

ENGLISH




SAVOIA
THERMÆ & SPA HOTEL
★★★★

Price List 2015
Price List 2015

Savoia Thermæ & Spa Exclusive Services	p. 3	Beauty	
Room & Suite	p. 6	DIBI Milano – HiTech Beauty	p. 23
Room rates (Minimum 3 Nights)	p. 7	Facial treatments	p. 24
Supplements & Reductions	p. 8	Specific Body Zone treatments	p. 27
Room rates (Short-stay: 1 or 2 Nights)	p. 9	Beauty Nourishment	p. 28
		Facial thermal Endocosmetic	p. 30
		Special Light Legs	p. 31
		Rituals for couples	p. 32
Thermæ		SPA	
Traditional thermal treatments	p. 11	Free SPA	p. 35
Rehabilitation	p. 12	Private SPA	p. 36
Global Mud-Therapy	p. 13	Private Zone	p. 36
Our spring water	p. 14	The areas of the SPA and their versions	p. 37
Medical pain relief therapies	p. 14		
Thermal5colours	p. 15	Thermal Hair Spa	p. 39
		Beauty Services	p. 40
Wellness		For the maximum Comfort	p. 40
Therapeutic massages	p. 17	Guide to Wellness	p. 41
Ayurveda	p. 18		
Wellness from the world	p. 20		
Energetic rebalancing treatments	p. 21		

Savoia Thermæ & Spa Exclusive Services

Our mission is to guarantee you optimal quality at an advantageous price!

Your price of board consists in:

LOCATION

- in the city centre, a few steps from the pedestrian zone, surrounded by 20,000 s.m. park
- motivated and professional staff able to meet all different needs of our Guests

IN ROOMS

- colored terrycloth towels for pools, changed every day
- internet WIFI into the rooms (request your username and password at the Reception)
- air-conditioning in all rooms (during the summer)

GOURMET

- breakfast buffet (7:30 - 10:00 a.m.) with salty delicacies, cheeses, cold cuts and eggs; fresh fruit salad, assortment of fruit in syrup, yogurt and jam; the energy of the cafeteria; croissants, freshly baked plum-cakes, the delicious tarts and assorted bakery
- lunch with delicious courses to choose from (including a low-calorie menu), with table service, in addition to abundant buffets with salad and hot & cold antipasti (drinks excluded)
- dinner with delicious courses to choose from (including a low-calorie menu), with table service, in addition to abundant buffets with salad, fresh fruit and desserts (drinks excluded)
- on Friday a candlelight gala dinner with piano music: five-course gourmet menu where regional, Mediterranean and international gastronomical delights become creative compositions and amazing interpretations (drinks excluded)
- on request coeliac menu (free of charge) and/or personalised diets (with fee) for those who have particular dietary needs

SWIMMING POOLS

- free access to three big pools (8:00 a.m. - 7:00 p.m.), including: an interconnecting indoor and outdoor pool with hot thermal water at 34 – 36°C (open during all seasons) and furnished with water games, hydro-massages, cervical waterfalls, and an outdoor pool with cool thermal water at 27-29°C for refreshing summer baths
- relax area with lounge chairs, located by the indoor pool
- lounge chairs and beach umbrellas in the garden and by the outdoor pools during the nice season

SPA

- free access to the Free SPA (3:00 - 7:00 p.m.) with Finnish sauna, Turkish bath, emotional showers and Sensory Tunnel with Kneipp circuit and lumbar-buttock Aquamassages

SPORT & FITNESS

- aquagym with trainer in thermal pool from Tuesday to Saturday, 3:30 p.m. (4:15 p.m. during the Christmas Festivity)
- free use of fitness room (8:00 a.m. - 7:00 p.m.)
- free use of tennis court (8:00 a.m. - 7:00 p.m.)
- free use of city-bikes and mountain bikes (8:00 a.m. - 9:00 p.m.)
- Easy Activities Plus (from 30th March till 20th June and from 24th August till 31st October): from Monday till Saturday, a series of sociable, recreational and light outdoor activities conducted by qualified staff: Easy bike, Trekking & Nordic Walking in the Euganean Hills (Easy bike to availability)

ENTERTAINMENT

- rich weekly program of evening entertainment: Monday aperitif to welcome guests, followed by an evening of dancing, Wednesday evening of dancing, Friday evening “Gourmet” Gala dinner by candlelight, with live piano music and dancing... during the summer each event takes place in the spacious garden-park, under the star-filled evening sky (the program may be varied)
- during holidays our entertainment program is enriched with theme-based lunches and dinners, set against a range of proposed musical selections (Christmas and New Years with an additional charge)

COMMON AREAS

- air-conditioning in all rooms (during the summer)
- 5 elevators at our clients' disposal (2 of which connect the guest floors directly to the Thermal Center, Fitness Room, Beauty Farm, Pools & SPA)
- internet WIFI in the main areas
- spacious private parking with indoor and outdoor parking spots free of charge
- spacious bar and terrace zone with a panoramic view of the pools
- living room furnished with a wide-screen TV and tables for card games
- smoking room (Hall)

OTHER SERVICES

- help-desk for reservation of excursions, ticket booth for events (i.e. Arena of Verona, Venice Casino), transfer service from/to airport (VCE and TSF) and train station (Terme Euganee and Padua)
- corner for herbal wellness tea at the clients' disposal in the Beauty Farm (only for those who are receiving treatments)

SERVICES NOT INCLUDED (WITH FEE)

- **drinks at the restaurant and at the bar:** the hotel does not offer an all-inclusive formula
- **Hire of bathrobe** (compulsory for Thermal Centre & Beauty Farm): € 4,00 per night for the first 3 overnight stays (starting from the 4th night the rental of the same bathrobe will not entail any charge). Change of bathrobe € 8,00; slippers € 4,00; pool cap (compulsory) € 3,00
- **late check-out** € 30,00 per person: the day of departure the pools and “Free SPA” will be available until 7:00 p.m., while the room will be available until 8:00 p.m.
- **special check-out** € 15,00 per person: the day of departure the pools and “Free SPA” will be available until 7:00 p.m. (a changing room will be provided)

Room & Suite

DOUBLE ROOMS

CLASSIC Comfortable room provided with every comfort • bathroom with bath-tub/shower • LCD Sat-TV • situated from the 2nd to the 6th floor • carpet or parquet flooring • French-style balcony with view on the entrance's garden or on the inside-park.

CLASSIC SUD It differs from the CLASSIC double room to the large balcony with view on the Euganean Hills or the south garden.

SINGLE ROOMS

SMALL Small but comfortable and equipped with every comfort at an affordable price • bathroom with shower • LCD Sat-TV • situated from the 2nd to the 6th floor • carpet flooring • balcony with view on the inside-park.

STANDARD Comfortable room provided with every comfort • bathroom with shower • LCD Sat-TV • situated from the 2nd to the 6th floor • carpet flooring • balcony with view on the entrance's garden or on the inside-park.

SUPERIOR Large and comfortable room provided with every comfort • bathroom with bath-tub/shower • French-style bed • LCD Sat-TV • situated from the 2nd to the 6th floor • carpet or parquet flooring • French-style balcony with view on the entrance's garden or on the inside-park.

SUPERIOR SUD It differs from the SUPERIOR single room to the large balcony with view on the Euganean Hills or the south garden.

SUITES

JUNIOR Large and comfortable room provided with every comfort • located on the 1st and 2nd floors in the new area of the hotel dedicated to rooms, called the TODESCHINI AREA • little entrance's sitting-area • LCD Sat-TV • wardrobe-cab • carpet flooring • bathroom with shower • some of them have a balcony.

TODESCHINI It differs from the JUNIOR SUITE in being more spacious.

SAVOIA Very large and comfortable room provided with every comfort • spacious sitting-room • 2 bathrooms both with bath-tub/shower • LCD Sat-TV • situated from the 2nd to the 6th floor • carpet flooring • French-style balcony with view on the entrance's garden or on the inside-park.

PANORAMA Large and comfortable room provided with every comfort • entrance's sitting-area • wardrobe-cab • bathroom with shower • LCD Sat-TV • situated on the 6th floor • carpet flooring • 2 large balconies with view on the Euganean Hills or on the inside-park.

EXECUTIVE It differs from the TODESCHINI SUITE in being more spacious.

ROYALE Very large and comfortable room provided with every comfort • the peculiar feature is 2 exclusive and refined rooms (large day-area with sitting-room and large night-room) • 2 LCD Sat-TV • bathroom with shower • situated on the 6th floor • carpet flooring • large balcony with view on the Euganean Hills and a French-style balcony with view on the garden.

RATES 2015 MINIMUM 3 NIGHTS

SEASON A
15 Mar – 2 Apr
2 Jun – 8 Aug
1 Nov – 15 Nov

SEASON B
7 Apr – 23 Apr
26 Apr – 30 Apr
3 May – 1 Jun
16 Aug – 5 Sep
18 Oct – 31 Oct

SEASON C
3 Apr – 6 Apr
24 Apr – 25 Apr
1 May – 2 May
9 Aug – 15 Aug
6 Sep – 17 Oct
23 Dec 15 – 10 Jan 16

	Half Board	Full Board	Half Board	Full Board	Half Board	Full Board
DOUBLE ROOMS						
CLASSIC	€ 77,00	€ 85,00	€ 83,00	€ 91,00	€ 88,00	€ 96,00
CLASSIC SOUTH	€ 82,00	€ 90,00	€ 88,00	€ 96,00	€ 93,00	€ 101,00
SINGLE ROOMS						
SMALL	€ 67,00	€ 75,00	€ 73,00	€ 81,00	€ 78,00	€ 86,00
STANDARD	€ 77,00	€ 85,00	€ 83,00	€ 91,00	€ 88,00	€ 96,00
SUPERIOR	€ 84,00	€ 92,00	€ 90,00	€ 98,00	€ 95,00	€ 103,00
SUPERIOR SOUTH	€ 89,00	€ 97,00	€ 95,00	€ 103,00	€ 100,00	€ 108,00
SUITES						
JUNIOR SUITE	€ 85,00	€ 93,00	€ 91,00	€ 99,00	€ 96,00	€ 104,00
TODESCHINI	€ 89,00	€ 97,00	€ 94,00	€ 102,00	€ 99,00	€ 107,00
SAVOIA	€ 91,00	€ 99,00	€ 96,00	€ 104,00	€ 101,00	€ 109,00
PANORAMA	€ 94,00	€ 102,00	€ 99,00	€ 107,00	€ 104,00	€ 112,00
EXECUTIVE	€ 96,00	€ 104,00	€ 101,00	€ 109,00	€ 106,00	€ 114,00
ROYAL	€ 112,00	€ 120,00	€ 117,00	€ 125,00	€ 122,00	€ 130,00

Board rates per person and night including VAT and "Savoia Thermae & Spa Exclusive Services" (pages 3-5). Accommodation tax not included.

