

S P A MENU

THERMAL SPA AND TREATMENTS

The regenerating power of the Terme di Abano

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AN OASIS OF WELLBEING

PAGE 06



GLOBAL THERMALISM®

Rich in therapeutic potential, aged mud imbues those who use it with the gift of wellbeing, relieving and treating numerous rheumatic and arthritic conditions.

PAGE



THE BENEFITS OF WATER

An experience of intense wellbeing, in which you can savour the healthgiving power of the precious spa waters and the benefits of the aged mud of Abano Terme - the therapeutic potential of which has been renowned since antiquity.

PAGE



THERMAL SPA AND **TREATMENTS**

An oasis of peace and serenity where you can rediscover a sense of harmony geared towards enhanced wellbeing, thanks to the revitalising power of the precious thermal water, the natural warmth of the mud and the all-encompassing massages on offer at the Beauty Farm.

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WELLNESS

Infused with a sophisticated, enveloping ambience, the wide range of massages and wellness treatments available here will ensure that you enjoy an experience of pure relaxation and intense wellbeing.

On the Beauty Farm within our spacentre, we set aside a great deal of space for therapeutic and physiotherapy massages emerging out of the Western tradition, but also treatments targeted at psychophysical wellbeing and energy rebalancing that draw their inspiration from more remote traditions.

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BEAUTY

A stay at the Terme di Abano is synonymous not only with beauty but also with wellbeing.

The thermal beauty treatments on offer at the Hotel Savoia Thermæ & Spa allow you to achieve excellent results, giving you a sense of wellbeing that seems to never end.

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SPA

The thermal waters offer you a steam bath with a wealth of health benefits. The thermal spas at the Hotel Savoia Thermæ provide an environment rich in precious details, where you can take refuge and relax, surrounded by a heat that is reminiscent of ancient rituals.

Natural stone, hemlock spruce, river pebbles and chromotherapy engage all the senses.



GLOBAL THERMALISM®

At the Hotel Savoia Thermæ & Spa, the extraordinary beneficial effects of thermal treatments are combined with state-of-the-art solutions from spas around the world – it all adds up to a customised spa experience that is at once preventative, therapeutic and rehabilitative.

At the Hotel Savoia Thermæ & Spa, the concept of thermalism and mud therapy takes on a whole new meaning!

The thermal treatments are combined with the health spa methodology to create the innovative experience of Global Thermalism® and are based on elements naturally found in our sparich part of Italy: bio-thermal clay, water rich in salt, bromine and iodine, and micro-organisms.

For our guests, ongoing check-ups by our medical director doctor are essential. The doctor can prescribe specific solutions that are perfectly aligned with your individual requirements and objectives.

WHAT IS IT?

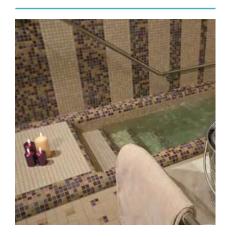
Global Thermalism® is a thermal spa package in which the health and wellbeing needs of our guests are our main priority.

FOR WHOM IS IT RECOMMENDED?

For all those who want to attend to their health needs and regain their physical and mental wellbeing.

WELLBEING AT THE SPAS

We provide thermal treatments with the capacity to relieve and improve a great number of conditions, while also contributing to their effective prevention.



CERTIFIED HIGH-QUALITY MUD





The Hotel Savoia Thermae & Spa is monitored by the Thermal Study Centre and the University of Padua, which controls the ageing and quality of our mud.

Collectively, the Euganean Thermal Springs constitute the largest thermal spa resort in Europe, and are internationally recognised for the medical and preventative treatments carried out here using both the hyperthermal waters and the special mud, whose quality is certified and patented.

The highly effective nature of the treatments is today confirmed by numerous studies conducted by the Centro Studi Termali Pietro d'Abano ("Pietro d'Abano Thermal Study Centre"), an organisation that, working in partnership with universities and other research institutions, aims to safeguard and disseminate the scientific and therapeutic validity of the thermal treatments provided in the Euganean basin.

