





## Fire, heat and relaxation at San Luis

Our barn-sized pool area with its reception area on the right, is both airy and cosy with the surprise of a large pool near the fireplace in which you hear the crackling of the firewood. From the light-flooded bathing hall you can reach the heated outside pool and the pleasantly warm jacuzzi in the middle of the lake as well as the saunas, massage and beauty treatment rooms, the fitness room and numerous comfortably padded loungers in the light-filled relaxation rooms.









## Massages

Take the time to refresh your body and mind and try out professional massage treatments in Merano/Meran – restore your energy levels during unforgettable vacations!



### Facial massage

This healthy facial massage uses soft active agents that penetrate your skin, removing lymph nodes in the neck area. Enjoy a relaxing, soft and refreshing treatment which creates radiant eyes and a firm, young skin complexion. Experience relaxing, recreative wellness vacations!

ca. 20 min. Euro 62,-



### Partial massage

Enjoy traditional massage treatments for your legs, back or shoulders, at an intensity chosen by you. These massages can be soft or powerful, as you wish, and will make sure to loosen and relax your muscles. Great wellness vacations in South Tyrol!

ca. 20 min. Euro 62,-



### Relaxing head and neck massage

Relax and unwind during your wellness vacations in Merano/Merano. This soft massage has a liberating effect on your body. Feel the neck muscles relax and free your mind, forgetting all about the daunting tasks of the job and daily life. This extremely rejuvenating massage fosters the blood flow and loosens the neck muscles, leaving you with a lasting feeling of well-being.

ca. 20 min. Euro 62,-  
ca. 50 min. with cupping Euro 134,-



### Full body massage

Feel how your muscles relax and tensions fade away during a variety of treatments. Your whole body will be subjected to a relaxing massage which focuses solely on your individual preferences, using more or less pressure just as you like it. This treatment is a traditional highlight during your active vacations in the mountains of South Tyrol.

ca. 50 min. Euro 118,-



### Heat and back massages

A healthy heat pack is going to be applied to your skin to perfectly prepare your muscles and nervous system for the treatment that follows it. Then enjoy a powerful back massage which will totally relax your muscles, especially in the shoulder and neck area. An ideal start to your healthy vacations in Merano/Meran!

ca. 50 min. Euro 128,-  
ca. 80 min. Euro 198,-



### Foot reflexology massage

This intensive treatment targets selected zones on the foot – each pressure point in fact symbolizes a different point of the body, stimulating the metabolism, purifying the body and creating a healthy balance on all levels as well as strengthening the immune system. Your feet will be totally ready for active vacations in Merano/Meran.

ca. 50 min. Euro 118,-



### Lymphodrainage treatments

Tender, rhythmic movements are applied to your skin to increase the lymph flow along the lymph lines. This massage will make your legs look a lot lighter, reduces jams in the tissue and strengthens the immune system – you will feel like new after a stay at Meisters Hotel Irma.

ca. 50 min. Euro 118,-

### Back and leg massage

We put our back, legs and feet through an awful lot, so it's important to make sure we care for them properly. So take some time, we pamper you body in the way that it deserves. Through specific massage treatments we help your blood circulation and your harmony of muscles. This massage is recommended for tired legs and back.

ca. 50 min. 118,-

### Flowing stones – massage with warm stones.

An incomparable massage ritual with warm lava stones. According to the knowledge of the ancient chakra teachings, a selection of stones is placed on the energy centres of the body. The massage and treatment with the warm stones releases tension and blockages throughout the body. The energy of the warm stones gives you an incomparable feeling of security and activate the tissue and circulation in equal measure. Feel the flow of energy!

ca. 50 min. Euro 128,-

### Physiomed special massage

Leave stress, hustle and bustle behind you and enjoy a time out for yourself. Your needs are in the foreground. Anamnesis and an in-depth conversation are a prerequisite for your wishes during the massage. Targeted massages starting from the feet over the legs and back to the head, accompanied by intensive relaxation techniques round off this special massage method for recovery seekers. Feel the balance of body and soul for inner and outer balance.

ca. 50 min. Euro 128,-

### Relax sport massage

After an intense physical activity there is nothing better than to treat yourself to a nice anti-fatigue massage. With specific and appropriate maneuvers our masseurs will be able to attenuate muscle tension and to relax the parts of the body that are still tense, thus facilitating recovery times.

