



VILLA EDEN

THE LEADING PARK RETREAT

★★★★★

MEDICAL & BEAUTY

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SMALL  
LUXURY  
HOTELS  
OF THE WORLD



VILLA EDEN,  
WHERE HEALTH  
IS OUR TOP  
PRIORITY

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The extraordinary charm of a Small Luxury Hotel in the picturesque setting of Merano, wellness and beauty treatments of outstanding quality, a team of medical professionals always at your complete disposal.



# LONGEVITY MEDICAL & BEAUTY CENTER

07	Medical check-up and diagnosis
09	Specific Medical Treatments
11	Ozone Oxygen Therapy
13	Body Treatments
15	Localized fat and cellulite
17	Face Neck Decolleté
19	Personal Trainer & Yoga
21	Aesthetic medicine
25	Other services



# MEDICAL CHECK-UP AND DIAGNOSIS

## VISIT AND MEDICAL ASSISTANCE

€ 200

## TOMOGRAPHIC DIAGNOSTIC AND ANALYTICAL EVALUATION OF THE QUANTITATIVE AND QUALITATIVE BODY COMPOSITION

Scanning analysis of metabolic stress, distribution of fluids and inflammation.

€ 310

## BIA (BIOIMPEDANCE ANALYSIS): MEASUREMENT AND EVALUATION OF BODY MASS INDEX-BMI

Assessment of body composition (fat tissue, lean body mass and muscle and percentage of water).

€ 140

## OXIDATIVE STRESS AND ANTIOXIDANT POTENTIAL TEST

This test detects oxidative stress and its antioxidant potential. You define treatments and strategies together with the doctor to reduce the production of free radicals and increase the body's antioxidant power.

€ 160

## LOW-TEMPERATURE MICROSCOPY OF BLOOD

The examination of blood at low-temperatures provides information on the vitality level of the blood, on the degree of functionality of red blood cells, on their shape and arrangement, and the level of inflammation.

€ 80

## SKIN CHECK-UP

Non-invasive method for the measurement of some parameters of the skin on the face (sebometry, corneometry, elastrometria and amount of melanin), that allow a diagnosis of biotype and skin phototype.

€ 130

## NUTRIGENETICS TEST – GENO DIET TEST

A genetic test that suggests the most appropriate diet and lifestyle for your body through DNA analysis.

€ 800

## DNA FLORA TEST – HEALTHY GUT

The DNA flora test is an innovative quantitative analysis of the most important intestinal microbial populations and highlights any pathological imbalances in the subject's microbiota.

€ 400

## MEASUREMENT OF PHYSIOLOGICAL AND DYNAMIC METABOLISM

Bio-electronic computerized measurement of physiological and dynamic metabolism (true nutritional and caloric needs).