The Study Centre has shown that the active ingredients produced by the biological component of the thermal mud have an anti-inflammatory action that is equal to that of any comparable medication, but without any of the side effects. The Centro Studi Termali Pietro d'Abano's intellectual property rights associated with these findings are protected by two patents: an Italian patent from 2009 (Patent No. 0001355006) and a patent extended across Europe from 2013 (Patent No. 1571203), providing proof of the real, effective value of the thermal mud sourced from the Euganean basin.



THE BENEFITS OF THERMAL WATER

On offer here is an experience of intense wellbeing, allowing you to savour the health-giving properties of the spa waters of Abano Terme.

The thermal waters of the Euganean basin, which are meteoric in origin, are collected in the uncontaminated lagoons of the Lessini mountains, in the Pre-Alps of the Veneto Region, at an altitude of around 1500 metres. The water flows into the subsoil at a depth of 2000-3000 metres. where it is enriched by mineral salts, and after having travelled the 80 or so kilometres required to reach the resorts of the Terme Euganee, it emerges once more on the surface at exceptionally high temperatures. The Hotel Savoia's Spa Centre has its own well, from which the precious hyperthermal water is collected as it gushes forth at a temperature of around 80°C.

Thanks to its chemical, physical and therapeutic properties, this water is defined on the basis of a consolidated medical classification dating from the 1930s that is still is use today: hypothermal salsobromo-iodic water.



ANTI-INFLAMMATORY **HEALING**

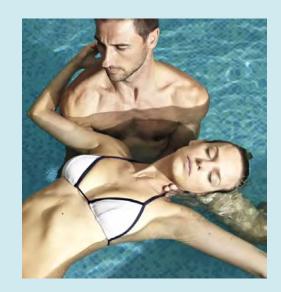
The uniqueness of the salso-bromo-iodic water of the Euganean Hills makes it particularly suitable for the treatment of chronic and inflammatory pathologies, including those of the airways, gastroenteritis, skin conditions, rheumatism, osteoarthritis, osteoporosis, neuralgia and inflammations of the limbs.

MOTOR REHABILITATION

Spring waters are also particularly suited to the treatment of fractures and torn muscles. Their particular composition and the beneficial action of sulphur on cartilage, along with the anti-inflammatory action of sodium bicarbonate, make spa waters ideal for motor rehabilitation.

BOOSTING THE IMMUNE SYSTEM

All of the active principles that derive from the composition of this water stimulate the immune system to reinstate the body's defensive functions. The benefits of reduced inflammation slow the processes of oxidation and ageing of the tissues, alleviating pain as they promote the global wellbeing of the individual.







TRADITIONAL THERMAL **TREATMENTS**

Loaded with therapeutic potential, aged mud enhances the wellbeing of the user, soothing and treating myriad rheumatic and arthritic conditions.



WITH PAIN-RELIEVING OZONE THERAPY

Bio-thermal clay is made of mature mud drawn from Lake Costa in the Euganean Hills Natural Park. It has been renown for millennia for its healthgiving properties, and is considered a natural medicine with no side effects. thanks to the substances it contains. It stimulates the metabolism, remineralises tissues and relaxes the muscles - all of which support our general psychophysical wellbeing. The application of bio-thermal clav is the most effective way to transfer all the extraordinary power of our thermal water into the body. This is a 100% natural mud that is immersed in our thermal water for at least 60 days. This "maturation" period generates a highly effective anti-inflammatory and pain-relieving organic biofilm. The mud is applied directly onto the skin for about 15 minutes at a temperature that varies from 37° to 42°C.

This is followed by a revitalising thermal water shower and a bath in thermal water.

(¹) 40 mins € 35.00



Application of bio-thermal clay to either the hands or the feet.

(1) 15 mins € 20.00



WITH PAIN-RELIEVING OZONE THERAPY

A therapeutic, revitalising thermal bath in an individual bathtub with pure, unfiltered and untreated salso-bromo-jodic thermal water. The thermal water eases and relaxes the muscles and relieves pain. A short bath in pure thermal water is generally enough to provide a sensation of relaxed wellbeing.

① 20 mins € 20.00

Wellness and relaxation with hydroessences

① 20 mins € 25.00



This innovative application of biothermal clay is recommended for all those who would like to experience a thermal treatment that is not warm. but is still effective in loosening and relaxing the whole body.