OPENING SEASON

The Hotel Savoia Thermæ & Spa is open from 15th March to 15th November 2015 and from 23rd December 2015 to 10th January 2016.

SUPPLEMENTS & REDUCTIONS

Children sharing a room with 2 paying adults:

- Babies 0-2 in cradle: € 19,00 per night (also in case of own cradle's use), meals not included.
- Children till 9 years old: reduction of 50%.

Third bed: reduction of 10%.

Pets: for the respect and well-being of all the guests only small size dogs and cats are accepted but not allowed to enter the swimming pool areas, restaurant, Thermal Center, Beauty Farm and bar. € 14,00 per night, food not included. In case of damage we shall be obliged to charge you the costs.

Room Safe: € 1,30 per day (not covered by insurance).

CHRISTMAS FESTIVITY

From 23rd December 2015 to 10th January 2016 minimum 7 overnight stays only if your journey includes the night of 31st December.

Christmas Eve supplement: € 25,00 per person (compulsory for the guests who take part to the dinner of 24th Dec).

Christmas supplement: € 30,00 per person (compulsory for the guests who take part to the lunch of 25th Dec).

New Year's Eve supplement: € 100,00 per person (compulsory also for the guests that don't take part to the party of 31st Dec).

ROOMS

All rooms are equipped with bathroom, direct-dial telephone, LCD Sat-TV, internet WIFI, minibar, air conditioning, hair-drier, safe (to rent).
Room's availability: rooms are available from 2:00 p.m. of the arrival day (3:30 p.m. during the Christmas Festivity) to 10:30 a.m. of the departure day (12:00 noon in case you have reserved some treatments during the morning).

- **late check-out** € 30,00 per person: the day of departure the pools and "Free SPA" will be available until 7:00 p.m., while the room will be available until 8:00 p.m.
- **special check-out** € 15,00 per person: the day of departure the pools and "Free SPA" will be available until 7:00 p.m. (a changing room will be provided).

INFORMATION AND WARNINGS

- There are no deductions from rates for not taken meals.
- In case of departure in advance or cancellation of reservation, we shall be obliged to apply regular penalties according to the international hotel policy.
- In case of VAT increase the Rates can change without notice.
- The Accommodation Tax will be calculated separately. The amount is currently € 2.00 per person per night for the first seven nights (children excluded: age 0-12 years). Increases are not ruled out.

RATES 2015

SHORT STAY:

1 or 2 NIGHTS

SEASON A

15 Mar – 2 Apr
2 Jun – 8 Aug
1 Nov – 15 Nov

SEASON B

7 Apr – 23 Apr
26 Apr – 30 Apr
3 May – 1 Jun
16 Aug – 5 Sep
18 Oct – 31 Oct

SEASON C

3 Apr – 6 Apr
24 Apr – 25 Apr
1 May – 2 May
9 Aug – 15 Aug
6 Sep – 17 Oct

	Bed & Breakfast	Half Board	Full Board	Bed & Breakfast	Half Board	Full Board	Bed & Breakfast	Half Board	Full Board
DOUBLE ROOMS									
CLASSIC	€ 60,00	€ 90,00	€ 95,00	€ 60,00	€ 90,00	€ 100,00	€ 60,00	€ 90,00	€ 105,00
CLASSIC SOUTH	€ 65,00	€ 95,00	€ 100,00	€ 65,00	€ 95,00	€ 105,00	€ 65,00	€ 95,00	€ 110,00
SINGLE ROOMS									
STANDARD	€ 60,00	€ 90,00	€ 95,00	€ 60,00	€ 90,00	€ 100,00	€ 60,00	€ 90,00	€ 105,00
SUPERIOR	€ 70,00	€ 100,00	€ 105,00	€ 70,00	€ 100,00	€ 110,00	€ 70,00	€ 100,00	€ 115,00
SUPERIOR SOUTH	€ 75,00	€ 105,00	€ 110,00	€ 75,00	€ 105,00	€ 115,00	€ 75,00	€ 105,00	€ 120,00
SUITES									
JUNIOR SUITE	€ 70,00	€ 100,00	€ 105,00	€ 70,00	€ 100,00	€ 110,00	€ 70,00	€ 100,00	€ 115,00
TODESCHINI	€ 75,00	€ 105,00	€ 110,00	€ 75,00	€ 105,00	€ 115,00	€ 75,00	€ 105,00	€ 120,00
SAVOIA	€ 75,00	€ 105,00	€ 110,00	€ 75,00	€ 105,00	€ 115,00	€ 75,00	€ 105,00	€ 120,00
PANORAMA	€ 75,00	€ 105,00	€ 110,00	€ 75,00	€ 105,00	€ 115,00	€ 75,00	€ 105,00	€ 120,00
EXECUTIVE	€ 80,00	€ 110,00	€ 115,00	€ 80,00	€ 110,00	€ 120,00	€ 80,00	€ 110,00	€ 125,00
ROYAL	€ 95,00	€ 125,00	€ 130,00	€ 95,00	€ 125,00	€ 135,00	€ 95,00	€ 125,00	€ 140,00

Board rates per person and night including VAT and "Savoia Thermæ & Spa Exclusive Services" (pages 3-5). Accommodation tax not included.



Global Thermalism

At the Hotel Savoia Thermæ & Spa the concept of thermalism gains a new meaning! Thermalism here means a combination of **THERMÆ** and **SPA** where each individual can enjoy the exceptional benefits of thermal therapies combined with the most modern treatments, coming from SPAS all over the world, according to personalized programs. The thermal treatments, which, organized in perfect coordination with the SPA health methods, make the innovative experience of **Global Thermalism**, are based on elements naturally found in our thermal territory: clay, bromidic iodic salt water, and microorganisms. The continual check-up of our guests by our primary doctor is essential. The doctor will prescribe every guest an **individual protocol** in perfect harmony with their personal needs and goals.

Traditional thermal treatments

MEDICAL EXAMINATION		€ 32,00
Compulsory for mud-therapy and bath-therapy		
MUD-THERAPY		€ 28,00
	<i>with Ozone-therapy</i>	€ 33,00
Application of BIO-thermal clay, thermal shower and regenerating therapeutic thermal bath		
BATH-THERAPY		€ 15,00
	<i>with Ozone-therapy</i>	€ 20,00
Regenerating therapeutic thermal bath on individual bath-tub with salty-bromine iodic thermal water		
OZONE-THERAPY		€ 5,00
Therapy with relaxing and analgesic action started during the therapeutic thermal bath		
THERAPEUTIC REGENERATING MASSAGE AFTER MUD		€ 28,00
	<i>(26 min.)</i>	€ 28,00
	<i>(55 min.)</i>	€ 48,00

After one session of mud-therapy, to increase its effects, it's made a full body regenerating massage. Its aide to contrast the natural sensation produced of warms treatment

Thermæ



INHALATION or AEROSOL € 8,00

The particular composition of water (containing sodium, bromine and iodine) plays a useful cleansing action on the mucous membranes of the respiratory tract (pharynx, larynx, bronchi). A cycle of treatments with thermal water is sufficient to obtain an intense mucolytic and decongestant actions. The inhalation therapy is good for everyone, but it is especially recommended for heavy smokers and children for the emollient and thinning actions. The most common diseases treated are: rhinitis, pharyngitis, laryngitis, sinusitis and chronic bronchitis

THERMAL BIO-ENERGETIC HYDRO-MASSAGE	<i>per person (20 min.)</i>	€ 25,00
	<i>in pairs (20 min.)</i>	€ 30,00
	<i>with a refreshing cocktail, per person +</i>	€ 7,00
	<i>with bottle of frozen sparkling wine and strawberries +</i>	€ 25,00

A therapeutic bath that exploits the benefits derived from thermal waters as well as the latest discoveries in the field of health and well-being, including: aromatherapy, chrome therapy, and music therapy. Aromatherapy utilizes essential oils derived from plants, chrome therapy utilizes the energy charge from light waves represented by beams of colored light, and music therapy provides relief from pain and tension through a relaxing therapeutic service. "Bio-project" is a special bathtub programmed for four kinds of treatment: calming, toning, anti-cellulite, and strengthening. Within each program there is a unique combination of essential oils, music, and colors

Rehabilitation

PHYSIOTHERAPY – KINESISTHERAPY	<i>(26 min.)</i>	€ 35,00
	<i>(55 min.)</i>	€ 60,00

The ideal completion of the classic thermal treatment for those who have been operated or in consequence of fractures; it restores the use of the articulations, reinforces the musculature, rehabilitates the tendon and ligament structures toning them up

HYDRO-KINESISTHERAPY	<i>(45 min.)</i>	€ 60,00
-----------------------------	------------------	---------

Therapy that exploits the physical and chemical properties of water for therapeutic means. Thanks to the immersion pool, the body's weight is lightened almost by 90%, allowing one to participate in rehabilitation exercises with noticeably reduced effort, producing excellent therapeutic results within a short period of time. Hydro-kinesitherapy is the ideal treatment for patients with a deficit in muscular strength, improving and maintaining this strength before intervention, as well as patients with arthritis, neurological illnesses, and the elderly who may find it difficult and painful to move on the ground

PERSONAL TRAINER	<i>(26 min.)</i>	€ 35,00
	<i>(55 min.)</i>	€ 60,00

Ideal for approaching or engaging in physical activity to improve their health and fitness. Thanks to the personal trainer, with the role of motivator, you can quickly learn and perform exercises of various kinds: exercises for back, exercises to strengthen the muscles, etc. ...