€ 140

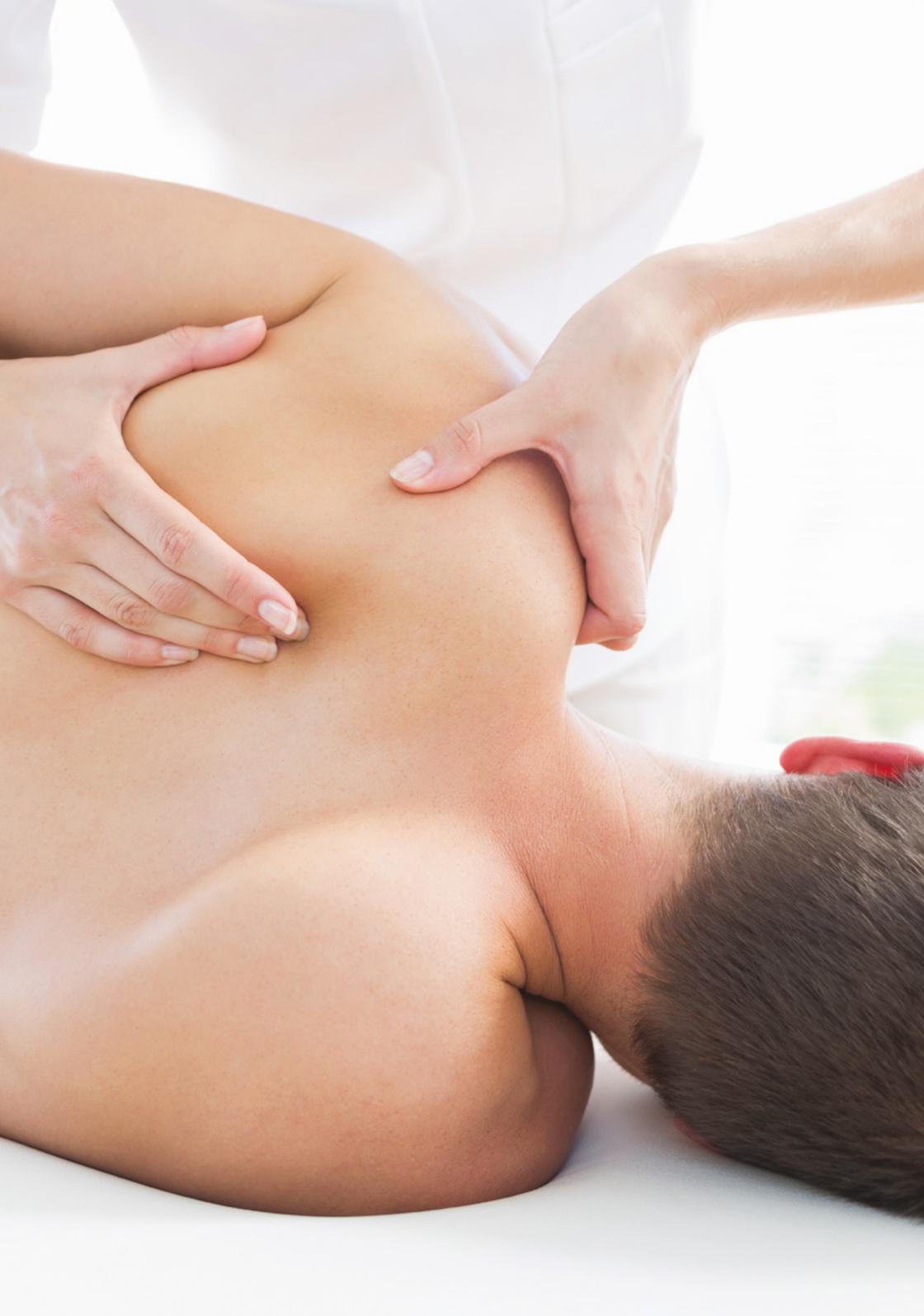
## TEST FOR FOOD INTOLERANCES

Blood immunoscreening to scientifically identify food intolerances in 120 or 184 foods and 27 chemical food additives.

from € 350

## BLOOD ANALYSIS

from € 300



# SPECIFIC MEDICAL TREATMENTS

## BIOPHYSICAL THERAPY WITH MECHANICAL LYMPHATIC DRAINAGE

Therapy for the reactivation of the neuro-immuno- endocrine defenses combined with a mechanical lymphatic drainage.

55 min. | € 115

## BIOPHYSICAL THERAPY FOR THE REDUCTION OF CHRONIC INFLAMMATORY STATES

Biofeedback for the regulation of the membrane potential, fundamental for the reduction of the processes of chronic inflammation.

30 min. | € 80

## REFLEXOLOGY

Manual stimulation of all the reflex points located on the sole of the foot to improve the functionality of the organs and viscera of the body combined with chromo-therapy.

55 min. | € 110

## BIO THERMIC TREATMENT FOR METABOLIC FUNCTIONS

Innovative method to restore the proper functioning of organ metabolism.

55 min. | € 120

## STIMULATION OF THE CHAKRA POINTS

Bio-stimulation and energy balancing of the most important energy vortexes (chakras) of the body to treat stress and mental fatigue.

55 min. | € 120

## TREATMENT FOR SLEEP DISORDERS

€ 80

## THERAPY TO PURIFY FROM HEAVY METAL ACCUMULATION

A non-invasive therapy to purify from the toxins of heavy metals. The body detoxifies itself through the use of bio-energy stimulation that rebalances, improving your health.

20 min. | € 85

## PAIN THERAPY

Very important endogenous thermotherapy for the treatment of various muscular, tendon, bone and articular disturbances.

55 min. | € 120

## PHYTO-ALGAE THERAPY

This therapy with a water pack aids the expulsion of toxins, improves vascular function and re-mineralizes the tissue.

