



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!



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!

approx. 25 minutes Euro 44,-



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.

approx. 25 minutes Euro 44,-



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.

approx. 55 minutes Euro 79,-



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!

approx. 55 minutes Euro 79,-



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/Merano.

approx. 55 minutes Euro 79,-



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.

approx. 55 minutes Euro 79,-



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 your 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.

approx. 55 minutes Euro 79,-



Full body oil massage

Enjoy soft treatments using warm, exclusive oil which stimulate the circulation and create a balanced, full skin complexion. High-quality, carefully chosen herbal oil is massaged into your skin, creating a relaxing balance of body and mind which is the ideal preparation for a challenging hiking day during your active vacations in South Tyrol.

approx. 55 minutes Euro 96,-



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.

approx. 25 minutes Euro 44,-
approx. 50 minutes Euro 96,-



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.

approx. 55 minutes Euro 96,-
approx. 85 minutes Euro 144,-



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.

approx. 50 minutes Euro 96,-
approx. 80 minutes Euro 144,-



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.

approx. 50 minutes Euro 96,-



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.



Short, refreshing facial treatment

Lean back and enjoy beauty and facial treatments which use warm compresses, special lotions and masks in order to softly apply active agents to your skin. The products are carefully chosen to correspond to your skin type, and the treatment is perfectly accompanied by a relaxing facial massage. This treatment (as without cleansing) is ideal to follow-up the face and decolleté treatment.

approx. 55 minutes Euro 79,-



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 and a facial massage 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. This treatment (as without cleansing) is ideal to follow-up the 85 min. face treatment.

approx. 55 minutes Euro 79,-



Face and decolleté treatment

Enjoy a holistic treatment for your face, neck and decolleté. 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.

approx. 85 minutes Euro 144,-



Luxury facial treatment

This luxurious treatment for the face has a strengthening, regenerative effect on the skin. You will receive an intensive face, neck and decolleté cleansing using exclusive active agents contained in products by the luxurious Ericson Laboratoire Anti Aging collection. Healthy substances and different plant extracts such as Wild Yam, have been used to make this treatment so effective. A face mask is applied to create clean, tight skin.

approx. 85 minutes Euro 174,-



New: Anti Aging treatment

Treat your valuable skin to this special anti-aging treatment. An exclusive serum offers a high-performance anti-wrinkle treatment. It is the innovative combination of 3 hi-tech active ingredients that act rapidly on facial wrinkles and lines. All this creates a regenerating effect on your skin and helps fight against fatigue or tired-looking skin and boost again the skin youth mechanisms. It is ideal to follow-up a facial cleansing or as a 85 min. treatment already inclusive cleansing.

approx. 55 minutes Euro 144,-
approx. 85 minutes Euro 174,-



Collagene intensive treatment

This new special beauty treatment has stunning lifting effects that are visible immediately. This treatment new sophisticated and high-performance method that can protect the skin and stimulate its vital functions. It stimulates cell renewal and has a revitalizing effect. It is recommended to follow-up a facial cleansing or as a 85 min. treatment already inclusive cleansing.

approx. 55 minutes Euro 144,-
approx. 85 minutes Euro 174,-



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!

approx. 25 minutes Euro 44,-



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.

approx. 55 minutes Euro 72,-



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.

approx. 55 minutes Euro 72,-



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.

approx. 55 minutes Euro 86,-



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.

approx. 55 minutes Euro 86,-
approx. 25 minutes Euro 44,- only pack



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.

approx. 85 minutes Euro 144,-



Beautiful decolleté

This special lifting treatment in our spa in Merano/Meran will create a firmer complexion in the chest area and uses soft peelings and vitamin packs to create a younger, revitalized skin appearance. You will look stunning in your favorite dress!

approx. 55 minutes Euro 96,- (bust & decol.)

Depilations

Face	Euro 21,-
Underarms	Euro 21,-
Bikini	Euro 28,-
Half legs	Euro 38,-
Full legs	Euro 68,-
Chest or back	Euro 38,-



Progressive muscle relaxation

Here you will be taught a simple and recognised relaxation method by Jacobson which you can easily use in your everyday life too. Through the alternating tensing and relaxation of your muscles combined with correct breathing, you can achieve a deep relaxation of your muscles and mind.

approx. 50 minutes Euro 110,-

Beauty extras

Eyebrow treatment	Euro 31,-
Dye eyelashes	Euro 21,-
Dye eyebrows	Euro 21,-
Dye eyebrows & eyelashes	Euro 31,-



Pine gymnastics

Gymnastic program to strengthen the back and stomach muscles.

approx. 25 minutes Euro 44,-

approx. 55 minutes Euro 79,-

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.

from Euro 28,-

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.

