

M E N U



Meranesse

F I N E S P A



Welcome to *your*
wellbeing oasis

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The place of your dreams

Escape the humdrum of everyday life and make space for the things that really matter: Your wellbeing. The Meranesse Fine Spa is a place where you can lie back, take deep breaths, and recharge your batteries. A break that is not only relaxing but has a long-lasting, beneficial effect. Bright, light-filled rooms open up views of the vast natural landscape. Exclusive materials and refined details create a very tranquil yet energising atmosphere. Our highly qualified team will cater to your needs with the utmost attention.

A vast array of locally sourced, exquisite products FD Dolomites of the highest quality make every treatment a truly special and individual experience, making sure that you go home fully relaxed, well looked after and fully at ease.

A wide range of treatments

At the Meranesse Fine Spa, relaxation is an art. With a series of massages, fragrant peelings, nourishing packages and exclusive facial and body care treatments, you will find renewed energy and a deep sense of wellbeing. In the private spa suite, couples enjoy precious moments of tranquillity and intimacy.

Saunas, bathing, and relaxation lounges

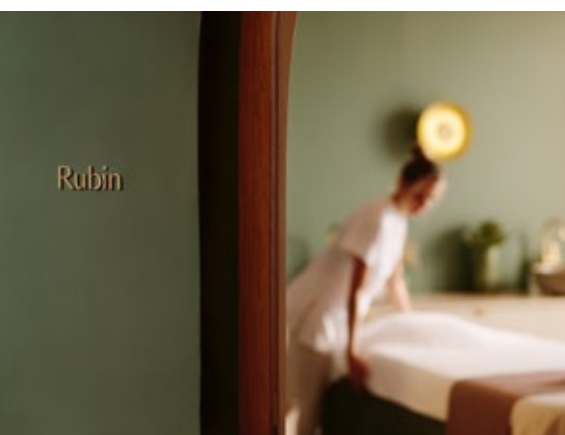
Warmth, tranquillity, and foresight merge into an experience for the senses. Finnish panoramic sauna, bio sauna, brine steam bath and infrared loungers have a regenerative effect on body and soul. Sensory showers, Kneipp pools and stylish relaxation loungers, both indoors and outdoors, entice guests to enjoy some carefree moments.

Beautiful pools in the Mediterranean garden

Water merges with the horizon: The Infinity pool, separate whirlpool and light-flooded indoor pool offer spectacular views over the Merano region. In our Mediterranean garden, find your own intimate spot of tranquillity where you can unwind and reconnect with nature.

Fitness with a view

Move in style: The elegant fitness area combines modern training facilities with inspiring views. Cutting-edge equipment, bright rooms and a well-thought-out design make every workout into an exclusive experience, strong, focused and effortlessly light.



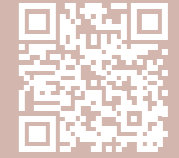
We'll be pleased to advise you

Please contact us to work out a fully personalised treatment plan to meet your exact needs. Our team is always there to help you, either in person, over the phone (ext. 270) or via our App.

Carefree bookings

For a truly relaxing break, we recommend booking your treatments when you reserve your room. For short-term wishes, we will naturally be pleased to check current availability. You can cancel treatments free-of-charge up to 24 hours before your appointment. For any cancellations made after this time, we will charge the full cost of the treatment. Please understand that arriving late will shorten your treatment time accordingly.

More Meranesse in the App



All opening times, treatment details and further information about the Meranesse Fine Spa can be found in our Hotel App, which you can use at any time to easily book applications and treatments at the time that suits you best. Visit our App now under www.hotel-castel.com/app and reserve your getaway.

Spa etiquette

We kindly ask you to arrive 5 minutes before your treatment at the spa reception desk, wearing your bathrobe and with any jewellery removed. Bathrobes, towels and slippers for your spa visit will be waiting for you in your room. Our spa is an oasis of relaxation and wellbeing. Please help us to maintain this atmosphere by respecting the privacy of other guests. For your own personal relaxation and that of others, we kindly ask you to silence your mobile devices and reduce phone calls to a minimum. Please note that our spa is only open to people aged 16 or over. Thank you for your understanding.

