



VILLA EDEN

THE LEADING PARK RETREAT



SOLUTIONS FOR A
HEALTHY LIFE

-2018-



VILLA EDEN

THE LEADING PARK RETREAT



The extraordinary charm of a Small Luxury Hotel in the wonderful setting of Merano, outstanding wellness and beauty treatments, and a medical team at your disposal. Villa Eden, where health is foremost.

DEAR GUESTS AND FRIENDS,

I would like to extend a warm greeting to all of you and invite you to experience a remise en forme at our exclusive Retreat, located in the renowned town of Merano, in the green embrace of a luxuriant nature.

Take advantage of our over 30 years of experience in preventive medicine and of beauty, which has led us to merge innovative treatments and highly effective techniques.

Treatments and courses are offered in a professional atmosphere with a warm sense of hospitality, in a serene environment. In short: The Leading Park Retreat. A place where everything revolves around you.

Thanks to astute medical advice, therapies and advanced treatments aimed at guaranteeing a regeneration process, a healthy and genuine diet and targeted physical activity, you will be able to obtain excellent results during your stay and preserve them even once you return home, with a combination of your determination and our constant presence in terms of nutritional advice and maintenance.

At Villa Eden you will have an unforgettable experience in the starring role. We will help you discover your potential day after day leading to an improved quality of life.

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



and the entire team of Villa Eden



WHY CHOOSE VILLA EDEN?

Thousands of guests, many of them returning to us again and again, have discovered the pleasure of a period spent at Villa Eden, an environment dedicated to relaxation, health and well-being. Our weekly programs are an ideal answer for those who want to prevent or treat specific problems such as excess weight, stress and other aesthetic issues. Our short programs are perfect to take a break from everyday commitments and recharge your

energy: it is no coincidence our motto is "to promote health". To feel good again, to feel free again.

Here you are free to create a vacation that is uniquely tailored to you. Change your way of living, be active or simply relax: every moment belongs to you.

Discover a precious vacation. Discover the passion for a healthy way of life.

VILLA EDEN EVEN FOR MEN?

Villa Eden is the perfect place to not only for women, but also for men seeking a mental, physical and spiritual balance. Thanks to specific treatment programs, like detox, weight loss and anti-aging, male guests will find a

targeted response to their needs pertaining to physical, mental and aesthetic well-being. We wish to emphasize the presence of anti-stress and relaxation programs particularly suited to male managers and all businessmen.

LOYALTY REWARDED

The great success of Villa Eden in all these years is only possible thanks to more than 60,000 guests whom we were delighted to welcome to our retreat. A special thanks goes to those who did not stop at just one visit, but

who continually honor us with their presence. It seems only right to thank all of our returning guests with a loyalty bonus, who will receive a 5% reduction on the price of the stay and of the weekly program booked.

Note: Guests who receive the loyalty bonus have stayed at Villa Eden for at least one time. The prize is valid for a stay on their next booking of a weekly program and is not combinable with other offers.



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 nights, 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)
- Daily consultations with our doctors to discuss goals, progress and results

THERAPY

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

HEALTHY NUTRITION

- “Healthy Gourmet Cuisine” 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

EURO 2,070 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 nights and can be extended up to 10 nights. 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)
- Daily consultations with our doctors to discuss goals, progress and results

HEALTHY NUTRITION

- Balanced nutritional program of your choice

UPON DEPARTURE YOU WILL BE GIVEN

- Diagnostic results
- Advice for follow-up at home
- Personal trainer's individualized schedule for physical follow-up at home

EURO 2,120 PER PERSON

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 shiatsu treatment (55 min.)
- 1 anti-stress lesson with personal trainer (60 min.)

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 nights and can be extended up to 10 nights. 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)
- Daily consultations with our doctors 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

HEALTHY NUTRITION

- "Healthy Gourmet Cuisine" 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

EURO 2,710 PER PERSON

NOTE: The above mentioned program does not include accommodations.



ANTICELLULITE 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 nights and can be extended up to 10 nights. 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)
- Daily consultations with our doctors to discuss goals, progress and results

THERAPY

- 6 body cast treatments (110 min.)
- 6 Endermologie LPG System treatments (50 min.)
- 1 sports check-up with lactate measurement

HEALTHY NUTRITION

- "Healthy Gourmet Cuisine" with personalized detox menu

UPON DEPARTURE, YOU WILL BE GIVEN

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

EURO 2,800 PER PERSON

NOTE: The above mentioned program does not include accommodations.





METABOLIC THERAPY

Do you want to counteract the consequences of an incorrect lifestyle? Weakness, insomnia, various pains that make your everyday life difficult?

OBJECTIVE: A full dose of energy with a reactivated metabolism. Oxygen ozone therapy and homotoxicological mesotherapy: excellent health and a reinforced immune system!

