



VILLA EDEN

THE PRIVATE RETREAT

★★★★★

VILLA EDEN PRIVATE RETREAT

MERANO-SOUTH TYROL-DOLOMITES

Your oasis of peace, Well-being and Longevity



THE LEADING HOTELS
OF THE WORLD®



AN EXCLUSIVE, ADULT-ONLY HISTORICAL VILLA FEATURING
25 SUITES, SET AGAINST THE BREATHTAKING BACKDROP OF
THE ANCIENT SPA TOWN OF MERANO IN SOUTH TYROL.

The perfect escape to the **breathtaking Dolomites**.

Featuring exceptional wellness and beauty treatments, backed by a dedicated medical team available 24/7, along with a culinary experience designed to delight all your senses.

WHERE WE ARE

- HISTORICAL SPA TOWN OF MERANO
- SOUTH TYROL
- DOLOMITES REGION
- NORTHERN ITALY



Merano

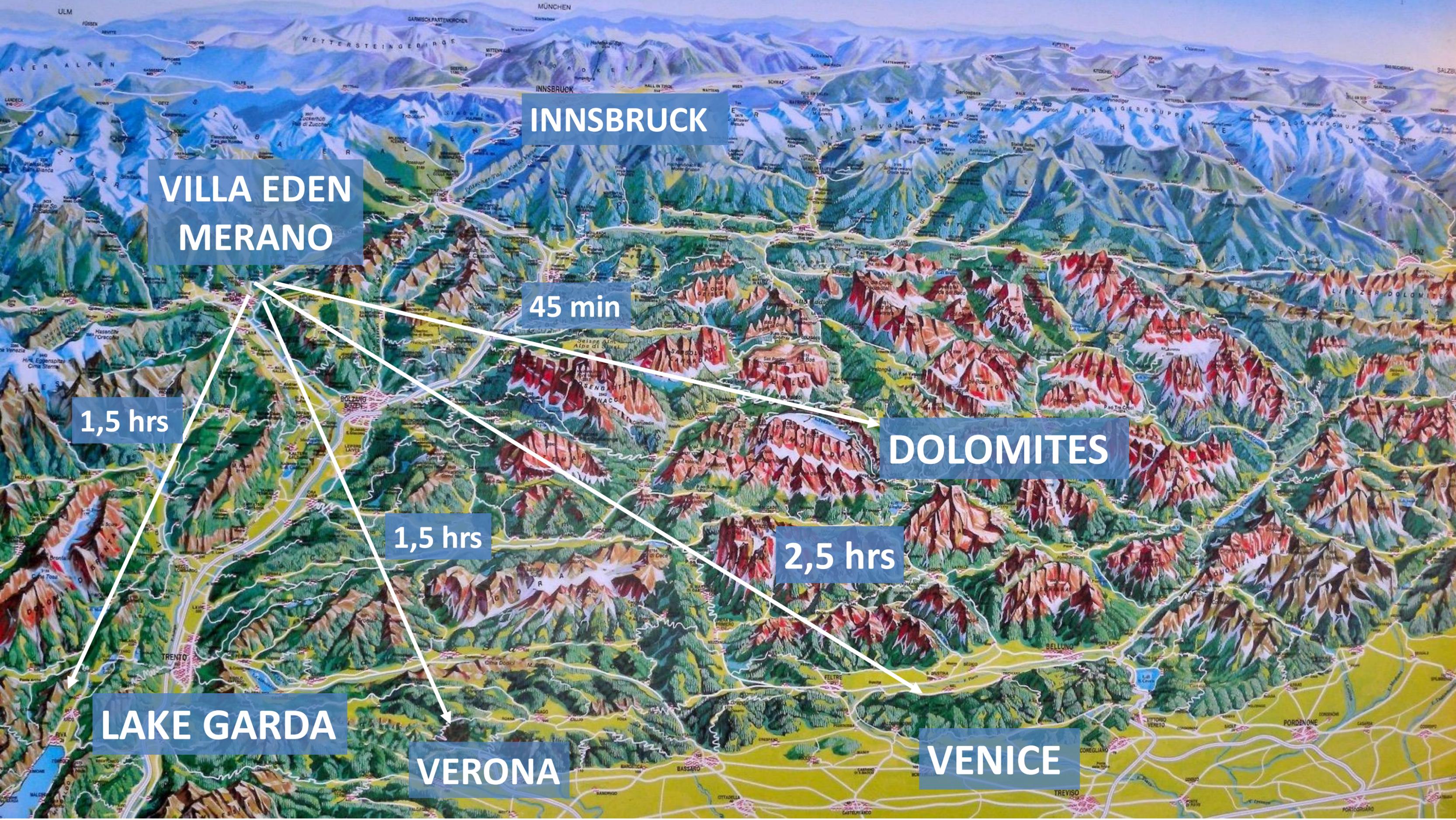
Historical Spa town in South Tyrol, the Italian Alps.

Some of the best climatic conditions in Europe, average of 300 sunny days a year

A perfect place of peace, relaxation and wellbeing.

Next airports:

Bolzano: 0,5 h
Innsbruck: 1,5 h
Verona: 1,5 h
Venice: 2,5 h
Milan: 3 h



INNSBRUCK

**VILLA EDEN
MERANO**

45 min

1,5 hrs

DOLOMITES

1,5 hrs

2,5 hrs

LAKE GARDA

VERONA

VENICE

ALL SUITES PROPERTY

25 elegant suites combining elegance, absolute comfort and excellent services

ADULT ONLY RETREAT

a place of absolute peace where you can infuse new harmony to the body and the mind: Here, you can reorganize your time, focus on yourself and the goal of health or beauty to be achieved. For all these aspects, our retreat can be defined as an exclusive "oasis" for adults only.