Care rooted in the strength of the Dolomites

In the very heart of the Dolomites, surrounded by crisp mountain air and pristine nature, chemist Dr. Sandro Barbierato has created something truly extraordinary: body care that comes from genuine knowledge. Alpine healing powers, scientific precision and innovative research are packed into the Arnica-Montana formulations from FD Dolomites – a family-run production that is bound by the same high standards as Castel itself. Each product is a reflection of this unique landscape: developed with the utmost care, dermatologically tested and made in Italy, for wellbeing you can feel and see.



FD Dolomites *Supreme*

Some skincare products are applied, others deliver visible results. Arnica Supreme belongs to the second category. In the heart of the Dolomites, where knowledge of the healing power of native herbs has been passed down through the generations, FD Dolomites has developed a range of products that blends the purity of nature and the precision of modern active-ingredient research.

The feather-light textures and exquisite fragrances turn every application into a truly unique moment. A vast assortment of dynamic face care products, ranging from regenerating body creams to a particularly gentle cleansing cream transform your daily care routine into a highly sensory experience.

The highlight of the collection is Arnica CBD, with a formula designed to target exactly where an active day shows its effects, and makes muscles and joints naturally feel light once again.



As an exclusive partner, we are proud to use the range of products from FD Dolomites in our Meranese Fine Spa, where our team will be happy to offer you advice and let you try out these products.



Signature treatments *from the mountains of the South*

Merano is located in the spot where the Alps meet the Mediterranean – a place that has been known for centuries for its healing effects. Our Signature Treatments harness exactly this power: deeply rooted in the region, carried by arnica that has been considered a precious medicinal herb for generations here in the Dolomites.



When only the best *is good enough*

For our exclusive Signature Treatments, we deliberately use a generous amount of the Supreme care products from FD Dolomites, because real care takes time. Time we are pleased to dedicate to you. Time in which only one thing really counts: your wellbeing, your tranquillity, and you yourself.



Signature Treatments *in harmony with nature*

Dawn – *Alpine gold for your face*

Indulge in a perfect harmony between scientific innovation and the raw power of the highly concentrated Arnica Montana. A manual ritual with a deep-down regenerative effect that draws on the purity of the mountains. Specific lifting and illuminating effects help to even out your complexion, revive cellular vitality, and leave your face looking visibly fuller and smoother, revealing a radiance that comes from within.

50 min.

148 €

Mountain stream – *Arnica balance for the body and face*

Enjoy deep relaxation with the flowing movements and revitalising power of arnica. This massage releases tension, stimulates circulation and leaves your skin looking radiant. A natural power formula for all those looking for inner calm and pure wellbeing. Indulge in a moment just for you!

50 min.

128 €

Root power – *reactive – full body massage*

This alpine deep-care ritual works where it counts: A specific massage for the back and legs, drawing on the concentrated power of arnica and the regenerative effect of CBD. Tension dissolves, the joints are freed, and you rediscover renewed energy and inner balance.

50 min.

128 €

Natural glow – *alpine purity*

Exfoliation and care merge into an exclusive body ritual. After this gentle exfoliation, your body is massaged with a mixture of alpine organic bio-actives tailored to your skin type. Indulge in a silky-smooth skin sensation and deep relaxation from the heart of the Dolomites.

80 min.

184 €

Our facial treatments *speak for themselves*

Well-cared-for skin is no coincidence, but the result of attention, expertise, and the right care at the right time. Our facial treatments combine established manual techniques with cutting-edge technology, to offer the perfect solution for every skin type and every need.



Pure Balance – *classic facial treatment*

Deep cleansing, gentle peeling and specifically formulated ingredients prepare the skin for the finishing touch with a refreshing mask. This ritual restores the skin to its natural balance, leaving an even, well-groomed complexion and the feeling of being fully in tune with yourself.

50 min.

124 €

Deep Clean Facial – *and ultrasound treatment*

Gentle application, deep-reaching results. The Aqua-Peeling treatment frees the skin of impurities, manual cleansing refines the pores and ultrasound takes valuable ingredients exactly where they are needed. The skin is pure and refreshed with visibly refined pores.

80 min.

214 €

Timeless lift – *Perfect Age Treatment*

Luxurious anti-ageing treatment for skin with specific needs: after deep cleansing and Aqua Peeling, ultrasound maximises the penetration of active ingredients. Depending on skin condition, this is followed by ion-based lifting treatment or radio frequency treatment, to achieve visibly firm skin and defined contours – for firm, plump-looking skin with restored elasticity and a radiant glow.