This program is designed for a minimum stay of 7 nights and 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)
- Daily consultation with our doctors to discuss goals, progress and results

THERAPY

- 3 homotoxicological mesotherapy treatments, stimulating the excretory and drainage organs
- 3 sessions of Oxygen Ozone therapy (major auto hemo-infusion)
- 5 biothermic treatments for the metabolism (55 min.)

HEALTHY NUTRITION

- "Healthy Gourmet Cuisine" with personalized detox menu

UPON DEPARTURE, YOU WILL BE GIVEN

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

EURO 2,050 PER PERSON

NOTE: The above mentioned program does not include accommodations.



VILLA EDEN SIGNATURE GUEST DETOX INTENSIVE

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 up to 10 nights. 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)
- Daily consultations with our doctors 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
- 1 lesson of physical activity with the personal trainer and creation of a personalized program (60 min.)

HEALTHY NUTRITION

- "Healthy Gourmet Cuisine" with personalized detox menu

OTHER SERVICES

- Daily delivery of newspaper in your room
- Linen service
- Free transfer from and to Bolzano for those traveling by train or plane

UPON DEPARTURE, YOU WILL BE GIVEN

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

EURO 3,500 PER PERSON

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

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 nights 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 EURO 1,480 TO EURO 1,960 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)
- Daily consultation with our doctors to discuss goals, progress and results

THERAPY

- 6 hours* of individual treatments of your choice and with medical advice

HEALTHY NUTRITION

- "Healthy Gourmet Cuisine" 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

EURO 1,180 PER PERSON

4=3: take advantage of the Short Remise en Forme program with arrival on Sunday and departure on Thursday after lunch. You will enjoy 4 nights of full board and have 8 hours* of individual treatments of your choice and medical advice at the same price of Euro 1,180 per person.

*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 nights, including 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)
 - Daily consultation with our doctors 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 according to the VECS method (55 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice
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UPON DEPARTURE, YOU WILL BE GIVEN

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

EURO 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, combatting free radicals with targeted treatments.

This program is designed for a stay of 3 nights, includes 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

EURO 760 PER PERSON

NOTE: The above mentioned program does not include accommodations.



VILLA EDEN - TRY IT!

OBJECTIVE: Innovative program dedicated to all those who have never been to Villa Eden, who have heard about the effective wellness philosophy of our Leading Park Retreat and wish to try a special experience.

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

MEDICAL CHECK UP AND DIAGNOSIS

- Tomographic diagnostic and analytical quantitative and qualitative evaluation of body composition
- Medical examination and assistance
- Nutritional consultation with maintenance program

THERAPY

- 1 body cast treatment (110 min.)

HEALTHY NUTRITION

- Balanced nutritional program of your choice

EURO 530 PER PERSON

NOTE: The above mentioned program does 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 nights, 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

EURO 450 PER PERSON

NOTE: The above mentioned programs do not include accommodations.

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 nights, includes half board and the following services:

THERAPY

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

HEALTHY NUTRITION

- Balanced nutritional program of your choice

EURO 430 PER PERSON

NOTE: The above mentioned programs do not include accommodations.

MEN'S HEALTH SPECIAL

OBJECTIVE: Designed for the needs of men, this program is based on the concept of prevention and proposes revitalizing treatments to ensure optimal results in a short time so you can return to the challenges of everyday life with new vitality and motivation.

This program is designed for a stay of 4 nights, includes full board and the following services:

MEDICAL CHECK UP AND DIAGNOSIS

- Tomographic diagnostic and analytical evaluation of the quantitative and qualitative body composition
- Medical examination and assistance
- Nutritional consultation with a maintenance program
- Postural evaluation

HEALTHY NUTRITION

- Balanced nutritional program of your choice

EURO 1,480 PER PERSON

THERAPY

- 2 back decontracting massages (55 min.)
- 2 Endermologie LPG System treatments (50 min.)
- 2 neuromuscular and draining body massages (55 min.)
- 1 lesson of physical activity with the personal trainer (60 min.)

NOTE: The above mentioned program does not include accommodations.



MAP OF THE RETREAT

- | | | |
|--------------------------------------|--|---|
| 1. Reception | 7. Medical department
Diagnostics | 13. Fitness facilities |
| 2. Restaurants and terraces | 8. Shiatsu | 14. Turkish bath with
infrared light cabin |
| 3. Lounge | 9. Phyto-algae therapy | 15. Garage entry |
| 4. Reading room, video
cinema | 10. Outdoor pool | |
| 5. Yoga salon | 11. Water lily pond | |
| 6. Indoor pool with
hydro-massage | 12. Beauty department | |



INCLUDED SERVICES

FEEL AT HOME, ALWAYS

- It doesn't matter what time you arrive at Villa Eden The Leading Park Retreat: our team will always welcome you with warmth and joy. In the morning, we will be delighted to serve you breakfast in one of our elegant restaurant rooms and, during the summer, on the panoramic terrace overlooking Val d'Adige.
- In the afternoon, taste our seasonal fruit with a welcome drink, a healthy fresh juice, or a glass of one of our sought-after wines.
- In the meantime, the staff will take care of your luggage and car, parking it for you in our private garage.

