

HOTEL TERME  
**BRISTOL BUJA**  
A B A N O T E R M E

SPA & WELLFEELING  
PRICELIST 2015

# OUR SERVICES INCLUDED IN ROOM RATES

## OUR CUISINE: EXPERIENCE OF TASTE AND HEALTH

For guests who choose full board (or half board) we offer:

- The **gastronomic creativity** and excellence of our team of cooks, under the guidance of Chef Claudio Crivellaro
- The **guaranteed origin** of the ingredients, the preference for **local products** and only those in season
- The **preparations** and the **cooking techniques** of the foods which respect the raw material, and at the same time allow the limiting of the use of fats and salt to a minimum, bringing out the flavour of the dishes, like a low temperature for meats and the steaming of vegetables, to **ensure a healthy, light and tasty cuisine**
- The **in-house bakery**, which produces the cakes, biscuits and croissants for your breakfast every day, makes the desserts and prepares the end of meal ice-cream; Enrico, our pastry-chef, is an expert chocolatier... he'll know how to spoil you with his aromatised pralines
- The smell of our fresh **homemade bread**
- **Rich, healthy, varied:** our **breakfast buffet**, served in the first floor breakfast room or on the new outdoor terrace from 7.15 to 10.30; sweet and savoury temptations, bio corner, fresh fruit, freshly squeezed juices and crêpes prepared by the chef
- **Lunch and dinner menus** characterised by flavours from the cuisine of the Veneto, the Mediterranean, reflections of traditional recipes and delicate suggestions of international gastronomy, with a buffet of starters and salads
- Health wise **menu available**
- **Menus dedicated** to guests with particular dietary needs: **coeliac, vegetarian, vegan**. We ask that you let us know of your dietary needs when booking
- From May to September, the possibility of having lunch in our **air-conditioned poolside restaurant**, featuring Mediterranean specialities and fresh salads (supplement € 5.00 per person)

## ■ POOLS & RELAXATION

- Three thermal pools, indoor and outdoor, hydro massage area, cervical waterfalls and Kneipp path at your disposal from 8:00 to 19:30
- Sauna area: Finnish sauna with color and music therapy at a temperature of 80/90°, thermal steam cave with humid microclimate and temperatures between 37° and 40°, aromatized Turkish bath at a temperature of 42° and 90% humidity, cold Kneipp circuit, Scottish bath, relaxation lounge
- Jacuzzi for couples with color therapy
- Sunbeds and umbrellas both poolside and in the garden during warm weather
- Relaxation area and solarium in the indoor pool
- Herbal Tea Point in the Maison B.B.: a selection of teas and infusions at your disposal during opening hours
- Spa-Kit: soft bathrobe, slippers and colored towel for the pool available during your stay

## ■ ENTERTAINMENT

- Rich event list of musical entertainment in the evenings: piano bar, dancing evenings, disco music, dance performances, fashion shows, classical music concerts, cocktail parties
- Special programmes and themed evenings during the holiday seasons
- During the Summer months surprise evenings and dinners by the pool

- Weekly informational meeting with our doctor on the benefits of mud, a visit to the baths. Just for you complimentary tea and homemade biscuits.
- Excursion to the Euganean hills to discover the territory and its excellent wine and food

## ■ SPORTS AND FITNESS

- Technogym-equipped fitness center
- Bicycles for guests
- Water gymnastics in the pool every morning on weekdays
- Clay tennis court
- Ping pong and bocce court
- 12x8-m freshwater summer pool
- **For golfers:** special price green fees, reservations in reception, practice course reservations, private lessons with multilingual instructors, custody of golf bag during your stay
- Driving range: putting green, bunker and 70-m par-3 hole

## ■ EXCLUSIVE COMFORTS

- Free Wi-Fi connection in the entire hotel
- Porter service for tourist information and excursion booking, ticket office, taxi
- Private covered parking lot
- Music room, reading room, TV room, game room, pool table

# 2015 RATES

## FULL BOARD PRICES

NEW ALL - SEASON FLAT RATE  
01/03/2015 - 31/01/2016

**BASIC** € 105,00

**CLASSIC** € 115,00

**ELEGANT**  
BLU - ORANGE € 130,00

**JUNIOR SUITE**  
BLU - ORANGE € 145,00

**SUITE**  
BLU - ORANGE € 155,00

### REDUCTIONS

- Half board reduction: € 5.00 per day/person (if consecutive)
- Overnight stay and breakfast reduction: € 25.00 per day/person



### SMALL SUPPLEMENTS

for greater comfort during your stay (daily prices)

• <b>Basic or Classic single room</b>	€	<b>10,00</b>
• Double room for single use	€	25,00
• Late check-out time 6 p.m., per room	€	20,00
• Restaurant service in the pool and/or room, per person	€	5,00
• Breakfast in the room, per person	€	4,00
• Supplementary meal and for guests	€	40,00
• Private parking	€	5,00
• Private car box	€	10,00
• Small and medium-sized dogs	€	12,00
• "All inclusive" option, per person (wine from the Hills and water included at meals)	€	15,00

### FOR OUR LITTLE GUESTS

in a room with 2 paying adults

- children up to 3 years of age free
- from 3 to 9 years of age 50% discount
- from 9 to 14 years of age 30% discount

### VISIT US!

Visit our website [www.bristolbuja.it](http://www.bristolbuja.it): you will find all our special offers.