Lukewarm bio-thermal mud is applied all over the body, which has been previously treated with thermal water vapour, rich in anti-oxidant substances and hyaluronic acid; this process is then followed by a revitalising thermal shower and a thermal ozone bath with hydroessences.

This process encourages the drainage of accumulated fluids, relaxes the muscles and purifies the body.

(i) 40 mins € 40.00





In order to enhance their effects, the bio-thermal clay therapy sessions are followed by a total-body regenerating massage. This helps to counteract the natural relaxing sensation caused by such hot treatments. The massage boosts circulation at skin level, promotes the expulsion of metabolic excess, tones the muscles and gives a feeling of rediscovered wellbeing. These massages are reserved for customers who choose a Global Mud Therapy programme, and when repeated on a daily basis, together with bio-thermal clay treatment, they constitute a key part of our thermal anti-ageing methodology.

① 25 mins € 32.00

(¹) 50 mins € 55.00

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The particular composition of the ther mal water here (containing sodium, bromine and iodine) means that it ef fectively cleanses the mucous membranes of the respiratory tract (pharynx, larynx, bronchial tubes). A cycle of treatments with thermal water delivers an intense mucolytic and decongestant action. The inhalation therapy is beneficial for everyone, but is especially recommended for heavy smok ers and children, thanks to its emollient and fluidifying actions. The most common conditions treated in this way are: rhinitis, pharyngitis, laryngitis, sinusitis and chronic bronchitis.

(1) 10 mins € 10.00



MICRONISED NASAL SHOWER

This treatment involves the introduction of a light flow of nebulised thermal water, at a constant temperature, into the nasal cavities. Micronised na sal showers are highly effective in the prevention and treatment of sinusitis; moreover, they are useful in the decon gestion of mucous in chronic respirato ry conditions, and are ideal for purifying the upper respiratory tract in smokers.

10 mins € 10.00



THERMAL-MUD FACIAL FOR HEADACHES AND **SINUSITIS**

This treatment involves the application of aged thermal mud to the forehead and the sides of the nose for the natu ral treatment of headaches, rhinitis and chronic sinusitis (all of which which are difficult to treat with drugs), in combination with inhalation therapies.

① 25 mins € 35.00





THE PHASES OF GLOBAL MUD THERAPY®

1 MEDICAL CONSULTATION

Consultation with the doctor for the customisation of the programme.

APPLICATION OF MUD

The mud (bio-thermal clay) is applied directly onto the skin at a temperature of 37-42°C for a period of 15-20 minutes. It is then removed by means of a thermal shower.

↑ THERAPEUTIC BATH

The next step is immersion in a thermal bathtub for 8-10 minutes with the water at a temperature of around 36-38°C, which is essential after the application of the mud in order to induce muscular relaxation through the thermal waters (the addition of ozone serves a further vasodilatory purpose, stimulating the circulation).

○ ✓ SWEAT REACTION

After the thermal bath, it is recommended that you retire to your room and stay in bed with your body fully covered for the duration of the sweat reaction process, which varies in length and intensity from person to person.

Lastly, in the calm ambience of our specially designed rooms, you will enjoy a revitalising massage that aims to stimulate muscle and nerve activity, thereby bringing the mudtherapy process to an end.

HIGHLY RECOMMENDED: THE SCRUB (EXFOLIATION OR PEELING)

This process prepares the skin for the thermal therapy by deeply cleansing it and allowing the minerals and other beneficial substances to be better absorbed into the body.

MEDICAL CONSULTATION
FOR THE PERSONALISATION
OF THE PROGRAMME

COMPULSORY PRIOR TO THE AP-PLICATION OF BIO-THERMAL CLAY AND FOR BALNEOTHERAPY BATH SESSIONS.

