



VILLA EDEN

THE LEADING PARK RETREAT

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SOLUTIONS
FOR A HEALTHY LIFE

SMALL
LUXURY
HOTELS
OF THE WORLD

WELL-BEING. BEAUTY. ELEGANCE. VILLA EDEN: NEW VITALITY

Surrounded by the idyllic tranquility of an ancient Mediterranean park, in the embrace of the gentle Merano slopes - where the breath of nature renews and offers new energy -, Villa Eden is the place where your well-being and the desire to achieve a harmonious balance between body, mind and soul have become central to our mission.

The skills of the Longevity Medical & Beauty Centre, developed over a period of 35 years and matured through daily practice, are the basis of the outstanding results we achieve.

The constant introduction of the latest medical-scientific discoveries, the application of the principles of natural and energetic medicine, of psycho-neuro-immunology and of chrono medicine,

are the foundations of this path of success. Through a holistic approach that considers the people in their entirety, we promote health, disease prevention and the adoption of a virtuous lifestyle, essential for serene longevity.

A healthy remise en forme in an oasis of absolute rest is guaranteed by the synergy between in-depth diagnostic check-ups, cutting-edge technologies, an extensive programme of treatments and physical therapies, Healthy Gourmet Cuisine, and the personal assistance of doctors and beauty experts.

Here, the frenesy of the outside world will become a distant memory. You will have the opportunity to rediscover and reactivate your internal resources, making your daily life healthier, more active and richer.



Honored to offer you moments of pure relaxation and inner peace in a sophisticated and captivating atmosphere, I extend my warmest greetings.

Angelika Schmid

with all the team of Villa Eden



LONGEVITY MEDICAL & BEAUTY CENTRE

Enjoy a perfect psycho-physical harmony, which is essential for a long and peaceful life. Rediscover an image of yourself that is true expression of the inner self. Being listened to, at ease and surrounded by attention. These elements are the essence of our Longevity Medical & Beauty Centre, the department where the knowledge and the high professionalism of the team of Villa Eden specialists translate into extraordinary paths of health and beauty. The creation of therapies and diagnostic synergies, customizable according to the objective set, is the fundamental step: the combination of medical treatments, exercise and healthy nutrition will help to rebalance your body and offer you new verve, as well as an appearance that is more beautiful and fit. We are always at your disposal for advice and practical tips on how to face this journey of rebirth, which will restore vitality and, in the future, a lasting sense of well-being.

*“Life is like an echo: if you do not like what you hear back,
you must change the message you send.”*

JAMES JOYCE



HEALTHY DETOX KITCHEN & MINDFUL GOURMET CUISINE

Light and tasty menus without sacrifice. This is the essence of our Mindful Restaurant, the perfect combination of culinary pleasure, excellent digestibility and superb taste. Fresh fruits and vegetables have top priority, followed by whole grains and proteins derived from fish. Each dish is prepared with genuine ingredients and guarantees the intake of all the necessary nutrients for the proper functioning of the body. Our guiding principle: obtain the highest possible energy intake from food. The special detox menus of Villa Eden include vegetable juices and green smoothies, which ensure the assimilation of important vitamins and minerals, in order to help digestion, support the metabolism and the immune system. We do all this to achieve and maintain an optimal and lasting state of health.

*“Delight the palate with light and refined dishes:
an experience within the experience ...”*



VITAL BALANCE

The regeneration process begins with the important and effective detoxification programmes implemented in the Longevity Medical & Beauty Centre. Through these “rituals” of well-being, the body can reorganize its self-healing capacity. In fact, health, beauty and mental energy depend on the purity of the organism. The methods of early diagnosis and treatment of the so-called diseases of modern civilization help our guests to recover from diverse chronic disorders, avoiding their reoccurrence. To complete this precious experiential mosaic, part of your unforgettable experience at Villa Eden, add aquagym courses, fitness and yoga classes as well as excursions in the wonderful nature of Merano.

*“Through training we can change;
we can transform ourselves.”*

DALAI LAMA



REMISE EN FORME DAYS – BASIC DETOX

More vitality, in shape and more energy- liberate excess toxins from the body and balance your mental and physical well-being.

OBJECTIVE - To detoxify and regenerate the body and to improve health and beauty.

This program is designed for a minimum stay of 7 days and can be extended for more nights. It includes full board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical evaluation of the quantitative and qualitative body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean body mass and muscle and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 12 hours* of individual treatments of your choice and medical advice

HEALTHY NUTRITION

- “Healthy Detox Kitchen” with personalized detox menu

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy and dietary advice

€ 2.150 per person

*1 hour = 1 session = 50/55 minutes.

NOTE: The above mentioned program does not include accommodations.

ANTI-STRESS DAYS

When stress and commitments determine the pace of our lives, it becomes increasingly difficult to relax in our free time. The consequences are mental fatigue, nervousness, insomnia, restlessness, difficulty concentrating, leading to headaches and chronic diseases.

OBJECTIVE - Relaxation techniques, healthy eating and exercise help to restore physical and mental balance.

