 39

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 _____ € 112

Facial treatments

for women and men
using the TEAM D^R JOSEPH method

We think green –
nature is our one and only

The TEAM D^R JOSEPH method offers deep tissue treatments based on the individual needs of your skin and the latest scientific research. For a holistic sense of wellbeing, healthy skin, and radiant beauty. Experience individual beauty care from TEAM D^R JOSEPH. pureness. recreation. protection.



INTENSE CLEANSING FACIAL TREATMENT

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

- skin diagnosis and brow shaping
- warm compresses
- cleansing (small cupping glasses and professional deep cleansing optional)
- purifying face pack
- peel off mask and day cream for a perfect finish

60 min _____ € 96

HIGHTECH NATURAL COSMETICS
TEAM D^R JOSEPH
SÜDTIROL

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 (small cupping glasses optional)
- special serum and facial massage
- intensive mask and day cream for a perfect finish

80 min _____ € 133

ANTI-AGING INTENSIVE TREATMENT

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 (small cupping glasses optional)
- 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 _____ € 154

Spa Basics

FACE

Lash colouring _____	€ 26
Brow colouring _____	€ 21
Brow shaping _____	€ 27

BODY – HAIR REMOVAL

Whole leg _____	€ 47
Leg to knee _____	€ 42
Face _____	€ 12
Bikini area _____	€ 26
Armpits _____	€ 22
Back or chest (men) _____	€ 42

SOLARIUM

Solarium _____	€ 9
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HAND & FOOT

Manicure _____	€ 59
Manicure with nail polish _____	€ 69
Manicure with french nails _____	€ 79
Manicure with permanent polish _____	€ 79
Pedicure with peeling _____	€ 69
Pedicure with peeling + nail polish _____	€ 79
Pedicure with french nails _____	€ 84
Pedicure with permanent polish _____	€ 82

SPECIALS

Manicure with skin care pack without nail polish _____	€ 69
Manicure Deluxe with skin care pack + nail polish _____	€ 89
Pedicure Deluxe with skin care pack + nail polish _____	€ 92

Body Treatments

BODY PEELING

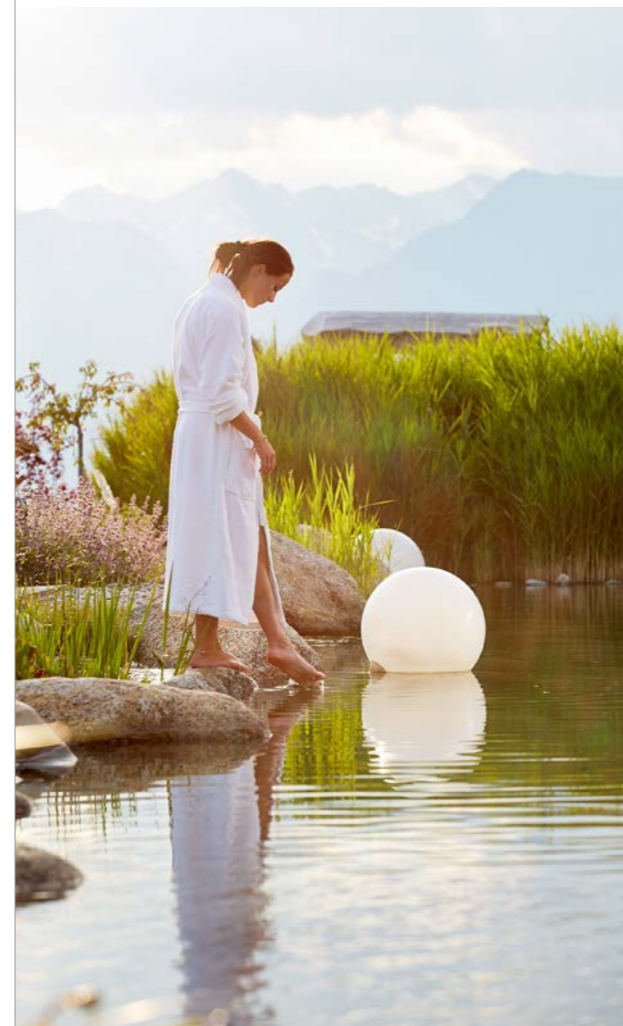
Mirabell's – pure luxury with honey _____	€ 39
Peeling with apricot kernels & herbal extracts _____	€ 39
Seasalt & oil blend _____	€ 39

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.

70 min _____	€ 118
Arm & Chest Treatment 100 min _____	€ 142



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 _____	€ 82
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ALKALINE BATH

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

25 min _____	€ 45
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ALKALINE LEG WRAP

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

25 min _____	€ 44
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Rituals for couples

for women and men
using the VITALIS Dr. Joseph
method

Body treatments with South Tyrolean herbs and plants with a high tech effect. Relaxation for body, mind and soul.