Global Mud-Therapy

Global Mud Therapy consists of 4 basic passages:

- 1 - Application of mud:** the mud (BIO-thermal clay) is applied directly to the skin at a temperature between 37-38°C for a period of 15-20 minutes. At the end of the mud application, it is removed through a thermal shower.
- 2 - Bath in thermal water:** the next step is immersion in a thermal bathtub for 8/10 minutes at a temperature of around 36-38°C, essential after mud application in order to induce muscular relaxation from thermal waters (the addition of ozone exercises further vasodilator action with a stimulating effect on blood circulation).
- 3 - Sweat reaction:** it is advisable after a thermal bath to return to your room and remain in bed well-covered for the duration of the sweat reaction.
- 4 - Therapeutic massage:** Finally, the guest is received in the tranquillity of designated rooms where he or she will receive a revitalizing massage that aims to stimulate muscular and nervous activity.

TRY GLOBAL MUD-THERAPY € 60,00

This treatment is only for those have never experienced a mud bath therapy session, and provides: **1 medical examination** (free) that recommends thermal treatment **1 application of mature certified mud** (BIO-thermal clay) and thermal shower **1 thermal bath** with analgesic ozone-therapy **1 regenerative therapeutic massage** (26 min.).

If you decide to continue with further Mud-therapy sessions, the cost for the medical examination for admission will be charged (€ 32.00).

GLOBAL MUD-THERAPY PROGRAMMES

- **N** applications of mature mud (BIO-thermal clay) and thermal shower
- **N** therapeutic regenerating thermal bath with ozone therapy
- **N** full body therapeutic regenerating massage (26 min.)
- Wellness Kit (hire of white bathrobe 1pair slippers)
- Pool Kit (hire of blue bathrobe, 1 cap, orange laundered towel each day)

For programmes **N=10** and **N=12** both bathrobes are changed on a weekly basis

N = 3	N = 5	N = 6	N = 10	N = 12
€ 195	€ 309	€ 365	€ 590	€ 690

Compulsory medical examination for admission € 32,00 to add to the programmes' prices.



OUR SPRING WATER

Feeling, trying, touching, discovering new rejuvenating experiences, to find harmony within that precedes well-being. Being healed by the water and thermal mud, finding new vitality in the soothing heat of the hot springs.

Health: a precious commodity that has neither age nor season. The bounty of our hot springs depends on the richness of Abano's waters: bromidic iodine salts, are found underground and are of geothermal origin. From the Pre-Alps, at around 1,000-1,500 meters, rainwater penetrates the ground at a depth of around

2,500-3,000 meters, being enriched along its course with mineral salts and becoming progressively hotter.

The water takes more than 25 years to travel the distance of 70-100 km that separates the Foothills of the Alps from the Euganean area, but returns to the surface rapidly, maintaining its more or less unaltered high temperature (75-87°C / 167-189°F) and its healing content.

The water's chemical composition and temperature play an important role in its therapeutic action in the mud and in the development of special vegetal (algae) and animal (micro-organisms) micro-flora that is formed during the maturation process of the mud, which, unique for its characteristics, becomes the most important healing element of the Euganean Thermal Basin.

The water and the mud have an important therapeutic effect for the body: pain-relieving and analgesic, resolving anti-inflammatory, relaxing and revitalizing, detoxifying and remineralising.

A vacation to the sources of well-being has one important goal: feeling good!

Medical pain relief therapies

ACUPUNCTURE for session € 50,00

Disease is defined as the loss of stability in various functional systems, and is treated by modifying the activity of one or more of these systems through the action of needles, pressure and heat applied to sensitive, small-sized body parts called "acupuncture points". There are twelve main channels, called meridians, vertically running along the body, bilaterally and symmetrically. Acupuncture is recommended for disorders such as: headache, migraine, insomnia, depression, smoking addiction, herpes zoster, constipation

TRIGGER POINTS THERAPY for session € 60,00

Analgesic therapy, also known as "**pain therapy**", is a set of specific non-pharmaceutical therapeutic methods applied to eliminate the cause of acute and chronic pain symptoms. Our primary doctor will help you in the following pathologies: cervical brachialgia, muscle contracture, epicondylitis or tennis elbow, periarthritis humeroscapularis, pain in the small joints, in the hands and feet, knee ache, lumbar-sciatalgia, lower back strain and whiplash injury



5 emotional rituals of thermal wellbeing

with natural extracts, fruit of the unique BIO-thermal clay from the Euganean Hills and enriched by the typical flavours of the Natural Park of the Euganean Hills.

● **WHITE CLAY • Microscrub • Detox thermal ritual** (50 min.) € 70,00

Exfoliating massage-pack with "stardust", revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud.

This "stardust" gently removes dead skin, giving the skin a healthy glow. Each scrub comes from the magical infusion of algae, primordial microorganisms and siliceous shells from the clay found in the Euganean Hills. Autumn fragrances and myrrh are added to ensure more profound emotional enjoyment.

● **YELLOW CLAY • Body Slim • Draining thermal ritual** (50 min.) € 70,00

Slimming clay massage-pack, revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud.

Yellow clay greatly affects the skin's appearance and significantly helps it to be healthy, soft and smooth. It minimizes the typical cellulite blemishes, thanks to a concentrate of an alga rich in polysaccharides and phycocyanin (ETS08). It improves the superficial micro-circulation and fights water retention. Flavoured with a sweet fig aroma, it helps you recover your energy and vitality for the body and mind.

● **GREEN CLAY • Body Tonic • Muscle relaxing thermal ritual** (50 min.) € 70,00

Treatment with muscle relaxing massage (80 min.) € 99,00

Fatigue-relieving clay massage-pack, revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud or muscle relaxing massage.

Green clay has a high toning power that's both soothing and decongestant, thanks to the functional components of the algae ETS05. Thanks to its delicate perfume of Coriander, a fresh spicy note, it gives a revitalizing effect.

● **RED CLAY • Anti-age Protection • Grape-therapy energising thermal ritual** (50 min.) € 70,00

Treatment with toning massage (80 min.) € 99,00

Toning clay massage-pack, revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud or toning massage.

A red clay enriched with a natural concentrate of red wine grapes from Vignalta® of the Euganean Hills and helps battle the signs of aging skin. It makes skin more elastic and firm. The precious functional components of red clay are well known for its regenerating properties. It helps improve superficial microcirculation and it revitalizes skin tissue. Its aromatic and fruity grape scent gives an intense sensation of flavourful energy.

● **BLUE CLAY • Anti-age Intensive • Anti-ageing thermal ritual** (50 min.) € 70,00

Treatment with Anti Aging-Massage (80 min.) € 99,00

Anti-ageing clay massage-pack, revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud or anti-ageing massage. Blue clay, thanks to the ETS03 alga, helps fight the aging of skin, improves skin regeneration and makes skin firmer by improving the superficial microcirculation. An intensive action is supported by Neroli's Essential Oil, which delivers warm and sweet sensations to alleviate physical and mental stress.



Wellness



Therapeutic massages

EXFOLIATING

body (26 min.) € 35,00
body (55 min.) € 55,00

Peeling-massage that eliminates devitalised cells, oxygenates the skin and renders it receptive to further treatments. In the 55-minute treatment, after the shower, a body massage with moisturising cream will be carried out

TRADITIONAL

(26 min.) € 30,00

Full body massage of immediate well-being, which reactivates the blood flow and de-contracting for the musculature (relaxing – draining – invigorating)

ANTISTRESS AROMATHERAPY

(55 min.) € 55,00

Complete sweet massage from the head to toes relaxing the musculature, unties the tension accumulation points infusing a state of deep wellness. Oil and cream with a citrus aroma are used; it is a balanced mix of vegetable oils and extracts enriched by essential oils, completely free of any paraffin derivatives and any trace of mineral oil, making it suitable for even the most sensitive skin types

FACE-NECK-SHOULDERS ANTI-STRESS

(26 min.) € 30,00

It's a particular regenerating massage, deeply relaxing and with an anti-aging effect

RELAXING WITH CANDLE

(55 min.) € 70,00

The pleasure of warm oil on your skin together with a massage cuddle you and make you feel good, giving your skin a new luminosity and beauty by means of a particular tool such as the massage candle

DE-CONTRACTING

back (26 min.) € 35,00
body (55 min.) € 55,00

Circulation reactivating massage with strong de-contracting features, above all on the lumbar and cervical musculature, that progressively helps to get rid of the nuisances and pains

SPORT WITH ARGAN OIL

(55 min.) € 70,00

Dedicated to those who have strained and contracted muscles and love a deep massage. The precious Argan oil, antioxidantizing and regenerating, caresses your skin together with an exclusive massage to relax contractures and relieve stress

MODELING WITH SPECIFIC PHIAL AND CREAM

localized (26 min.) € 35,00
body (55 min.) € 60,00

Massage by means of a powerful draining concentrate and a cutaneous textures restructuring cream, capable of modeling the critical points or the whole body. These products are rich in elements of marine origin and are not recommended to hyperthyroid people

LYMPHODRAINING	<i>legs (26 min.)</i>	€ 30,00
	<i>body (55 min.)</i>	€ 50,00
	<i>face (26 min.)</i>	€ 30,00

Particular massage technique with sweet and delicate waves, highly purifying, diuretic and relaxing: it improves the micro-circulation eliminating the toxins and excessive liquids, particularly in the face; it favours the cellular regeneration, alleviating bags and eye sockets

Ayurveda

SWEDANA – steam bath	<i>(20 min.)</i>	€ 35,00
-----------------------------	------------------	---------

The most well-known ayurveda heat treatment is swedana, or steam bath. The body is enclosed under a tent with the head remaining outside of it. This treatment stimulates the sweat glands and has a useful detoxifying effect on the body. You can choose from a variety of different kinds of essential oil synergies: VATA relaxing, PITTA draining, KAPHA toning up

UDWARTANA – ayurveda massage and steam bath	<i>(50 min.)</i>	€ 70,00
--	------------------	---------