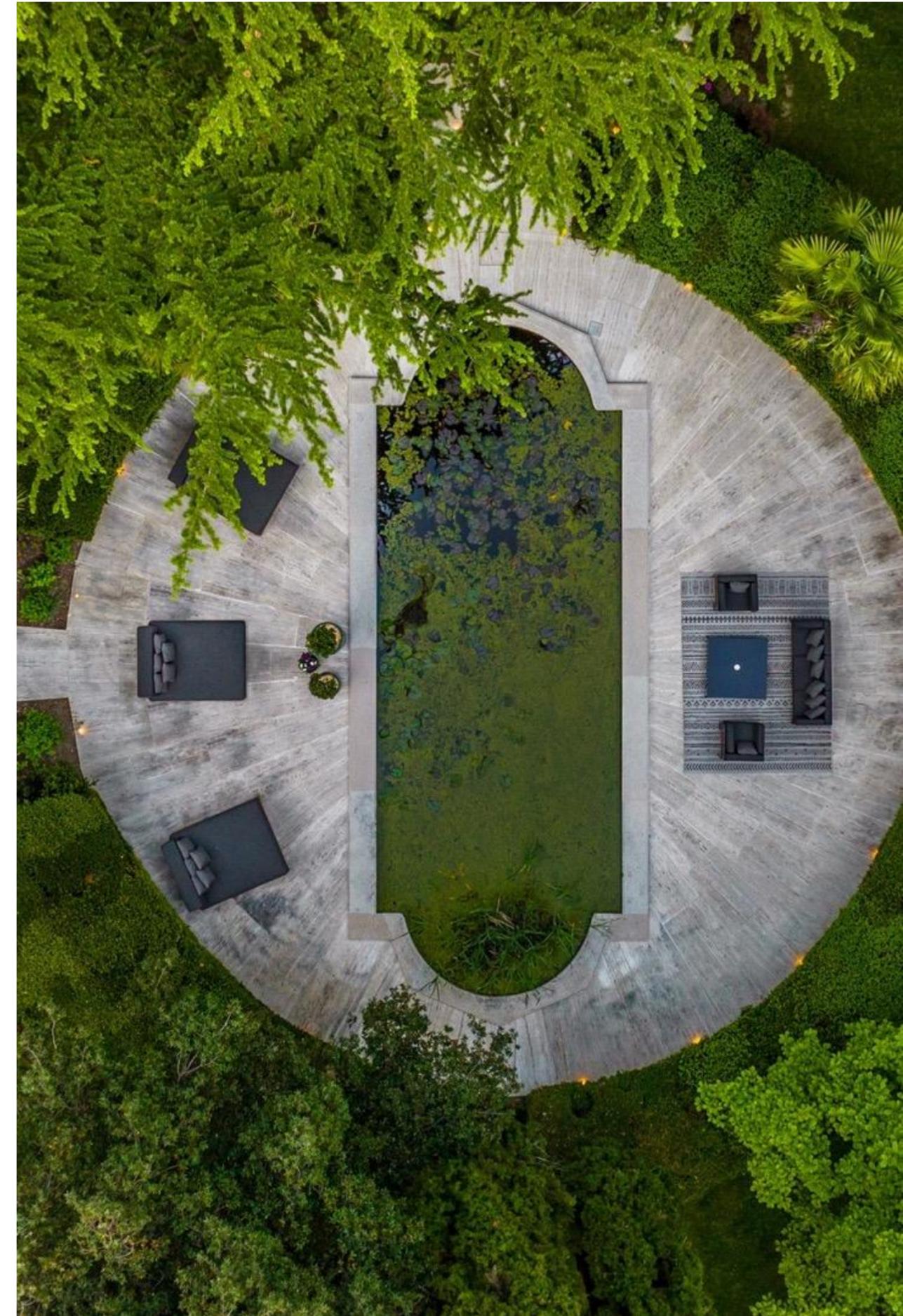
HOLISTIC WELLNESS

VILLA EDEN's medical spa combines a philosophy of excellence focused on the individual, their psycho/physical well-being and an improved self-image. The lifestyle we promote embraces many areas: from nutrition to physical exercise, and from beauty remedies to stress reduction. Our focus is on achieving healthy longevity. This is our mission, and we guarantee quality standards that are among the highest in Europe.

WELLNESS GOURMET

"The road to health passes through the kitchen, not the pharmacy."

It is our desire to share a wonderfully creative style of cooking, while respecting and enhancing the rhythm of nature and the authentic flavours of our land, using our own garden and organic products whenever possible. Let Executive Chef Marcello Corrado and his team take you on a delightful journey and savour the art of sustainable cuisine that blends Mediterranean, regional and international flavours, made with locally sourced ingredients. True masterpieces of creativity and flair for an unforgettable multi-sensory journey.