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 whirlpool
- relaxation lounge for two

MIRABELL LOVE

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

145 min – for 2 _____ € 298

SOUTH TYROL PURE

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

110 min – for 2 _____ € 220

AMORE MIO

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

55 min – for 2 _____ € 118

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 _____ € 84

Partial body – 25 min _____ € 46

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 _____ € 89

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.

50 min _____ € 89

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 _____ € 96

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 _____ € 46

MIRABELL'S CALF MASSAGE LEGS & FEET

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 _____ € 48

Special massages from around the world

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, tension and blockages are relieved.

50 min _____ € 85

25 min (back only) _____ € 53

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 _____ € 92

25 min _____ € 53

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 _____ € 133

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 _____ € 122

25 min (back only) _____ € 53

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

50 min _____ € 102

25 min (back only) _____ € 68

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 _____ € 142

BELVITA PREMIUM SPA MASSAGE

This treatment can either be a stimulating or relaxing massage. Both rituals serve to reduce stress and lead to better sleep. The oil from St. John's wort is used for relaxation after a quiet day of wellness, whereas the oil from the mountain pine has a stimulating effect after a hard day of sport. After the massage, it is recommended to rest for 30 minutes on a pine wood cushion or in a pine wood room.

50 min _____ € 92

SHIATSU

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

50 min _____ € 98

INDIVIDUAL TIME

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

50 min _____ € 108

80 min _____ € 152

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 _____ € 92

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 enjoy a peeling before the body pack and a massage afterwards.

Price for one body pack
25 min _____ € 46

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

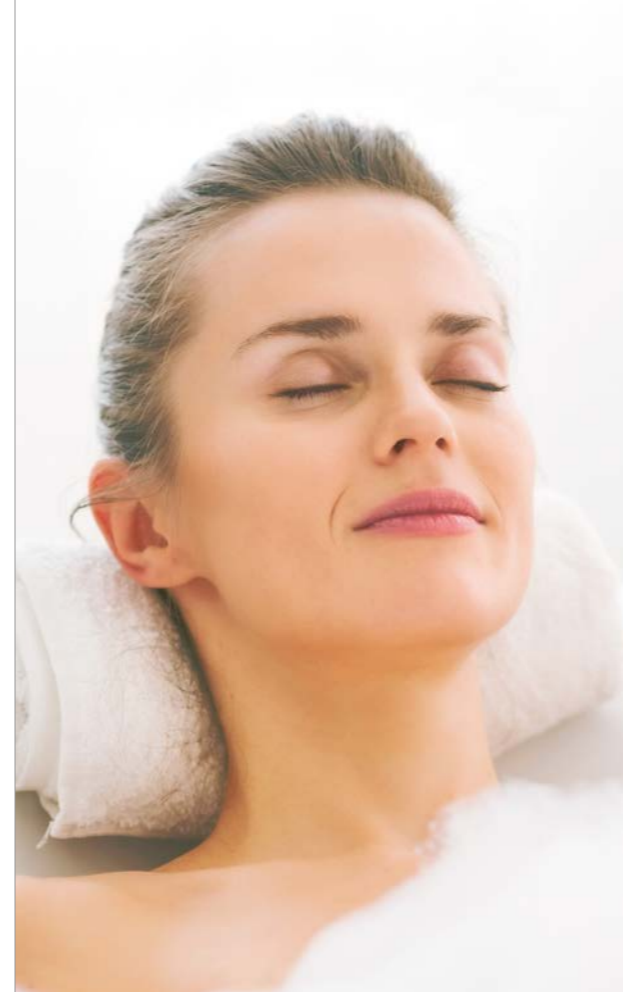
Experience the invigorating power of arnica and St. John's wort. This body pack treats your tired joints and muscles as well as restoring your energy. The essential oils of these plants help to relieve stress and tension.

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 peeling before the bath and/or a massage of your choice afterwards. You can choose the bath supplement right before the treatment.

HAY FLOWER BATH

Hay flower regenerates and provides your body with new energy.

LAVENDER BATH

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

SOUTH TYROLEAN ROSE BATH

The fragrant milk bath soothes and enchants your skin.

HONEY BATH

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

Bath of your choice & partial body massage with essential oil
for 1 – 55 min _____ € 89
for 2 _____ € 150

Bath of your choice & full body massage with essential oil
for 1 – 80 min _____ € 114
for 2 _____ € 200

Body peeling & bath of your choice
for 1 – 55 min _____ € 89
for 2 _____ € 150

Body peeling, bath of your choice & partial body massage
for 1 – 80 min _____ € 114
for 2 _____ € 224

Body peeling, bath of your choice & full body massage
for 1 – 110 min _____ € 153
for 2 _____ € 302



Packages

CALM DOWN

- Body peeling - pure luxury with honey
- Aroma oil relaxation massage
- Ayurveda Abhyanga massage

150 min _____ € 234

AURORA BY QMS

- Classic collagen
- Eye reviver
- Anti-cellulite contouring treatment
- Present from QMS