This program is designed for a minimum stay of 7 days and can be extended for more nights. It includes full board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical evaluation of the quantitative and qualitative body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean body mass and muscle and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 3 anti-stress massages (85 min.)
- 3 stimulations of the chakra points of the body with music therapy (55 min.)
- 3 reflexology treatments with chromotherapy (55 min.)
- 1 Touch for Health (55 min.)
- 1 anti-stress lesson with Personal Trainer (60 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Advice for follow-up at home
- Personal trainer's individualized schedule for physical follow-up at home

€ 2.200 per person

NOTE: The above mentioned program does not include accommodations.

WEIGHT LOSS DAYS

Our tailor-made program for weight loss allows you to attain your ideal weight, improve your fitness level and facilitates maintenance at home.

OBJECTIVE - To lose weight in a correct and healthy manner, to improve your quality of life and feel good about yourself.

This program is designed for a minimum stay of 7 days and can be extended for more nights. It includes full board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical evaluation of the quantitative and qualitative body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean body mass and muscle and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 5 sessions of biophysical therapy with 5 mechanical lymphatic drainage treatments (55 min.)
- 6 biothermic treatments (for stimulation of the metabolism and detoxification) (55 min.)
- 3 neuromuscular and draining body massages (55 min.)
- 3 phyto-algae therapies (55 min.)
- 1 sports check-up with lactate measurement with Personal Trainer (60 min.)

HEALTHY NUTRITION

- "Healthy Detox Kitchen" with personalized detox menu

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy and dietary advice
- Personal trainer's individualized schedule for physical follow-up at home

€ 2.800 per person

NOTE: The above mentioned program does not include accommodations.



ANTI-CELLULITE DAYS

An orange peel effect on the skin, fragile capillaries, excessive accumulation of fatty deposits under the skin? Cellulite is a metabolic disorder and involves alterations of the microcirculation of the lower limbs, stagnation of liquids and significant changes to the fatty tissue.

OBJECTIVE - To treat cellulite you must concentrate on organic and metabolic imbalances. The synergy between proper nutrition, targeted physical activity and specific treatments depending on the type of cellulite, lead to quick, tangible and long-lasting results.

This program is designed for a minimum stay of 7 days and can be extended for more nights. It includes full board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical evaluation of the quantitative and qualitative body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean body mass and muscle and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 6 body cast treatments (110 min.)
- 3 Endermologie LPG System treatments (55 min.)
- 3 Endosphere treatments (55 min.)
- 1 sports check-up with lactate measurement with Personal Trainer (60 min.)

HEALTHY NUTRITION

- “Healthy Detox Kitchen” with personalized detox menu

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy and dietary advice
- Personal trainer’s individualized schedule for physical follow-up at home

€ 2.890 per person

NOTE: The above mentioned program does not include accommodations.

WOMEN'S CARE

To be successful, to be beautiful, active and vital... these are the requirements of today's society. Constant pressure in work, private life and leisure often lead to chronic stress, which in turn leads to fatigue as well as physical and mental exhaustion.

OBJECTIVE - Carve out a regenerating break and discover your perfect body-mind balance through a specific sequence of treatments.

This program is designed for a minimum stay of 7 nights and can be extended for more nights. It includes full board and the following services:

SMEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostics and quantitative and qualitative analytical evaluation of body composition
- Measurement and evaluation of the Body Mass Index (BMI), body composition: fatty tissue, lean and muscular mass and percentage of water
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 3 lessons of hormonal gymnastics (60 min.)
- 1 lesson of yoga minilifting (60 min.)
- 2 draining body massages (55 min.)
- 1 anti-aging treatment for face (55 min.)

HEALTHY NUTRITION

- "Healthy Detox Kitchen" with personalized detox menu

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy and dietary advice

€ 1.760 per person

NOTE: The above mentioned program does not include accommodations.

VILLA EDEN SIGNATURE GUEST

To succeed, to be beautiful, active and vital – these are the requirements of today's society. The constant pressure at work, in private life and leisure time often lead to chronic stress which in turn leads to fatigue and mental and physical exhaustion.

OBJECTIVE - You will create a customized treatment program together with your treating physician that will allow you to restore your capacity for regeneration and healing: the results are good health and a full dose of energy.

This program is designed for a minimum stay of 7 nights and can be extended for more nights. It includes full board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical evaluation of the quantitative and qualitative body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean body mass and muscle and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 4 hours* of individual treatments of your choice and medical advice
- 1 sports check-up with lactate measurement (60 min.)
- 1 lesson of physical activity with the personal trainer and creation of a personalized program (60 min.)

HEALTHY NUTRITION

- "Healthy Detox Kitchen" with personalized detox menu

OTHER SERVICES

- Free transfer from and to Bolzano for those traveling by train or plane

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy and dietary advice
- Personal trainer's individualized schedule for physical follow-up at home

€ 3.600 per person

*1 hour = 1 session = 50/55 minutes.

NOTE: The above mentioned program does not include accommodations.



LONGEVITY SPECIAL

A tomorrow made of health and serenity... the desire that dwells in each of us. Through a balanced lifestyle, proper nutrition and innovative analysis techniques it is possible to achieve lasting well-being.

