



Thermoe



Spa



Spa Menu



Med



Fit

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PIETRO D'ABANO THERMAL STUDIES CENTRE



Natural Mature DOC Mud

The mud used in the thermal establishment of Terme Preistoriche is thermal mud from the Euganean area, certified with the first and only existing European patent on thermal products (Patent No. 1571203). The therapeutic quality, the medical use and the anti-inflammatory efficiency of mud, which contains a biological algae able to develop in thermal muds that mature in controlled situations, have been scientifically demonstrated by the Pietro d'Abano Thermal Studies Centre and by the European patent.

Mud and Inhalation Treatments

MUD APPLICATIONS WITH THERMAL OZONE BATH

Thanks to its **anti-inflammatory** and remineralizing properties, the **Natural Mature DOC Mud** applications on part or on all the body are recommended to heal or prevent **arthritis, arthrosis** and **osteoporosis**.

The thermal **ozone** bath has a **myo-relaxing** action and helps blood **circulation**. After mud therapies the body has a reaction period, during this time toxins are ejected through sweating.

■ € 29,50

INHALATION WITH MEDICAMENT OR AEROSOL, OR HUMAGE OR NOSE SHOWERS

Thermal sodium-bromine-iodide water **vaporization** and its inspiration **free the bronchus** and **reduce inflammations** giving an immediate soothing sensation to nose and throat.

This therapy is suggested to heal chronic **respiratory system pathologies** or to cure **seasonal colds** and **coughs**. It is also recommended as a prevention therapy, as it reinforces the respiratory immune system.

■ € 9,00

THERAPEUTIC MASSAGE

Done after mud applications, it acts on **articulations** and on **muscles, toning up** and improving blood **circulation**.

It is recommended to obtain better results from thermal therapies.

■ [ca. 30 min.] € 29,00

■ [ca. 45 min.] € 47,00

■ [ca. 1 hour] € 57,00

Medical visit for treatment admission (compulsory)

■ € 31,00

Therapeutic Ozone bath

■ € 16,00

Extra for Ozone bath

■ € 5,50

Mud application for sinusitis treatment

■ [ca. 28 min.] € 18,00

Bathrobe rent for the pools or for treatments

■ € 14,00

Bathrobe change

■ € 9,00

It is recommended to come to the treatments with ECG and recent medical and clinical exams.

THERAPIES FOR SPORTSPEOPLE

Thanks to the anti-inflammatory and anti-oxidizing properties, with mud therapy it is possible to prevent and heal osteo-articular problems due to intense sports activities.



Thermae Programs

The programs don't include the stay prices.

OSTEO-ARTICULAR PATHOLOGIES TREATMENT

Specific program to heal and prevent osteo-articular pathologies, arthritis, arthrosis and osteoporosis.

	s.s.	l.s.
MEDICAL VISIT	1	1
MUD THERAPY	6	12
OZONE BATH	6	12
THERAPEUTIC MASSAGE	6	12
SHIATSU	-	1
	€ 382	€ 792

RESPIRATORY SYSTEM PATHOLOGIES TREATMENT

Specific program recommended for respiratory system chronic pathologies as bronchitis, rhinopathies, and sinusitis. Excellent also to help preventing irritations due to seasonal changes (coughs and colds).

	s.s.	l.s.
MEDICAL VISIT	1	1
INHALATION	6	12
AEROSOL	6	12
TOTAL BODY MASSAGE 45'		
GROTTO (<i>recommended</i>)	1	2
	€ 186	€ 341

TREATMENT TEST DEAL

- 1 MEDICAL VISIT
- 1 MUD WITH SHOWER AND OZONE THERMAL BATH
- 1 THERAPEUTIC MASSAGE (28 min.)
- BATHROBE RENT

■ **€ 87,00**

WITH THE THERMAL PROGRAMS
YOU MAY COMBINE
THE **AYURVEDIC TREATMENTS**
OF THE THERMAL AYURVEDIC
CENTER **MAHA SHAKTI.**





ALSO AT HOME

Health & Beauty lines

Choose the line that best suits you:

Classic
WELLNESS SPA

Massages

Classic
BEAUTY SPA

Face and Body
Beauty

Fisiosphere
SPA

Rituals

Thalasso SPA

Sea Energy

SPA Thermal
Emotion

Your Feelings

SPAZIO Uomo

Men SPA

Gourmet SPA

Gourmand

Oriental SPA

Equilibrium

SPA Basic

Essentials

SPA Programs

Total Wellness

Classic Wellness SPA *Massages*

TOTAL BODY MASSAGE

Traditional occidental massage. Depending on your needs this massage may be relaxing or de-contracting.