(¯) 10 mins € 36.00

Global mud therapy® programmes

Compulsory medical consultation

X applications of aged mud (bio-thermal clay) and thermal shower

X therapeutic regenerating thermal baths with ozone therapy

X full-body therapeutic regenerating massages (25 mins)

X=2 \in 158.00 X=3 \in 219.00 X=4 \in 280.00 X=5 \in 341.00 X=6 \in 402.00

X=8 € 524.00

X=10 € 646.00 X=12 € 768.00

TRY GLOBAL MUD THERAPY®

This package is intended for those who have never experienced a mudbath therapy session, and includes:

1 medical consultation

1 application of aged mud and thermal shower

1 thermal bath with ozone-therapy

1 therapeutic massage (25 mins)

BIO-THERMAL CLAY TRY OUT

This package is intended for those who have never experienced a biothermal clay session, and includes:

1 medical consultation

1 application of bio-thermal clay and thermal shower

1 thermal bath with ozone-therapy

① 40 mins € 55.00



MEDICAL PAIN-RELIEF THERAPIES



ACUPUNCTURE

In acupuncture, "disease" is defined as the loss of stability across the 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 small, sensitive parts of the body known as "acupuncture points". There are twelve main channels, called meridians, running vertically, bilaterally and symmetrically. Acupuncture is recommended for disorders such as: headaches, migraines, insomnia, depression, nicotine addiction, shingles and constipation.







TRIGGER-POINT THERAPY

Pain-relief therapy is a set of specific non-pharmaceutical therapeutic methods applied to eliminate the cause of acute and chronic pain symptoms. Our medical director can assist you with treatment of the following conditions: cervical brachialgia (pinched nerve in the neck), muscle contracture, epicondylitis (tennis elbow), periarthritis humeroscapularis (frozen shoulder), smalljoint pain, pain in the hands and feet, knee pain, sciatica, lower back pain and whiplash injury.

€ 65.00 PER SESSION





Dr. Ibrahim Mahmoud

Born in Lebanon, Dr. Mahmoud is a long-time resident of Italy, and has been practising acupuncture for 25 years.

OUR MEDICAL DIRECTOR

He is an acupunctural specialist at the centre for pain-relief therapy at the main hospital in Padua. Put your trust in his safe hands!



S.O.S. BACKACHE

We have developed a specific pack age to treat and help prevent the most common back problems with the help of bio-thermal clay – our "natural drug" – and the experience of our highly qualified therapists.

- Medical consultation to customise the treatment programme
- 3 aged mud (bio-thermal clay) applications and a therapeutic thermal shower
- Regenerating therapeutic thermal bath with ozone
- Tension-relieving back massage (25 mins)
- Physiotherapy (25 mins)
- Hydrokinesiotherapy (45 mins)

€ 379.00



REHABILITATION



KINESIOTHERAPY

This is the ideal complement to classical thermal treatment for those who have undergone operations or following fractures. It reinforces musculature and rehabilitates tendons, ligaments, muscles and joints, and even enhances muscle tone.

_____ 50 mins € 65.00

① 25 mins € 38.00



HYDROKINESIOTHERAPY

This therapy exploits the physical and chemical properties of water. Through immersion in thermal water, the body's weight is lightened almost by 90%, making it possible to carry out rehabilitation exercises with noticeably reduced effort, producing excellent therapeutic results within a short period of time. Hydrokinesitherapy is the ideal treatment for patients with reduced muscular reserves, helping them improve and maintain their strength levels in the run-up to operations: it is also very useful for patients with arthritis or neurological illnesses, as well as for the elderly, who may find getting around both difficult and painful.

(1) 45 mins € 65.00





SHIATSU MASSAGE WITH CHROMOTHERAPY

Shiatsu literally means "fingers" (shi) and "pressure" (atsu). It is an ancient Japanese massage technique involving the calibrated pressure of the fingers on specific points of the human body. The aim is to eliminate the pain, muscle tension and joint stiffness that are typical of a sedentary or stressful life.

(¯) 50 mins € 70.00



CRANIOSACRAL THERAPY

This holistic technique involves lightly manipulating the cranial bones and the spinal column, acting on the craniosacral system – which is connected to every part of the body – in order to generate a state of deep wellbeing. The treatment is indicated for headaches, muscular and bone pain, depression, and stress.