55 min. | € 110

## TOUCH FOR HEALTH

A holistic method of applied kinesiology, born from of the perfect synergy between Asian and western medicine. Ideal to loosen muscle tension and recover psycho/physical harmony.

55 min. | € 120

## HOT, HUMID INHALATION

Practical and safe method for the prevention of diseases of the airways and for treatment of existing pathologies: colds, irritations, inflammation and alterations also due to smoke and pollution.

WARM, HUMID INHALATION 20 min. | € 22

AEROSOL 20 min. | € 22

NASAL IRRIGATION 20 min. | € 22



# OZONE OXYGEN THERAPY

Ozone oxygen therapy is used to strengthen the immune system, improve metabolism and sleep, and eliminate physical and mental fatigue. It is used in various pathological situations ranging from bacterial and viral infections, including those difficult to resolve, as well as for problems relating to the circulatory system. In addition, oxygen-ozone therapy is an excellent treatment against unsightly cellulite and localized fat deposits.

GAET - MAJOR AUTOHEMOTHERAPY

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€ 170

GAET - MAJOR AUTOHEMOTHERAPY WITH HOMOTOXICOLOGICAL MESOTHERAPY

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€ 220

MINOR AUTOHEMOTHERAPY

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€ 120

RECTAL INSUFFLATION

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€ 90

MESOTHERAPY

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€ 120



# BODY TREATMENTS

## DRAINING MASSAGE

A massage to activate microcirculation and drain liquids.

55 min. | € 125

## NEUROMUSCULAR BODY MASSAGE

A deep manual massage stimulates cutaneous receptors and improves muscle contractions.

55 min. | € 125

## MANUAL LYMPHATIC DRAINAGE

Specific massage technique targeted to the areas of the body with an excessive reduction of lymphatic circulation and stagnation of liquids.

55 min. | € 125

## ANTI-STRESS MASSAGE

It is the result of a studied fusion of various techniques of body manipulation integrated with breathing techniques. It stimulates blood and lymphatic circulation, nerve regeneration, muscle relaxation and elasticity of joints.

85 min. | € 185

## EXFOLIATING BODY TREATMENT

Peeling with royal jelly, elastin and collagen, which removes the stratum corneum and aids the penetration of active nutrients.

55 min. | € 115

## IODINE BODY SCRUB

Exfoliating treatment with salts of Sicily enriched with plant extracts. Afterward, a massage with an atomized paté of Mediterranean algae, for a compacting and moisturizing effect.

110 min. | € 230

## NOURISHING DETOXIFYING BODY TREATMENT

Treatment that removes toxins in the skin and restores the balance of lipids and water, and gives the skin softness and a healthy glow.

110 min. | € 230

## BREAST FIRING TREATMENT

A synergy of different techniques to oxygenate and tone the tissue of the breast.

85 min. | € 180

## SCALP TREATMENT

Improves any discomfort of the scalp, in particular disorders such as dandruff and seborrheic dermatitis, and provides clear results: including slowing of hair loss.

55 min. | € 120



# LOCALIZED FAT AND CELLULITE

## BODY CAST TREATMENT

A highly effective treatment against cellulite and localized fat deposits. It raises the internal temperature in the problematic area, increases blood supply and metabolism, and helps eliminate toxins. The next step of the treatment is an occlusive wrap for slimming, toning, and anti-cellulite.

110 min. | € 250

## CLAY BODY TREATMENT TO REDUCE BODY SWELLING

Body treatment that reduces swelling and revitalizes with micronized clay for a sculpting effect.

110 min. | € 230

## ENDERMOLOGIE LPG SYSTEM

Effective treatment against imperfections such as cellulite and localised fatty deposits. Improves microcirculation, tones and sculpts the silhouette.

55 min. | € 120

## THERMOTRIM

It is an exogenous heat therapy which restores the physiological arterial circulation and normal metabolism in the damaged tissue (cellulite and adiposity). The result is a reduction in volume of the treated part.

50 min. | € 90

## H.B.S.

H.B.S. is a low-frequency electric therapy that works on both muscle and skin tone and on the regularization of the circulatory (arterial and venous) and lymphatic systems.

55 min. | € 85



# FACE NECK DECOLLETÉ

## MOISTURIZING AND LIPIDIC FACIAL AND NECK TREATMENT

Specific for the face and neck to prevent signs of aging. Acts on the hydration and lipidation of the stratum corneum, letting the skin breathe and absorb all the nutrition it needs.

