



PREMIUM SPA

Feel the holiday: Slow down, relax and let yourself be pampered.



4 lily's – 20/20 points

Breathe in, calm down and recharge your batteries. In the midst of nature. Rays of sunshine tickling your face and the smell of the forest caressing your nose. This is your hideaway at Chalet Mirabell. Enjoy unforgettable moments here and feel free to let us know your wishes at any time. We love to put a smile on our guests' faces. Perfectly round off this feeling of happiness with a soothing massage or an enchanting facial treatment.

Browse through our Spa menu and let yourself be inspired. Our spa reception will be happy to assist you with professional advice to find the right treatment for you. We recommend that you already indicate your spa reservations when booking your room, so that you can secure your desired appointment. Our Spa team will reserve the time for the booked ritual and prepare this with care. Please give us at least 24 hours' notice if you are unable to attend a booked treatment. Otherwise the treatment will be charged.

We look forward to hearing from you

spa@residence-mirabell.com · info@residence-mirabell.com

T +39 0473 378821 · Internal number via house phone: 850

Opening Hours daily from 10:00 to 19:00





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.

25 min _____ € 58
50 min _____ € 109
80 min _____ € 154

Personalized massage - A massage as individual as you are

Choose the level of intensity and focus on the areas that need it most – whether it's your back, legs, or a combination of zones. This fully customized treatment is designed around your personal needs, offering you a deeply relaxing and truly individual experience.

50 min _____ € 125
80 min _____ € 169

Massage with essential oil antistress

This full body massage is done with warm and highly effective essential oils. It regenerates body, mind and soul and leads to a sense of total wellbeing.

50 min _____ € 114
80 min _____ € 159

Mirabell's calf and leg massage

After a footbath with natural herbal soap you enjoy a refreshing foot peeling. Then, we treat you to a relaxing foot & leg massage and finish off with a nourishing and refreshing herbal foot balm.

50 min _____ € 119

Facial massage

With this special facial massage we meet your individual needs. Soothing, invigorating, firming.

25 min _____ € 65

Sports massage 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 arnica.

50 min _____ € 125

Dynamic Recreation Back massage

An uplifting back treatment that is individually adapted to your needs in terms of technique and intensity. The highly effective, natural active ingredients of the massage oil optimize the result. The unique combination of cupping glasses and singing bowls helps to relieve tension and improve the dynamics of the spine. Move relaxed and free.

50 min _____ € 125

Relaxing Head & Neck massage

A massage highlight that awakens the senses! Special grip techniques for the head, neck and shoulder area and powerful plant extracts relieve tension. Microcirculation is promoted, vessels, sensory organs and nerves are strengthened. The deep touch allows you to switch off from the stress of everyday life.

50 min _____ € 119



Special massages

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 _____ € 109

25 min _____ € 65

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 _____ € 169

Südtirol 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 _____ € 119

80 min _____ € 159

Lomi Lomi Nui

Long and fluid movements, partially performed with the forearm, glide over the body with warm coconut 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 _____ € 169

Lymphatic Stimulation massage

Gentle, rhythmic movements activate your lymphatic flow, support your immune system, and promote a feeling of lightness and well-being.

50 min _____ € 109

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 _____ € 125

Belvita Active massage

This massage with invigorating oils has a wonderfully stimulating and strengthening effect. Relish these precious moments of relaxation and stress relief. Relax with a soothing hay bath. Finally, it's time to let go and switch off completely with a back massage. Tension is released and your body feels free of any blockages. Simply fantastic.

50 min _____ € 119

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 _____ € 159

Sound Bowl massage

A harmonious fusion of gentle massage and the soothing sounds of Tibetan bowls. Their subtle vibrations flow through the body, releasing tension, dissolving blockages, and inviting deep relaxation. The ideal escape to let go of stress and restore your inner energy.

50 min _____ € 119



Body Treatments

Body Scrubs

Mirabell's – pure luxury with honey (nurturing)
20 min _____ € 49

Scrub with apricot kernels & herbal extracts (soft)
20 min _____ € 49

Full body peeling with coffee (firming, supports blood circulation)
20 min _____ € 49

Alkaline scrub (balancing)
20 min _____ € 49

Alkaline scrub with alkaline bath
50 min _____ € 93

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.