<u>1</u> 50 mins € 70.00



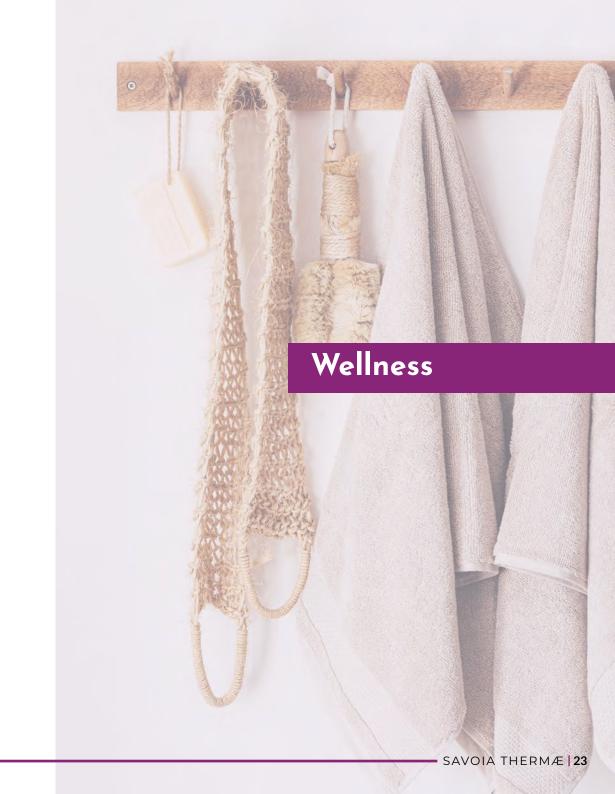
FOOT REFLEX MASSAGE

Particular parts of the body (or the corresponding organs) are unlocked and activated through the stimulation of specific areas of the foot. Both body and soul benefit from it, and it improves blood flow and lymphatic flow, especially of the lower limbs.

<u> 0</u> 50 mins € 65.00

① 25 mins € **35.00**





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EXFOLIATING MASSAGES

For skin that's cleansed, fresh and glowing. A soft, exfoliating massage to remove dead skin cells and encourage natural cell renewal.

FOR WHOM DO WE **RECOMMEND IT?**

It is ideal for all guests, both in winter and summer, since it serves as a base to prepare the skin for subsequent treatments.



SENSORY SCRUB

The sensory scrub combines the benefits of exfoliation with those of aromatherapy. It will take you on an experience that is not only physical but also emotional, thanks to the enveloping fragrances and the highly prized essential oils. Talk to our Beauty Specialist to choose the fragrance that suits you best.

(1) 50 mins € 70.00

(1) 25 mins € 40.00



SCRUB HYPER DETOX

A treatment that combines the relaxing effects of massage with the effective stimulation of the skin's metabolism and of the microcirculation, thanks to the rubbing of salt particles onto the skin - a process that also removes corneous cells, renewing the skin. You are sure to feel like you're in a whole new body!

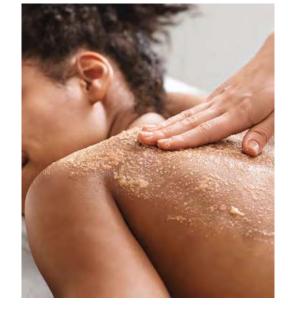
① 50 mins € 70.00



EL THERMAL PEELING

This peeling massage removes dead skin cells, oxygenating the skin and rendering it receptive to further treatments. Moreover, it renews the skin tissue, making the skin glow with new energy and life thanks to the hydrodetoxing blend of thermal water and fine sea salt.

(¹) 25 min € 35,00



All of our massages are carried out by qualified personnel.

Whichever massage you choose, it will be personalised match your requirements and characteristics, with a view to making the experience truly unique.



Rediscover the pleasure of taking care of yourself.

A veritable paradise that's all about wellbeing and beauty, thanks to exclusive, customised treatments.

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AROMATHERAPY & MASSAGES

Taking care of your body is not just about aesthetics...it's also a real gift of love!

FOR WHOM DO WE **RECOMMEND IT?**

All those who want to give themselves the gift of a break to receive some pampering, enjoy some "me" time and regain their own mental and physical equilibrium.

S-TOUCH

A massage customised to meet your needs, using a mix of techniques that

- thanks to the touch of expert hands
- has what it takes to give you the wellbeing you yearn for!