The udwartana treatment is performed using micronized powder from plants and spices, mixed with valuable ayurveda oil or powder from rice and milk. The massage and peeling are decided and personalized according to the type of skin and typology of the person. Swedana, which follows, brings a deeper and more detoxifying action

ABYANGAM – ayurveda massage	<i>(55 min.)</i>	€ 70,00
	<i>Abyangam with steam bath (80 min.)</i>	€ 95,00

An aromatest is given at the beginning of treatment to determine your predominant dosha: by utilizing sense of smell and listening to your body, it instantly determines which massage will be best suited for you: calming (VATA) ayurveda massage, drainage (PITTA) ayurveda massage, toning (KAPHA) ayurveda massage. Ayurveda, a system of Indian medicine thousands of years old, claims the purpose of its treatment is to rebalance the energy of an organism and eliminate tension in the mind and body

PINDASVEDANAM – massage with warm pads	<i>(55 min.)</i>	€ 70,00
---	------------------	---------

This treatment is based on the use of rice-filled pads, called Pinda, made from natural materials. Once the pads are heated, they are used to trace the body through various movements, applying pressure at specific points. Within the ayurvedic tradition, it is considered a tried-and-true purification therapy that alleviates heaviness and stiffness in the body by promoting circulation of energy. From a physical point of view it stimulates both lymphatic and blood circulation, while the heat produced assists in the process of detoxification. This action further intensifies the activity of natural active principles contained in these precious rice oils, which are spread over the body

TIBETAN MASSAGE – ritual with Tibetan bells	<i>(55 min.)</i>	€ 70,00
--	------------------	---------

The Tibetan massage with bells is a particular and pleasurable ritual that increases vitality and decreases psychophysical tensions, contributing to the elimination of toxins that have built up in the body, reducing and alleviating the various types of joint and muscle pain, reducing anxiety and insomnia. Inspired by Ku Nye, an ancient indigenous practice belonging to the medical tradition born in Tibet over 3900 years ago

DUGHADHARA – milk treatment	<i>the body and head (80 min.)</i>	€ 95,00
	<i>only the head (50 min.)</i>	€ 65,00

This is one of the best therapies for the treatment of various disorders related to the head, neck, intestine and nervous system. It is perfect for soothing dermatitis, psoriasis, and various other skin disorders. While a drop of lukewarm milk is splashed on the body parts (forehead included), the mind and body recover their balance

DUGHADHARA HEAD AND FOOT REFLEXOLOGY	<i>(80 min.)</i>	€ 95,00
---	------------------	---------

This treatment is excellent for recovering the balance of the higher chakra, through the Dughadhara, and at the same time of all the body organs through foot reflexology

Ayurvedic paths

■ DRAINING & DETOXIFYING	€ 210,00
- 1 Udwartana with oil and powder from plants and spices (50 min.)	
- 1 Manual body lymphdrainage (55 min.)	
- 1 Abyangam (55 min.)	
- 1 Ampoule of aromatic oil for self-care at home	
- SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)	

■ ANTISTRESS	€ 259,00
- 1 Udwartana with powder from rice and milk (50 min.)	
- 1 Dughadhara body & head (80 min.)	
- 1 Pindaswedanam (55 min.)	
- 1 Ampoule of aromatic oil for self-care at home	
- SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)	

■ RIVITALIZING	€ 235,00
- 1 Udwartana with powder from rice and milk (50 min.)	
- 1 Tibetan massage with bells (55 min.)	
- 1 Abyangam (55 min.)	
- 1 Ampoule of aromatic oil for self-care at home	
- SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)	

■ REBALANCING	€ 359,00
- 1 Swedana (20 min.)	
- 1 Udwartana with oil and powder from plants and spices (50 min.)	
- 1 Abyangam (55 min.)	
- 1 Pindaswedanam (55 min.)	
- 1 Dughadhara body & head (80 min.)	
- 1 Ampoule of aromatic oil for self-care at home	
- SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)	

Wellness from the world

SHIATSU MASSAGE WITH CHROMO THERAPY	(26 min.)	€ 32,00
	(55 min.)	€ 60,00

Shiatsu literally means "fingers" (shi) and "pressure" (atsu). Ancient Japanese massage technique consisting in the dosed pressure of the fingers on specific points of the human body. The effect is intended to eliminate pain, muscle tension and joint stiffness typical of sedentary or stressful life

THAI STRETCHING MASSAGE	(55 min.)	€ 65,00
--------------------------------	-----------	---------

Based on stretching and relaxation of muscles and body joints. The compressions on the acupressure points performed by the massage reactive the venous and lymphatic circuit, play an effective action of "detachment" of the musculature making a significant improvement in muscle connective tissue, drain the liquid stagnating in excess. Contraindications and precautions for those who suffer from high blood pressure, presence of pacemaker or by-pass, osteoporosis or fracture non-calcified, pregnancy, herniated disc problems with possible serious

FOOT REFLEX MASSAGE	(26 min.)	€ 32,00
	(55 min.)	€ 60,00

Particular areas of the body or the corresponding organs through the stimulation of specific areas of the foot are unblocked and activated; both body and soul benefit from it, the blood flow and lymphatic flow, especially of the lower limbs, are improved

CALIFORNIAN MASSAGE	(55 min.)	€ 65,00
----------------------------	-----------	---------

Relaxing massage with seawater-based oil and perfumed essences, gentle stretches that evoke the waves of the Pacific. The primary purpose is to provide well-being and promoting relaxation of body and soul

LOMI LOMI	(55 min.)	€ 70,00
------------------	-----------	---------

It is a slow and deep Hawaiian massage technique suited for those who suffer from muscular contractures and need a moment of intense relaxation. Profound yet enveloping, it gives you the sensation of being cradled by the waves of the sea. The aromatherapy rebalances and reduces psycho-physical tension

HOT STONE MASSAGE	(50 min.)	€ 65,00
--------------------------	-----------	---------

Treatment based on the use of natural basaltic-stones formed by the sedimentary and volcanic activity. Once the stones have heated sufficiently are employed on the body with slow movements and rhythmic with smoothing, toning and anti-stress effects

KNEIPP STONE MASSAGE	(26 min.)	€ 35,00
-----------------------------	-----------	---------

The cold and hot basaltic-stones are employed to treat the zones with varicose veins and in the presence of frail capillaries

BACK STONE	(26 min.)	€ 35,00
-------------------	-----------	---------

Embracing manual and soothing skills are combined to the use of hot stones to relax the dorsal musculature

Energetic rebalancing treatments

CRANIAL-SACRAL THERAPY	(55 min.)	€ 60,00
-------------------------------	-----------	---------

A holistic technique that consists of lightly manipulating the cranial bones and spinal column, intervening on the cranial-sacral system, which is connected to every part of the body to infuse a state of deep wellbeing. The treatment is indicated for headaches, muscular and bone pain, depression, and stress

CRISTAL THERAPY	(55 min.)	€ 65,00
------------------------	-----------	---------

Therapy that aims to restore the balance of energy for a better quality of life and greater well-being

REIKI	(55 min.)	€ 60,00
--------------	-----------	---------

Reiki means "universal energy" and it is a natural method where the operator, through a gentle laying on of hands, creates a deep state of relaxation, rebalancing the disharmonic-energy and inspiring serenity and joy. At the end of therapy you feel revitalized, calm, at peace with yourself and with all

AQUA RELAX THERAPY	(45 min.)	€ 60,00
---------------------------	-----------	---------

Relaxation techniques in thermal waters

Wellness paths

<p>■ ANTISTRESS & ENERGETIC REBALANCING € 369,00</p> <ul style="list-style-type: none"> - 1 Antistress aromatherapy massage (55 min.) - 1 Relaxing massage with candle (55 min.) - 1 Cranial-sacral therapy (55 min.) - 1 Shiatsu with chromo therapy (55 min.) - 1 Foot reflex massage (55 min.) - 1 Cristal therapy (55 min.) - SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap) 	<p>■ RELAXING & DETOXIFYING € 365,00</p> <ul style="list-style-type: none"> - 1 Manual body lymphdrainage (55 min.) - 1 Hot Stone massage (55 min.) - 1 De-contracting body massage (55 min.) - 1 Californian massage (55 min.) - 1 Relaxing massage with candle (55 min.) - 1 Aqua relax therapy (45 min.) - SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)
<p>■ TRIP AROUND THE WORLD € 379,00</p> <ul style="list-style-type: none"> - JAPAN: Shiatsu massage with Chromo Therapy (55 min.) - THAILAND: Thai Stretching massage (55 min.) - CALIFORNIA: Californian massage (55 min.) - USA: Hot Stone massage (55 min.) - INDIA: Abyangam ayurvedic massage (55 min.) - ITALY: Antistress Aromatherapy massage (55 min.) - SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap) 	<p>■ MINI-TOUR AROUND THE PACIFIC € 199,00</p> <ul style="list-style-type: none"> - CALIFORNIA: Californian massage (55 min.) - USA: Hot Stone massage (55 min.) - HAWAII: Lomi Lomi massage (55 min.) - SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)



DIBI Milano – HiTech Beauty The Technologies

FACE

NVP = NUOVAPELLE (NEW SKIN): the antiageing system that regenerates and rejuvenates

It associates two technologies: LASER and BIPOLAR RADIOFREQUENCY. The LASER implements the photobiostimulation of cells, increasing their metabolism and favoring the oxygenation of tissues with a regenerative effect. BIPOLAR RADIOFREQUENCY focalizes its activity on the first millimeters of the skin, in correspondence with tissues that are rough and wrinkled, through the emission of an alternate current, opposing the signs of ageing by promoting the formation of new collagen and an increase in the exchange of intra and intercellular substances.

MSF = MESO FACE: trans-dermal conveyance of hyaluronic acid with DIBI Skin Power

The BIOREVITALIZAZION WITH AESTHETIC MEDICINE thanks to a serum with a technologically advanced formulation, set up in controlled atmosphere to guarantee maximum integrity and pureness. Its action is multifunctional: it stimulates the collagen synthesis, acts as a powerful anti-oxidant, improves the quality of the inter-cellular exchanges between dermis and epidermis. Thanks to the capability of keeping high quantities of water, it assures a visible "pulp" turgidity effect, smoothing and revitalizing the skin, making it brighter and elastic. An outright " beauty cocktail" conceived to maximize the results and the specific actions of the facial DIBI treatment actions (DOES NOT CONTAIN PERFUME).