75 min _____ € 150



Couples treatments

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 bath
- Relaxation lounge for two

Mirabell Love

- Cuddly bath for two
- Gentle honey scrub
- Full body massage with essential oils
- Undisturbed cuddle time with candlelight
- Two glasses of prosecco and chocolates from the in-house patisserie

145 min – for 2 _____ € 354

Südtirol Pure

- Infrared cabine
- Soothing back massage with herbal stamps
- Undisturbed cuddle time with candlelight
- Two glasses of prosecco and chocolates from the in-house patisserie

110 min – for 2 _____ € 263

Classic Couple Treatment

- Classic massage 80 min
- Undisturbed cuddle time with candlelight
- Two glasses of prosecco and chocolates from the in-house patisserie

110 min – for 2 _____ € 328

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 to enjoy a scrub before the body pack and a massage afterwards.

Price for one body pack
25 min _____ € 57

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

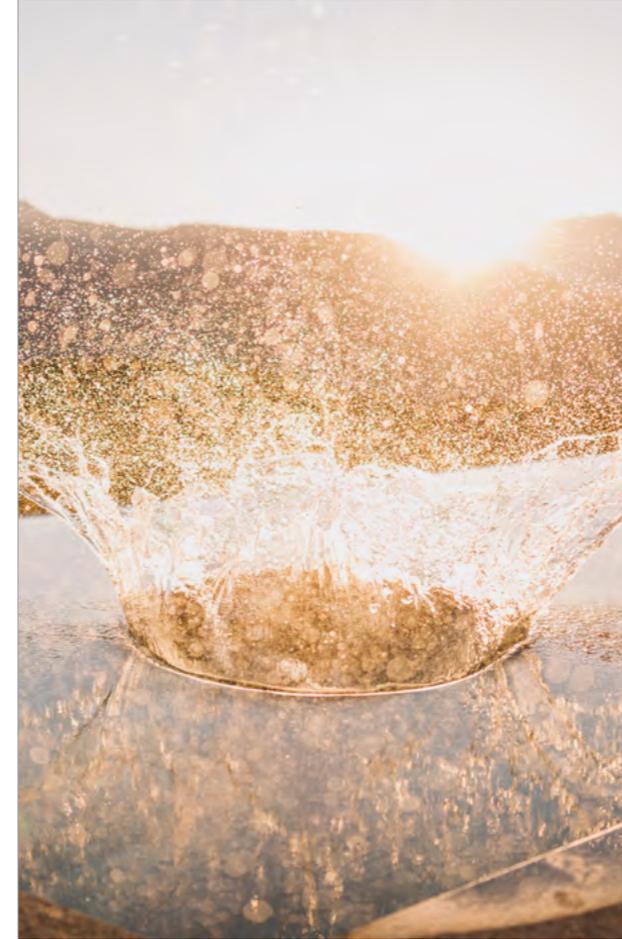
Ideal for easing muscle tension after physical activity. Arnica's natural anti-inflammatory and pain-relieving properties help your body recover while providing a sense of lasting relief and well-being.

Firming Algae Pack

Rich in minerals and antioxidants, this intensive treatment helps tone and firm the skin while stimulating metabolism and detoxification. Ideal for a smoother, revitalized appearance and a renewed sense of lightness.

Regenerating Body Wrap

A deeply nourishing treatment that supports skin renewal and restores balance. Ideal for tired or stressed skin, it leaves the body feeling refreshed, revitalized, and wonderfully cared for.



Bathing & relaxing

Bathe in style and enjoy a wonderful view with the bath supplement of your choice. Enjoy a scrub before the bath and/or a massage of your choice afterwards. You can choose the bath supplement right before the treatment.

Lavender bath

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

25 min _____ € 49

Wellness rose bath

The fragrant wellness rose bath soothes and enchants your skin.

25 min _____ € 49

Honey bath

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

25 min _____ € 49

Horse Chestnut Bath

Ideal for strengthening the veins, stimulating circulation, and relieving tired, heavy legs. A revitalizing soak that supports vascular health and brings lasting comfort.

25 min _____ € 49

Hay Flower Bath

A traditional soak harnessing the power of alpine hay flowers. It warms the body from within, soothes tense muscles, and stimulates the metabolism – perfect for deep relaxation and inner balance.

