



THIS CHRISTMAS, IMMERSE YOURSELF IN THE REVITAL® EXPERIENCE AT PALACE MERANO

Treatments and overnight stays combined in a single, integrated program designed to let guests experience the Palace Merano detox journey during the magical Christmas season, as well as the South Tyrolean markets

Merano, October 2025 – As the first mists caress the peaks, Christmas lights reflect on the Passer and the air fills with the scent of spices and wood, the landscape surrounding **Palace Merano** turns into a fairytale.

It is within this dreamlike setting that the **Revital® Experience** is born: **four days and five nights of pure well-being and regeneration**, brought together in one exclusive offer that, for the first time and for a limited period, combines the refined hospitality of Palace Merano, the **detox** treatments of the Revital® Method, and the restorative rest the body needs.

A formula to be treasured – perfect for those wishing to make the most of December and the Christmas holidays not only to regenerate and detox, but also to immerse themselves in the magic of South Tyrol, taking part in the many scheduled events (not included in the offer) held nearby amid lights, nature, performances and Christmas markets.

Through **Revital® Experience**, Palace Merano – **the pioneering Medical Spa behind the Revital® Method, developed over twenty years ago** – offers, for the first time, a complete Christmas program at a special fixed rate, designed to reveal the “detox heart” of its extensive offering.

The Revital® Experience includes both accommodation and the full range of treatments – and more: from personalised **Detox® or Biolight® Nutrition**, designed to purify and rebalance metabolic and digestive functions; to **four energy massages** to ease tension and restore vitality; **four hydrotherapy sessions** alternating warm and cold jets to stimulate microcirculation and drain toxins; **four thermal mud treatments** enriched with plant extracts for a deep action on circulation and metabolism; and **four targeted hydrojet sessions** to tone both body and spirit. An initial mandatory medical consultation is also required to define personal objectives and monitor progress. Guests can also enjoy group activities including **gym workouts, walks, yoga and e-bike excursions**.

The offer also includes access to the **indoor pools, saunas and steam baths**, an **outdoor kit** with hat, bag and water bottle, plus a **complimentary room upgrade and late check-out on request**.

The only service not included is the mandatory medical consultation, essential for setting personalised goals and tracking progress.

The program is available from **15 November** and valid throughout the Christmas period until **26 December**. It can also be purchased as a **gift voucher** – the **perfect Christmas present**, to give or receive as a promise of well-being.

Among the events (not included) taking place during this period is **Lumagica Merano** at the Gardens of Castel Trauttmansdorff: a magical trail featuring over 300 light installations, open from 20 November 2025 to 6 January 2026. This year's theme: "Sissi's Journey Around the World". Also not to be missed is the **Merano Christmas Market**, officially certified as a *Green Event*, running from **27 November 2025 to 6 January 2026**, enlivening the Passer promenade, Piazza Terme, Piazza della Rena, Piazza Duomo and Piazza del Grano with local crafts, gourmet specialities and festive music. Lastly, the **nearby Christmas markets of Bolzano, Vipiteno, Brunico and Bressanone** will be open from **28 November to 6 January**, inviting visitors to discover the magic of South Tyrol's many traditions, amid mountain lights and fragrances.

PRESS RELEASE

Palace Merano is Italy's first Medical Spa and the creator of the renowned Revital® Method, developed more than twenty years ago. Its tailored programmes are based on functional, allopathic and energy medicine aimed at prevention, complemented by the holistic principles of Traditional Chinese Medicine (TCM). Located in the heart of Merano and immersed in a unique microclimate, the property is set within an elegant historic building – a five-star hotel with 99 rooms, including 14 junior suites and 30 suites, distributed across the main building, the castle and the panoramic floor. Inside, guests will find a 6,000 m² Revital® Centre and a state-of-the-art 1,500 m² medical floor. The Revital® Centre, dedicated to advanced diagnostics and innovative, tailor-made treatments, includes a full medical department and a Spa with areas dedicated to sport and relaxation. The Spa offers 18 cabins for hydro-mud therapy, 6 for hydrojet treatments and 19 for beauty treatments, as well as dedicated areas for relaxation and meditation. It also includes an indoor swimming pool, saunas, a hammam, a Kneipp path, and an outdoor 31-metre pool with hydromassage loungers, whirlpool and bar service. The fitness room, overlooking the park, features avant-garde Technogym equipment and a variety of indoor and outdoor sports activities overseen by a personal trainer. The medical area on the fifth floor hosts an analysis laboratory, scanner and check-up, colon hydrotherapy, acupuncture, osteopathy, oxygen-ozone therapy, the bioenergetic and nutritional department, advanced aesthetic treatments and the availability of an aesthetic doctor and their team. The centre is supported by an exclusive medical team that works alongside nutritionists, naturopaths, osteopaths and nurses, applying the integrated preventive method. Special attention is paid to sport through the introduction of the new cutting-edge Sport Recovery Lab - designed for athletes and anyone who wants to regain their physical fitness and muscular strength after injury. In 2025, the collaboration with Alex Schwazer, Olympic champion and the new athletic trainer of the Sport & Recovery Lab, further enhances the property's sports offering with personalised programs and innovative training and recovery protocols. Palace Merano prides itself on its culinary offer: the Palace Detox® Diet, Palace Biolight® Nutrition and Palace Sport® Nutrition regimens have been developed to enhance mental and physical well-being through the use of fresh, seasonal and farm-to-fork ingredients. A new partnership with the ST. JOSEF Health Centre in Merano allows guests to enhance their preventive journey through access to specialised screening services in Cardiology, Ophthalmology, Urology, Gastroenterology and Dermatology. In addition, Zinedine Zidane serves as Brand Ambassador for Palace Merano, sharing and promoting the benefits of the Revital® Method. The prestigious Swiss magazine, Bilanz, ranked the Palace Merano in fourth place among the best "20 Health Hotels" in the Alpine region in 2024. In 2025, the hotel was the only Italian spa to receive the "Master MOT" award from Condé Nast Traveller, which rewards the best spas with comprehensive health check-ups. In the same year, Palace Merano was named "Best Global SPA Hotel" at The Luxury Spa Edit™ Awards and received the "Wellness & SPA Award" from Condé Nast Traveller Germany.

For more information:

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