- [ca. 45 min.] € 47,00
- [ca. 1 hour] € 57,00

CALIFORNIAN MASSAGE

This kind of technique underlines the deep contact and communication existing between the operator and the patient. Movements are fluid, slow, encircling and very extensive. The massage tonifies the skin and relaxes the nerve-system, in order to loosen all tensions.

- [ca. 1 hour] € 59,00

RECOMMENDED PROGRAM:
RELAXING AND
REGENERATING - p. 14

CONNECTIVE MIO-FASCIAL MASSAGE

This technique works mostly on the connective tissue (i.e. the one which connects, sustains and nourishes the organ's tissues) through neuro-muscular stimulations capable of dissolving the painful rigidities that limit the normal muscle-skeletal mobility.

- [ca. 1 hour] € 59,00

BIOENERGETIC MASSAGE

This massage dissolves chronic muscular tensions, assists the expression of emotions and helps an ample free breathing, improves blood and lymphatic circulation and encourages digestion.

- [ca. 1 hour] € 59,00

HOT STONE THERAPY

The intense energy freed by the hot lava stones, along with the benefits of the massage techniques, help to reach a deep relaxing state and to dissolve muscular rigidity. This therapy is thought also for who suffers from insomnia.

- [ca. 1 hour] € 59,00

MANUAL LYMPHO-DRAINAGE

Manual lymphatic drainage acts on lymphatic vases helping lymph and exceeding liquids removal by transporting them to a way out of the body from their accumulation point inside the body. Manipulations used during lymphatic drainage are delicate, slow and repetitive and produce a pleasing anti-stress effect, as the nerve-system that controls relax is activated.

- [ca. 1 hour] € 59,00

Classic Beauty SPA Face and Body Beauty

FACE

GLYCOPROGRAM

This exfoliating treatment gives brightness and youth to the skin. Its efficient and demonstrated formula combines Glycol Acid, Lycopene extracts and a Sugary Complex encouraging cell regeneration regeneration and skin renewal.

■ [ca. 1 hour] € 67,00

BIOSTAMINALIA

This anti-age youth activator, treatment made with Apple Stamina Vegetal Cells contrasts cutaneous aging and preserves active the life of the epidermis stamina cells.

■ [ca. 1 hour] € 65,00

MOISTURIZING FACIAL RICE DELIGHT

Through the natural and nutritive characteristics of rice (whole rice, black Venere rice and purple Khao Gram rice) this treatment reactivates the skin while hydrating, protecting and employing an anti-oxidant action on it.

■ [ca. 1 hour] € 65,00

RECOMMENDED PROGRAMS:
LIGHT LEGS
EXPECTANT MOTHERS
p. 14

BODY

DRAINING LYMPHO ENERGY PRESSO-THERAPY

This remodeling and draining treatment avails itself of the synergy existing between presso-therapy and magneto-therapy in order to act on blood circulation and on the lymphatic system with a draining and detoxing action.

■ [ca. 45 min.] € 40,00

NOURISHING BODY RICE DELIGHT

Perfumed treatment with protective and smoothing properties. It is highly suggested for a sensitive and dehydrated skin as it nourishes it through emollient and protective rice products, it softens the skin and it produces a silky sensation.

■ [ca. 1 hour] € 69,00

PreistoricheSPA at home

GLYCOPROGRAM

Face cleansing cream, face tonic, regenerating night cream, revitalizing face fluid

ENTIRE KIT OFFER:
€ 188,00 € 178,00

BIOSTAMINALIA ANTI-AGE

Face cleansing cream, toning lotion, day cream and night cream, serum, eye and lip condensed cream or stick

ENTIRE KIT OFFER:
€ 246,00 € 227,00

FACIAL RICE DELIGHT

Nourishing soap, nourishing rice essence, complete rice scrub, anti-oxidizing nourishing cream

ENTIRE KIT OFFER:
€ 111,00 € 105,00

BODY RICE DELIGHT

Softening and soothing oil, nourishing and softening bath-gel, nourishing cream, nourishing hand cream

ENTIRE KIT OFFER:
€ 144,00 € 136,00



Fiosphere SPA Rituals

PERSONALIZED RITUAL FACE TREATMENT

A complete range of treatments with ritual and relaxing movements adaptable to all needs and presenting functional and useful products in order to satisfy everyone.