FACE & BODY

DSP = DIBI Skin Power: the system that goes deep with Meso action

Hi-performance technology that by means of ELECTRO-PERMEATION gives the skin a high intake of active principles. This treatment creates new temporary access channels in the epidermis stratus, that added up with those physiologically present in the epidermis, increase the functional substances that the skin receives. Part of the transmitted active principle sediments in the cutaneous texture, creating a DERMAL RESERVOIR, that will be gradually released in the following 24-48 hours, protracting the benefits of the treatment. Thanks to this unique equipment, DIBI can claim intensive transmission of the active ingredient and a specific, immediate and direct action at the heart of the imperfection: Meso action.

DRF = DIBI Skin RF: rejuvenates, tones, slims, remodels

RADIOFREQUENCY is a flow of electromagnetic energy that cross through the skin, heats the tissues from the inside and helps reactivate the body's resources. A new system to help rejuvenate tissues by attenuating facial wrinkles (the new concept of day-lifting) and lax bodily skin and by effectively treating unsightly cellulite using a very pleasant method.

Beauty



Facial treatments

BASE PERFECTION	MANUAL	(55 min.)	€ 70,00
	MSF	(55 min.)	€ 90,00

A beauty treatment that reactivates the skin structures and functionally exfoliates the epidermis to make it more receptive and vital. Also ideal as complete preparation before a cycle of treatments (with or without squeezing)

HYDRA PERFECTION	MANUAL	(55 min.)	€ 70,00
------------------	--------	-----------	---------

HYDRA PERFECTION CON VELLO DI COLLAGENE	MANUAL	(55 min.)	€ 95,00
	MSF	(55 min.)	€ 125,00

A cosmetic treatment that assures **the optimal balance of hydration and nourishment** of the skin on every level in different weather conditions, that is, **suitable for the various climates and countries of the world. Rich in Hyaluronic acid** and highly functional active ingredients, the line proves to be ultra-high performance, providing an extreme youth effect right from the first application. Suitable for any type of skin, from the youngest to the most mature, be it male or female. For a fresh, bright, vital face. Protects the skin from the loss of hydration, nourishes it and gives it amazing vitality

LIFT CREATOR	MANUAL	(55 min.)	€ 95,00
	DSP + DRF	(55 min.)	€ 120,00
	DSP + NVP	(85 min.)	€ 150,00

A new generation lifting treatment to restore the epidermis, raise the oval of the face, correct wrinkles and re-densify tissues. Skin that is restored, lifted, more toned and compact

FILL PERFECTION	MANUAL	(55 min.)	€ 95,00
	DSP + DRF	(55 min.)	€ 120,00
	DSP + NVP	(85 min.)	€ 150,00

The perfection of the 1st advanced cosmetic filler. A professional treatment with an extraordinary filling and anti-age effects. A real "shock" treatment that fills and relaxes wrinkles and expression lines for a perfect face in just 5 treatments. **EXCLUSIVE ACTIVE INGREDIENT "Biotech Hyalufill Complex"** a complex of active ingredients rich in **Hyaluronic Acid and Peptides** that stimulates the fibroblasts to produce more collagen, helping fill the wrinkles from the inside and out, with an overall, progressive repulping effect. It reduces expression wrinkles by relaxing the facial muscles. And **Eye Liss** for an anti-eye-bag effect and **Nanospheres of Vitamins A and E**, recognised for their antioxidant action

AGE PERFECTION EYE or LIP CONTOUR	MANUAL	(26 min.)	€ 45,00
		<i>in addition to facial treatment +</i>	€ 30,00

AGE PERFECTION

MANUAL	(55 min.)	€ 95,00
DSP + DRF	(55 min.)	€ 120,00
DSP + NVP	(85 min.)	€ 150,00

The perfection of the global anti-age treatment par excellence. A beauty treatment that has a global anti-age effect. The **SOLUTION** for: **Chrono-ageing** (fine and deep wrinkles) because it protects the extra-cellular matrix; **Photo-ageing** (loss of elasticity and collagen degradation) because it protects the fibroblasts from UV damage through an antioxidantizing action; **Chromo-ageing** (spots and redness) because it acts on skin chromophores and reduces melanin and hemoglobin. It is therefore indicated for mature skin with wrinkles, skin color alterations, enlarged pores and uneven or blotchy skin color

DIBI Face Programmes with DIBI Skin Power + NUOVAPELLE

■ 2 TREATMENTS minimum 2 days

€ 220,00
instead € 250,00

- 1 Base Perfection (55 min.)
- 1 Face treatment (85 min.) to choose among Age Perfection or Lift Creator or Fill Perfection with DIBI Skin Power + NUOVAPELLE technologies
- **GIFT:** 1 Age Perfection eye or lip contour (value € 30,00)

■ 4 TREATMENTS minimum 6 days

€ 520,00
instead € 580,00

- 1 Base Perfection (55 min.)
- 3 Face treatments (85 min.) to choose among Age Perfection, Lift Creator and Fill Perfection with DIBI Skin Power + NUOVAPELLE technologies
- **GIFT:** 2 Age Perfection eye or lip contour (value € 60,00)

■ 6 TREATMENTS minimum 10 days

€ 820,00
instead € 910,00

- 1 Base Perfection (55 min.)
- 5 Face treatments (85 min.) to choose among Age Perfection, Lift Creator and Fill Perfection with DIBI Skin Power + NUOVAPELLE technologies
- **GIFT:** 3 Age Perfection eye or lip contour (value € 90,00)

DIBI Face Programmes with DIBI Skin Power + DIBI Skin RF

■ 2 TREATMENTS minimum 2 days

€ 190,00
instead € 210,00

- 1 Base Perfection (55 min.)
- 1 Face treatment (55 min.) to choose among Age Perfection or Lift Creator or Fill Perfection with DIBI Skin Power + DIBI Skin RF
- **GIFT:** 1 MESO FACE during Base Perfection (value € 20,00)

■ 3 TREATMENTS minimum 3 days

€ 299,00
instead € 360,00

- 1 Base Perfection (55 min.)
- 2 Face treatments (55 min.) to choose between Age Perfection or Lift Creator or Fill Perfection with DIBI Skin Power + DIBI Skin RF
- **GIFT:** 1 MESO FACE during Base Perfection + 1 Age Perfection eye or lip contour (value € 50,00)

■ 5 TREATMENTS minimum 5 days

€ 550,00
instead € 630,00

- 1 Base Perfection (55 min.)
- 4 Face treatments (55 min.) to choose between Age Perfection or Lift Creator or Fill Perfection with DIBI Skin Power + DIBI Skin RF
- **GIFT:** 1 MESO FACE during Base Perfection + 2 Age Perfection eye or lip contour (value € 80,00)

Specific Body Zone treatments

MESO PERFECTION = DRAINING ANTI-CELLULITES MASSAGE

From beneath the breast to the ankles

DSP or DRF	INTENSIVE (55 min.)	€ 80,00
MANUAL	BASIC (55 min.)	€ 65,00

An exceptional efficacious and rapid way to oppose cellulite in its various stages. Ideal to decrease the orange peel effect and get back a perfect silhouette. **The treatment:** DIBI Skin RF for a SLIMMING action or DIBI Skin Power for a MESO action (only with the INTENSIVE treatment), application of the professional Intensive-System anti-cellulite fluid and drainage massage from below the breasts to the ankles

SHAPE PERFECTION = REDUCING ANTI-FAT MASSAGE

Hips and waist

DSP or DRF	INTENSIVE (55 min.)	€ 80,00
MANUAL	BASIC (55 min.)	€ 65,00

A beauty treatment that has an intensive and rapid effect on widespread or localized adiposity in order to help reduce volumes. **Treatment:** DIBI Skin RF for a REDUCING action or DIBI Skin Power for a MESO action (only in INTENSIVE treatment), application of a modelling mask and shaping massage for hips and waist

TONIC PERFECTION = TONING-FILLING MASSAGE

Abdomen, gluteus and inner thighs

DSP or DRF	INTENSIVE (55 min.)	€ 80,00
MANUAL	BASIC (55 min.)	€ 65,00

A beauty treatment that helps keep skin toned, compact and elastic, opposing skin relaxation. **Treatment:** DIBI Skin RF for a FIRMING action or DIBI Skin Power for a MESO action (only in INTENSIVE treatment), application of a toning mask, tonic massage for abdomen, gluteus and inner thighs

INTENSIVE Body Programmes with DIBI Skin Power & DIBI Skin RF

■ 2 TREATMENTS 1 day

€ 115,00
instead € 130,00

- 1 Peeling (26 min.)
- 1 INTENSIVE treatment (55 min.) with DIBI technology to choose between DIBI Skin Power or DIBI Skin RF
- **GIFT:** 1 application of a tonic vial on breasts or arms (value € 15,00)

■ 4 TREATMENTS minimum 3 days

€ 275,00
instead € 320,00

- 1 Peeling (26 min.)
- 3 INTENSIVE treatment (55 min.) with alternate DIBI Skin Power and DIBI Skin RF technologies
- **GIFT:** 3 applications of a tonic vial on breasts or arms (value € 45,00)

Beauty Nourishment: choose your “Green Therapy”
NO PARABENS. NO PARAFFINS. NO PETROLIUM JELLY. NO ETHYL ALCOHOL.