55 min. | € 155

## TONING FACIAL-NECK TREATMENT WITH CAST MASK

Promotes the absorption of compounds of marine trace elements, vitamin and vegetal complexes.

55 min. | € 145

## SMOOTHING ANTI-AGING FACE AND NECK TREATMENT WITH CORALLINE MASK

Specific treatment for face and neck, using the moisturizing properties of reef seaweed with a revitalizing and anti-aging effect.

55 min. | € 150

## FACIAL-NECK TREATMENT FOR IMPURE SKIN WITH CLAY MASK

Specific treatment for problem skin or acne. It works equally well for alterations of the sebaceous glands, balancing and reducing inflammation of the tissues.

55 min. | € 140

## FACIAL TREATMENT WITH ROYAL JELLY

Oxygenating treatment with royal jelly with firming effect.

55 min. | € 155

## PERSONALIZED MINI-CURE OF THREE TREATMENTS FOR FACE AND NECK

€ 410

## PERSONALIZED MINI-CURE OF THREE TREATMENTS FOR FACE AND NECK WITH SKIN CHECK-UP

€ 490

## TREATMENT FOR FACE AND NECK WITH THE SUPEROXIDE DISMUTASE MOLECULE

Reshaping and firming treatment for the face and neck, using superoxide dismutase (the youth molecule). The anti-free radical treatment par excellence. Great for young and stressed skin, excellent for mature skin, helps to regenerate the dermis.

55 min. | € 160

## MINI-CURE OF THREE TREATMENTS FOR FACE, NECK WITH SUPEROXIDE DISMUTASE (SOD)

€ 435



# PERSONAL TRAINER & YOGA

## SPORTS CHECK-UP WITH LACTATE MEASUREMENT

Specific measurement to find the target heart rate for a workout dedicated to weight and fat reduction.

\_\_\_\_\_ **60 min. | € 150**

## PERSONAL TRAINER

Physical activity lessons with the individual Personal Trainer.

\_\_\_\_\_ **30 min. | € 80**  
\_\_\_\_\_ **60 min. | € 105**

## POSTURAL EVALUATION

Total body evaluation, from the musculoskeletal system to the modulation of movement, from the cardio-pulmonary system to the metabolism.

\_\_\_\_\_ **60 min. | € 115**

## PELVIC EXERCISES

Exercise that involves a series of movements to develop the muscles of the pelvis involved in the proper functioning of the bladder and genital tract. Recommended for women with issues related to menopause, and for men to maintain proper health of the prostate.

\_\_\_\_\_ **60 min. | € 105**

## PERSONAL YOGA

Personalized yoga sessions, ideal for improving your well-being.

\_\_\_\_\_ **60 min. | € 105**

# AESTHETIC MEDICINE

Feeling beautiful, attractive and in harmony with your body is the basis for leading a positive lifestyle for success and above all, for a happy daily life and healthy self-esteem. When small blemishes, wrinkles, scars or less supple skin affects beauty and self- confidence, quality of life decreases. The cosmetic medicine department at Villa Eden- the Leading Park Retreat was founded on the basis of this knowledge. This is a true oasis in the heart of Merano, surrounded by olive trees and a pleasant atmosphere of well-being. An ideal retreat where you can feel protected, at home. A place specially created for guests who want to focus on their beauty and their state of health for an improved quality of life. The specialized team of doctors and therapists analyze your needs and shares the best solution with you to solve your individual issues. Their dedication and attention will help you to face the challenges of daily life with greater confidence in yourself.



## OUR EXPERT

### DR. DORIANO OTTAVIAN

Physician specialized in aesthetic medicine and cosmetic surgery.

We kindly ask our interested guests to make an appointment for advice or treatment at the time of booking.

# ULTHERAPY® - THE NON INVASIVE LIFT

Ultherapy® is the only non-invasive procedure to lift skin on the neck, under the chin and on the eyebrow; it improves the appearance of lines and wrinkles on the décolletage. Ultherapy helps to achieve a fresher look from brow to chest, it tightens the skin naturally.

It uses precise ultrasound energy to target the deep structural layers of the skin without disrupting the skin's surface. After treatment, the body's tissue repair process stimulates the production of new collagen and elastin, creating a natural lifting effect.