Sign up for our periodic newsletter from our site and we will send you updates and information.

### HOLIDAYS AND LONG WEEKENDS

- Easter 03/04 - 06/04
- May Day 30/04 - 03/05
- Feast of the Assumption 09/08 - 16/08
- All Saints' Day 30/10 - 01/11
- Feast of the Immaculate Conception 04/12 - 08/12
- Christmas 23/12 - 27/12

During these periods, for stays shorter than 7 nights there is a supplement of € 20.00 per person per day.

### NEW YEAR'S (FROM 27.12 TO 6.1.16)

Minimum 7-night stay required. For shorter periods a supplement of € 30.00 a day per person.

For stays shorter than 7 nights there is a supplement of € 100.00 per person.

### LONG STAYS

We offer customized rates and advantageous conditions to our guests who stay for 4 or more weeks at our hotel. We can offer all the warmth of a family in a serene and private environment. Contact us for a personalized quotation (ex. Full board in a Classic room for 30 days at € 3.000).

## OUR ROOMS



**BASIC** (single and doubles) simple and essential, furnished in a classic style, with a view of the pool or internal area, therefore quiet. No balcony.



**CLASSIC** (single and doubles) furnished in a classic style, very bright and overlooking the garden. All rooms have a balcony.



**ELEGANT BLU** (doubles) spacious, furnished in a romantic Venetian style, with a balcony and view of the garden or internal area.



**ELEGANT ORANGE** (doubles) furnished in a modern style, in warm shades of brown and orange, with a balcony, without carpeting.

## OUR SUITES



**JUNIOR SUITE BLU** spacious with a cosy living room, furnished in a classic style, with a view of the internal area.



**JUNIOR SUITE ORANGE** furnished in a modern style, with separate living room, balcony and view of the pools or internal area, without carpeting.



**SUITE BLU** furnished in romantic Venetian style, very bright, with separate living room, balcony and overlooking the garden.



**SUITE ORANGE** furnished in modern style, with living area, 2 TVs, 2 bathrooms, without carpeting, with balcony and view of the pools or internal area.

# 2015 THEMED WEEKS

**JANUARY**

MON	05	12	19	26	
TUE	06	13	20	27	
WED	07	14	21	28	
THU	01	08	15	22	29
FRI	02	09	16	23	30
SAT	03	10	17	24	31
SUN	04	11	18	25	

**FEBRUARY**

MON	02	09	16	23
TUE	03	10	17	24
WED	04	11	18	25
THU	05	12	19	26
FRI	06	13	20	27
SAT	07	14	21	28
SUN	01	08	15	22

**MARCH**

MON	02	09	16	23	30
TUE	03	10	17	24	31
WED	04	11	18	25	
THU	05	12	19	26	
FRI	06	13	20	27	
SAT	07	14	21	28	
SUN	01	08	15	22	29

**APRIL**

MON	06	13	20	27	
TUE	07	14	21	28	
WED	01	08	15	22	29
THU	02	09	16	23	30
FRI	03	10	17	24	
SAT	04	11	18	25	
SUN	05	12	19	26	

**MAY**

MON	04	11	18	25	
TUE	05	12	19	26	
WED	06	13	20	27	
THU	07	14	21	28	
FRI	01	08	15	22	29
SAT	02	09	16	23	30
SUN	03	10	17	24	31

**JUNE**

MON	01	08	15	22	29
TUE	02	09	16	23	30
WED	03	10	17	24	
THU	04	11	18	25	
FRI	05	12	19	26	
SAT	06	13	20	27	
SUN	07	14	21	28	

**JULY**

MON	06	13	20	27	
TUE	07	14	21	28	
WED	01	08	15	22	29
THU	02	09	16	23	30
FRI	03	10	17	24	31
SAT	04	11	18	25	
SUN	05	12	19	26	

**AUGUST**

MON	03	10	17	24	31
TUE	04	11	18	25	
WED	05	12	19	26	
THU	06	13	20	27	
FRI	07	14	21	28	
SAT	01	08	15	22	29
SUN	02	09	16	23	30

**SEPTEMBER**

MON	07	14	21	28	
TUE	01	08	15	22	29
WED	02	09	16	23	30
THU	03	10	17	24	
FRI	04	11	18	25	
SAT	05	12	19	26	
SUN	06	13	20	27	

**OCTOBER**

MON	05	12	19	26	
TUE	06	13	20	27	
WED	07	14	21	28	
THU	01	08	15	22	29
FRI	02	09	16	23	30
SAT	03	10	17	24	31
SUN	04	11	18	25	