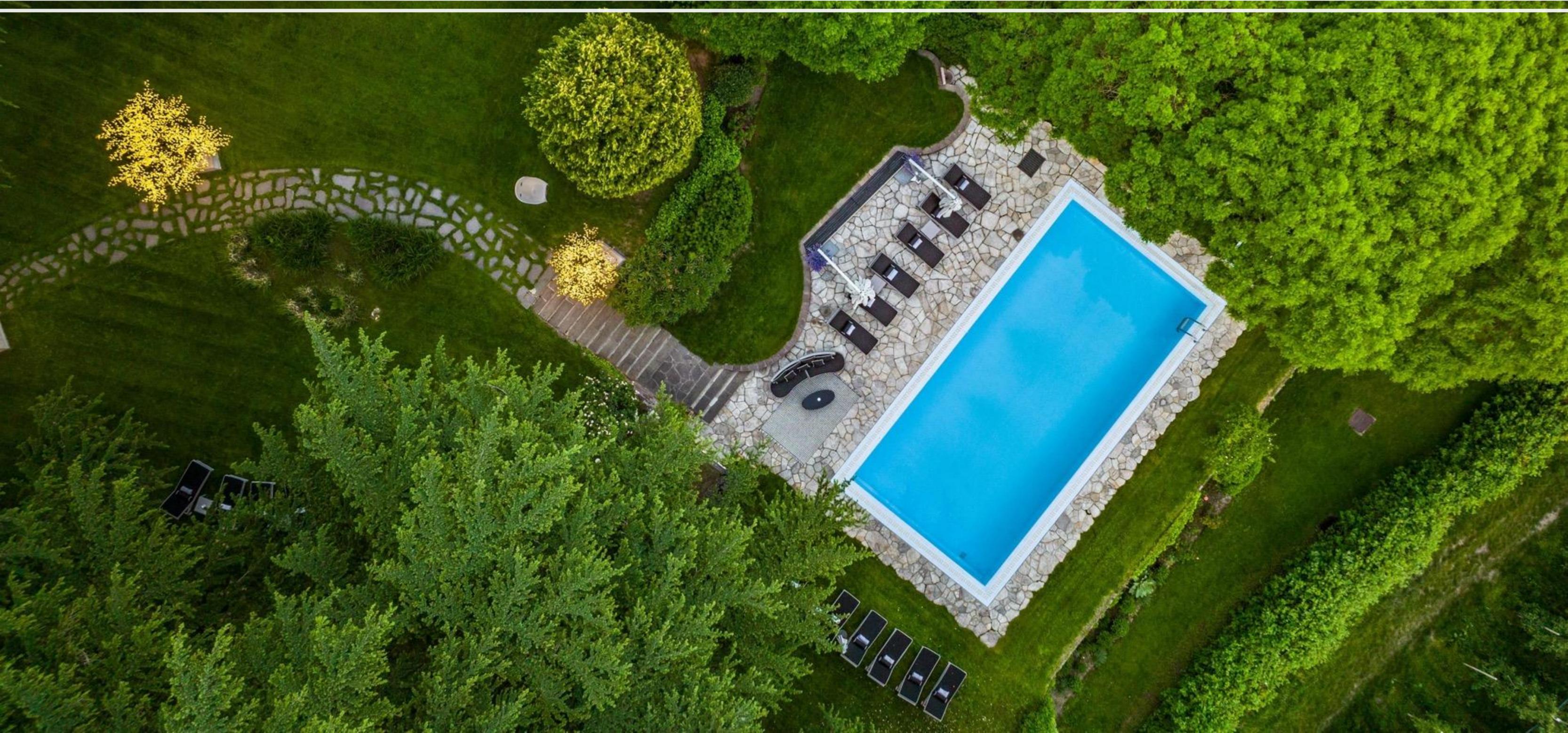


WELCOME TO VILLA EDEN PRIVATE RETREAT





YOUR OASIS OF PEACE, WELL-BEING AND LONGEVITY







WHERE TO FEEL AT HOME







25 ELEGANT SUITES WITH ALL COMFORTS





WELLNESS GOURMET



THE TASTING ROOM

by Marcello Corrado





Marcello
Corrado

ROOM











EDEN'S HEALTH

LONGEVITY MEDICAL CENTER

TOGETHER, TOWARDS NEW HORIZONS
OF WELLNESS & BETTER AGING



VILLA EDEN

THE PRIVATE RETREAT

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AWARDS FOR EXCELLENCE



BEST DESTINATION SPA VILLA EDEN - THE PRIVATE RETREAT



Our medical team



Dr. Emanuele De Nobili

Medical director of the Longevity Medical Center "Eden's Health", expert in preventive and anti-aging medicine, as well as specialist in thermal medicine, with a first level university master's degree in clinical nutrition and a diploma in aesthetic medicine.



Dr. Dorian Ottavian

With over two decades of experience, Dr. Ottavian is a medical specialist in plastic, reconstructive, and aesthetic surgery. He consistently strives for optimal outcomes in addressing the unique needs and concerns of his patients, always emphasizing a profound respect for each individual while maintaining the highest standards of plastic surgery.



Dr. Christoph Möbius

Dr. Christoph Möbius is our newest addition to the team of experts. Relocating from Hamburg to Merano, he has brought his expertise to Villa Eden. Dr. Möbius specializes in both plastic and aesthetic surgery, with additional qualifications in the domains of occupational and sports medicine.



THE LEADING HOTELS
OF THE WORLD®

STEP 1



Check up and medical visit upon arrival

STEP 2

Medical treatments



Spa treatments



Detox & Mindful Cuisine



Fitness



Mental Balance



Villa Eden Academy



STEP 3

Results

Suggestions for maintenance at home

STEP 4

Stay healthy at home



THE LEADING HOTELS
OF THE WORLD®



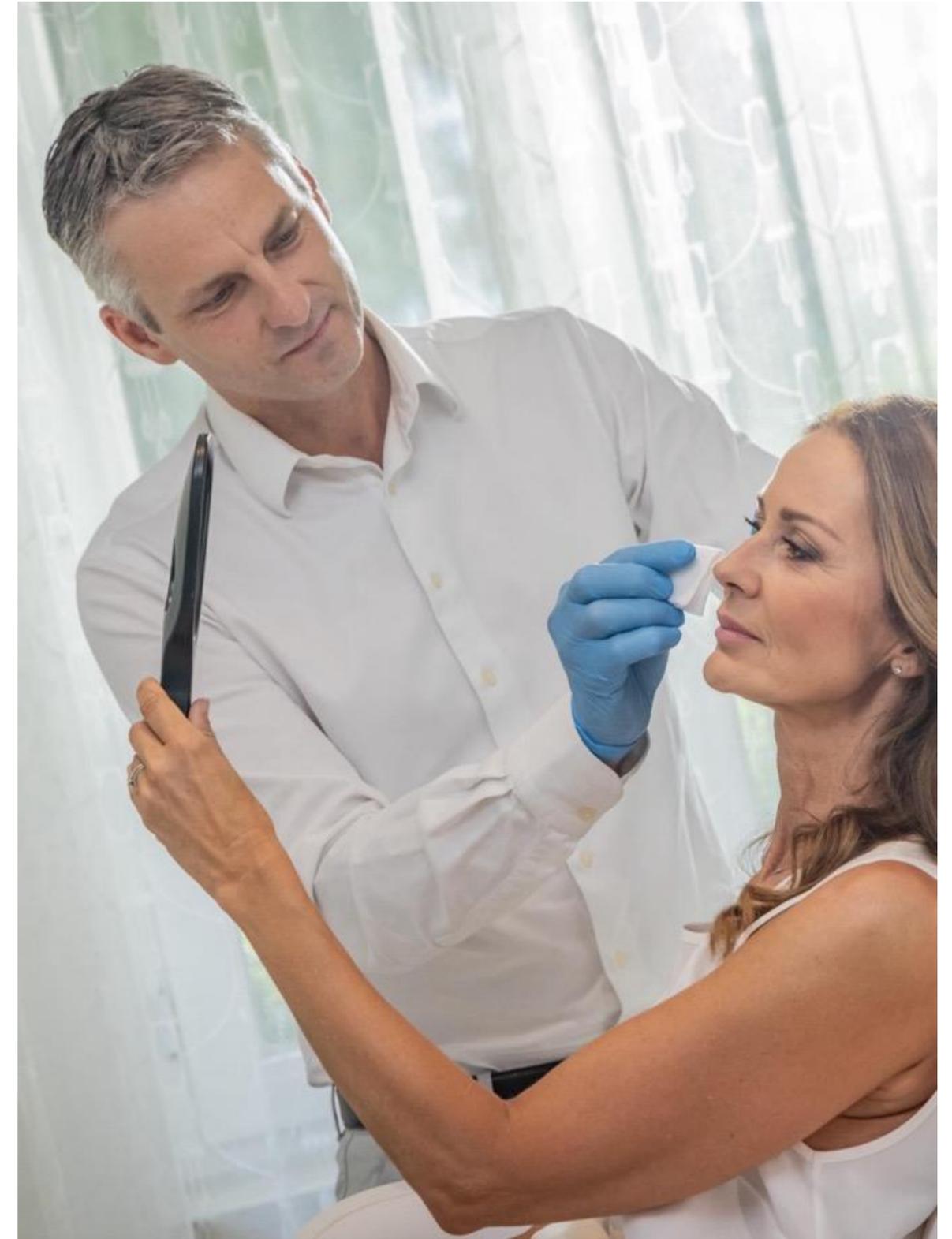
MULTI-AWARDED LONGEVITY MEDICAL SPA

Offering the most
advanced wellness,
medical treatments
and diagnostic testing



Dry-Cryo
Therapy
Phyto-algae
Therapy







EDEN'S MARVEL

LONGEVITY SPA CENTER



- Our Longevity Spa offers the best facial and body treatments, massages, and the attention of our highly qualified personnel, making every time special.
- The benefits will be immediately evident and long-lasting thanks to an exceptional assortment of wellness and beauty ideas, complemented by the coveted cosmetics line based on natural active VILLA EDEN elements and the application of the most innovative techniques.
- In conjunction with our exceptional dexterity for the face, neck, and body, we will provide you with a radiant and relaxed skin tone.
- Furthermore, it's possible to finally remove oneself of flaws like cellulite, localized adiposity, skin spots, and symptoms of aging, restoring confidence and self-esteem.