25 min _____ € 49

Alkaline bath

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

25 min _____ € 53



Spa Basics

Hand & Foot

Manicure
50 min _____ € 65

Manicure with polish
60 min _____ € 79

Manicure with permanent polish
75 min _____ € 114

Pedicure
50 min _____ € 68

Pedicure with polish
60 min _____ € 92

Pedicure with permanent polish
75 min _____ € 119

Removal of polish (no gel)
20 min _____ € 20

Body – removal of hair with warm wax

Whole leg
50 min _____ € 69

Leg to knee
25 min _____ € 55

Face
25 min _____ € 35

Armpits
25 min _____ € 35

Back or chest – men
25 min _____ € 59

Arms
25 min _____ € 35

Upper lip waxing
10 min _____ € 25

Face

Lash colouring
_____ € 40

Brow colouring
_____ € 40

Brow shaping
_____ € 35

Lash and brow colouring
_____ € 49

Lash lamination
_____ € 99

Brow Lamination
_____ € 99



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.

Collagen Infusion Treatment

A modified anti-aging treatment using the unique QMS Medicosmetics Collagen System for the best results. The skin is first cleansed and exfoliated for the subsequent algae modeling. 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.

80 min _____ € 169

Classic Collagen Intense

Classic Collagen Treatment plus hand & arm peeling and massage

100 min _____ € 199

Alpine Balance

A refreshing treatment designed to rebalance the skin with calming and revitalizing active ingredients. It delivers intense hydration, strengthens the skin's natural barrier, and leaves your complexion radiant and renewed. Perfect for restoring energy and freshness after an active day.

50 min _____ € 119

Oxygen Boost

Intensified treatment success due to Hyaloronserum and oxygen.

25 min _____ € 63

QMS
MEDICOSMETICS

Cellular Rejuvenation

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.

80 min _____ € 179

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 _____ € 54



Facial treatments

TEAM D^R JOSEPH - HIGHTECH NATURAL COSMETICS
EFFICIENT CARE FOR FLAWLESS SKIN

Based on your skin needs and scientific findings, the manual treatment method TEAM D^R JOSEPH starts deep in the tissue. Following the natural laws of function, the skin metabolism is brought into balance: calming of the nervous system, relaxation of facial expressions, harmony of the fluid balance, normalization of the microcirculation to care for and maintain your holistic skin feeling, your skin health and your incomparable beauty.

Experience the individual beauty care according to the method of TEAM D^R JOSEPH: pureness. recreation. protection.

- Visible, immediate effect
- High-tech natural cosmetics
- Holistic treatments
- Sustainable, respectful approach to nature

- Organic certified functional cosmetics
- Light, non-greasy, fast-absorbing textures
- For your skin health

Intense Purifying Face Treatment

Skin type specific deep cleansing according to the TEAM D^R JOSEPH method. The focus of this facial treatment is the deep cleansing of the skin. The skin is deeply purified with exquisite, plant-based functional ingredients. Clogged pores are gently freed and sebum production is normalized. The treatment ritual is concluded with a toning face wrap and the peel-off mask for optimal hydration. For a visibly fresh, cleansed and even complexion.

50 min _____ € 102

Supreme Ultrasonic Facial Lift

The premium class of ultrasound lifting! This premium intensive treatment uses a completely new procedure to make the face appear plumper, fresher and youthfully firm. Thanks to the ultrasound frequencies, the natural functional ingredients are safely transported to deeper skin layers. This enables the functional ingredients' potential to better develop and the skin is strengthened to the maximum. Depending on the skin condition, the treatment is individually adapted to your needs: lymphatic stimulation, steam compresses, cleansing, enzyme & ultrasound deep peeling, alginate mask, Ultrasonic Repair & Lifting, vitalizing neck & face massage, daycare, eyebrow shaping. To maintain the result and the wow effect for as long as possible, we recommend booking the treatments as a package.

80 min _____ € 179

TEAM D^R JOSEPH

Cellular Recreation Face Treatment

Natural active ingredient care with immediate effect for a radiant complexion and a healthy, intensively cared for skin. This deep facial treatment with modulated facial massage is tailored to your individual needs skin coordinated and provides visible results. Highly effective, natural active ingredient care for a healthy and intensive well-groomed skin.

80 min _____ € 159

Supreme Eye + Face Lift

Intensive Lifting & Glow treatment for an awake eye area and firm contours. The intensive care treatment consisting of gentle cleaning, peeling, mindfulness massage, Gua-Sha Eye Lifting Massage, care mask, eye & lip care and individual skincare is ideal for wrinkles, tiredness and puffiness in the eye area and ensures a visibly firmed eye area and taut facial contours.

