



Massages & Cosmetics



Fire, heat and relaxation at Irma

We are particularly proud of our wellness and water world which features a large indoor pool, two warm brine pools, a heated outdoor pool, outdoor whirlpool, 6 saunas, as well as a range of wellness and beauty services and a cozy relaxation rooms. The large tanning lawns around the pools offer enough deck chairs for all guests and perfectly round off the relaxation offer.

Take the time to refresh your body and mind. At our spa we have created an oasis of peace where you will spend relaxing and find your balance, escaping from the daily life.



Indoor pool at the fireplace

You can swim in the large indoor pool in the spacious, daylong indoor swimming hall. There is a large open fireplace, where cozy wood logs patter and thick upholstered sofa beds wait for a cozy slumber. Such a generous indoor swimming pool can be found in hotels rather rare: the pool has a size of 17 x 7 meters and allows proper sporty swimming at 29°C.



Freshwater outdoor pool

Surrounded by beautiful garden levels, this 20 x 9 meter pool provides refreshing outdoor bathing and is heated to a pleasant 25°C from May to October. Increase your well-being and relax your muscles and tissues. The extensive sunbathing lawns with sun loungers invite you to a long sunbathing session.



Full moon bath

Have you ever taken an outdoor bath at full moon? That almost has something mystical! You can experience it with us in the Irma. The popular full-moon baths take place once a month - each on a full moon! In the indoor pool, you will hear soft music to chill out and dream. Immerse yourself in this truly cozy atmosphere by candlelight and log fires and enjoy the view of the mountains illuminated by the full moon.
July 24th; August 22nd;
September 21st and
October 20th 2021



Bubbling outdoor jacuzzi

Even the ancient Egyptians trusted the invigorating effect of the warm water bath. We continue this tradition in the bubbling jacuzzi. Feel well in the warm water. Headache and neck pain are alleviated, tiredness and dullness always cheated. Enjoy!



Outdoor seawater pool

Swim in the first seawater pool of South Tyrol heated all the year round 32°C warm salt water in open air. The various massage jets knead your body from the shoulders to the feet. The neck showers relieve tension that sits higher up. If you just want to relax, you can try the bubble seats and bubble beds. One thing is certain: rest is here in the foreground.



Brine bath

Enthusiastic are wellness-conscious bathing-mixes and watermen from the brine-bubble bath at 36°C outdoors. You marvel at how wonderful „carefree“ you splash in the 8% salt water. The dissolved trace elements and minerals make the skin firmer, the body slimmer and the soul more cheerful. In the evening, the steam settles like fog over the pool and wraps it in a mysterious atmosphere.



Outdoor Tepidarium

If you do not like heat so much, then choose this regeneration bath, which generates an artificial fever temperature with a gentle radiant heat of approx. 39°C. This temperature range creates the optimal conditions for relieving and building up your immune system. The regeneration process begins as soon as you feel comfortably warm through the gentle heat of the radiant walls. Also for the human psyche, this temperature range including orange fragrance is particularly beneficial. Unlimited length of stay.



Finnish outdoor sauna

For curing, sweating and revitalizing, you go into the sauna of the classic kind. If you like it hot and intense, it comes at 90°C sweat quickly. This raises the body temperature - similar to mild fever - by about 1 degree. A cold shower will get your circulation going again. Subsequently, it is advisable to gently relax on a heat therapy couch or on the waterbeds.



Camomile grotto

Mild heat and moist steam mist your body, nourish skin, hair and respiratory tracts. Just close your eyes, inhale precious camomile extracts and relax.

New, enlarged finnish biosauna

Ideal for people with a preference for rather dry saunas, but the temperature of the classic Finnish cabin is too high. Temperature: 70-80°C. The soul warms up and draws new vitality.