For real pleasure moments, a mixture of essential oils and trace elements is prepared for every kind of skin.

Fiosphere treatments may be combined: for example the face treatment may be paired with the eye mask or with the facial cleansing (in case the skin is characterized by impurities).

[ca. 1 hour]

- mature skins
€ 84,00
- hydrating / purifying / lenitive
€ 69,00

■ [ca. 45 min.] eye mask

- € 52,00**
- eye mask combined with face ritual
€ 32,00

FACE

RECOMMENDED PROGRAMS:
ANTI-AGE
PERFECT SHAPE
p. 14

PERSONALIZED RITUAL BODY TREATMENT

Functional products and essential and anti-oxidizing oils are used for a unique and personalized line of beauty rituals completely dedicated to the body.

Emotional but also functional treatments which involve all 5 senses for the wellness of the body.

[ca. 1 hour]

- anti-cellulite **€ 79,00**
- remodeling **€ 79,00**
- re-compacting **€ 79,00**

BODY

PreistoricheSPA at home

HYDRATING / PURIFYING / LENITIVE FACE RITUAL

Face cleansing cream, enlightening tonic, hydrating oligo-element with magnesium or purifying with zinc or lenitive with manganese, purifying or hydrating fluid or lenitive cream

ENTIRE KIT OFFER:
€-159,50 € 151,50

ANTI-AGE FACE RITUAL

Face cleansing cream, enlightening tonic, hydrating oligo-element anti-age with copper, anti-age cream

ENTIRE KIT OFFER:
€-177,50 € 168,60

EYE AND FACE RITUAL

Face cleansing cream, enlightening tonic, 5 treatment eye cream

ENTIRE KIT OFFER:
€-192,00 € 182,40

ANTI-CELLULITE / REMODELING / RE-COMPACTING BODY RITUAL

Cleansing scrub, anti-water and anti-cellulite fluid or remodeling cream or re-compacting cream

ENTIRE KIT OFFER:

**€-104,00
€ 98,80**



Thalasso SPA *Sea Energy*

FACE

OZONE PROTECTION FACE RITUAL TREATMENT

A treatment thought purposely to give brightness to the skin turned down by pollution and oxidizing stress. An encircling treatment for a long-lasting relaxation with immediate results ensured by the sea products, which are characterized by exclusive textures and inebriating scents. This treatment may be combined with the eye mask treatment.

[ca. 1 hour] € 61,00

■ with eye mask € 72,00

OXIDIZING RESTRUCTURING RITUAL TREATMENT

Thanks to the beneficial virtues of the sea world enclosed in the products used for

this treatment, skins, especially more mature ones, may find once again their natural compactness and brightness. This is a unique treatment as it unifies sensorial pleasure, functional qualities and an extraordinary efficacy.

■ [ca. 1 hour] € 72,00

BODY

EXFOLIATING RITUAL TREATMENT

Through a delicate massage done with sea salts, all the cells which obstruct the skin pores are removed. The cleansing is followed by hydrating massages which give the skin brightness and freshness. This treatment is recommended during season changes and

to help the body be ready to receive other specific treatments.

■ [ca. 1 hour] € 59,00

PERSONALIZED RITUAL BODY TREATMENT

Active mud and sea mousse work on adipose lumps and favor the lymphatic system and the removal of the exceeding liquids. This treatment may be draining or dermo-reducing.

[ca. 1 hour]

■ draining € 72,00

■ dermo-reducing € 72,00

RECOMMENDED PROGRAM:
HYDRATING REGENERATING
p. 14



PreistoricheSPA at home

THALASSO FACE

Cleansing and hydrating gel, tonic spray lotion, exfoliating cream with oyster powder, hydrating and oxidizing cream, marine hydrogel eye mask

ENTIRE KIT OFFER:

€-170,00 € 161,50

THALASSO BODY

Energizing sea bath gel, dermo-reducing sea serum, Mont-Saint Michel sea extract, exfoliating sea mix, hydrating sea plankton restructuring sea cream

ENTIRE KIT OFFER:

€-217,50 € 206,60

SPA Thermal Emotion *Your feelings*

Thermal Emotion is a treatment line of the highest quality, dedicated to the body and spirit's well-being. Its active components, originated from the natural muds of the Euganean Basin and from natural essences, make these five coloured clays a unique product in the world. Every clay has a particular wellness action and every clay presents a typical colour and scent originated by a specific natural element, which enriches the product.