80 min.

214 €

Glow Infusion – *fruit acid & microneedling*

An intensive, high-end treatment for a refined complexion. Fruit acids gently dissolve dead skin cells, while a micro-needle roller helps active ingredients penetrate deeply into the skin and promotes collagen production. The result is a fresh, natural glow with firmer contours and finer pores.

80 min. 214 €

Jet Treatment Oxycutan – *a youthful touch*

Oxygen as a fountain of youth - non-invasive and instantly noticeable. This treatment hydrates the skin deep-down, providing an immediate lifting effect, and revealing a radiant glow of visibly renewed, fresh-looking skin that cannot be achieved by any make-up.

80 min. 214 €



Because beauty *lies*
in the details

Face

What makes a well-groomed face truly refined are the subtle nuances.

| | |
|-----------------------------|------|
| Upper lip hair removal | 18 € |
| Eyebrow tinting | 24 € |
| Eyelash tinting | 24 € |
| Eyebrow and eyelash tinting | 44 € |

Body

Smooth, expertly cared-for skin – for a feeling of freshness, lightness and wellbeing.

| | |
|---------------------------------------|------|
| Arm hair removal | 44 € |
| Full bikini line hair removal | 54 € |
| Underarm hair removal | 28 € |
| Underarm and bikini line hair removal | 78 € |
| Lower leg hair removal | 48 € |
| Full leg hair removal | 78 € |
| Back and chest hair removal | 88 € |

Pure relaxation: *our massages*

The most effective massage is one that gives you exactly what you need. Our massages at the Meranese Fine Spa range from classic to specialised treatments tailored to your individual needs.



Massages

Deep Balance

A sensual experience that combines holistic stretching and specific massage techniques into a harmonious flow. On a specially designed massage table that gently aligns the body and fully relaxes the muscles, tension releases naturally. Every movement brings freedom, every touch a sense of unexpected lightness. A journey for body and mind that restores space, balance and presence.

80 min. 184 €

Green Massage

Pure nature! This full body massage harnesses the powerful properties of natural hemp (CBD), which is rich in vitamins, essential fatty acids, and natural anti-oxidants. It promotes cell renewal, reduces inflammation and helps regulate sebum production. A detoxifying, nourishing massage that provides deep relaxation.

80 min. 184 €

Individual full body massage

You choose the rhythm, we find the right touch. From powerful sports massage to gentle, soothing strokes on the back, head, neck or legs, all treatments are complemented by aromatic, nourishing oil blends tailored entirely to your preferences.

50 min. 118 €

Vitality, that reaches deep into the skin

Manual lymphatic drainage massage

A gentle, flowing technique that specifically stimulates lymphatic circulation. This massage helps the body to effectively eliminate toxins and metabolic waste.

80 min. Full body 184 €
50 min. Legs 124 €
25 min. Face 68 €

Detox Deluxe Lymphatic stimulation

This treatment combines the gentle effects of manual lymphatic drainage with specially developed technology. The precise, evenly regulated pressure of the device enhances the depth of action exactly where lymphatic congestion is felt and where the body needs support in drainage.

80 min. Full body 194 €
50 min. Legs 128 €
25 min. Face 74 €

Foot stimulation

After a soothing foot bath, specific areas of the feet are gently stimulated using manual pressure to support the body's overall balance through reflex pathways.

50 min. 118 €

Vital massage

This treatment combines a deep back massage with targeted stimulation of the foot reflex zones in a ritual that releases tension, stimulates circulation and restores balance and lightness to the body.

50 min. 118 €

Intensive back massage

Long, flowing strokes at the beginning of the treatment are followed by a combination of classical massage techniques, cupping massage and trigger point massage. The spine and head are gently mobilised, metabolism is stimulated, and the muscles return to a sense of lightness that tension long masked.

50 min. 118 €

Massage specials

Lomi Lomi *massage*

This Hawaiian massage is like hands dancing on your body. Experience gentle pressure, stretching and flowing strokes, together with long, wave-like movements that help the whole body and energy system return to a natural flow, bringing a deep sense of calm.

75 min.

178 €

The essence of *alpine Ayurveda*

The ancient wisdom of Ayurvedic Abhyanga massage combined with the healing power of Alpine plants from South Tyrol. Gentle, rhythmic movements guide the body back into balance, supported by pure essences of mountain-grown herbs and flowers.