**NOVEMBER**

MON	02	09	16	23	30
TUE	03	10	17	24	
WED	04	11	18	25	
THU	05	12	19	26	
FRI	06	13	20	27	
SAT	07	14	21	28	
SUN	01	08	15	22	29

**DECEMBER**

MON	07	14	21	28	
TUE	01	08	15	22	29
WED	02	09	16	23	30
THU	03	10	17	24	31
FRI	04	11	18	25	
SAT	05	12	19	26	
SUN	06	13	20	27	

## MUD WEEK

Every month an even more advantageous week to rediscover our "queen" treatment

8/3 - 15/3 • 12/04 - 19/04 • 10/5 - 17/5  
7/6 - 14/6 • 2/8 - 9/8 • 13/9 - 20/09  
18/10 - 25/10 • 8/11 - 15/11 • 29/11 - 6/12

- Arrival Sunday afternoon, medical check-up and presentation of the programme
- 6 Thermal mud treatments and therapeutic ozonised baths
- 6 13-Minute reaction massages
- Bathrobe for the treatment
- Trial mud bath for guests who stay at least 3 days and would like to try the therapy
- Monday Doctor's conference on mud with guided tour to our mud maturation baths and to the Montirone gardens
- Guided excursion to the little Lake of Arquà Petrarca and to the archaeological excavations in Montegrotto Terme

Promotional Price ..... ~~€ 415,00~~ € 350,00



## ART WEEK

What you do not expect to find at the thermae

5/4 - 12/04 • 3/5 - 10/5 • 16/08 - 23/08  
04/10 - 11/10

We offer our experience to organise your week at the thermae paying particular attention to all the art that surrounds us:

- Guided visits to the city of Padua - The Scrovegni Chapel - Saint Anthony's Basilica - The Botanic Gardens - The University and Caffè Pedrocchi
- Walled towns, villas and castles: guided visits to the Euganean Hills (Este, Montagnana, Cittadella, Villa Vescovi, Catajo Castle, Villa Barbarigo, Arquà Petrarca, Palladio's "La Rotonda")
- The week from 16<sup>th</sup> - 23<sup>rd</sup> of August: the magic of Opera at the Arena. Ticket reservation and transfers
- The Other Venice: discovering Murano, Burano and Torcello
- The Brenta riviera with its noble villas, seen from the riverboat Burchiello
- Art exhibitions and museums



## HEALTHY EATING WEEK

Everything you would like to know for a healthy diet from a practical point of view

15/3 - 22/3 • 26/4 - 3/5 • 24/05 - 31/05  
20/09 - 27/09 • 25/10 - 01/11 • 22/11 - 29/11

- Arrival Sunday afternoon, aperitif and presentation of the programme for the week
- Dietary consultation
- Possible medical check-up for admission to the Detox-Diet programme to be followed at the hotel, with the opportunity to follow the step-by-step preparation of your diet dishes.
- Ask the Chef.... We present what you see on TV live in our healthy kitchen
- Mini afternoon cookery courses: an overview of the evolution of classic meals in a modern tone
- Together we will define the topics that interest you most and analyse the various themes related to practical, fast and healthy cooking



## GOLF WEEK FOR BEGINNERS

Take your first steps in the world of golf with the PGA Pro Freddy Siecker

22/03 - 29/03 • 19/04 - 26/04 • 27/09 - 04/10  
01/11 - 08/11

- Sunday afternoon aperitif and presentation of the programme for the week
- From Monday to Saturday more than 20 hours of lessons, theory and practice, directly on the Frassanelle, Montecchia and Padua golf courses
- We will learn the rules of golf and etiquette together
- At the end of the course a certificate of attendance will be provided

## 2015 FEEL GOOD FESTIVAL

23/08 - 30/08

- On the occasion of the 2<sup>nd</sup> edition of the event which will take place in Abano Terme, the Hotel Bristol Buja proposes a week devoted to the food and wine linked to our land
- Gala evening with a menu devised by our chef Claudio Crivellaro
- Themed evening "Veneto cuisine from tradition to future"
- The Mediterranean diet on the table with taste and simplicity
- Open wine cellars at... Bristol Buja! During this weekend the best wine cellars on the Strada del Vino (Wine Road) of the Euganean Hills display their renowned products with wine tasting

The Hotel Terme Bristol Buja is associated with the Euganean Hills Wine Road



Strada del Vino  
Colli Euganei



## APPOINTMENTS TO NOT MISS

### For Bridge lovers

We propose our now traditional Bridge weeks:

from 01/03 to 08/03 with the World Champion Fulvio Fantoni  
 from 26/03 to 03/04 with the Bridge Institute 2000 of Franco Di Stefano  
 from 15/04 to 25/04 with the German school "Wiesbadener Bridgeschule"  
 from 17/05 to 24/05 with the instructor Franco Bottalo  
 from 16/06 to 26/06 with the English school "Five Stars Bridge"  
 from 01/09 to 11/09 with the English school "Five Stars Bridge"  
 from 04/10 to 18/10 with the instructor Franco Bottalo

Contact us in advance and we will put you in touch with the Bridge School.