LOOK GOOD, FEEL GOOD IS THAT SIMPLE

THE PERFECT PLACE FOR YOUR RETREAT







CHALLENGING YOUR LIMITS TO CREATE MEANINGFUL CHANGE

VILLA EDEN COSMETICS & FOOD SUPPLEMENTS



The Villa Eden nutritional line

The best of nature for daily well-being



Our signature line of food supplements was born over twenty years ago from the desire to enhance the effectiveness of the care and treatments practiced at Villa Eden, as well as to help our guests maintain the results obtained even after they return home

Completely revisited a few years ago according to the most innovative discoveries of applied pharmaceutical science and herbal techniques

together with the experience of our prevention and longevity professionals, every single product in the line contributes to slowing down the aging processes and boosting health.

Bring home the world
of Villa Eden:
shop.villa-eden.com





EDEN'S HEALTH
LONGEVITY MEDICAL CENTER

In the Longevity Medical Center,
we transfer the wisdom of nature into treatments and
health programs of extraordinary efficacy,
created by the medical team with our wellness and fitness experts.



A typical day at Villa Eden

Each day embodies our motto: everything available to you, at your leisure, as you desire. Here, there are no obligations, only opportunities for pleasure.

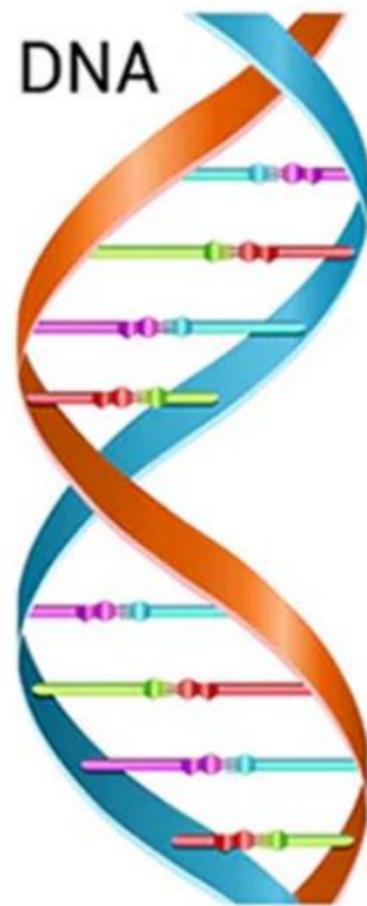
- Morning walk
- Muscle toning
- Healthy and tasty breakfast
- Consultation with our doctors and/or our health & spa consultants
- Individual treatments
- Energizing lunch
- Rest or individual treatments
- Excursions with our guest relations manager
- Yoga sessions
- A dinner where taste is not a sin
- An evening of pleasure, going to bed quite early
- A truly regenerating sleep, as you have always wanted

Our mission

Villa Eden's mission is both simple and ambitious: to seamlessly blend health and rejuvenation with the indulgence and delights of a holiday. Our goal is to foster what we call "better aging," promoting a high-quality lifestyle that enhances longevity and well-being.

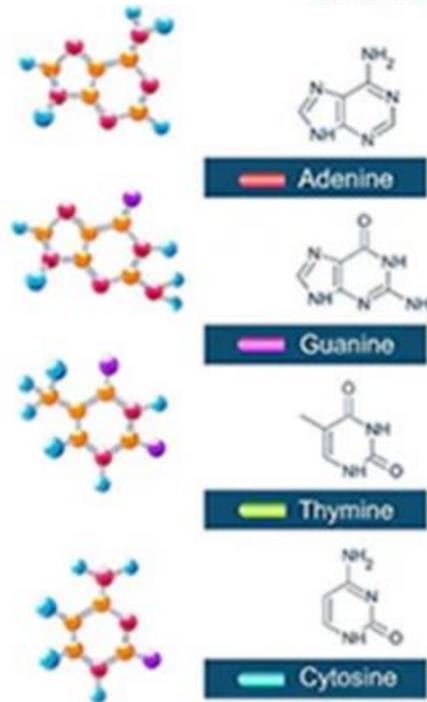


DIAGNOSTIC & LONGEVITY TESTS

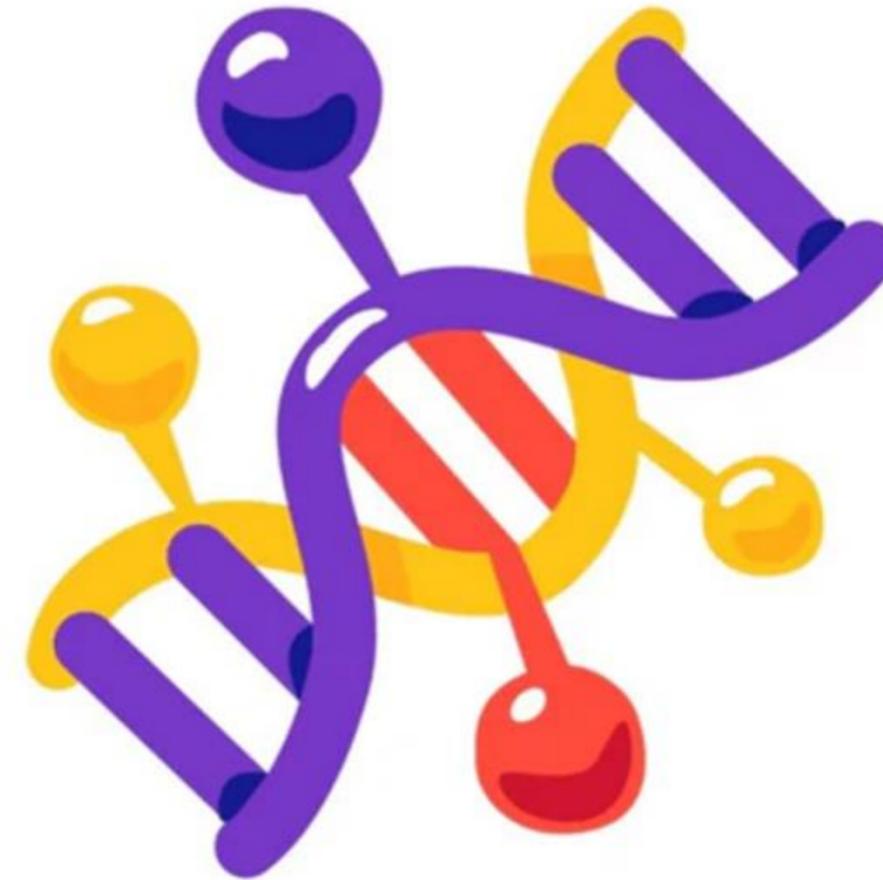


GENETICS

NITROGENOUS BASES



EPIGENETICS



Test your gut, feel your best![†]

Use your data to help identify common digestive issues and unlock whole body wellness.