185 min _____ € 287

BELVITA GSUND

- Soothing footbath
- Revitalising foot scrub
- Stimulating hand and arm massage
- Vitalising body massage
- Face and neckline massage
- Moisturising body pack

110 min _____ € 139

ACTIVE

- Sports massage
- Alkaline leg wrap
- Calf massage
- Leg gel for future use

100 min _____ € 186

PURE EFFECT – 3 DAYS

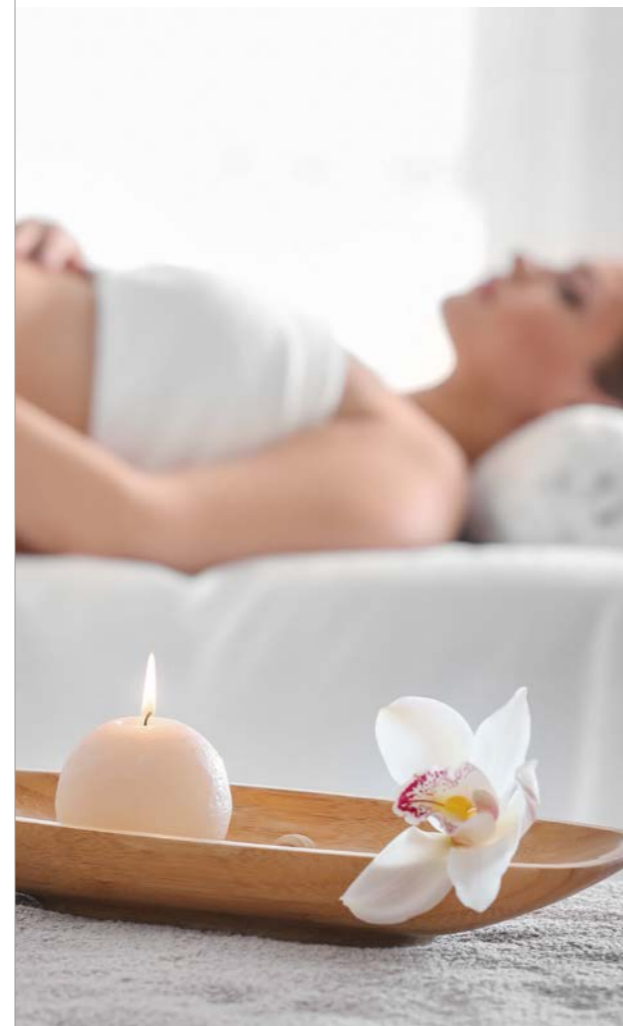
- 2 full body massages
- Body peeling - pure luxury with honey
- Treatment pack with marigold and camomile
- Aroma oil relaxation massage

195 min _____ € 309

MAN'S WORLD

- TEAM D^o JOSEPH facial treatment
- Body pack with arnica and St. John's wort
- Back massage

110 min _____ € 169



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 _____ € 125

MANICURE DELUXE

Skin care pack and nail polish _____ € 89

PEDICURE DELUXE

Skin care pack and nail polish _____ € 92

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 _____ € 173

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 _____ € 46



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!

- 25 min – per person _____ € 42
- 50 min – per person _____ € 65
- 50 min Yoga/Pilates _____ € 85

Specials for teens

FOR GIRLS - UP TO 14

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

50 min _____ € 89

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

KIDS & TEEN MASSAGE

Gentle, relaxing massage for youngsters between 8 and 14

25 min _____ € 40

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)* or directly at the *house reception (dial 800)*.



SPA GIFT VOUCHER

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.

DAY SPA: from 10:00 to 19:30

Mo - Fr: DAY SPA + Lunch _____ € 85 per person
 Sa - Su: DAY SPA + Lunch _____ € 95 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 _____ € 79 per person

Mirabell SPA World

PREMIUM SPA FROM 16 YEARS

- Brine steam bath
- Herbal steam bath
- Panorama organic sauna
- Finnish panorama sauna
- Refreshing pool
- Fresh air room
- Ice
- 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*

ALPIN SPA

- Finnish sauna
- Steam bath
- Hay sauna
- Kneipp paddle pool
- Panoramic relaxation room with floating benches and waterbeds

POOLS

- Infinity pool heated all year round (15 x 4 m)
- Indoor pool (10 x 5 m) with jacuzzi and pool
- Natural swimming pond (25 m)
- Sunset Relax infinity pool – adults only (25 x 6 m) with massage chairs
- Kids pool with wide wave slide

BEAUTY

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

FIT & FUN

- Fit & fun
- Fitness gym (downstairs)
- Personal training
- Body & Mind program
- Aqua gym
- Indoor activity room
- Kettlebell
- Yoga & pilates
- Supported TRX training

SPA DEPARTMENT

Opening hours: daily from 9:00 to 19:30

spa@residence-mirabell.com

phone +39 (0473) 378821

Internal number via house phone: 850



HOTEL *****
Chalet Mirabell
THE SPIRIT OF MERAN

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BERGVILLEN
FRAMING MEMORIES

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