75 min.

178 €

Herbal *pouch massage*

This ritual, using carefully selected oils and the scent of fresh herbs and spices, engages all the senses. As warmth penetrates deep into the tissues, the active ingredients unfold their quiet effect: circulation is stimulated, the metabolism is gently activated, the skin regains its glow, and the mind settles into stillness.

75 min.

178 €



Hot stone *massage*

Warm oils, hot basalt stones and a steady, skilful touch working in harmony. The stones are carefully placed on the body's energy centres, while gentle sweeping strokes and targeted pressure points complete the treatment: tension melts away, blocked energy begins to flow once more, leaving a sense of wholeness that lingers well beyond the session.

75 min.

178 €

Singing *bowl massage*

In this treatment, Tibetan singing bowls are placed directly on the body and gently set into vibration. The vibrations have a deeply relaxing effect on muscles and organs, while the sound helps the body unwind and calms the mind.

50 min.

118 €



Peeling with Feeling

Skin that breathes absorbs more – more care, more effect, and more radiance. Our body scrubs gently remove dead skin cells, stimulate circulation and prepare the skin for the next step: a treatment or wrap that can now work more deeply than before

Mineral salt scrub

Sea salt, combined with a refined blend of oils, nourishes the skin with valuable minerals. Finely textured and deeply cleansing, it supports microcirculation, helps maintain the skin's natural balance and retains moisture where it is needed most.

45 min.

68 €

Rose exfoliation treatment – softness & radiance

A gentle exfoliating ritual that draws on the regenerating properties of rose petals. Enriched with Rosa moschata extract and essential rosemary oil, it leaves the skin soft, smooth and visibly luminous, restoring a fresh, healthy glow.

45 min.

68 €

Coffee scrub – anti-cellulite effect

An invigorating treatment with caffeine to stimulate microcirculation, support skin tone and visibly reduce the appearance of cellulite. The skin appears firmer, smoother and more even, with an immediate sense of freshness and renewed energy.

45 min.

68 €

Hemp glow cleanser

A gentle exfoliating treatment with hemp seeds to remove dead skin cells and cleanse the skin. Enriched with CBD, it helps soothe the skin and support its natural renewal, leaving it clear, radiant and smooth.

45 min.

68 €



A soft *embrace*

Weightlessness is not a promise, but an experience. The Kurland Soft-Pack® system envelops the body in an ultra-fine film, gently warmed through water pressure, without direct contact. In this state of still suspension, active ingredients can be absorbed by the skin up to ten times more effectively. Muscles and joints come to rest, supporting deep regeneration, even in cases of rheumatic discomfort. As every skin tells its own story, we offer personalised advice to tailor each application precisely to your needs.

Selection of cream *body wraps*

A luxurious cream base provides the skin with long-lasting nourishment, rich in vitamins and precious lipids. We will be pleased to enhance your wrap with herbs of your choice: elderflower, rose blossom, hemp, Swiss pine and many more – also available as blends. Please make your selection at the time of booking.

45 min.

68 €

Body wraps – *renew, firm, balance*

A regenerating ritual designed to revitalise your energy and restore a feeling of lightness to the skin. Our professional body wrap treatments, enriched with natural active ingredients such as algae and mineral salts, work deep-down and effectively, helping to reduce fluid retention, support detoxification or improve skin firmness. Enjoy moments of complete relaxation as your skin regains elasticity, lightness and overall wellbeing.

45 min.

68 €

Glow *treatment*

Peeling and wrap in one – because one enhances the other. Gentle exfoliation prepares the skin, allowing the active ingredients of the wrap to penetrate more deeply and enhance their effect. The result is a smoother, more radiant skin texture.

80 min. Peeling + wrap

124 €

Time for two *in the spa suite*



Our private spa suite, with steam shower and its own panoramic relaxation area, provides the perfect setting for an unforgettable shared getaway, with unique spa rituals for couples or friends. Our gift for you: after your treatments, enjoy a further half hour of peace, privacy and relaxation in the private spa suite, accompanied by a wellness drink of your choice, fresh fruit and something sweet.

Choose from our exclusive treatment packages or allow us to put together a personalised private spa experience.