ca. 50 min. Euro 128,-

### New: Revitalize your back

Do you want to specifically shape your back and improve mobility? With special massage movements, the muscles are processed mainly on the head, neck and shoulder and their joints are mobilized. The regained mobility will revitalize your body with new strength and balance. Used for migraine, tension headaches, neck discomfort and back pain. Like magic, stress, ballast and tension are released.

ca. 20 min. Euro 74,-  
ca. 50 min. Euro 128,-  
ca. 80 min. with cupping Euro 198,-





### Leg treatments for firm skin

Try relaxing leg treatments using cooling wraps to tighten your skin, strengthen your veins and release tensions from the tissue. Natural algae extracts stimulate your metabolism and purify and detoxify your legs, thighs and bottom. Your feet will feel healthy and light, preparing you perfectly for yet another adventurous hike in the stunning mountain scenery.

ca. 50 min. Euro 118,-  
ca. 80 min. + lymphatic mass. Euro 188,-



### Packs and body peeling

This is a real classic among body treatments – peeling accompanied by body packs. The natural, cleansing peeling uses sea salt with essential oils to excellent effect and softens your skin. This peeling is the perfect preparation for the beauty pack which uses herbal extracts and vitamin E to moisturize your skin.

ca. 20 min. Euro 62,- only pack  
ca. 50 min. Euro 118,-  
ca. 80 min. with massage Euro 188,-



### New: Detox body treatment

Enjoy this soft detox treatment for the whole body and experience the verve for more lightness and vitality. We start with an energetic salt peeling and lymphstimulating brush massage done with soft goat hair bristles. To finish you will be spoiled with a nourishing and tonifying body pack with alpine herbs. The lymphatic flow generated in this way removes the waste deposits quickly: an immediately noticeable relief of the tissue is the result. To be applied with circulatory problems, migraine or toxins. As if by magic, stress, ballast and tensions are removed.

ca. 80 min. Euro 198,-



### Warm, relaxing aroma massage

This extraordinarily soft full body massage uses essential oil to really treat your skin, creating a tender feeling of well-being. You can choose from a variety of scents such as citrus, lavender, rosemary and juniper. Enjoy a true journey of the senses which will make you feel happy and relaxed, ideal after an exciting sport and hiking day!

ca. 50 min. Euro 118,-  
ca. 80 min. Euro 188,-



### Herbal stamp massage

Discover this unique treatment, a combination of relax massages with warm almond oil and a penetrating stamp massage which uses warm local South Tyrolean herbs. This treatment is perfect to release tensions in the shoulder and neck area, with a penetrating, relaxing effect on your body.

ca. 50 min Euro 128,- (2 stamps)  
ca. 80 min Euro 224,- (4 stamps)



### Energizing treatment á Meister

Experience a soothing treatment from head to toe. This energizing treatment will totally relax you. Gentle grips, strokes, targeted stretching and gentle weighing of certain limbs release blockages, open energy channels and ensure an unforgettable relaxation and long-lasting depth. Positive effect in stress headaches, improvement in mobility and physical activity and stimulation of the lymph system. A wonderfully comfortable feeling arises, you feel relaxed and very solved.

ca. 50 min. Euro 128,-  
ca. 80 min. Euro 198,-



## Cosmetics

Find the time to relax your body during superb beauty and wellness treatments for your skin. Choose from a wide range of services to accompany your stay at our hotel. You will leave with a profound feeling of well-being and contentment.





### Foot treatments

We constantly use our legs, especially during hiking vacations. To prepare your feet for challenging tours, why not try a soothing SPA pedicure which will really strengthen and relax your feet. The treatment includes a bath, nail care and foot and thigh massage, with a softening, tightening effect on your skin.

ca. 50 min. Euro 78,-

### Hand treatments

Our hands are highly sensitive sensory organs which are used extensively every day. Hence, we should take good care of them – try nail and hand care using essential oils and exclusive plant extracts. We will treat your hands in a holistic way, with peelings, hand baths, nail care, pack treatments and extensive massages of fingers, hands, lower arms and elbows.

ca 50 min. Euro 78,-

### Depilations

- Face or underarms Euro 28,-
- Bikini Euro 34,-
- Half legs, chest or back Euro 62,-
- Full legs Euro 74,-

### Beauty extras

- Eyebrow treatment Euro 38,-
- Dye eyelashes or eyebrows Euro 28,-
- Dye eyebrows & eyelashes Euro 38,-

### Hairdresser's

Choose a great hairstyle to accompany your bathing fun and wellness treatments – our in-house hairdresser on demand will make sure you none of your wishes remain unanswered.