- Nutri-genetic test - GENO DIET TEST
- DNA Flora Test – healthy intestines
- Oxidative stress test and antioxidant potential
- Skin check-up
- Blood analysis to establish the anti-aging profile

€ 1,650 per person

WOMEN'S PROFILE

Career, family, friends, social obligations... However beautiful a full life may be, it often requires enormous reserves of energy. For this reason, you should “unplug” from time to time and indulge in precious time for yourself and your well-being. This programme was specifically created to guarantee today's women - especially those who have entered the period from pre to post menopause - new vigour and a future full of health and vitality.

THE PROGRAMME INCLUDES THE FOLLOWING TESTS

- Cortisol curve
- Melatonin test
- DHEA
- Progesterone
- Estradiol

FOLLOWING THE TESTS

- Consultation with our medical staff
- Option for a prescription of a nutritional programme and / or supplements
- Option for specific medical treatments such as, for example, oxygen ozone therapy

€ 800 per person

NOTE: The above mentioned program does not include accommodations.



SHORT REMISE EN FORME

More vitality, fitness and energy - rid the body of excess toxins and restore the balance between body and mind.

OBJECTIVE - detoxify and regenerate the organism for health and beauty benefits.

This program is designed for a stay of 3 nights, includes full board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical quantitative and qualitative evaluation of body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean and muscular mass and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 6 hours* of individual treatments of your choice and with medical advice for 3 days
- 8 hours* of individual treatments of your choice and with medical advice for 4 days

HEALTHY NUTRITION

- “Healthy Detox Kitchen” with personalized detox menu

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy and dietary advice

€ 1,220 per person for 3 days

€ 1,480 per person for 4 days

*1 hour = 1 session = 50/55 minutes.

NOTE: The above mentioned program does not include accommodations.



JUST RELAX

OBJECTIVE - Relax, alleviate tension and release new energy with total rest.

This program is designed for a stay of 3 days, including half board and the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Tomographic diagnostic and analytical quantitative and qualitative evaluation of body composition
- Measurement and evaluation of the Body Mass Index (BMI- body composition: fat tissue, lean and muscular mass and percentage of water)
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 2 body massages (55 min.)
- 1 stimulation of the chakra points of the body with music therapy (55 min.)
- 1 phyto-algae therapy based on Dead Sea salt (55 min.)
- 1 oxygenating facial treatment (55 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice in half board

UPON DEPARTURE , YOU WILL BE GIVEN

- Diagnostic results
- Summary of treatments and therapies performed
- Prescription of maintenance therapy

€ 1,190 per person

NOTE: The above mentioned program does not include accommodations.

INTENSIVE ANTI-AGING

OBJECTIVE - To prevent, treat and slow the physiological aging of the skin, combating free radicals with targeted treatments.

This program is designed for a stay of 3 days, including half board and the following services:

THERAPY

- 3 treatments for face and neck with the superoxide dismutase molecule (55 min.)
- 1 iodine scrub (110 min.)
- 1 neuromuscular and draining body massage with Omega 3 (55 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice

€ 790 per person

VILLA EDEN BREAK

OBJECTIVE - The perfect program for relaxing and to recharge your energy levels in an atmosphere of warm hospitality.

This program is designed for a stay of 2 days, includes half board and the following services:

THERAPY

- 1 anti-stress massage (85 min.)
- 1 revitalizing face and neck treatment (55 min.)
- 1 phyto-algae therapy based on Dead Sea salt (55 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice

€ 460 per person

NOTE: The above mentioned programs do not include accommodations.

MANAGER RELAX

OBJECTIVE - To unplug, release stress and regain natural balance to deal with the hectic pace of daily life with renewed vitality and energy.

This program is designed for a stay of 2 days, includes half board and the following services:

THERAPY

- 1 stimulation of the chakra points of the body (55 min.)
- 1 relaxing massage with essential oils (55 min.)
- 1 scalp treatment (55 min.)
- 1 reflexology treatment with chromotherapy (55 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice

€ 480 per person



NOTE: The above mentioned program does not include accommodations.

CELEBRITY SKIN WITH PRP

Naturally luminous and uniform skin like porcelain is everyone's dream... now you can have it! Do you have to give an important presentation for your company, prepare a screen test for your next movie or simply wish to feel more beautiful and admired just like the stars? Then choose the new program of Villa Eden: "Celebrity Skin", entrusting yourself to the expert hands of our medical team, who will take you on a path of regeneration via our professional skin check-up, personalized face and neck treatments, face hydration, nourishment and moisturizing of the skin to prevent aging, as well as the new therapy of autologous PRP cell regeneration with platelet-rich plasma.

OBJECTIVE - To obtain flawless skin like a star.

This program is designed for a minimum stay of 3 days and includes the following services:

TREATMENTS

- Skin check-up to analyze your skin type and to combat facial skin aging in the most appropriate way
- Personalized mini program of 3 facial and neck treatments according to your skin type and identified by the skin check-up
- Autologous cell regeneration PRP with the use of platelet rich plasma

From € 1,480 to € 1,960 per person



NOTE: The above mentioned program does not include accommodations.



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