### Arena di Verona - 93<sup>rd</sup> Festival 2015

from June 19 to September 6: Aida - Nabucco - Tosca - Don Giovanni - Il barbiere di Siviglia - Romeo et Giuliette - Carmina Burana

Once again this year we offer our collaboration to acquire tickets for various performances. We recommend contacting us in advance.

See themed week 16-23 of August.

## LA DOLCE VITA (THE SWEET LIFE)

A week of 5-star sweet relaxation and tasty temptations



### Our offer includes:

- 7 nights in a Junior Suite or Suite (according to availability)
- Half board (buffet breakfast and dinner at our restaurant)
- Weekly gourmet and entertainment program with the comforts of all our services included
- Our welcome gift in the room: a bottle of spumante from the Euganean Hills and pastries prepared by our Chef
- Welcome cocktail at the bar
- Possibility of breakfast in your room without a supplement
- During the summer season lunch at the pool is included
- Visit to a wine cellar along the Wine Route of the Euganean Hills with wine tasting and typical local products
- € 50.00 Wellness Coupon to spend at our Maison B.B.

Price per person ..... € 900,00



## FULL-IMMERSION GOLF SPECIAL with Green Fee reservation

- 4 Green Fees in three wonderful courses just 15 minutes by car
- 2 Relaxing massages
- 2 Tanning session

€ 300,00

- 2 Green Fees in three wonderful courses just 15 minutes by car
- 1 Relaxing massage
- 1 Tanning session

€ 150,00

Frassanelle Golf Club (10km) – Padova Golf Club (14km) – La Montecchia Golf Club (8km)  
The room rate is not included and must be added to the package price.



## SURPRISES FOR COUPLES

A romantic escape from everyday life

- 2 Nights in a Junior Suite or Suite (depending on availability)
- Half board (buffet breakfast and gourmet dinner in our restaurant)
- A romantic surprise upon arrival: bottle of Prosecco, friandise (mini pastries prepared by our Chef) and fresh fruit in your room
- 1 55-minute relaxing massage per person
- The comfort of all our services included

Price per person ..... € 300,00



## NOT ONLY WEEKENDS

From Sunday to Thursday, 4 nights at the price of 3

- 4 Nights in a Junior Suite or Suite (depending on availability)
- Half board (buffet breakfast and dinner in our restaurant)
- 1 55-minute anti-stress or toning massage
- The comfort of all our services included

Price per person ..... € 450,00

Arrival on Sunday and departure on Thursday. Offer not valid during long holiday weekends and holidays.

# THERMAE AND MUDTHERAPY

## CONSULTATION AND MEDICAL THERAPIES

Our internal medicine, physiatry and rehabilitation, pneumology and dietetics specialist doctors are available for you every day

**Medical examination for admission to treatments, assistance during your stay, talk upon discharge** ..... € 40,00

The purpose of the meeting with our specialized doctor is to check your state of health. During the consultation the doctor prescribes, according to your needs, the therapies you can follow during your stay and gives precise indications to the therapists on the type, number and duration of treatments, as well as the temperatures of mud and thermal baths.

**Check up** ..... € 20,00

**Electrocardiogram** ..... € 45,00

**Spirometry** ..... € 70,00



## MUD THERAPY AND REHABILITATION TREATMENTS

**Mud therapy with shower and thermal bath** ..... € 36,00

Our DOC matured mud has been recognized as a natural medicine, useful in the treatment of many diseases characterized by pain in the joints, bones and muscles, and is also indicated for the treatment of cartilage lesions and the after-effects of sports traumas.

The mud is applied to the areas for a period prescribed by the doctor (generally at a temperature of about 42° for 15 minutes). Subsequently, a thermal water shower rinses off any clay residue.

**Mud therapy for hands** ..... € 15,00

**Thermal bath** ..... € 16,00

To complete the treatment, the guest is immersed in a tub for balneotherapy, which has been filled with thermal water at a temperature between 36°/38°. The thermal water dilates blood vessels and has a relaxing effect.

**Ozone supplement** ..... € 7,00

Ozone is added to the water of the thermal bath by jets containing a mix of ozone and water, which, by massaging the entire body tone it. It helps dilate blood vessels, therefore stimulating blood circulation.

**Thermal reaction massage** ..... 13 min € 17,00

The reaction massage completes the mud therapy; thanks to its muscle toning action, it helps alleviate and eliminate the transitory state of asthenia caused by the application of mud, the bath and the subsequent sweat reaction.

**Thermal reaction massage** ..... 25 min € 36,00

A full-body regenerating massage that helps contrast the natural sensation of muscular relaxation caused by the hot treatments based on thermal mud and water.