WHITE CLAY MYRRH DETOXING TREATMENT

A very fine peeling to gently remove dead skin cells and supports cell renewal. The product made with algae, primordial micro-organisms and sileceous shells gives the skin, through a micro-scrub, a natural brightness while the myrrh perfume relaxes and helps brain concentration. This ritual is suggested as a starting point for all other treatments.

YELLOW CLAY FIG DRAINING TREATMENT

A treatment thought especially for women, to smooth and refine the skin and reduce cutaneous beauty flaws which normally derive from cellulite. A specific algae, ETS08, rich of polysaccharides and phycocyanin, drains the tissues and supports cutaneous superficial micro-circulation while the sweet aroma of the fig has a positive effect on moods, giving vitality and energy to the body and stimulating the mind.

GREEN CLAY CORIANDER TONING TREATMENT

A ritual dedicated especially to men and to who seeks a muscle relaxation and needs a decongesting and soothing treatment. The fresh, spiced and floral coriander aroma creates an intense revitalizing sensation.

RED CLAY GRAPE ENERGIZING TREATMENT

This preventive and anti-oxidizing treatment is dedicated to the protection of younger skins. A natural vinasse concentrate of red wine grapes from Vignalta of the Euganean Hills enriches the red clay and is the element that helps to reduce and prevent the signs of aging skin and protects the dermis from the oxidative aggressions caused by stress. The active principle of polyphenols helps micro-circulation and revitalizes tissues giving elasticity and tone. The fruity and aromatic scent of grapes stimulates the production of serotonin, the "happiness hormone", and creates an energizing sensation throughout all the body and mind.

BLUE CLAY NEROLI OIL ANTI-AGE TREATMENT

This ritual is dedicated to mature skins and acts on muscular trophism (stretch marks) reactivating the dermis superficial micro-circulation and making the skin firmer by helping the natural production of the fibres that are used for regeneration. The essential oil of Neroli, the flower of bitter oranges, has a sweet and warm aroma able to contrast mental tensions and to give equilibrium.



■ Basic Thermal Ritual
[ca. 30 min.] € 39,00

■ Easy Thermal Ritual
[ca. 50 min.] € 75,00

■ Top Thermal Ritual
[ca. 90 min.] € 85,00

PreistoricheSPA
at home

SALSOBROMIODIC THERMAL WATER WITH AN
ANTI-OXIDIZING AND BIO-STIMULATION ACTION
€ 20,00



SPAZIO Uomo Men SPA

FACE

FACIAL CLEANSING

- [ca. 1 ora] € 55,00

OXIDIZING RESTRUCTURING RITUAL TREATMENT

Thanks to the beneficial virtues of the sea world enclosed in the products used for this treatment, skins, especially more mature ones, may find once again their natural compactness and brightness. This is a unique treatment as it unifies sensorial pleasure, functional qualities and an extraordinary efficacy.

- [ca. 1 hour] € 72,00

MOROCCAN HAMMAM

Thanks to a special soap made out of a tree cork and the "kisse" glove, this antique North African ritual accurately cleans the skin and gets rid of dead cells. A final massage done

with pure argan oil, as well as giving a deep relaxing sensation, moisturizes and nourishes the skin.

- [ca. 1 hour] € 59,00

BODY

CONNECTIVE MIO-FASCIAL MASSAGE

This technique works mostly on the connective tissue (i.e. the one which connects, sustains and nourishes the organ's tissues) through neuro-muscular stimulations capable of dissolving the painful rigidities that limit the normal muscle-skeletal mobility.

- [ca. 1 hour] € 59,00

GREEN CLAY CORIANDER TONING TREATMENT

A ritual dedicated to who seeks a muscle relaxation and needs a decongesting and soothing treatment. The fresh, spiced and floral coriander aroma creates an intense revitalizing sensation.

- [ca. 30 min.] € 39,00
- [ca. 50 min.] € 75,00
- [ca. 90 min.] € 85,00

PERSONALIZED RITUAL BODY TREATMENT

Active mud and sea mousse work on adipose lumps and favor the lymphatic system and the removal of the exceeding liquids. This treatment may be draining or dermo-reducing.

[ca. 1 hour]

- draining € 72,00
- dermo-reducing € 72,00

RECOMMENDED PROGRAM:
SPECIAL PLATINUM FOR MEN
p. 14



Gourmet SPA Gourmand

FACE

PUMPKIN NECTAR TREATMENT FOR MISCELLANEOUS SKINS

This treatment gets rid of facial beauty flaws through a delicate facial cleansing which gives brightness to the skin purifying the face and leaving a soft sensation and a perfumed scent.