Boost Energy Levels [†]

Aid Restful Sleep [†]

Balance Your Mood [†]

Support Heart Health [†]

Improve Digestion [†]

Promote Healthy
Weight Maintenance [†]

Beat Bloating [†]

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Intestine health –
gut microbiome test



THE LEADING HOTELS
OF THE WORLD®

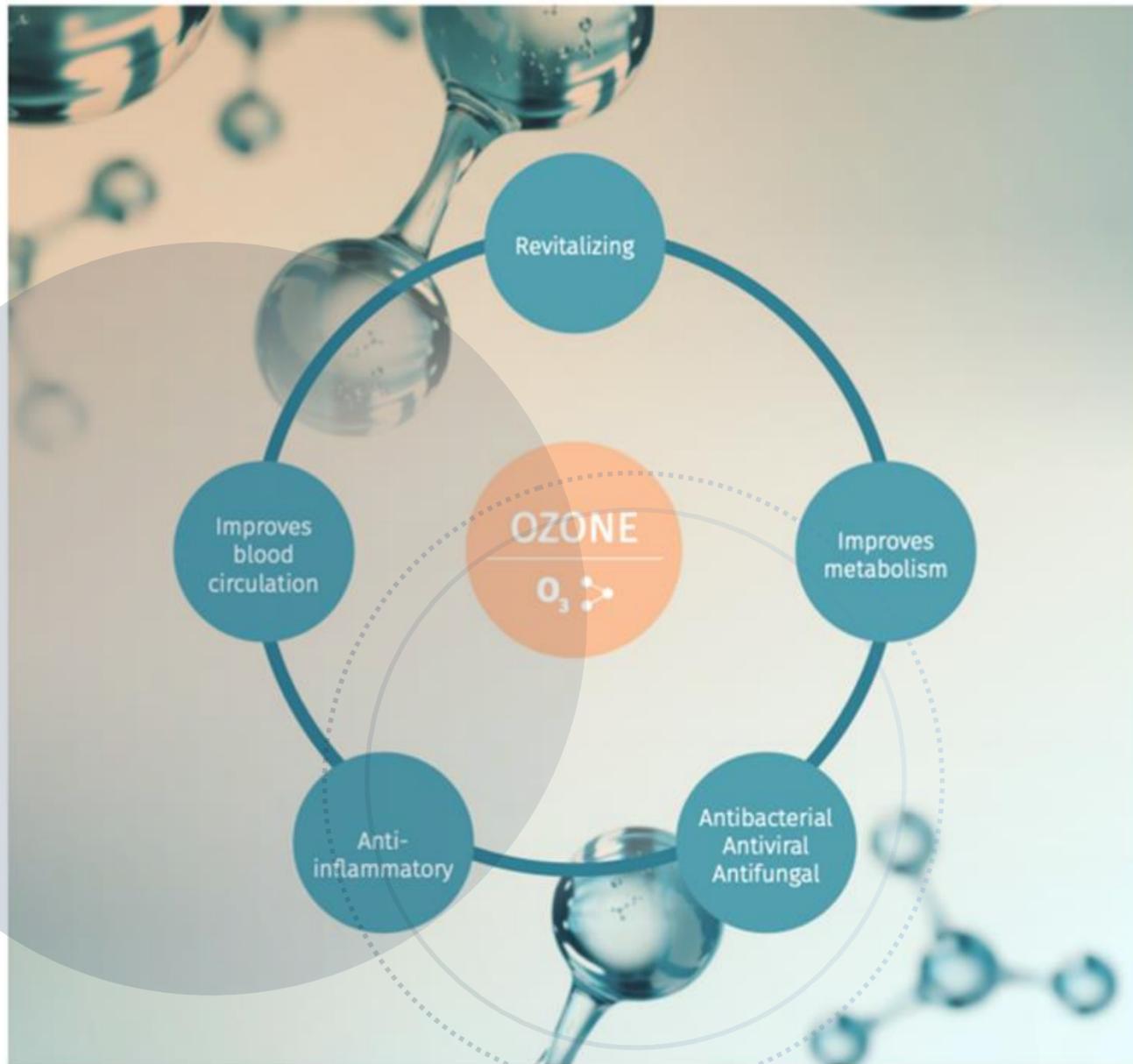


VisioFace[®] 1000D



Eden's DripBar: Ozone Oxygen Therapy

| *Defend the organism with superblood*





Eden's DripBar: IV Therapy

*The most modern therapy for your health,
well-being and beauty.*

INTERMITTENT
HYPOXIA –
HYPEROXIA
TRAINING (IHHT)





AESTHETIC MEDICINE

Aesthetic medicine is another of the excellent services of VILLA EDEN. The corrective microsurgery procedures are carried out directly in the structure while, for more important ones, we rely on the experience and expertise of private clinics in the area, which guarantee optimal results without disturbing the characteristics and the natural appearance of the person.

Furthermore, our special post-operative programs enhance the result and reduce recovery time in half. Therefore, you can quickly return to everyday life, perfectly restored and satisfied with your improvements.