(50 mins € 70.00



STRESS-BUSTER

Orange and lemongrass

Enhances your mood and gives you a new lease of life by infusing you with a deep sense of wellbeing. It also improves the circulation and has a diuretic, draining effect.

FACE AND BODY	
FACE AND BODY	Ū 25 mins € 35.00
FACE, NECK,	



Lemon balm, rosewood and ylang ylang Releases muscle tension by promoting deep relaxation; an excellent treatment for insomnia and nervous tension.

BODY	50 mins	€ 65.00
FACE AND BODY		€ 35.00



LOOSENING-UP

Neutral fragrance

Effective for reducing muscle and joint pain, this massage is highly antiinflammatory, stimulating the circulation and promoting deep relaxation.

BODY	 € 65.00
BACK AND NECK	 € 35.00



Aromatic essences are amongst the most powerful gifts that nature offers us, allowing us to achieve a real sense of wellbeing; thanks to their natural holistic properties, essential oils are capable of to interacting with the entire body, bringing benefits that are both physical and mental, and boosting your energy levels.



AYURVEDA

Let yourself be enveloped by the magic of Ayurveda, a holistic medical practice with a history stretching back more than 3000 years into ancient India. A true philosophy of life, it looks at the entire individual, helping them to reach a state of both physical and spiritual wellbeing.

FOR WHOM DO WE **RECOMMEND IT?**

All those who want to regain their energy equilibrium, relieve tension and feel motivated and full of life once again.





UDWARTANA

Avurveda massage and steam bath

The udwartana treatment is performed using micronised powder from plants and spices, mixed with valuable ayurveda oil. The massage-plus-peeling sessions are customised to match the individual's skin type. The follow-up swedana massage detoxifies yet more deeply.

(1) 50 mins € 80.00



ABHYANGA

Ayurveda massage

An aroma-test is given at the beginning of the treatment to determine your predominant dosha. By using the sense of smell and listening to the body, a decision is instantly taken on which massage will be best suited for vou: calming (VATA) avurveda massage, draining (PITTA) ayurveda massage or toning (KAPHA) ayurveda massage. Ayurveda, a time-honoured system of Indian medicine, sees its purpose as rebalancing the body's energy, eliminating both mental and physical tension.

(1) 50 mins € 80.00



PINDASWEDANAM

Massage with warm pads

This treatment is based on the use of three dosha powder pads, called pindas, made from natural materials. Once the pads are heated, they glide across the body via a variety of movements, with pressure being applied at specific points. Within the avurvedic tradition, this is considered a tried-and-tested purification therapy that alleviates heaviness and stiffness in the body by encouraging the circulation of energy. From a physical point of view, it stimulates both lymphatic and blood circulation, while the heat produced assists in detoxification. This action further intensifies the action of the natural active principles contained in these precious oils, which are spread over the body.

(1) 50 mins € 80.00



SHIRODHARA

Oiling of the head

This avurvedic treatment sees a constant flow of oil being applied to the forehead to generate an immense feeling of relaxation, tranquillity and peace of mind. It is used to treat conditions such as headaches, nervous symptoms, stress, migraine, insomnia and hypertension, and it also nourishes the hair and the scalp.

① 50 mins € 80.00

YOUR "AYURVEDA" PACKAGE

Choose 3 rituals from those on offer, lasting 50 minutes each. Ayurvedic infusion after each treatment.

INCLUDES FREE OF CHARGE: a thermal wellbeing and relaxation bath with hydroessences

€ 240.00



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WELLNESS FROM AROUND THE WORLD

Enveloped in a unique, captivating atmosphere, you will rediscover popular massage techniques and treatments from right around the world.

FOR WHOM DO WE **RECOMMEND IT?**

All those who want to discover the beneficial effect on their skin and body of techniques and rituals from a variety of cultures around the world.

Aromatic essences are amongst the most powerful gifts that nature offers us, allowing us to achieve a real sense of wellbeing: thanks to their natural holistic properties, essential oils are capable of interacting with the entire body, bringing benefits that are both physical and mental, and boosting your energy levels.