■ [ca. 1 hour] € 55,00

FACE CLEANSING WITH WILD BERRIES

A sweet scent characterizes this facial treatment, perfect for sensitive, delicate and reactive skins. Currant, strawberry, raspberry and blueberry: a delicate treatment to sooth skin inflammations and give strength to the cutaneous natural defenses.

■ [ca. 1 hour] € 55,00

CLEOPATRA'S BATH REGENERATING TREATMENT

A full wellness treatment which takes care of the body, of the mind and of the spirit. It uses milk proteins and sea collagen to make sure the skin is properly moisturized and nourished. Through the exfoliating action it has a rejuvenation effect on the skin and ends up being also an excellent natural detergent.

■ [ca. 1 hour] € 59,00

I ♥ CHOCOLATE SMOOTHING TREATMENT

For those who love chocolate, this is a real treat: it allows pure pleasure

sensations thanks to the production of endorphin in the organism. A perfect treatment to get rid of stress and at the same time smooth all skins, especially thought for who has a "cottage-cheese skin" typical of cellulite.

■ [ca. 1 hour] € 59,00

DELUXE GRAPE ANTI-OXIDIZING TREATMENT

Polyphenols, highly present in black grapes concentration, help the skin rejuvenation. This treatment is thought to strengthen micro-circulation and augment blood vessels resistance.

■ [ca. 1 hour] € 59,00

BODY



PreistoricheSPA at home

PUMPKIN NECTAR

Sebo-normalising cleansing gel, bi-phasic lotion, hydrating cream, sebo-control cream, PH-equilibrium face cream

ENTIRE KIT OFFER:

€ 166,00 € 157,70

WILD BERRIES

Derma-lenitive cleansing cream, tonic lotion, renewing fluid, renewing night cream

ENTIRE KIT OFFER:

€ 168,00 € 159,60



Oriental SPA Equilibrium

THAI MASSAGE

The antique technique of the Thai massage has been transmitted for more than 2500 years. Combining the typical acupressure points of the Chinese medicine with assisted stretching inspired by indian Yoga, the treatment helps to physically and energetically "open" the body.

■ [ca. 1 hour] € 59,00

CRYSTAL-THERAPY

To produce a deep relax sensation which leads to the reappropriation of an energetic equilibrium, this antique and holistic therapy uses minerals and crystals, accurately chosen by the therapist according to the specific necessities expressed by the patient.

■ [ca. 1 hour] € 59,00

SHIATSU

In Japanese it means finger pressure, and indeed it is a sequence of natural pressures exerted on the body with the hand fingers.

This treatment leads to a global psycho-physic wellbeing: the mind capacities are improved, stress is fought and articular mobility is strengthened.

■ [ca. 1 hour] € 59,00

WATSU

This very gentle treatment, also called water shiatsu, is done in warm water.

Water cuddles and enwraps the floating body as it is slowly cradled with circular movements.

The effects obtained are a general well-being

and relaxing sensation and the dissolution of all muscular tensions.

■ [ca. 45 min.] € 59,00

AQUABALANCING

This occidental body treatment occurring in warm water involves the whole organism and is used to help healing back and neck aches, hemicrania and insomnia. Through a gentle massage, articulation mobilization and stretching, a deep relaxing condition is reached with this treatment.

■ [ca. 45 min.] € 59,00



PreistoricheSPA at home

MAROCCAN HAMMAM

Black eucalyptus soap,
glove, pure argan oil

ENTIRE KIT OFFER:
€ 62,00 € 58,90

PLANTAR REFLEXOLOGY

This is an holistic therapy based on the theory supporting the concept that all human organs are reflexed on the foot sole. With the plantar reflexology massage it is possible to influence and have an effect on the organ corresponding to the stimulated reflexed point. Amongst the positive effects there is blood circulation and the stimulation of the nerves and immunity system.

■ [ca. 30 min.] € 34,00

RECOMMENDED PROGRAM:
ORIENTAL PERFUME
p. 14

MOROCCAN HAMMAM

Thanks to a special soap made out of a tree cork and the "kisse" glove, this antique North African ritual accurately cleans the skin and gets rid of dead cells. A final massage, done with pure argan oil, as well as giving a deep relaxing sensation moisturizes and nourishes the skin.

■ [ca. 1 hour] € 59,00

FOR AYURVEDIC TREATMENTS
SEE THE THERMAL
AYURVEDIC CENTER
MAHA SHAKTI MENU.