REGENERATING RITUAL “Thalasso Scrub” *body (55 min.)* € 65,00

In order to deeply purify the skin and reinstate softness (for the whole body). The treatment starts with the cleansing based on a “detergent regenerating wave” and the Loofah sponge; then the scrub massage with the blend of gel creams, sea salt grains and oils, renovate, smooth and nurture the skin. During the relaxation pause, the obtained pack recalls the liquids on the surface by osmosis. Finally the restructuring cream is spread with caressing gestures, giving the skin a velvet aspect

MOISTURISING RITUAL “Thalasso” *face + eye contour (55 min.)* € 70,00

The energy of the sea to bring back color and vitality and splendor to your face. The first step is a soft gel with a detoxifying tonic, applied with a gentle massage to cleanse and rejuvenate the skin. A fine oyster powder and Caribbean Sea salt in a velvety scrub efficaciously produce a natural cosmetic micro-dermoabrasion effect. An ultra-soft serum wraps the skin in precious active sea ingredients together with a silky mask on the face, neck and chest. And to complete the treatment, an ultra-soft cream to exalt the beauty and luminosity of the skin

NOURISHING RITUAL “Rice Delight” *body (55 min.)* € 70,00
body (85 min.) € 95,00

The Rice Delight ritual, dedicated to all skin types, is a combination of rice derivatives (protein, bran oil, starch, gamma oryzanol), which work together to make your skin more elastic. The program is developed in three steps (massage with milk cream and rice packs, rice flour compress and prolonged wellness massage), which, also thanks to the powerful action of extremely pure phytoextracts, nourish and perfectly moisturise your skin

NOURISHING RITUAL “Rice Delight – Wholegrain Cosmetics” *face (55 min.)* € 70,00

Dedicated to all skin types, this facial treatment is particularly precious because thanks to a new approach to nature through integral cosmetics, which uses products rich in a wonderful trio of wholegrain rice (classic rice, Ecocert purple rice extract and black rice) and in vitamin E and lycopene, substances renowned for opposing oxidation processes. It deeply nourishes the epidermis, giving your skin an immediate feeling of wellness and extraordinary vitality

MOISTURISING-BUFFING RITUAL “Pumpkin Nectar” *face (55 min.)* € 70,00

If your facial skin suffers from an excess of sebum, the treatment tailor-made for you is Pumpkin Nectar. Rich in Natural Skin Food Complex™ created to restore the right amount of skin moisturizing and a flawless complexion. Perfect to give your face a matte-effect and a smooth tone without greasiness. It balances sebum production and gives the skin a constant and proper hydration

BERBER RITUAL “Argan Oil” *body (55 min.)* € 90,00
body (85 min.) € 120,00

The Black Soap with Argan Oil is the ideal treatment for deeply regenerating the skin and having a perfectly relaxed body. A unique feeling in three moments (hot jet shower, massage with black soap and kassa glove, long Berber massage with Argan oil) that nourish and restructure the skin deep

CACAO-THERAPY *body (55 min.)* € 60,00

Melt in a chocolate massage, a real multisensory full-immersion in physical and mental wellbeing into four moments (taste, massage, intensive action and body pampering). Effective action on the skin: moisturizing, draining and anti-aging

Face Programmes “Green Therapy”

■ **2 TREATMENTS**
minimum 2 days

€ 129,00
instead € 140,00

- 2 Face Rituals (55 min.) to choose among Thalasso, Rice Delight, Pumpkin Nectar

■ **3 TREATMENTS**
minimum 3 days

€ 189,00
instead € 210,00

- 3 Face Rituals (55 min.) to choose among Thalasso, Rice Delight, Pumpkin Nectar

Body Programmes “Cuddles & Green Therapy”

■ **3 TREATMENTS**
minimum 2 days

€ 179,00
instead € 195,00

- 1 Body Ritual Thalasso Scrub (55 min.)
- 1 Body Ritual Rice Delight (55 min.)
- 1 Cacao Therapy (55 min.)

■ **4 TREATMENTS**
minimum 3 days

€ 269,00
instead € 285,00

- 1 Body Ritual Thalasso Scrub (55 min.)
- 1 Body Ritual Rice Delight (55 min.)
- 1 Body Ritual Argan Oil (55 min.)
- 1 Cacao Therapy (55 min.)

Facial thermal Endocosmetic

SOFT DEEP CLEANSING Face (55 min.) € 49,00

A cleansing suitable for sensitive skin with little impurities: deep cleansing, ozone steam, SOFT squeezing, short massage, thermal treatment and eyebrow adjustment

STRONG DEEP CLEANSING Face (85 min.) € 79,00

Appropriate for oily skin with a lot of impurities: deep cleansing, ozone steam, STRONG squeezing, use of high frequency for a superior disinfection and healing of the pores, prolonged massage, thermal treatment and eyebrow adjustment

THERMAL TREATMENT Face (26 min.) € 30,00

+facial manual lymphodrainage (55 min.) € 59,00

+antistress massage for face-neck-shoulders (55 min.) € 59,00

Cleansing, peeling (if necessary), active concentrate, mask and massage. Quickly restores radiance to your skin

Beauty Programmes

■ 3 TREATMENTS

€ 114,00
instead € 127,00

- 1 exfoliating body massage (26 min.)
- 1 traditional body massage (26 min.)
- 1 soft deep facial cleansing (55 min.)
- **GIFT:** 1 UVA Solarium Total Body (15 min.)

■ 6 TREATMENTS minimum 3 days

€ 219,00
instead € 245,00

- 1 exfoliating body massage (26 min.)
- 1 traditional body massage (26 min.)
- 1 soft deep facial cleansing (55 min.)
- 1 facial thermal treatment (26 min.)
- 1 pedicure
- 1 manicure with nail polish application
- **GIFT:** 2 UVA Solarium Total Body (15 min.)

Special Light Legs

PRESS-THERAPY LINFODERM (32 min.) € 30,00
3 sessions € 84,00 instead € 90,00
5 sessions € 139,00 instead € 150,00

About the 70% of the population presents beauty flaws due to the water retention and bad circulation, as well as heaviness and swelling problems of the legs. The press-therapy embodies a valid support to handle beauty flaws that hit the inferior limbs with personalized programs:

- **DETOXIFYING:** Facilitates the elimination of excess water and of the free radicals contained within it, relieving the lymphatic system, assisting the depurative liver and kidney functions
- **MICROCIRCULATION:** improves blood circulation, increasing the quality of oxygen available to the tissues and facilitates venous flow of carbon dioxide and catabolites. Delicate vascular exercise that keeps capillaries that are normally dilated, elastic and efficient
- **EDEMATOUS LEGS/EDEMATOUS THIGHS:** recommended for legs with beauty problems caused by cellulite or localised fat, performs a lipolytic and slimming action
- **ABDOMEN:** the "bloating stomach" is a common problem for the majority of women, caused by swellings, retention and fat; this programme helps to diminish the sense of bloating in a significant way
- **PREGNANCY:** light and delicate effective way to drain the lower limbs for a pregnancy with reduced formation of oedemas of the legs, stretch marks and "thread veins"
- **PRE-POST SURGERY:** improves the quality of tissues involved in medical-surgical treatments, which are prepared reducing stasis to the minimum. Favours the reduction of adipose deposits, with a redefinition of the silhouette. Improves the superficial skin appearance and prevents post-surgery accumulations and depressions. Reactivates superficial microcirculation compromised by scars and by the operation

PRESS-THERAPY + CRIO THERAPY (cold gel application) (32 min.) € 45,00
3 sessions € 120,00 instead € 135,00
5 sessions € 190,00 instead € 225,00

Cold gel made with natural menthol is a great help for beauty problems like cellulite and tissue flaccidity. Provides immediate relief to legs affected by heat, tiredness, swelling and a sense of heaviness. Thanks to the pleasant sensation of freshness, it works by stimulating an effective tensor effect with brings back tone, energy and vitality

Programmes for Light Legs

■ 4 TREATMENTS minimum 2 days

€ 129,00
instead € 145,00

- 1 exfoliating body massage (26 min.)
- 1 press-therapy + crio therapy (32 min.)
- 1 manual lymphodrainage for legs (26 min.)
- 1 Kneipp Stone massage (26 min.)

■ 8 TREATMENTS minimum 4 days

€ 269,00
instead € 287,00

- 1 exfoliating body massage (26 min.)
- 2 press-therapies + crio therapy (32 min.)
- 2 manual lymphodrainages for legs (26 min.)
- 2 Kneipp Stone massages (26 min.)
- 1 foot reflex massage (26 min.)

Rituals for couples

THERMAL BIOENERGETIC HYDROMASSAGE	(20 min.)	per couples	€ 30,00
	refreshing cocktail (20 min.)	per couples	€ 44,00
	with bottle of frozen sparkling wine and strawberries	per couples	€ 55,00

A special moment: wrapped in the warm embrace of the thermal waters, revitalised by the light and the relaxing notes with essences in position to stimulate the mind to the point of ultimate relaxation

PURIFYING WAVE	(55 min.)	per couples	€ 140,00
-----------------------	-----------	-------------	----------

Sea treatment to cleanse both skin and emotions. Natural loofah sponges deterge the epidermis in depth and renovate, without assaulting it. The long lasting massage has an exfoliating action, with crystals of salt and aromatic oils, and then with the use of a cream rich in sea weeds relaxes the senses and leaves the skin smooth and transparent with a silk feel to it

TWIN CANDLE MASSAGE	(55 min.)	per couples	€ 180,00
----------------------------	-----------	-------------	----------

Give in to the spoils of the pleasant sensation of fluid and light vegetal butter drops that will fall on your skin with sweet warmth, easing any tensions, invigorating your body, liberating yourself from inhibitions and fatigue, giving your body a health boost by finding new passions...