Private spa suite *quick*

Welcome ritual / Dry body brushing / Full body massage (50 min.)

80 min. 198 € per person

Private spa suite *relax*

Welcome ritual / Peeling / Rasul steam ritual / Full body massage (50 min.)

110 min. 258 € per person

Private spa suite *beauty*

Welcome ritual / Full body massage (50 min.) / Facial treatment (50 min.) / manicure (without polish)

140 min. 358 € per person

Private spa suite *deluxe*

Welcome ritual / Peeling / Rasul steam ritual / Full body massage (80 min.) / Facial treatment (50 min.)

190 min. 448 € per person

Happy with
hand and feet:
our nail spa



Classic manicure

Classic manicure
with nail polish
with gel nail polish

68 €
78 €
88 €

Classic pedicure

Classic pedicure
with nail polish
with gel nail polish

68 €
78 €
88 €

Classic nail polish, hands or feet

Four layers, including a nourishing base coat and a sealing high-shine top coat.

34 €

Gel nail polish, hands or feet

Four layers, including a nourishing base coat and a sealing high-shine gel top coat, which dries instantly, is scratch-resistant, and lasts up to three weeks without chipping or peeling.

44 €

„Four Hands“ classic manicure & pedicure combo

Manicure and pedicure at the same time: If available, this treatment is carried out simultaneously by two beauticians.

128 €

Spa manicure (without polish)

Nourishing aroma hand bath / cleansing scrub / intensive nail care / nutrient-rich mask / regenerating hand and arm massage.

75 min.

98 €

Spa pedicure (without polish)

Aromatic foot bath / intensive scrub / removal of hard skin / shaping / cuticle care / nutrient-rich mask / foot massage

75 min.

98 €

Note for our guests:

Please note that the removal of gel nail polish incurs a small additional charge and may slightly extend the treatment time.

+24 €

The day comes
to rest in the
sauna area



Foot bath *first*

What the feet perceive is echoed throughout the body. A targeted temperature contrasts support circulation, the immune system and metabolism, gently preparing you for your treatments, with a noticeable effect. A short ritual with a lasting impact.

A new kind of *showering*

Water becomes an experience when you allow it to be. Our luxurious full body showers with multiple outlets transform every shower into something special: multi-sensory and individual, accompanied by atmospheric light and fragrance settings that appeal to both body and mind.

Saunas for the senses

After exercise, in between treatments or alongside our spa rituals: our panoramic sauna area welcomes you with stunning views, soothing infusions and relaxing rituals in a setting of your choice. Please note that, for reasons of hygiene, our sauna area is textile-free

Classic: our steam sauna

Essential oils of eucalyptus and menthol surround you like fragrant mist in our elegant steam sauna. The classic combination of 40–50 °C and a humidity of 80–100% gently cares for and relaxes the entire body.

Traditional: our Finnish panoramic sauna

In our Finnish panoramic sauna, traditional conditions prevail with a humidity of 10–20% and temperatures reaching 90–100 °C. Wonderful infusion rituals, just for you. Let yourself be pampered, and gently surprised.

Gentle on the circulation: our bio sauna

Our bio sauna invites you to linger longer. At mild temperatures of 50–55 °C and 30–40% humidity, enriched with herbal infusions or essential oils, it offers deeply relaxing, circulation-friendly warmth.

Deeply beneficial: our infrared salt aerosol room

In the infrared salt aerosol room, ultra-fine saline particles are diffused into the air using special nebulisers, helping to create a lasting sense of wellbeing and even to provide relief for asthma symptoms. The deep infrared heat from the loungers strengthens the immune system, stimulates metabolism and boosts circulation.

For your holistic enjoyment, we also serve light refreshments, nuts and fresh fruit, as well as a selection of teas and water at our food bar in the centre of the sauna area

Sauna tips:

- *Before entering the sauna, take a relaxing shower and dry off thoroughly.*
- *Drink plenty of water during and after your sauna session.*
- *Do not sit or lie directly on the surfaces; always use a towel for hygiene and out of consideration for others.*
- *If you are new to sauna use, sit or lie on the middle benches, always with a towel underneath you.*
- *If it becomes too hot, for example after an infusion, move to a lower bench. If you feel unwell, please leave the sauna immediately.*
- *After your sauna session, cool down in cold water and/or in fresh air. Rapid cooling strengthens the immune system and circulation.*
- *During rest periods, lie down comfortably, raise your legs and keep warm.*
- *A sauna session should last around 8–15 minutes.*





The element
*that moves
everything*

Water March

Sebastian Kneipp (1821–1897) is still regarded as one of Europe's most important pioneers of natural healing. His "water knowledge" has since been further developed and adapted to modern needs. Our unique Kneipp Walk is a contemporary interpretation of his method.