SPA basic Essentials

FACE-HANDS-FEET

FACE CLEANSING [ca. 1 hour] € 55,00
FACE LINFO-DRAINAGE [ca. 28 min.] € 29,00
MANICURE [ca. 30 min.] € 22,00
FRENCH MANICURE € 24,00
PEDICURE € 39,00
FRENCH HANDS OR FEET € 10,00

BODY

COMPLETE OR 60 MIN DEPILATION € 39,00
LEG OR 30 MIN DEPILATION € 25,00
15 MIN DEPILATION € 12,00
INGUEN DEPILATION € 15,00
HIGH AND LOW COMBINED SOLAR SHOWER € 9,50

SPA Programs Total Wellness

RELAXING AND REGENERATING

CLEOPATRA'S BATH	1	:	1
TOTAL BODY ANTISTRESS		:	
MASSAGE [ca. 58 min.]	1	:	2
PLANTAR REFLEXOLOGY	1	:	1
WATSU / SHIATSU	-	:	1
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	€ 149	:	€ 265

PERFECT SHAPE

MOROCCAN HAMMAM	1	:	1
ANTI-CELLULITE /		:	
REMODELLING RITUAL	1	:	2
TONING UP MASSAGE	1	:	1
THALASSO DERMO-		:	
REDUCING RITUAL	1	:	2
LYMPHO-DRAINAGE	-	:	1
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	€ 265	:	€ 470

LIGHT LEGS

YELLOW CLAY FIG		:	
DRAINING TOP RITUAL	1	:	2
LYMPHO-DRAINAGE	1	:	2
THALASSO DRAINING		:	
RITUAL	1	:	1
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	€ 212	:	€ 351

*We suggest to combine
this program with the
Kneipp parcours*

ANTI-AGE

GLYCO PROGRAM	1	:	1
ANTI-AGE RITUAL	1	:	1
BIOSTAMINALIA	1	:	2
THALASSO OXYGENATING		:	
RITUAL WITH EYE MASK	1	:	1
RECOMPACTING		:	
BODY RITUAL	-	:	1
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	€ 280	:	€ 425

HYDRATING REGENERATING

FACE CLEANSING	1	:	1
THALASSO		:	
OXYGENATING RITUAL	-	:	1
NOURISHING RICE DELIGHT	1	:	2
BIOSTAMINALIA	1	:	1
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	€ 186	:	€ 324

SPECIAL PLATINUM FOR MEN

FACE CLEANSING	1	:	1
MIO-FASCIAL MASSAGE	1	:	1
THALASSO		:	
DERMO-REDUCING RITUAL	-	:	1
THALASSO		:	
OXYGENATING RITUAL	1	:	1
MANICURE AND PEDICURE	-	:	1
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	€ 184	:	€ 309

EXPECTANT MOTHERS

YELLOW CLAY FIG		:	
DRAINING EASY RITUAL	1	:	1
LYMPHO-DRAINAGE	1	:	2
MANICURE AND PEDICURE	-	:	1
LYMPHO FACE	-	:	1
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	€ 131	:	€ 276

ORIENTAL PERFUME

MOROCCAN HAMMAM	1	:	1
CLEOPATRA'S BATH	-	:	1
THAI MASSAGE	1	:	1
PLANTAR REFLEXOLOGY	1	:	2
WATSU / SHIATSU	-	:	1
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	€ 149	:	€ 299

COUPLE PROGRAM

CLEOPATRA'S BATH		:	
FOR HER	1	:	1
HOT STONE THERAPY		:	
FOR HIM	1	:	1
THALASSO OXYGENATING		:	
RITUAL FOR HIM	1	:	1
BIOSTAMINALIA FOR HER	1	:	1
LYMPHO-DRAINAGE FOR HER	-	:	1
MIO-FASCIAL MASSAGE		:	
FOR HIM	-	:	1
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	€ 252	:	€ 369



SPAday

SMALL DELIGHTS

THERMAL POOLS ENTRANCE	1	
TOTAL BODY MASSAGE (ca. 30 min.)	1	
LUNCH (SALAD AND 1/2 L WATER)	1	
		€ 59

AYURVEDA DAY SPA

THERMAL POOLS ENTRANCE	1	:	1
ABHYANGA	1	:	-
UDVARTANA	-	:	1
AYURVEDIC FACE CLEANSING	-	:	1
AYURVEDIC MENU LUNCH	1	:	1
			€ 99 : € 155