MINOR PROCEDURES, CUTTING EDGE TREATMENTS FOR MAJOR RESULTS

- ❖ Ultherapy – The non-invasive Lift
 - ❖ Filler with hyaluronic acid
 - ❖ Bio-revitalizing
 - ❖ HARmoniCa
 - ❖ Botox
 - ❖ Subcutaneous Lipoemulsion
- ❖ Cell regeneration with autologous PRP
 - ❖ Happy Lift
 - ❖ InMode
- ❖ Morpheus 8 Face & Body

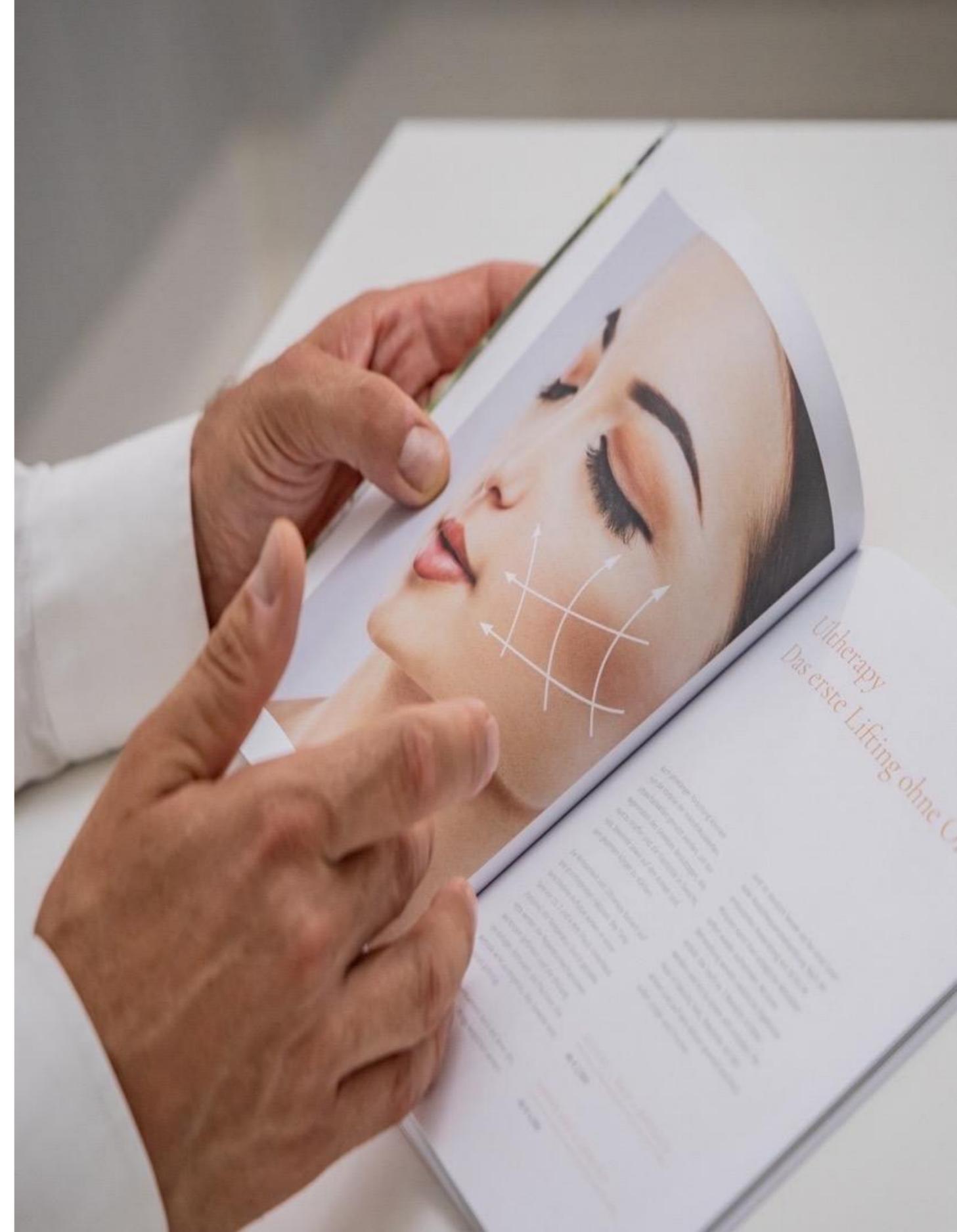


WEEKLY PROGRAMS

- ✓ Remise en forme – Individual Detox Delux
- ✓ Weight Care – Optimal Weight Management
- ✓ Signature better aging – The secret of Longevity
- ✓ Anticellulite – In harmony with your body
- ✓ Villa Eden – Sleep restore program
- ✓ Cryotherapy
- ✓ Healty Gut – Natural intestinal rejuvenation
- ✓ IMMUNOPLUS – Immune boost
- ✓ Antistress- Rebalance & Stress control

SHORT PROGRAMS

- ✓ The Villa Eden Moment
- ✓ Like a Star
- ✓ Short remise en forme
- ✓ Antiaging – Love Yourself
- ✓ Longevity special check-up



Remise en forme – Individual Detox Deluxe

More vitality, in shape and more energy: free 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 the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Epigenetic test