Laconium

As Laconium, this sweat bath form has been handed down to us from Roman history. Already the Roman patricians appreciated the excellent purification and detoxification possibilities of the sweat bath based on pure radiant heat. At about 65°C you start to perspire intensively after 15 to 20 minutes. Due to the slow heating of the body, the purification process is initiated very harmoniously. After a water pour, the circulation comes to life, the sweating process is accelerated, and you feel completely well.



Ottoman steam bath

Immerse yourself in the thousand year old bathing pleasure of the Sultanate on the Bosphorus. Let yourself be enchanted by the glittering world full of water vapor, exotic aromas and pleasant radiant heat in hot, humid air. After about 10 minutes of sweating, you can refresh yourself with cold water gushes. For this part of the bath you should take 20-30 minutes. A cool rush of water activates and refreshes your body.



Alpine herb steam bath

In addition to the classic finnish sauna, especially the herbal steam bath has established. Even the Romans recognized the relaxing effect of the steaming heat, which has a positive effect on hair, skin and respiratory organs. At a temperature of 50°C and a pleasant humidity prevail ideal conditions for physical regeneration. In particular, in conjunction with the herbal steam, it contributes to the relief of colds.



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!

approx. 20 minutes Euro 54,-



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. 20 minutes Euro 54,-



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. 20 minutes Euro 54,-



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. 50 minutes Euro 108,-



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/Merano!

approx. 50 minutes Euro 108,-



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. 50 minutes Euro 108,-



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. 50 minutes Euro 108,-



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.

approx. 50 minutes 108,-



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!

approx. 50 minutes Euro 118,-



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 118,-



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.

approx. 50 minutes Euro 118,-



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. 20 minutes Euro 68,-
approx. 50 minutes Euro 118,-



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. 50 minutes Euro 98,-

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. 50 minutes Euro 98,-
approx. 20 minutes Euro 54,- 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. 80 minutes Euro 168,-

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!

approx. 50 minutes Euro 108,-
approx. 80 minutes Euro 168,-

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. 50 minutes Euro 118,-
approx. 80 minutes Euro 188,-

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 118,-
approx. 80 minutes Euro 188,-



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.

approx. 50 minutes Euro 74,-



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. 50 minutes Euro 74,-



Depilations

Face or underarms	Euro 24,-
Bikini	Euro 32,-
Half legs, chest or back	Euro 42,-
Full legs	Euro 72,-

Beauty extras

Eyebrow treatment	Euro 36,-
Dye eyelashes or eyebrows	Euro 26,-
Dye eyebrows & eyelashes	Euro 36,-

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.

approx. 50 minutes Euro 98,-



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.

approx. 80 minutes Euro 148,-



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.

approx. 50 minutes Euro 148,-
approx. 80 minutes Euro 178,-

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.





- | | | |
|----------------------|-----------------------------|----------------------|
| ① Villa Amore | | |
| ② Restaurant Steg | | |
| ③ Swan Lake | | |
| ④ Herb garden | | |
| ⑤ Safari Lodge | | |
| ⑥ Underground garage | ⑬ Summer outdoor pool | |
| ⑦ Rose gardens | ⑭ Tree house | |
| ⑧ Main building | ⑮ Sun deck | |
| ⑨ Sun terrace | ⑯ Sun pavilion | |
| ⑩ Breakfast pavilion | ⑰ Sauna world | |
| ⑪ Roof terrace | ⑱ Sea water experience bath | |
| ⑫ Outdoor sauna | ⑲ Indoor pool | |
| | | ⑳ Brine bath |
| | | ㉑ Sunbathing lawn |
| | | ㉒ Lotus blossom area |
| | | ㉓ The guest villa |
| | | ㉔ Sweet tooth garden |



Family Meister
via Belvedere 17 · I-39012 Merano (BZ)
Tel. +39 0473 21 20 00 · Fax +39 0473 23 13 55 · info@hotel-irma.com
[instagram meistershotelirma](#) · www.facebook.com/meistershotelirma
www.hotel-irma.com