**Inhalations or aerosol with thermal water** ..... 15 min € 10,00

The particular composition of thermal water, made up of sodium chloride, bromide and iodine, purify the respiratory system mucous membranes (pharynx, larynx, bronchi, sinuses). Inhalation therapy is also indicated for children, with a shorter session time. The most common pathologies are: rhinitis, pharyngitis, laryngitis, sinusitis, and chronic bronchitis.

**Inhalations or aerosol with medicaments** ..... 15 min € 12,00

**Bathrobe for the treatment** ..... € 15,00

**New bathrobe** ..... € 8,00

## PACKAGES OF TRADITIONAL TREATMENTS

- Medical examination for admission to treatments, assistance during your stay, talk upon discharge
- Applications of mature mud with ozonized thermal baths
- 13-min. thermal reaction massages
- Bathrobe for treatment sessions

**Cycle of 6 applications** ..... € 380,00

**Cycle of 12 applications** ..... € 710,00

### Recommended package of treatments

- Medical examination for admission to treatments, assistance during your stay, talk upon discharge
- 10 Applications of mature mud with ozonized thermal baths
- 10 25-min. thermal reaction massages
- 10 Inhalations with thermal water
- Bathrobe for treatment sessions

€ 870,00



# REHABILITATION AND PHYSIOTHERAPY

## PHYSIO-KINESIOTHERAPY

Physio-kinesiotherapy is an integral part of thermal treatment and aims to recover joint and muscle functions compromised by symptomatic pain. Our center has therapists who employ advanced methods. The motor rehabilitation programs are carried out in both the gym and in water, in the physical therapy pool, a tub of thermal water equipped for individual sessions.

**Physiatrics examination** ..... € 100,00

The specialist in Physical Medicine and Rehabilitation deals with degenerative joint disease and traumas; the therapy is customized and recovery times are accelerated.

## Re-education – Medical gymnastics

### Preventive gymnastics

**physical preparation** ..... 30 min € 38,00

All the techniques and therapies used to correct or re-educate motor skills or posture in patients, who have not necessarily had motor damage or deficit, but who often have pain.

**Individual programs** ..... 30 min € 38,00

60 min € 65,00

Manipulations, postural gymnastics, antalgic gymnastics, motor and functional rehabilitation, and manipulation with active gymnastics.

## Hydro-kinesiotherapy

**in thermal water** ..... 30 min € 38,00

60 min € 65,00

This method is soft and precocious and can be applied in many fields: surgical orthopedics, degenerative joint syndrome, neurology. Our thermal center offers an advantageous environmental and healthy complement to psycho-physical wellbeing compromised by current situations and longer life expectancy.

**Personal trainer – upon request** ..... € 38,00

His action consists of educating to live healthy lifestyles, to plan and do training aimed at reaching a determined goal, based on real physiological and psychological needs.



## INSTRUMENTAL PHYSICAL THERAPY

**Antalgic electro therapy** ..... 30 min € 40,00

There are different types of electrical charges that produce a painkilling effect: Iontophoresis, Tens, Electrostimulation, Diadynamic, and interferential.

**Laser therapy** ..... 14 min € 20,00

25 min € 40,00

For therapeutic purposes, it consists of using the beneficial effects of electromagnetic energy, generated by two sources of laser light, which, by penetrating the tissues, provokes biochemical reactions on the cell membrane and inside the mitochondria. It is effective in treating various kinds of arthralgia, both rheumatic and degenerative, general traumas, and post-op motor rehabilitation. Laser therapy is painless, non-invasive and risk-free.

**Ultrasound therapy** ..... 14 min € 20,00

25 min € 40,00

It consists of sound wave emission that produce a heating and micro-massage effect, consequently loosening up small calcifications and adhesions.

**Tecar** ..... 25 min € 65,00

An instrumental therapy that stimulates energy from inside biological tissues, activating natural reparative and anti-inflammatory processes. Tecar was initially only used in sports medicine, particularly

for competitive sports, a sector where healing and recovery times are considerably important. The positive experiences and excellent results with this therapy then extended its use, and Tecar is continuing to be used in other different areas.

The advantage of Tecar over other energy therapies is that since the energy comes from inside, it can also involve deep layers, which cannot be treated with external energy transfer, for damage to skin caused by the emitted energy.



# REHABILITATION AND RECOVERY PROGRAMS



## Rehabilitation and new wellness sensations

- Medical assistance
- 6 25-min. thermal reaction massages
- 6 physical therapy sessions
- 3 Watsu

Package price ..... € 600,00

Minimum recommended stay of 7 nights



## Medical Wellness

- Physiatric examination
- 6 hours of individual treatments, out of or in thermal water, with qualified staff
- 6 30-min. instrumental physical therapy treatments (laser, magnetotherapy, ultrasounds)

Package price ..... € 690,00

Minimum recommended stay of 7 nights

# MAISON B.B. WELLNESS AND BEAUTY

## DIETETICS AND NUTRITION

**Dietician examination** ..... 60 min € 170,00

"Who starts well is already half-way there": a talk with a specialized doctor, the evaluation of body composition through BIA and plicometric assessments, the analysis of eating habits and needs will help you get to know your muscular condition, lean-fat mass ratio and the opportune personalized consultation on a sports program and made-to-measure diet to follow during your stay and then continue at home. The doctor will indicate the menu suited for each guest to the Chef.