50 min _____ € 110

Express Power Lift for Men

Powerful, natural, effective: skin diagnosis, herbal steam compresses, peeling, deep cleansing, special serum, intensive mask with facial massage and a final individual daycare. Natural high-tech power for a vital and well-groomed look.

50 min _____ € 119



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. Recommended from the 13th week of pregnancy

80 min _____ € 135

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. Recommended from the 13th week of pregnancy

25 min _____ € 58

Pampered from head to toe

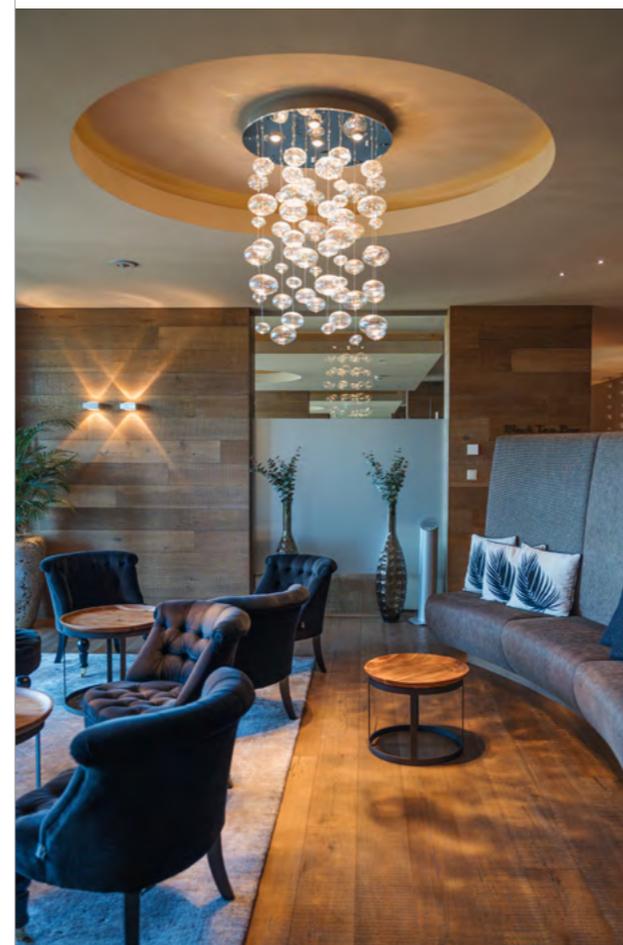
After a scented footbath and a pedicure with nail polish, you can enjoy a facial treatment using Team D^R Joseph products which produce immediate results.

110 min _____ € 218

Personalized Pregnancy Massage

This gentle massage is tailored to your individual needs during pregnancy. Soothing, effective techniques help release tension and support the well-being of both mother and baby—offering a moment of calm, connection, and comfort.

50 min _____ € 119



Packages

Calm down

- Body scrub - pure luxury with honey
- Full body Aroma oil relaxation massage
- Ayurveda Abhyanga massage

_____ € 315

Me time

- Manicure with polish
- Skin Rebalance
- Massage with essential oil antistress

_____ € 296

Active

- 2 Sports massages
- Sport pack with arnica

_____ € 291

Pure Effect

- Detox pack with fango (mud) from the alps
- 4x Lymphatic Stimulation Massage

_____ € 439

Man's World

- TEAM D^R JOSEPH Express Power Lift for Men
- Body pack with arnica and St. John's wort
- Back massage

_____ € 222

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!

50 min – per person _____ € 69
50 min Yoga/Pilates _____ € 89



Treatments for kids & teenagers

For Girls

Mini facial with massage, filing and polish for girls up to 12 years.

25 min _____ € 89
50 min _____ € 89

Massage for kids & teenagers

Gentle, relaxing massage for teenagers from 8 to 14 years.

25 min _____ € 49

Mother-child massage

Enjoy time together with a partial body massage.

25 min _____ € 99

Young & Style

For teenagers up to 18 years. Perfect for teens with blemished skin. Includes deep cleansing and special skin care products.

50 min _____ € 89

Manicure for kids & teenagers

25 min _____ € 43
with polish – 40 min _____ € 58

Pedicure for kids & teenagers

with peeling – 25 min _____ € 46
with peeling & polish – 40 min _____ € 65

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).