SENSUAL ARGAN EXPERIENCE	(55 min.)	per couples	€ 150,00
---------------------------------	-----------	-------------	----------

An exclusive ritual of Moroccan seduction to experience in a couple, to restore maximum splendour and a renewed sensual charge to the body. The soaping with black soap and kessa glove that stimulates cell renewal and reactivates the circulation, a hot deluge-head shower and at the end the sublime Argan oil Berber massage. The pleasure of the treatment on the skin together with the actions of the massage, offer a moment of pampering and intense wellness, giving new luminosity and beauty to the body

CACAO THERAPY	(55 min.)	per couples	€ 140,00
----------------------	-----------	-------------	----------

Full authentic multi-sensorial immersion in physical and mental wellbeing, where the food of the Gods becomes the fundamental ingredient for the relaxation of the couple

RICE THERAPY	(55 min.)	per couples	€ 150,00
---------------------	-----------	-------------	----------

Rice derivatives in a ritual treatment with elasticizing, nutrient and emollient properties for the skin of your entire body. Particular warm bundles filled with rice alleviate tension and purify the skin and sweetly deep moisturize. A moment of pure pleasure that cuddles the body and satisfies the senses

WINE THERAPY	(55 min.)	per couples	€ 150,00
---------------------	-----------	-------------	----------

Grape pampering so as to regenerate mind and body. An overflow of polyphenols extracted from the grape skin so as to renovate and rejuvenate the body skin; and all of it accompanied by a nice glass of red wine from the Euganean Hills

EMOTIONAL SENSORY RITUAL	(100 min.)	per couples	€ 210,00
---------------------------------	------------	-------------	----------

Ideal for a regenerated skin and a perfectly relaxed body, a unique sensation in 4 steps: the ritual starts with a Turkish bath in the "Aromarium" version, followed by savonage in the couple's room with black soap and kessa glove that stimulates cell renewal and reactivates circulation, then a hot shower with rain effect and finally a sublime Berber massage with Argan oil

ORIENTAL PURIFYING RITUAL	(100 min.)	per couples	€ 160,00
----------------------------------	------------	-------------	----------

The secret of the Rasul Bath is the action of 4 elements: water (Turkish bath), fire (heat), air (essences) and earth (clay). The ritual begins inside the Turkish bath, you will be invited to cover each other's bodies with a thermal clay mixture with an active ingredient of your choice (detoxifying, drainage, muscle relaxing, energizing grape therapy, anti-aging). The warmth contributes to eliminating toxins, while the action of the mud relaxes and tones skin, which becomes softer and smoother thanks to the peeling effect. The steam inhaled influences the oldest part of the brain, the hypothalamus, which produces endorphins, the hormones of pleasure. A cool chromotherapy shower with rain shower effect eliminates what remains of the compresses and lowers body temperature. After, a bioenergetic thermal hydromassage in two, with aroma, chromo and music therapy. The ritual concludes with a relaxing massage per person in a single room **(supplement for massage in couple's room + € 20,00)**

SEA REGENERATING RITUAL	(100 min.)	per couples	€ 200,00
--------------------------------	------------	-------------	----------

It begins with the Rasul Bath: salt and mud of sea algae for a purifying and drainage effect, sea vapors to relax the body and mind; it follows with a rebalancing Antistress-Shell massage treatment that alternates traditional manual ability with stimulation of the entire body through the relaxing waves created by shells, thanks to using essential oils based on sea water. A sensory experience that also involves the sense of smell and gives a deep sense of wellbeing

SPA PASSION



■ € 230,00* per couple with 1 ritual

■ € 350,00* per couple with 2 rituals

- Ritual for couple (55 min.) to choose among Purifying Wave, Twin Candle Massage, Cacao-Therapy, Rice-Therapy, Wine-Therapy
- 1 Hydro massage IN COUPLES (20 min.) with revitalising cocktail: wrapped in the warm embrace of the thermal waters, revitalised by the lights and the relaxing notes with essences that can stimulate your mind and help you transcend into a state of pure relaxation...and all this with your own privacy
- 1 Bottle of frozen sparkling wine and a bowl of whole strawberries in your room (you choose when!)
- SPA kit (hire of white bathrobe and 1 pair slippers; for the pools: clean towel each day and 1 pool cap)



Water becomes vapour. Here vapour becomes Relaxation and Wellness

Our SPA is a little thermal Relaxation Oasis: a new environment with precious details, in which to take refuge and relax, with the warmth of rituals from ancient memories.

Natural stone, Hemlock-wood, river pebbles and color-therapy everywhere wrap all the senses, a comfort zone where sun and moon meet in the cradle of earth tones... So the new SPA is dressed of new light to purify body and mind, finding new splendour today as in ancient SPAs.

The SPA is located on the ground floor in the area for the thermal pools. The SPA can be used in the **"Free SPA"** version and in the **"Private SPA"** or **"Private Zone"** version at the list prices.

Free SPA

Open every day from 3:00 to 7:00 pm.

Accessible only to Guests 18 years of age and over. It is equipped with a Finnish sauna, Turkish bath in "Aromarium" version, emotional showers and sensory tunnel with Kneipp circuit and lumbar-buttock aquamassages.



- | | | |
|--|---|--|
| 1. Changing room | 6. Sauna | 11. Sensory Tunnel with Kneipp circuit and lumbar-buttock Aquamassages |
| 2. Antimycotic | 7. Comfort Zone | 12. Emotional "Cold Mist" shower |
| 3. Chromotherapy "Rain" shower | 8. Chromotherapy "Rain" shower | 13. Emotional "Sensory Circuit" shower |
| 4. Emotional "Tropical Rain" or "Cold Mist" shower | 9. Turkish Bath | |
| 5. "Rain" shower | 10. "Cervical Waterfall" chromotherapy shower | |

SPA



Private SPA

Open every day in the morning upon reservation.

Admission for singles, couples or groups, to celebrate a special event, an anniversary or simply to enjoy the SPA in private. It is equipped with: sauna (choose between "Finnish" version or "bio"), Turkish bath (choose among "Aromarium" or "Marine Tepidarium" or "Rasul"), emotional showers, sensory tunnel with Kneipp circuit and lumbar-buttock Aquamassages, wellness herb teas corner.

Private SPA rates	only 1 person	only 1 couple	per person (min. 3 people)
1 hour 15 min.	€ 50,00	€ 70,00	€ 30,00
1 hour 15 min. + Kit Spa (bathrobe, slippers and pool cap)	€ 60,00	€ 90,00	€ 40,00

Turkish bath in Rasul version + € 10,00 per person

Private Zone

Open every day in the morning upon reservation.

To ensure your privacy it's not necessarily need to reserve the entire Private SPA! It is possible to reserve separately the services of the SPA (mornings only). In this formula the entire Private SPA will not be for the exclusive use, but the single reserved ambient (sauna or Turkish bath). Sensory tunnel and showers will still be active for free by reserving one of the services listed below. It should be borne in mind however that the use of tunnel and showers may be non-exclusive when the services (sauna and Turkish bath) are separately reserved within the same time slot.

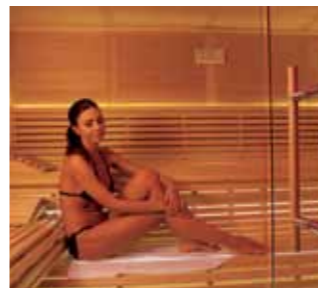
Private Zone rates	inside SPA	only 1 person	only 1 couple	per person (min. 3 people)
PRIVATE SAUNA (<i>"Finnish" or "Bio" version</i>)	45 min.	€ 20,00	€ 30,00	€ 15,00
PRIVATE BATH (<i>Turkish bath in "Aromarium" or "Marine Tepidarium" version</i>)	45 min.	€ 20,00	€ 30,00	€ 15,00
PRIVATE RASUL (<i>Turkish bath in "Rasul" version</i>)	1 hour	€ 40,00	€ 70,00	€ 30,00

The areas of the SPA and their versions

SAUNA

"Finnish" version: dry heat bath at a temperature of 80-90°C with relative humidity below 15%. It contributes to favoring physical and mental relaxation and relieving stress; it favors eliminating toxins, activates cell metabolism in the skin and helps keep it healthy, rested and radiant.

"Bio" version: heat bath at a temperature under 60°C with relative humidity at around 35%. A regenerating sauna, similar to hay baths in Alto Adige; it is particularly indicated for those who cannot tolerate even the smallest cardio-circulatory stress that a dry heat sauna requires, though it offers the same health benefits. Moreover, the aromatic essences purify the respiratory apparatus.



TURKISH BATH

"Aromarium" version: aromatic steam bath at a temperature of 45-48°C and relative humidity close to 100%. The combined action of heat and steam favors sweating and permits the pores to dilate, consequently eliminating skin impurities and considerably increasing its radiance and softness. Aromatherapy infuses a state of pleasant wellbeing.

"Marine Tepidarium" version: a bath saturated with hot humid air that reproduces the structure of sea air and water with humidity at 90% and a temperature between 37° and 40°C. Recreating a marine microclimate and being a rich natural source of mineral salts and essential oligoelements, a marine tepidarium session drains and tones tissues and slows down skin ageing. It stimulates circulation, improves respiratory functions, relieves rheumatic and muscular pain, and is extremely anti-stress.



"Rasul" version: alone or with a partner you will be invited to spread selected elements on your body. It differs from the traditional Turkish bath because it is less hot, with the temperature never over 40°C, alternating with mild steam, which makes the treatment more gradual and pleasant. Through sweating the body expels toxins and absorbs the curative substances in the compress. The peeling effect makes skin soft and smooth. The vapours inhaled influence the most primigenial part of the brain, the hypothalamus, which produces endorphins, the happy hormones. Finally, passing from warm water to cold water is an excellent work out for blood circulation





■ SENSORY TUNNEL

A circuit created for global health. The steps:

- Cervical waterfall emotional shower
- Lumbar Aquamassages
- Kneipp circuit alternated with water jets at different temperatures (the Kneipp hydrotherapy circuit has a beneficial effect of vascular gymnastics that favors circulation and provokes peripheral vasodilatation, increasing tone, drainage and metabolic exchange)
- Buttocks Aquamassages
- Cold mist emotional shower



■ EMOTIONAL SHOWERS

Able to create spectacular atmospheres with an incredible emotional impact, to let you be transported into a dimension of scents, sounds and vibrant colors, to create a moment of surprising relaxation. The best aromatic essences with the beneficial water jets complete a moment that becomes an event, in order to best take advantage of the hydro-chromo-aromatherapy properties.

“Rain” shower: chromotherapy shower with mixed water, perfect after a Finnish sauna.

“Cold mist” shower: very fine spray, almost velvety, with fresh water and natural essences and relaxing chromotherapy. Tones and regenerates.

“Tropical rain” shower: the water powerfully flows at a warm temperature. The natural aromatherapy and energizing chromotherapy wrap around you.

“Sensory circuit” shower: a pleasant experience is alternating cold mist with combined essences and lights to then go under the relaxing warmth of the tropical rain shower.

“Cervical waterfall” shower: The waterfall for the cervical area massages the neck and shoulders to relieve muscular tension due to stress, also favouring decontraction.

Thermal Hair Spa

The thermal treatments are specific wellbeing rituals for the scalp and hair, using the unique properties of thermal water and its minerals.