**BIA Impedenziometry exam** ..... € 70,00

An exam with a non-invasive diagnostic electromedical device for the clinical analysis of body composition based on the measurement of intracellular and extracellular bioimpedance.

It provides data in order to assess:

- Body structure (quantitative and qualitative analyses: excess of fat, lack of lean mass, etc.)
- Basic metabolism and metabolic distribution
- Level of hydration, water retention and water turnover
- Chronic inflammation and hormonal alterations
- Body densitometry



## MASSAGES AND SPA TREATMENTS

### Anti-stress digital pressure.....25 min € 37,00

Localized treatment performed through finger pressure on the shoulders, neck and head according to a sequence of energy points. Stimulation can also involve the energy points that act in metabolism: it therefore supports diets for detoxification and losing weight.

### Anti-stress massage.....25 min € 36,00 55 min € 63,00

It is a group of manual maneuvers on the muscles, aimed at eliminating stress. This massage increases circulation in the arteries and veins, improving the nourishment of muscle fiber and favoring the removal of waste (carbon dioxide, lactic acids, etc.). The action is carried out throughout the entire organism, accelerating the replacement, increasing diuresis and producing a sedating and relaxing effect.

### Toning massage.....25 min € 36,00 55 min € 63,00

A massage aimed at invigorating and toning tissue and making them recover elasticity. It not only acts on muscles, but also on the skin and the person's more global state of wellbeing and relaxation.

### Massage with chocolate or vanilla.....45 min € 52,00

It is a group of manual maneuvers aimed at the muscles, using scented oil that favors relaxation.

### Connective massage.....25 min € 36,00

It is a particular technique that permits discovering compromised areas between the connective tissue and muscles to eliminate the tension.

### Cranial-sacral therapy.....55 min € 59,00

It is a diagnostic and treatment approach based on corrective pressure exercised on the head and the spinal column. The treatment is indicated for headaches, muscular and joint pain, depression, apoplectic strokes, trauma, and stress.

### Foot reflexology.....25 min € 38,00

Manipulations and digital pressure on the reflex points that correspond to our organs, according to a precise map, with the consequent improvement in physical disturbances.

### Manual lymph drainage.....55 min € 63,00

A method of manipulation created by Dr. Vodder in the 1930's, with the purpose of favoring lymph circulation and microcirculation. The tissues are freed of liquid and better cell oxygenation is obtained.

### Partial lymph drainage.....25 min € 34,00

The lymph drainage technique applied only to the legs, arms or face.

### Shiatsu.....55 min € 63,00

A Japanese treatment based in part on manipulating the body, in part on exercising pressure in points located on meridians, in order to make energy flow along these channels and restore the state of psycho-physical wellbeing.

### Watsu.....45 min € 62,00

It is Shiatsu done in the water. The anti-gravity effect of water provides further relaxation, with the patient totally letting himself go in the hands of the therapist, in this way creating an exceptional balance between mind and body.

### Hawaiian massage – energy waves.....55 min € 69,00

Traditional Hawaiian massage, technically strong, with muscle toning effects and drainage and stimulation of circulation. It is done on a nude body with oils to facilitate the work of the hands and forearms, which make wave movements, delicate and energetic at the same time, which affect all levels of being.

### Reiki treatment.....55 min € 62,00

A Japanese treatment for rebalancing energy. The operator transmits energy to the receiver by delicately laying his hands on various points of the body. The first benefit is a sensation of deep relaxation and wellbeing. The treatment accelerates metabolic processes, the elimination of toxins and the rebalance of tissue and organ functions. A cycle of at least 3-4 sessions is recommended.

### Ayurvedic massage.....55 min € 84,00

Ayurvedic massage consists of slowly sliding hands along the entire body, listening to its alterations in order to orient it towards greater harmony. The massage is done with aromatic and curative oils, chosen according to the physical constitution of the person; the movements made reactivate blood and lymphatic circulation, producing a deep and general state of relaxation.

### Relaxing Hot Stones.....55 min € 65,00

This massage uses heated volcanic basalt rocks, which can conserve heat for long periods and slowly release it when in contact with the skin, through the use of pure essential oils. The beneficial heat makes the body and mind totally relax, giving a general sensation of wellness.

### Hot Stones with contrasting stones.....55 min € 73,00

In addition to the pleasant relaxation caused by the beneficial heat released by the volcanic black rocks, this contrast heat therapy also uses cold white ones, alternating them to stimulate blood circulation, eliminate toxins and tone muscles.