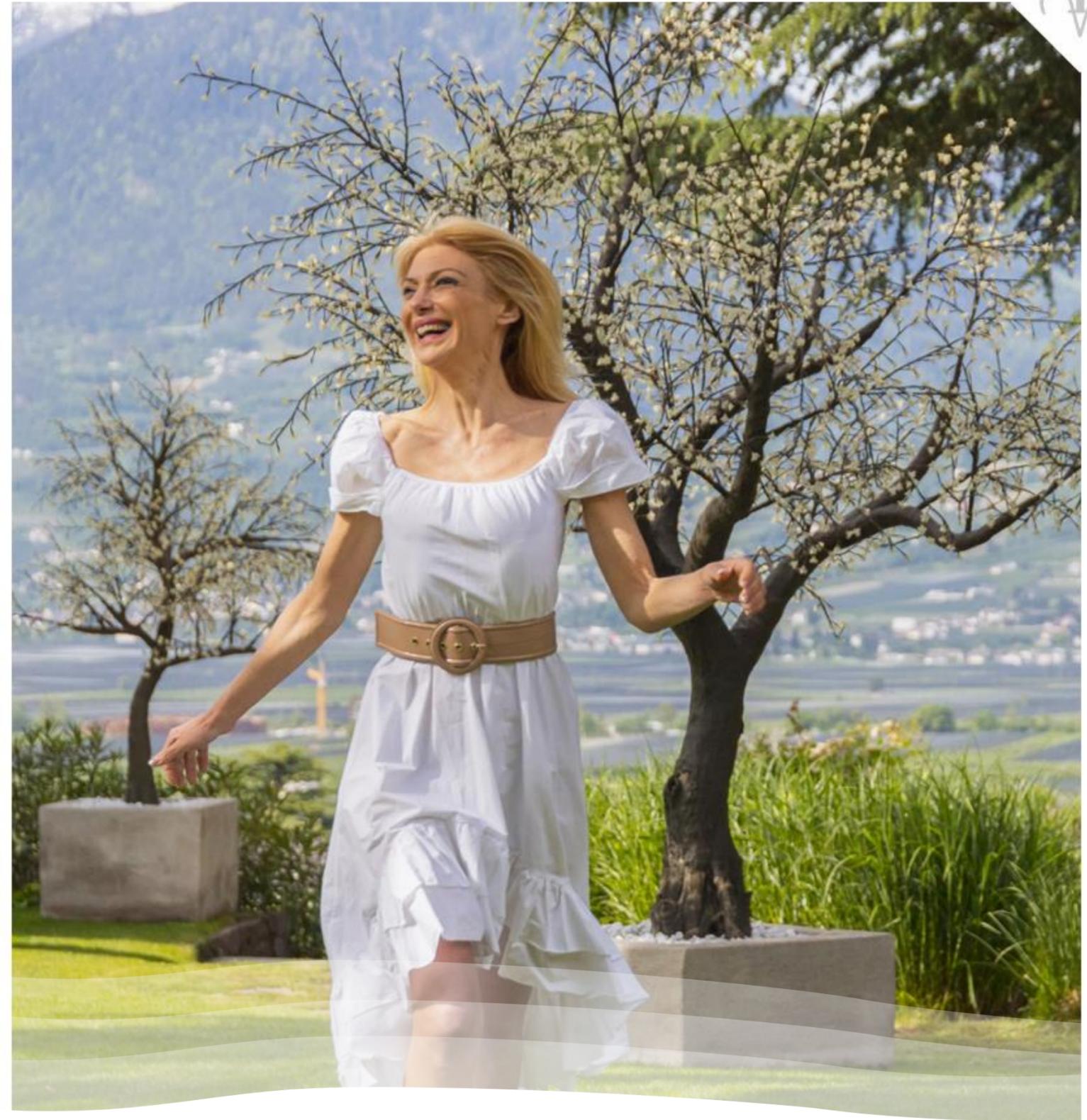
Analytical measurement and

THERAPY

- 1 detoxifying and nourishing body treatment (110 min.)
- 2 phyto algae therapy sessions (55 min.)
- 10 hours of personalized treatments, chosen in consultation with the doctor
- 2 dietary supplements, selected in consultation with the doctor

**UPON DEPARTURE,
YOU WILL BE GIVEN**

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





Weight Care – Optimal Weight Management

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, 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 10 or 14 nights. It includes the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Epigenetic test
- Analytical measurement and evaluation of the Body Mass Index (BMI)
- ECG with report

- 6 neuromuscular and draining body massages (55 min.)
- 3 phyto-algae therapies (55 min.)
- 3 Cellgym® sessions (40 min.): Intermittent Hypoxia-Hyperoxia Training (IHHT)
- 3 Cryo Zerobody
- 3 individual lessons with a personal trainer (25 min.)
- 2 specific slimming and healthy bowel products of your choice based on medical advice

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

During the medical consultation and

Antistress – Rebalance and Stress Control

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 restore physical and mental balance.

This program is designed for a minimum stay of 7 days and can be extended for 10 or 14 nights. It includes the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Epigenetic test
- Analytical measurement and evaluation of the Body Mass Index (BMI)
- ECG with report
- Skin analysis of the face with VisioFace 1000D®
- 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 Cellgym® sessions (40 min.): Intermittent Hypoxia-Hyperoxia Training (IHHT)
- 3 phyto-algae therapy sessions (55 min.)
- 3 Cryo ZeroBody
- 3 reflexology treatments with chromotherapy (55 min.)
- 1 Touch for Health (55 min.)
- 2 specific supplements of your choice on medical advice

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

During the medical consultation and based on the initial check-up, the treatments in the program will be personalized and/or adjusted according to individual needs.

Package price: € 3.650

NOTE: The above-mentioned program does not include accommodations





Signature Better Aging – lifelong health and wellbeing

To succeed, to be beautiful, active and vital... The constant pressure at work, in private life and leisure time often lead to chronic stress which accelerates aging.

OBJECTIVE:

You will create a customized treatment program together with your treating physician to invigorate your body and enhance your regeneration and self-healing abilities.

This program is designed for a minimum stay of 7 days and can be extended for 10 or 14 nights. It includes the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial medical examination
- Epigenetic test
- Analytical measurement and evaluation of the Body Mass Index (BMI)
- ECG with report
- Intestinal microbiota test
- True Age Test
- PRO Blood Analysis
- Skin analysis of the face with VisioFace 1000D®
- Nutritional advice
- Final medical examination to discuss goals, progress and results

THERAPY

- 6 biothermal treatments to reactivate the organs (55 min.)
- 3 phyto-algae therapy sessions (55 min.)

- 3 Cryo ZeroBody
- 3 therapies to purify from heavy metals
- 3 healthy bowel therapies
- 1 IV Therapy Detox
- 1 IV Therapy Energy
- 2 NanoVi Treatments
- 3 Cellgym® sessions (40 min.): Intermittent Hypoxia-Hyperoxia Training (IHHT)
- 2 individual lessons with a personal trainer (25 min.)
- 6 hours of individual treatments of your choice based on medical advice (50/55 min. = 1 session)
- 2 antioxidant food supplements of your choice and based on medical advice

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

During the medical consultation and based on initial check-up, treatments in the program will be personalized and/or adjusted according to individual needs.

Package price: € 6.950

NOTE: The above-mentioned program does not include accommodations.



Anticellulite – in harmony with your body

Skin with an orange peel effect, 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, visible and long-lasting results.

This program is designed for a minimum stay of 7 days and can be extended for 10 or 14 nights. It includes the following services:

MEDICAL CHECK-UP AND DIAGNOSIS

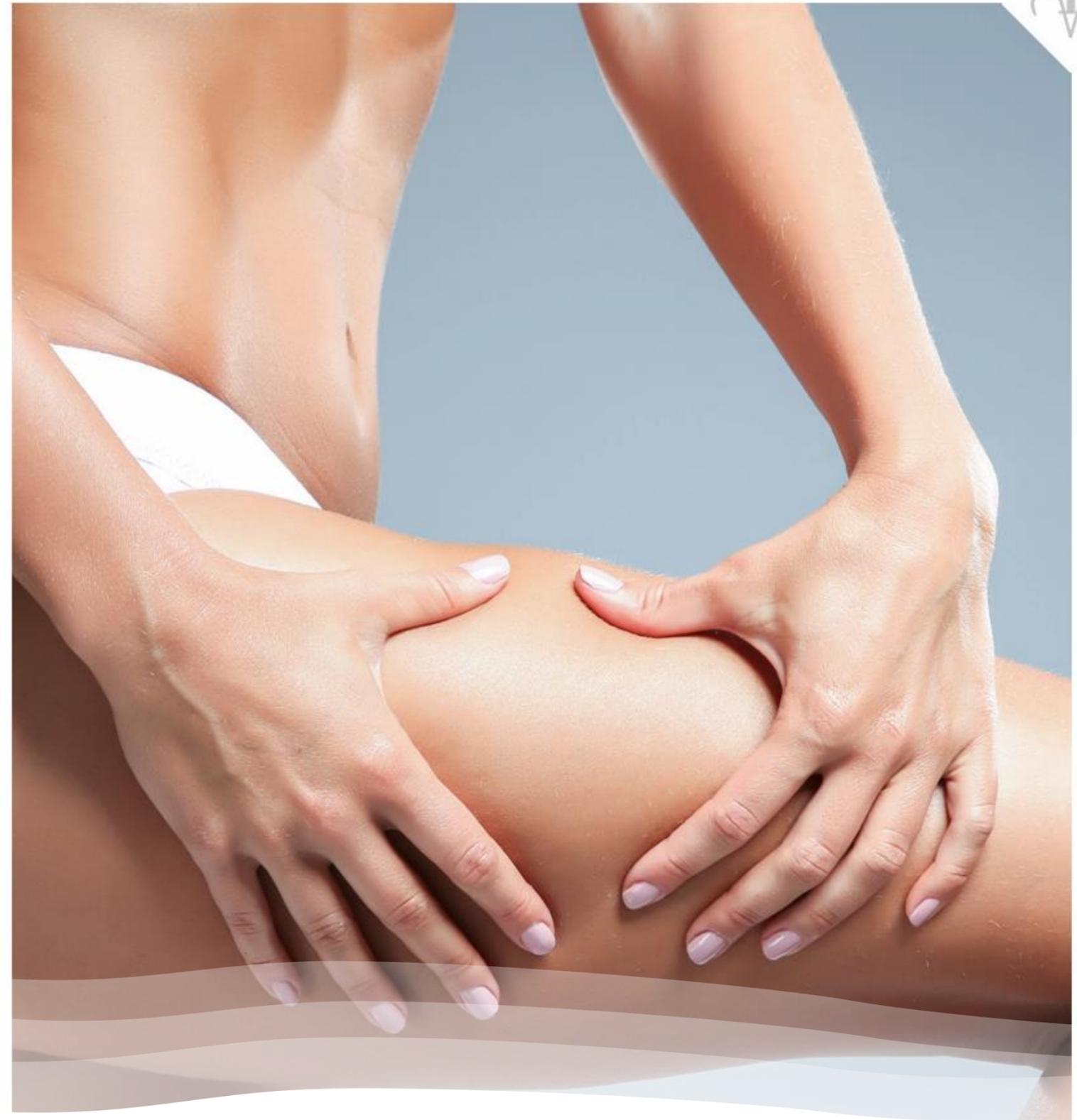
- Initial medical examination

THERAPY

- 4 body cast treatments (110 min.)
- 2 localized cellulite radiofrequency treatments (55 min.)
- 2 draining body massages (55 min.)
- 3 Endermologie LPG System treatments (50 min.)
- 3 Endospheres treatments (55 min.)
- 3 phyto-algae therapy sessions (55 min.)
- 2 individual lessons with a personal trainer (25 min.)
- 2 specific anti-cellulite and healthy bowel supplement products of your choice and based on medical advice

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



Sleep Restore Program – Mastering the Art of Quality Sleep

SLEEP WELL TO LIVE WELL

Better health, more energy, better mood: it all starts with quality sleep. Do what's best for your body thanks to the new specific program developed by our medical experts together with the world's leading scientists. This itinerary is designed for a minimum stay of 7 days, which can be extended to 10 or 14 days. It includes the services listed below.

MEDICAL CHECK-UP AND DIAGNOSIS

- Initial, mid-term and final medical examination with nutritional advice
- Epigenetic test and BIA (bio impedance analysis to evaluate body composition)
- ANS analysis
- ECG with report

THERAPY

- 2 bio feedbacks
- 3 sessions of Cellgym®
- 3 Cryo ZeroBody
- 2 sessions with the personal trainer (25 min.)
- 2 personalized intravenous multivitamin therapies
- 3 chakra point stimulations (55 min.)
- 3 anti-stress massages (85 min.)
- 2 Touch for Health (55 min.)
- 2 yoga sessions (55 min.)
- 3 NanoVi therapy treatments
- “NO-Stress” and “Calm & Sleep” food supplements

Package price: € 4.050

NOTE: The program above does not include accommodations.





SHORT PROGRAMS FOR YOUR WELL-BEING

Short Remise en forme

More vitality, more fit and with more 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 or 4 nights, includes the following services:

MEDICAL CHECK UP AND DIAGNOSIS:

- Initial medical examination
- Epigenetic test
- Analytical measurement and evaluation of the Body Mass Index (BMI)
- Facial skin analysis with VisioFace 1000D®
- Final medical examination to discuss

UPON DEPARTURE, YOU WILL BE GIVEN:

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

During the medical consultation and based on initial check-up, treatments in the program will be personalized and/or adjusted according to individual needs.

Package price: € 1.690
for 3 days



VILLA EDEN Moment

OBJECTIVE:

the perfect program to relax and recharge in a comfortable atmosphere.

This program is designed for a stay of 3 or 4 nights and includes the following inclusive services:

THERAPY:

- Facial skin analysis with VisioFace 1000D®
- 2 Anti-stress massage (85 mins).
- 1 Oxygenating face and neck treatment (55 min.)
- 1 Regenerating treatment for the scalp (55 min.)

Antiaging – Love Yourself

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 or 4 nights, includes the following services.

THERAPY

- Facial skin analysis with VisioFace 1000D®
- 3 treatments for face and neck with the superoxide dismutase molecule (55 min.)
- 1 iodine scrub (110 min.)
- 1 neuromuscular and draining body



A panoramic view of Merano, Italy, showcasing a lush vineyard in the foreground with rows of grapevines and a stone bridge crossing a stream. In the middle ground, a prominent church tower with a dark spire stands among the town's buildings. The background is dominated by large, forested mountains under a clear blue sky.

MERANO, THE
LEGENDARY SPA TOWN



VISIT ALL
YEAR
AROUND
WITH 360
SUNNY DAYS

WHERE THE ALPS MEET SOUTHERN EUROPE





CASTELLO RAMETZ - THE FAMILY OWNED WINE ESTATE





PROUD OF OUR ACCOMPLISHMENTS



BEST DESTINATION SPA
VILLA EDEN - THE
PRIVATE RETREAT



PROUD MEMBER



Angelika & Hannes
+39 0473 236583
+39 335 495400
angelika@villa-eden.com
www.villa-eden.com

*Proudly
Family Owned
& Operated*





VILLA EDEN

THE PRIVATE RETREAT

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TEL +39 0473 236583
RESERVATION@VILLA-EDEN.COM

BARBARA FENU
DIRECTOR OF SALES & MARKETING
SALES@VILLA-EDEN.COM MOB. +39 351 8532662

VIA WINKEL 68-70
MERANO, SOUTH TYROL, ITALY