ANTI-STRESS DAY SPA

THERMAL POOLS ENTRANCE	1	
HOT STONE THERAPY	1	
PLANTAR REFLEXOLOGY	1	
LUNCH (SALAD AND 1/2 L WATER)	1	
		€ 128

DRAINING DAY SPA

THERMAL POOLS ENTRANCE	1	:	1
YELLOW CLAY FIG DRAINING TOP RITUAL	-	:	1
LYMPHO-DRAINAGE (ca. 1 hour)	1	:	1
DRAINING MENU LUNCH AND 1/2 L WATER	1	:	1
			€ 95 : € 175

ANTI-AGE DAY SPA

THERMAL POOLS ENTRANCE	1	:	1
ANTI-AGE RITUAL TREATMENT	1	:	1
GRAPE TREATMENT	-	:	1
ANTI-OXIDIZING MENU LUNCH	1	:	1
			€ 119 : € 175

REMISE EN FORME DAY SPA

THERMAL POOLS ENTRANCE	1	
FACE CLEANSING	1	
MANICURE AND PEDICURE	1	
MOROCCAN HAMMAM	1	
THALASSO DERMO-REDUCING TREATMENT	1	
LUNCH (SALAD AND 1/2 L WATER)	1	
		€ 275

Spa days are effective everyday from Monday to Friday, working holidays excluded. Booking and advance payment are requested.



M E D I C A L

Rehabilitative Physiotherapy

Rehabilitative Physiotherapy

Our rehabilitation thermal centre offers combined thermal and rehabilitation treatments: **idrokinestherapy, lymphodrainig, lasertherapy, electrotherapy, ultrasounds and magnetotherapy**. Above all, kinesitherapy and all its techniques (active and passive mobilization, functional rehabilitation, idrokinesitherapy) have a predominating role. According to the technical definition, this therapy has the aim of “conserving or recovering the movement”. On the basis of the experience reached by treating the osteo-articular pathology through thermal treatment, we may assert that physio-rehabilitative treatments cannot be given up, as for many pathological conditions they are an improving complement to the traditional thermal treatments.

PHYSIATRIC VISIT € 80,00

Motory Reeducation

KINESITHERAPY: PASSIVE, ACTIVE, ASSISTED, ACTIVE AGAINST-RESISTANCE

Technique used in physiotherapy that, thanks to particular manipulations, helps functional rehabilitation and reeducation of the muscles and of the organism. It's a therapy normally recommended for muscle and articulation's rehabilitation and it has no counterindications.

- [ca. 30 min.] **€ 34,00**
- [ca. 1 hour] **€ 59,00**

IDRO-KINESYOTHERAPY

This therapy is to rehabilitate and reeducate single muscles, muscular groups or even the complete organism and takes place in thermal water. It is particularly recommended for the first phases of all rehabilitation programs and to gain once again spontaneous movements.

- [ca. 30 min.] **€ 34,00**
- [ca. 1 hour] **€ 59,00**

Physical Therapy

ANTALGIC ELECTRO-THERAPY

Electro-therapy is recommended for muscular, aching and nervous (especially neuritis) affections and radiculitis (sciatica etc.). The aim of electro-therapy is to diminish the perception of the pain.

- [ca. 30 min.] **€ 34,00**

LASERTHERAPY

The ray of laser light, entering the tissues, produces several effects: it improves blood circulation, it increases the lymphatic drainage by helping interstitial liquid absorption and by reducing edemas, and it has an analgesic effect as it brings pain threshold to increase.

- [ca. 25 min.] **€ 34,00**

MUSCULAR ELECTRO-STIMULATION

This physiotherapy increases the trophism of the treated area, decreases inflammatory processes, improves tissues oxygenation and reduces adhesions. It is an efficient rehabilitation for bone, muscle, tendon and ligament pathologies.

- [ca. 30 min.] **€ 34,00**

ULTRASOUND-THERAPY

This is a therapeutic application of sound energy. Thanks to the thermal effect, the micro-massage helps to resolve muscular contractures. The therapy has a fibrolytic and throphic effect as it activates the cellular metabolism.

- [ca. 30 min.] **€ 34,00**

MAGNETO-THERAPY

This therapy is recommended to heal pathologies connected with bones and muscles and helps to recover from fractures.

- [ca. 30 min.] **€ 34,00**

POSTURAL REBALANCING

Muscular, joints and visceral pains may be a consequence of an unbalanced posture due to traumas, life styles, working, emotive or age attitudes. This treatment aims to resolve these disorders with osteopathic and mass-physio-therapeutic techniques.