Ultherapy deposits focused ultrasound energy deep beneath the skin at the optimal temperature for collagen regeneration. The treatment jumpstarts a natural process, neocollagenesis, to produce fresh, new collagen to counteract the effects of time and gravity on the skin. Ultherapy relies on the body's own collagen-building process for natural, noticeable results.

After the treatment, guest can return immediately to their every day's life. Some patients see an immediate result; usually we should expect to see results appear over 2-3 months post-treatment.

FACE – NECK - DECOLLETE

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from € 2.500

BODY

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from € 4.000



## CELL REGENERATION WITH AUTOLOGOUS PRP

Bio-revitalization with PRP (platelet-rich plasma) is a treatment for the face, neck, décolleté and hair that makes the skin more toned, elastic, firm, fresh and young-looking, as well as regenerating and stimulating hair growth. It can also be combined with hyaluronic acid.

€ 1.000

with hyaluronic acid € 1.500\*

## BIO-REVITALIZING

Micro-injections of hyaluronic acid to stimulate the production of elastin, collagen and endogenous hyaluronic acid, in order to slow photoaging and restore a good level of hydration. This signifies a timely intervention on dry skin, the formation of wrinkles, loss of elasticity and firmness of the tissues. The application sites are the face, the neck, décolleté, hands, knees and arms.

from € 320

## BOTOX

For signs of expression or aging of the forehead and eye area (crow's feet), for years now Botox has been used successfully. The micro-injections are performed on an outpatient basis. The relaxing effect will not be seen immediately, but after 48-72 hours. The treatment can be repeated after 6-8 months.

from € 500

Botox is not only used to provide a relaxed and natural appearance to the face, but also to cure the annoying problem of excessive sweating of the underarms, the palms of the hands or feet.

from € 300

## SUBCUTANEOUS LIPOEMULSION

Soft liposculpture is an innovative method of reducing localized fat and cellulite deposits. The aesthetic medical uses of the micro- lipocavitation tool allow fat melting by means of a multi-frequency ultrasonic pulse which stimulates fat cells, dissolving them. In addition to melting fat, there is also a great lifting effect of the treated area: just one session produces excellent results.

from € 1.500

## FILLERS WITH HYALURONIC ACID

Better known as filler. Semi-permanent or permanent absorbable injections, a product to fill skin furrows, such as nasolabial or glabellar folds, to fill or give more volume to the lips and accentuate the cheekbones.

from € 600

## HAPPY LIFT

This is a minor outpatient procedure under local anaesthesia, where thin, hooked absorbable wires are placed in the subcutaneous tissue. Thanks to the presence of the hooks, the epidermis is hooked in such a way as to elevate and reposition the relaxed facial skin. The wires are neither visible nor can be felt and have an immediate effect due to the mechanical action exerted by the wire counteracting the sagging of the treated areas. Subsequently, this effect is maintained over time by fibrosis that occurs along the route of the wire, even when it is completely reabsorbed (after a year). There is also a revitalization of the soft tissue that occurs about two months after the procedure, resulting in the rejuvenation of the skin and subcutaneous tissue.

Price on request



# OTHER SERVICES

MANICURE —————	€ 45	FULL LEG WAXING —————	€ 60
MAICURE WITH PEELING AND WRAP —————	€ 60	HALF LEG WAXING —————	€ 35
PEDICURE WITH PEELING —————	€ 55	BIKINI WAXING —————	€ 25
PEDICURE WITH PEELING AND WRAP —————	€ 80	UNDERARM WAXING —————	€ 20
APPLYING OF SEMIPERMANENT NAIL POLISH —————	€ 30	UPPER LIP WAXING —————	€ 12
REMOVAL OF SEMIPERMANENT NAIL POLISH —————	€ 20	EYEBROW WAXING —————	€ 20
REMOVAL AND APPLYING OF SEMIPERMANENT NAIL POLISH —————	€ 45		

# VILLA EDEN PRODUCTS: TOP QUALITY FOR YOUR HEALTH AND BEAUTY

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Excellent composition, unique fragrances and effectiveness proven by extensive laboratory testing. The products of the Villa Eden cosmetic and nutritional lines are the result of the perfect synergy between our competent medical team and experts in the fields of beauty and nutrition. We select only the best ingredients to create our natural elixirs, in order to guarantee safety and, above all, the joy of tangible results.





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