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

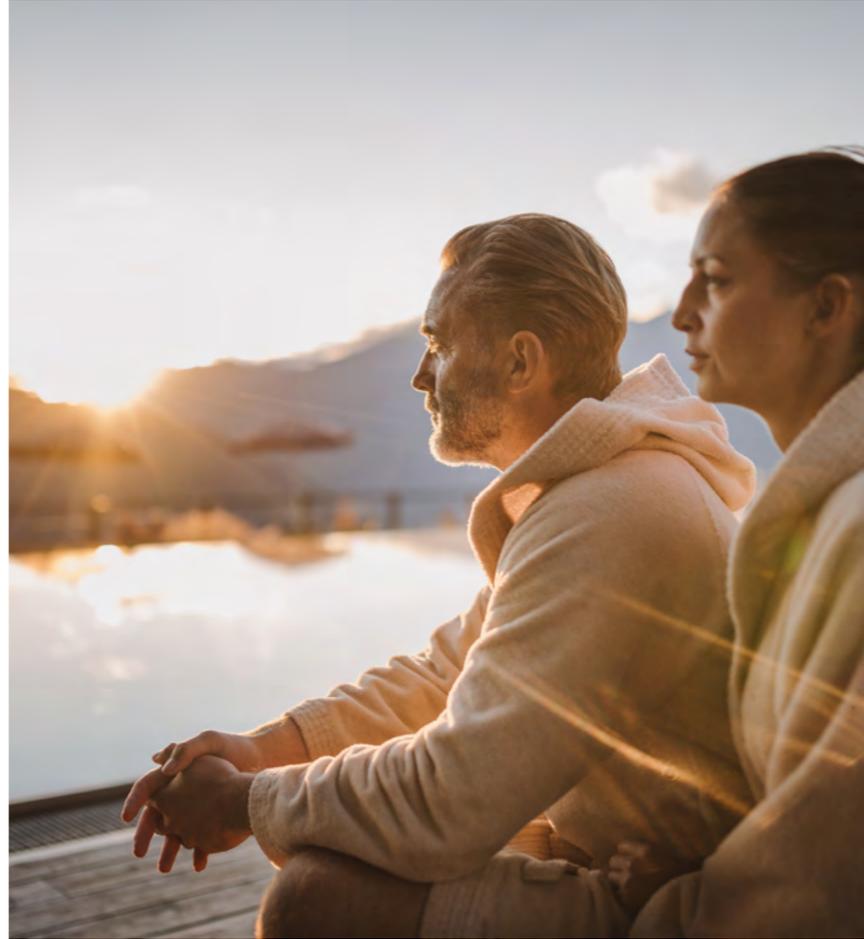
Enjoy a calm and relaxing day at our Premium Spa. The Mirabell Day Spa experience includes entrance to our swimming pond, our infinity swimming pool, our Premium Spa facilities, several relaxation rooms and a fitness room as well as the possibility to participate in our Body & Mind program. We also provide you with a snuggly bathrobe and a bag with bath and sauna towels.

Opening Hours Day Spa from 10 am to 7:30 pm

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Mo - Fr: Day Spa + Lunch _____ € 115 per person
Sa - Su: Day Spa + Lunch _____ € 135 per person
Late Day Spa (16:00 - 19:30) _____ € 55 per person

Breakfast Buffet _____ € 45 per person
Gourmet Dinner _____ € 90 per person



Mirabell Spa World

Premium Spa adults only

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

Family Spa

- Finnish sauna
- Panoramic relaxation room with floating benches

Pools

- Natural swimming pond (25 m)
- Sunset Relax infinity pool – adults only (25 x 6 m) with massage chairs
- New: indoor & outdoor pool (31m)
- Kidspool with wide wave slide
- Babypool
- Jacuzzi

Beauty

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

Fit & Fun

- Fitness gym
- Personal training
- Body & Mind program
- Aqua gym
- Indoor activity room
- Kettlebell
- Yoga & pilates
- Supported TRX training

Deluxe wellness



Make time for yourself and savour a moment of undisturbed respite in the expansive wellness oases of the “Belvita Premium Spa” hotels. Exclusive spa and beauty treatments with high-quality cosmetic products made from locally sourced ingredients guarantee head-to-toe pampering.

As a member of the Belvita Leading Wellnesshotels Südtirol, this hotel promises the highest quality at all levels.



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