- [ca. 1 hour] **€ 69,00**



Fit
reistoriche

F I T N E S S

Fitness Programs



AQUA-GYM

**From Monday to Friday,
(bank holidays excluded).
3:30 pm**

Gymnastics done in water with a musical base. The exercises, with and without sport tools, help the muscles to develop. This mild kind of exercise may be done at all ages.

free



AQUAZUMBA

**Every Monday,
Wednesday and Friday
(bank holidays excluded).
From 9:15 pm to 10:00 pm.**

Zumba is a physical activity inspired by afro-caribbean movements and rhythms. Training is done in thermal swimmingpool, this involves a high-calory consumption and a low risk of wearing out and forcing articulations, tendons and bones.

free



AUTOSHIATSU AND DO IN

Every Friday (bank holidays excluded). 6:00 pm

Having as aim to re-balance, control and strengthen the vital energy that usually flows in the organism, Do-In finds its origins back in traditional Chinese medicine.

It uses several techniques: meridians' stimulation through finger-pressure and auto-massages, breathing, meditation and exercises to re-activate the Qi. Differently from other massages, once Do-In is learnt with the aid of a teacher, this kind of massage may be self-practiced. Depending on the manner it is done, this massage may be energizing or relaxing. In all cases, it requires a delicate and tender exploration in order to re-activate the body's sensitiveness.

free

**TECHNOGYM
AND
OUTDOOR
TENNIS COURT
AVAILABLE**

free



thermæsport

ThermæSport Hotels combine thermal water and mud benefits of the greatest European thermal basin - **Terme Euganee** - with physical activities.

EASY ACTIVITIES PLUS free

Easy thematic **Nordic Walking** and **Bike** tours at everyone's reach. The excursions, available between March and November, are practiced with qualified instructors and naturalistic guides. Hotel guests may participate for free, booking is required.

POWER

Dedicated to who loves **agonistic sport** and is looking for an active and dynamic holiday. **Bike and trekking tracks on the Euganean Hills** are available on detailed maps and GPS for our guests. Furthermore, a specialized staff, ready to program personalized trainings, to give dietetic and medical sport's consultancy, is available. Those who wish to put themselves at test may book bike excursions on highly difficult tracks with a specialized team of the region.

FREE activities: all activities are free for Hotel guests. AQUAGYM, AQUAZUMBA, use of the TECHNOGYM and of the TENNIS COURT are included in the entrance to the swimmingpools. The days, timetables and dates may be varied, follow us on Facebook and on our website for day-to-day updates.

free

A Few Numbers

ON THE WHOLE

22.000 sq. m PRIVATE PARK

780 sq. m THERMAL POOLS

56 JACUZZIS

7 WHIRLPOOL LOUNGE CHAIRS

6 CERVICAL WATERFALLS

2 INDOOR SWIMMING POOLS

3 OUTDOOR SWIMMING POOLS

OUR WATERS

- 36° C indoor pool with whirlpools
- 33° - 35° C outdoor pool with whirlpools and water fountains
- new 36° C indoor pool with whirlpools and water fountains
- new 35° C outdoor pool with whirlpools and water fountains
- outdoor Kneipp Parcours
- indoor Kneipp Parcours
- sauna
- steam bath
- emotional shower





How to SPA

Welcome at the Preistoriche Spa Center.

Here you will find all the best for your beauty and health.

To give you the best service possible we suggest you:

TO BOOK IN ADVANCE

In order to guarantee you the treatments and timetables' availability you most wish, we suggest you arrange your appointments in advance, possibly when booking your Hotel room.

TO ASK FOR ADVICE

If you don't know which treatment would better suit you, don't hesitate in asking advice by telling us your necessities and your preferences. Don't forget to tell us about pathologies and contraindications (allergies, hypertension, pregnancy etc.).

If, when arriving, you still haven't decided which treatment best suits you, you may arrange an appointment with our beauticians for a personalized and free consultation.

DRESS CODE

Feel comfortable: your relax begins before your treatment.

We suggest you come at the aesthetic center 10 minutes before your treatment appointment wearing your bathrobe and slippers.

Our therapists will come and look for you.

DELAYS AND PROGRAM CHANGES

If you change your mind on the treatment you have chosen or if you wish to change the time of your treatment we will be happy to please you.

To help us pleasing you, please communicate us all your changes at least 24 hours ahead.

In case of short notice, the treatment cost will be completely charged.

In case of delays, no delay making-up or discount will be possible.

Any delay due to unforeseen circumstances caused by our staff will be made-up.



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