### Hot Stone and Crystals.....55 min € 73,00

An evocation of ancient traditions. Stones are heated and skilfully applied by slowly massaging the body, inducing deep relaxation. The crystals complete this magic moment through their rebalancing action on Chakra points.

## FACIAL TREATMENTS

### Massage and mud mask ..... 25 min € 35,00

The mud mask has properties that are indicated for face and neck beauty treatments. The mask is left on for 15 minutes; during this time the mud releases mineral substances that tone and nourish the skin, making it smoother and more radiant.

### Face cleansing ..... 55 min € 44,00

Beauty treatment for the face and chest carried out with ozone steam, the removal of black heads, deep cleaning with specific products, massage, and decongestant mask.

### Complete facial treatment ..... 55 min € 50,00

Deep facial cleaning with peeling and exposure, application of specific phial with massage; mask.

### Anti-wrinkle treatment with electrobiolifting ..... 55 min € 52,00

A true "wrinkle-smoothing" treatment for the face and chest, a device that emits waves that stimulate the derma. Treatment phases: cleansing, PH balance with tonic lotion, serum application (anti-age, hypersensitive, purifying) according to skin type, manual massage, and specific mask.

### Facial Gomming ..... 55 min € 56,00

A patented delicate pneumatic massage that nourishes and oxygenates face and chest derma, using specific products with a collagen or hyaluronic acid base. After just one session the toning and firming effects are evident.

### Iridium ..... 25 min € 31,00

Treatment for eye contours with pure collagen, hyaluronic acid, algae extracts, Hamamelic and rose water, with moisturizing, drainage, and anti-wrinkle components, which give new freshness and elasticity.

### Riviton (soft-laser beauty treatment) ..... 55 min € 67,00

3 sessions € 185,00

A treatment based on ultrasound wave and laser technology, efficacious against skin ageing. It works against wrinkles, oxygenating the skin and increasing microcirculation.

### Vegetal facial peeling (glycolic acid) ..... 55 min € 65,00

Glycolic acid strongly works against wrinkles thanks to its power to smooth and remove dead skin cells. Also perfect to lighten spots, with the result of radiant and elastic skin.

### Wonderface (radiofrequency) ..... 25 min € 49,00

55 min € 98,00

3 sessions € 264,00

This system has a diathermal effect, that is deep biological heating, which acts directly on the collagen and moisturizes the skin. It also smoothes out wrinkles, shapes the oval of the face and chest and corrects imperfections caused by acne.

## BODY TREATMENTS

### Body scrub-massage with salt and thermal bath ..... 55 min € 60,00

Treatment that combines the relaxing effects of a massage with the efficacious stimulation of skin metabolism and microcirculation thanks to the salt particles rubbing against the skin, which also removes dead cells, renewing the skin.

### Phytobath with thermal water and essences ..... 25 min € 25,00

The phytobath with essences is a thermal water bath in which salts or essences of flowers, lemon verbena, rosemary, lavender, orange flowers, and many others are added, according to needs, to relax, tone and slim.

### Algae-thalassotherapy + bath with Dead Sea salts ..... 55 min € 48,00

It consists of a cataplasm of algae (sea oak) applied to the body and left for 20 minutes, which remineralizes tissues and removes excess liquids by osmosis. A thermal bath with Dead Sea salt completes the treatment, which is indicated for losing weight and eliminating cellulite.

### Breast gomming ..... 55 min € 52,00

Patented delicate pneumatic massage that nourishes and oxygenates the derma treated, using specific products with a collagen or hyaluronic acid base. After only one session the firming and toning effects are clearly visible.

### "Armony" breast treatment ..... 55 min € 51,00

Efficacious treatment to tone breasts and attenuate stretch marks. It is done with an electro biostimulating device indicated for treating the most delicate parts of the body.

### Wonderbody (radiofrequency) ..... 25 min € 49,00

55 min € 98,00

3 sessions € 264,00

This system provokes deep biological diathermal bone heating. It acts directly on the collagen and cellulite nodules. It is used for derma-epidermal toning, hydration, lymphatic stimulation and blood circulation. It slims by increasing metabolism, which induces the combustion of fats due to the thermal regulation effect. It also gives excellent contracture relief.

It can therefore also be used for rehabilitation.

It is suited for reshaping the body: it tones breasts, thighs and buttocks; it fights against the "orange peel" effect and touches up the flaws of cellulite.

### Cold wraps ..... 25 min € 29,00

This treatment involves the application of disposable bandages soaked in substances with a high concentration of active ingredients, which are released while they are on the body. These substances reduce fat and leg swelling and tone skin. The wraps are particularly indicated in warmer months due to their pleasant cooling effect.

### Anti-cellulite treatment

with ultrasound ..... 55 min € 55,00

It is based on the combined action of specific products that are transmitted under the skin by an ultrasound machine and a manual massage on the afflicted areas.

Ultrasound beauty treatment ..... 25 min € 35,00

Peristaltic pressure therapy ..... 55 min € 42,00

A treatment that uses a computerized machine with leggings and an abdomen band that are wrapped around the person. It stimulates lymphatic and blood circulation, emptying stagnant liquids and improving circulation. Excellent to fight cellulite.