### Facial treatment for men

Wonderful beauty treatment for men. This revitalizing power treatment will create a nicely balanced skin complexion for men. This is followed by a relaxing peeling, an individual mask and final treat using products chosen carefully according to your skin type. The treatment aims especially at the requirements of male skin and leaves a lasting, refreshing effect.

ca 50 min. Euro 118,-

### Face and décolleté treatment

Enjoy a holistic treatment for your face, neck and décolleté. This beauty treatment focuses on your skin and includes a soft facial cleansing, peeling, eyebrow adjustment, eye and lip care, revitalizing lotions and masks as well as a hand massage. You will feel alive and fresh after this eclectic treatment.

ca. 80 min. Euro 158,-

### Luxury facial for men & women

This luxurious treatment for the face has a strengthening, regenerative effect on the skin. You will receive an intensive face, neck and décolleté cleansing using exclusive active agents contained in products of our luxurious Anti Aging collection. Healthy substances and different plant extracts have been used to make this treatment so effective. Treat your valuable skin to this special anti-aging treatment.

ca. 50 min. Euro 158,-  
ca. 80 min. Euro 188,-

# Spa Etiquette

## Good to know

If you have not yet experienced spa treatments, the first visit to a spa is like an adventure - including the excitement! We want you to enjoy your time with us and hope that the following information will be of use to you. Out of respect for other guests, please speak softly in all areas of the spa. Beverages in glasses and snacks are not permitted in the Spa and wellness area. For safety reasons, drinks are served in plastic cups. Smoking is not allowed anywhere in the spa area. We request that you do not use mobile phones, laptops, cameras or video cameras.

## Special requests

We will make your dreams come true! If you cannot find your perfect treatment in the spa brochure, get in touch with our spa reception. We are happy to provide everything from individual treatments to all-day packages.

## Take time

Prior to your treatment you can enjoy a cup of tea in the Wellness Relax Lounge. One of our staff members will then come and pick you up..

## Take a shower

It's nice to use the shower before your treatment. It will freshen you up before your treatment. This step is especially important if you've spent time in a hot tub or pool, which has chlorinated water. You want to get those chemicals off, not have them massaged in.

## Booking

We recommend booking your treatment three weeks in advance. Our professionally trained staff is looking forward to advising you individually. Daily from 8 am to 7 pm we will meet your specific wishes to make your stay at the Irma SPA a unique experience. Furthermore, you can get information about SPA products and coins for the solarium at the SPA reception.

## Check-in

In order to be able to begin all treatments on time, please arrive at the spa 15 minutes before your appointment. In consideration of following appointments, treatments will be shortened in the case of late arrival. We ask for your understanding in this matter.

## Clothing during treatment

In your room we have provided a robe, slippers and a towel. Sneakers and sports clothing are necessary if you would like to make use of our gym facilities. Out of respect for other guests, we ask that you wear swimwear when at the pool area. For massages, cosmetics and body treatments, your body will be covered. Only the part of the body which is being treated will be exposed.

## Cancellation

If for any reason you will not be able to keep your appointment, please cancel at least 24 hours prior; or you will be responsible for 100% of the treatment costs.

## Speak up about what you want

Massage therapists are trained to respect boundaries and use proper draping techniques, so either should be fine. During the massage, feel free to speak up on anything you would like to be different -- more pressure, less pressure, quieter music, a blanket if you're cold, turning the table warmer off. Your comfort is the most important thing, and your therapist is there for you.

## Your health matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments. Please consult your doctor before using the spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. For Mom's to be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this special time. We recommend that you drink lots of water after your spa treatment to help accelerate the elimination of toxins.

## Valuables

We do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.