Hot and cold – an ancient principle with remarkable effects. Kneipp water applications stimulate the nervous system, strengthen the immune system and can invigorate or calm the body depending on need. At the Meranesse Fine Spa, you can create your own personal Kneipp Walk: in the sauna, under the shower, in the couple's room or in the private spa suite.

What's more, as you should take good habits home with you, we will naturally be pleased to advise you how to continue your own spa & Kneipp rituals at home, so the feeling stays with you long after your visit.

Kneipp tips:

***Knee water** applications help lower blood pressure and strengthen the veins. Recommended for varicose veins, sleep disorders, migraines or high blood pressure.*

***Arm water** applications are invigorating and refresh the circulation and nervous system. Recommended for physical and mental fatigue, headaches or dizziness.*

***Facial water** applications firm the skin and support improved blood circulation. Recommended for tired eyes, mental strain, headaches or blemished skin.*



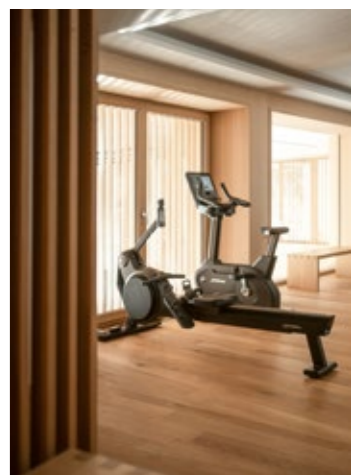


Recharge your energy: *our fitness studio*

The light-filled fitness area at the Meranese Fine Spa, with panoramic views, makes every workout something special. Either as a conscious balance to an active day in the mountains, or as a welcome alternative when the weather takes a break. For those who like to stay active on holiday, this is exactly the right place.



A carefully selected range of high-quality cardio and strength equipment from leading brands ensures a training experience that delivers both performance and a pleasant feel. The modern training concept inspires beginners and experienced athletes alike, underlining that quality here is not the exception, but the standard.



Where water *reflects the view*

At the Meranesse Fine Spa, water is more than an element: it is a space where inside and outside, architecture and nature merge into a seamless experience.

Indoor pool

Connected to the outdoor area via a passageway, the indoor pool welcomes guests into an almost six-meter-high space with an elegance matched only by its tranquillity. Deep blue water, shimmering mosaics on the columns, and through the large glass façade, the breathtaking view that has always defined the Castel.



Infinity pool


The infinity pool opens out across the rooftops of Merano towards the sky, offering a panorama that broadens the gaze and gives space to the mind. Heated throughout the year, it offers gentle indulgence even on cooler days. At the far end, the whirlpool with massage loungers invites you to relax and take in the Alpine panorama in complete calm, becoming one with sun, water and air.

Take a seat *in our outdoor relaxation lounge*

*True relaxation requires more than a treatment.
It needs a place where time stops pressing forward.
At the Meranesse Fine Spa, calm begins where
the treatment ends: in spacious relaxation areas
designed so carefully and thoughtfully that you
will not want to leave.*



Directly connected to the Meranesse Fine Spa, the outdoor relaxation lounge on the second basement level and the indoor relaxation room on the first basement level invite you to pause between treatments. For those seeking even more tranquility, additional retreats await in the garden: on the lawn, in the park, and wherever you like to read, dream, and rest most. All relaxation areas are united by a panorama that reveals the full sweep of the mountains.

A detailed botanical illustration in a classic, engraved style, featuring various plants such as daisies, pine branches, and clusters of small flowers. The illustration is rendered in shades of brown and green on a light beige background, framing a central white rectangular area.

www.meranesse.com

Meranesse

FINE SPA

Photos: Michael Königshofer, Patrick Schwenbacher,
FD Dolomites (Archive, Pexels / Eberhard Grossgasteiger)
Concept & Design: werbe.company
CIN: IT021101A15DE84PBR