Prometeo electrostimulator ..... 55 min € 47,00

It is a machine that shapes the body by producing electric pulses, which cause progressive, painless contractions that can affect surface and deeper areas. The results: lightening of the lower limbs, reduction in circumference, development of muscle mass, and tissue toning.

### BEAUTY SERVICES

Manicure ..... € 25,00

Pedicure ..... € 35,00

Complete waxing ..... 55 min € 50,00

Tri-facial tanning ..... 15 min € 10,00

Tanning ..... 20 min € 18,00



### THERMAL 5 COLOURS

5 products made of natural extracts, fruit of the uniqueness of Euganean Thermal Mud and enriched by the typical aromas of the Euganean Hills National Park:

- MICROSCRUB WHITE
- BODY SLIM YELLOW
- BODY TONIC GREEN
- ANTI-AGE PROTECTION RED
- ANTI-AGE INTENSIVE BLUE

Complete body treatment ..... 75 min € 90,00

White clay + color chosen from Yellow, Green, Red, Blue.

Single body treatment ..... 45 min € 60,00

Color chosen from White, Yellow, Green, Red, Blue.

Complete facial treatment ..... 35 min € 70,00

White clay + color chosen from Green, Red, Blue.

Single facial treatment ..... 25 min € 40,00

Color chosen from White, Green, Red, Blue.

## BEAUTY SPECIAL



### Heat that burns fat

Objective: shaping your body

- 1 Wonderbody treatment (55 min.)
- 3 Wonderbody treatments (25 min.)
- 3 Sessions with Prometeo electrostimulator

Package price ..... € 347,00

Recommended minimum stay of 4 nights

### A wave of freshness for your face

Objective: eliminating the signs of time

- 1 Complete facial beauty treatment
- 1 Wonderface treatment (25 min.)
- 2 Wonderface treatments (55 min.)

Package price ..... € 265,00

Recommended minimum stay of 3 nights

### Osmosis Effect

Objective: eliminating toxins and excess liquid

- 1 Scrub-massage with salt and thermal bath
- 3 Algae-thalassotherapies with Dead Sea salts and thermal bath
- 2 Beauty ultrasound sessions

Package price ..... € 246,00

Recommended minimum stay of 3 nights

### Color your day

Objective: hydrating and rejuvenating your face

- 1 Facial cleansing
- 2 Thermal5Colours – single facial treatment

Package price ..... € 110,00

Recommended minimum stay of 3 nights

The room rate is not included and must be added to the package price.

# OUR PROPOSALS FOR YOUR WELLNESS



## Recharge with energy and reawaken your senses

- Medical assistance
- Body composition test
- 3 Antistress massages (55 min.)
- 2 Foot reflexology treatments
- 2 Shiatsu massages
- 1 Scrub-massage with salt and thermal bath
- 3 Algae-thalassotherapies
- 1 Complete facial beauty treatment

**Package price** ..... € 650,00

*Recommended minimum stay of 7 nights*



## Learn to love yourself with a healthy diet

- Dietician examination, assistance during your stay
- Body composition test
- 5 Toning or anti-cellulite massages (55 min.)
- 1 Scrub-massage with salt and thermal bath
- 1 Complete facial beauty treatment
- 3 Tanning sessions

**Package price** ..... € 585,00

*Recommended minimum stay of 7 nights*



## Think about yourself give yourself a special gift

- 1 Antistress massage (25 min)
- 1 Complete facial beauty treatment
- 1 Phytobath with essential oil
- 1 Stone therapy
- 1 Hawaiian massage – waves of energy

**Package price** ..... € 225,00

*Recommended minimum stay of 3 nights*



## Holistic circuit listen to your body

- 1 Ayurvedic massage
- 1 Shiatsu treatment
- 1 Watsu in thermal water
- 1 Phytobath with essential oil
- 1 Cranial-sacral therapy

**Package price** ..... € 260,00

*Recommended minimum stay of 3 nights*



## Pamper yourself and Relax

- 2 Face/body treatments with a choice between antistress or toning massage (25 min.), partial lymph drainage, massage and mud mask, facial cleansing, single Thermal5Colours facial treatment (25 min.)
- 1 Phytobath with essential oil

**Package price** ..... € 100,00

*Recommended minimum stay of 2 nights*



## A day for yourself

- 1 Face/body treatment with a choice between antistress or toning massage (25 min.), partial lymph drainage, massage and mud mask, facial cleansing, single Thermal5Colours facial treatment (25 min.)
- 1 Phytobath with essential oil

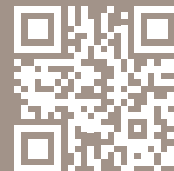
**Package price** ..... € 60,00

*Recommended minimum stay of 1 night*



HOTEL TERME  
**BRISTOL BUJA**  
ABANO TERME

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