INDULGE AND IMMERSE YOURSELF IN A SOPHISTICATED AND SEDUCTIVE ATMOSPHERE...

- The areas emphasise the characteristics of a light architectural style: bright spaces, classic lines and harmonious proportions, aiming to instil a sense of intimate welcome and deep well-being.
- Our elegant rooms and suites, with their delicate color palette, enhanced by high quality materials, offer a feeling of comfortable tranquillity.
- Top-of-the-line amenities include exclusive Etro-branded toiletries, safe, laptop outlets, flat-screen TV and private bar. If you love to sip a hot drink, you can take advantage of the tea corner, including a selection of fine infusions.
- Please note that Wi-Fi is present through-

out the retreat. In order to guarantee unsurpassed comfort, room service is available from 7:00 am to 9:30 pm, with an evening turndown service and pillow menu.

- The charming reading room is ideal to keep abreast of the current news with a variety of newspapers and magazines. Or, relax while diving into a book, and completely forget the stress of everyday life.

THE SENSATIONS OF NATURE

- Stroll along the lovingly tended paths in the centuries-old park of Villa Eden, adorned with colorful flowers, and listen to the cheerful concert of the birds. Find yourself... pure relaxation!

PERSONALIZED SERVICE

- We will take care of all your needs during your stay at Villa Eden The Leading Park Retreat, renowned for its impeccable service and its warm, relaxed atmosphere. Whether you are traveling alone or as a couple, our team will make you feel unique. We guarantee an extraordinary experience, anticipating your desires with a discreet and professional style, both inside and outside the Small Luxury Retreat.

PRIVATE TRANSFER SERVICE TO AND FROM MERANO

- Visit the heart of Merano comfortably with our transfer service to and from the historic Center.



INCLUDED SERVICES

DISCOVERING THE "HEALTHY GOURMET CUISINE"

- Healthy pleasure without sacrifices: this is our philosophy and is the basis of "Healthy Gourmet Cuisine". This is why we use only fresh and regional ingredients, ensuring the maximum vitamin and nutritional content in dishes prepared with passion and attention to detail.
- Start your holiday with a delicious breakfast and enjoy a variety of local products rich in vitamins, fiber and minerals (from 7:30 am).
- Afternoon buffet: from 2:30 to 6:30 pm. A wide selection of fresh fruit awaits you!
- Alkaline (basic) water, lemon water, green tea or fruit are at your disposal in the Cheminée Lounge Bar, in the medical and beauty department as well as in the outdoor pool area.
- We kindly request that guests respect a casual elegant dress code for dinner.

FEEL COMPLETELY HEALTHY AND FIT

- Group gymnastics before breakfast allows you to start the day out right. Allow your body's muscles and functions to gently awaken.
- For aqua gym enthusiasts, invigorating lessons every day in the indoor pool from 4:30 pm to 5:30 pm.
- Rediscover inner balance and gain new energy with daily yoga from 5:30 pm to 6:30 pm.
- Manage your personal fitness in the Tech-

nogym® gym, equipped with cardio machines, isotonic equipment, free weights and yoga mats (from 6:30 am to 9:00 pm). We will be happy to provide a heart rate monitor for training use in the gym.

- An individual personal training session is included in some programs. You may also reserve it for a fee.

IMMERSE YOURSELF IN WELL-BEING

- Revel in the beauty of summer by immersing yourself in the panoramic swimming pool, in complete privacy surrounded by centuries-old trees and the magnificent flowers of the stunning park of our Small Luxury Hotel with breath-taking views of Merano and the surroundings.
- Swim in the indoor pool and then relax in the gentle warmth of the hot tub, enjoying the beneficial effects of water, the source of life and ... regeneration.
- Completely cleanse your body in the Turkish bath.
- Savor the pleasant sensations and the enveloping warmth of the infrared cabin.
- In your room, you will find your personal slippers, spa bag and bathrobe, which we will be happy to change whenever you request it.
- Soft towels are available in the outdoor and indoor pool areas.

DISCOVER THE BEAUTY OF SOUTH TYROL

- Take part in excursions to the most evocative places and the cultural events of



INCLUDED SERVICES

the area along with our Guest Relations Manager.

- You can find all the information about the excursions at the reception.
- Fashion, art, food, wine and much more: a shopping tour in the historic center of Merano is a truly unforgettable experience!





VILLA EDEN

THE LEADING PARK RETREAT



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SMALL
LUXURY
HOTELS
OF THE WORLD