ANTI-HAIR LOSS THERMAL TREATMENT	(26 min.)	€ 39,00
	Treatment with style	€ 65,00

Re-mineralising mud - hair loss shampoo - hair loss lotion and massage

ANTI-DANDRUFF THERMAL TREATMENT	(26 min.)	€ 39,00
	Treatment with style	€ 65,00

Dandruff mud - dandruff shampoo

SEBUM-REGULATOR THERMAL TREATMENT	(26 min.)	€ 39,00
	Treatment with style	€ 65,00

Sebum regulator mud - sebum regulator shampoo

RECONSTITUTING THERMAL TREATMENT	(26 min.)	€ 45,00
	Treatment with style	€ 65,00

Restorative shampoo - dry, damaged and weak hair treatment, protective spray conditioner

HAIR-DRIED STYLE OR ROLLERS (Cream + Fixer Or Foam Included)		€ 25,00
	Long hair +	€ 5,00

MEN'S CUT		€ 20,00
-----------	--	---------

For additional services (e.g. dye, highlights, etc.), please contact the SPA coordinator. Advance booking compulsory.

Beauty Services

Solarium UVA Total Body (15 min.)	1 token € 13,00 3 tokens € 32,00 6 tokens € 59,00
Complete hair-removal (legs + groin)	(55 min.) € 45,00
Partial hair-removal (half leg + groin)	(26 min.) € 28,00
Partial hair-removal (arms + armpits)	(26 min.) € 28,00
Groin hair-removal	from € 10,00
Armpits or moustache hair-removal	€ 10,00
Complete hair-removal for man (chest + back)	€ 45,00
Partial hair-removal for man (chest or back)	€ 28,00
Eyebrow regulation	€ 10,00

SPECIAL FOR HANDS

Manicure (without nail polish)	(26 min.) € 25,00
Nail polish application or change	(15 min.) € 5,00
French manicure	(55 min.) € 45,00
Anti-age and anti-blemish treatment for hands	(26 min.) € 35,00
Anti-age treatment for hands + manicure	(55 min.) € 50,00
Application of semi-permanent nail varnish to the hands (dry manicure included)	(55 min.) € 50,00

SPECIAL FOR FEET

Aesthetic pedicure (with cures for foot blemishes + nail polish application)	(50 min.) € 45,00
Relaxing foot treatment (foot bath, exfoliation, compress and massage)	(26 min.) € 35,00
Relaxing foot treatment + curative pedicure	(80 min.) € 70,00
Application of semi-permanent nail varnish to the feet (pedicure available separately, at least one day earlier)	(26 min.) € 30,00

For the maximum Comfort

HIRE OF WHITE BATHROBE (compulsory for Thermal Centre & Beauty Farm): € 4,00 per night for the first 3 overnight stays (starting from the 4th night the rental of the same bathrobe will not entail any charge)

HIRE OF BLUE BATHROBE (for access at swimming pools): € 4,00 per night for the first 3 overnight stays (starting from the 4th night the rental of the same bathrobe will not entail any charge)

CHANGE OF BATHROBE ON HIRE € 8,00

Only on demand to the reception or to the chambermaids

SLIPPERS € 4,00

Only on demand to the reception or to the chambermaids

POOL CAP € 3,00

Compulsory for the swimming-pools; only on demand to the reception or to the bathing attendant

Guide to Wellness ...simple solutions for great well-being!

When is the best time to come to the Hotel to reserve treatments?

- In the case of arrival any day from Monday to Saturday inclusive:

Your reserved room will be ready and at your disposal at 2:00 pm (3:30 pm during the Christmas Festivity); however, we encourage you to arrive at the Hotel during late morning so that we may introduce you to our Beauty Farm (first floor) around 12:30 noon. This will provide you with an optimal opportunity to schedule treatments not only for the following days, but also for the same afternoon if you should wish to begin treatment as soon as possible.

In the event that your room is not yet at your disposal, we invite you to come dine at our Restaurant for lunch (in the case of a stay with Full Board treatment).

In the case of arrival at the Hotel during the afternoon, the Wellness Centre coordinators (Cristina and Daniela) will be at your disposal, for the reservation and organization of packages and/or treatments, from Monday through Saturday afternoons.

- In the case of arrival on Sunday:

The Wellness Centre coordinators will be at your disposal in the afternoon for the organization and reservation of packages and/or treatments.

Thermal Centre

Here, the best mud bath therapy treatments are performed. The thermal centre is on the ground floor, easy to reach with the lifts, and is open from 4:00 am to 11.30 am, Monday to Saturday (open on Sundays in case of holidays or long weekends)

The coordinators will do everything in their power to meet your needs regarding the desired time for your thermal treatment (mud/bath and massage). It has been scientifically proven that human bodies are more receptive and ready to receive thermal treatments in the first hours of the morning, and on an empty stomach; a small initial effort can sometimes bring gratifying results in your search for health.

A drink service for a quick coffee is available in the Thermal Centre for those suffering from low pressure.

Beauty Farm

1,000 m² dedicated to the best wellbeing and beauty treatments. The area is on the first floor, easy to reach with the lifts.

Opening: from Monday to Sunday from 8:00 am to 1:00 pm, and from 2:00 pm with flexible pm closing.

For appointments: from Monday to Saturday from 9:30 am to 12:30 noon, and from 2:30 pm to 6:00 pm; Sunday from 9:30 am to 12:30 noon. The Reception will inform you on the time-schedule of the Sunday afternoon.

Inhalation Therapy

The inhalation therapy unit (inhalation and aerosol) is inside the Beauty Farm (first floor) and can be easily reached with the lifts; it is open from Monday to Saturday from 8:00 am to 12:30 noon and on Sundays from 9:00 am to 12:00 noon.

SPA

The SPA is located on the ground floor in the area for the thermal pools. The SPA can be used in the "Free SPA" version and in the "Private SPA" or "Private Zone" version.

It's an area for total relaxation and is therefore only accessible to guests from 18 years of age and up. Please use the antimycotic spray at the entrance. Wear a bathing suit when using all SPA services. Please enter the sauna without slippers and sit on the available white towel. Silence it is an essential part of wellness. Please respect the silence inside the SPA.

Use is not recommended in case of: an empty or full stomach, too high or too low pressure, heart or circulatory problems, acute inflammation or have a pacemaker, a fever, inflammatory skin conditions (also for the risk of contagion), varices, pregnancy, menstrual cycle, puberty.

Thermal Swimming Pools

Located on the ground floor and easy to reach with the lifts, the swimming pools are available from 8:00 am to 7:00 p.m. There are three swimming pools: one indoor and one outdoor, connected, with thermal water at a temperature of 34-36°C, and a third one outdoor with thermal water at a temperature of 27-29°C.

You are kindly requested to take a shower and wear a swimming cap before you enter the pools, so as to keep the water in its best condition (if you don't have one you can ask the lifeguard or at reception. The cost is 3.00 €).

The swimming pools have a therapeutic effect, hence it is recommended to use them for short periods of time.

Aquagym

Collective sessions of Aquagym take place from Monday to Saturday at 3:30 pm (at 4:15 pm during the Christmas period, as scheduled). You will be notified of any changes to the schedule by the staff.

Fitness Centre

Located on the ground floor, easy to reach with the lifts, it is next to the Thermal Centre. The Fitness Centre is available every day from 8:00 am to 7:00 pm.

How does one choose treatments?

It is essential, upon making a reservation at the Hotel, to request a list of treatments and/or packages, or to consult with our options listed in our website www.hotelsavoia Terme.com under the titles price list or packages, in order to have a complete understanding of the services we provide.

In the event you have not yet decided upon your treatments when making a room reservation, the choice of treatments and/or a determined package will be made for you with the help of the Wellness Centre coordinators (Cristina and Daniela) either the day of arrival or the following morning.

Potions for wellness

To complete the pleasant remise-en-forme, Beauty Farm provides a selection of herbal teas for well-being (available from Mon. to Sat. 10:00 am – 1:00 p.m. and 2.00 pm – 6:00 pm). These magical infusions must be consumed inside the Beauty Farm (first floor).

What should I wear during my stay at the Wellness Centre?

For maximum comfort you can leave your room directly wearing the provided slippers and a white bathrobe if directed to the Thermal Centre, Beauty Farm and SPA or a blue bathrobe if directed to the thermal pools, in which case a shower cap is necessary (if you don't have one, you may request one at the reception desk!).

Several of our treatments just require that you wear either underwear or, if you prefer, your own bathing suit.

All of the proposed packages at the Hotel Savoia Thermæ & Spa include the rental of a white bathrobe for the treatments, slippers, shower cap for the pools; in particular the packages that provide Global Mud-Therapy include the rental of a blue bathrobe for the pool and a weekly change of white and blue bathrobes.

Into the **Restaurant**: only for men **long trousers** (to the ankles) are required.

What happens if I arrive late for a treatment?

Arriving late simply means that the duration of your treatment will be limited, so as not to create inconvenience for the next client. However, you will still be charged the full cost of the treatment.

Can I substitute one treatment for another?

In cases where you have reserved a determined package it is possible to substitute only one treatment among the included ones insofar as you notify the Wellness Centre coordinators when you meet at the beginning of your stay.

In cases where you have reserved one or more treatments "à la carte", substitution will be guaranteed only after having informed the coordinators before 5:00 pm the day before. Otherwise, substitution will be allowed only in accordance with the organization of the Centre.

If I cancel a treatment?

We politely request that you cancel any treatment before 5:00 pm the day before. In the case of late cancellations, the full cost of the treatment will be charged.

Pregnant Women

We will recommend certain beneficial treatments that can be performed during the period of pregnancy; to this end, it is important to communicate with the coordinators upon arrival, so that we may assist you in every moment.

Hair Salon

The salon, for men and women, is located within the Beauty Farm, on the first floor. We recommend booking the service at the Beauty Farm's front office.



Via Pietro D'Abano, 53 - 35031 Abano Terme - Padova - Veneto - Italia
Tel. +39 049 823.11.11 - Fax +39 049 66.77.77 - savoia@savoia Terme.it

www.hotelsavoia Terme.com