CALIFORNIAN MASSAGE

In this relaxing massage with seawater-based oil and perfumed essences, the gentle stretches evoke the waves of the Pacific Ocean. The primary purpose is to generate a sense of wellbeing and facilitate relaxation of both body and soul.

① 50 mins € 70.00



S LOMI LOMI

This is a slow, deep Hawaiian massage technique that is ideal for those who suffer from taut muscles and who would benefit from some intense relaxation. Deep and immersive, it gives you the sensation of being lapped by the waves of the sea. The aromatherapy rebalances and reduces tension in both mind and body.

(1) 50 mins € 70.00



HOT STONE

This treatment is based on the use of natural basalt stones formed by sedimentary and volcanic activity. Once the stones have been sufficiently heated, they are used on the body with slow and rhythmic movements which have smoothing, toning and stress-reducing effects.

50 mins € 70.00

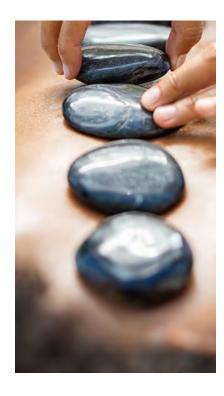


KOBIDO

Kobido is an ancient Japanese facial massage that combines the concepts of Asian medicine with manual massage. It has both aesthetic and therapeutic purposes and is the most well-known and popular facial massage in Japan to this day. The aim of this massage is to prolong health and beauty in a natural way. In the ancient Eastern medical tradition, beauty is associated with the balancing of three fundamental factors: physical, psychical and spiritual health. The face is the expression of this balance. When we have a health issue or we are tense and stressed, the muscles in our face contract and tense up. causing "expression lines" to appear over time, which then become real wrinkles. By relaxing and oxygenating the muscles, this massage restores them to their natural form, reducing any wrinkles and generating a fresh, bright and relaxed appearance. Kobido means "The Ancient Way of Beauty", and is a synergy of ancient expertise with all of the following: deep muscle massage techniques; ancient Japanese medical concepts; stimulation based on percussion techniques; kneading manoeuvres: various specific light touches of the skin's surface: acupressure and lymphatic drainage.

Kobido is carried out on the face, head. neck and neckline, but due to the stimulation of reflex points on the face (tsubo), the whole body relaxes as if it had been massaged all over.

(1) 50 mins € 70 00



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BEAUTY & WELLNESS MASSAGES

Every massage produces specific benefits. From the stimulation of lymphatic circulation, through the oxygenation of the skin, all the way to the stimulation of subcutaneous tissue.

FOR WHOM DO WE **RECOMMEND IT?**

Loss of tone and elasticity? Heavy legs? Tension in your muscles? Every course of treatment is designed to meet your needs and objectives. Let yourself be guided by our masseuses!

A CANDLE MASSAGE

The pleasure of warm oil on your skin, together with a massage, makes you feel pampered like never before and leaves you feeling great, making your skin glow thanks to the use of a massage candle.

FACE AND

① 50 mins. € **70,00**

HAPING

This massage uses a powerful, nourishing, natural cream that is ideal for a prolonged draining, toning massage, which is capable of shaping critical points or the whole body. The products used are rich in marine elements. Please note, this massage is not recommended for hyperthyroid patients.

WHOLE BODY

① 50 mins € 65.00

LOCALISED

① 25 mins € 38.00

ÄÄ LYMPHODRAINING

This is internationally recognised as being the most effective technique for oedemas, lymphatic stasis, headaches, dark circles under the eyes and all manner of puffiness and bloating caused by an inadequate lymphatic system. Delicate and precise applications of pressure activate manual pumping that encourages the movement of fluids in the connective tissue, which in turn stimulates the immune system.

> 50 mins € 65.00 ① 25 mins € 35.00 LEGS

> ① 25 mins € 35.00 FACE

HA SUN RITUAL

A multisensory holistic treatment: the whole body is dry brushed before being massaged with shea butter and walnut husks: a perfect finish is ensured through the use of a product that intensifies and strengthens the production of melatonin, in order to make the skin of the body and face both smooth and silky.

(50 mins € 70.00

ÅÅ CHOCOLATE LOVER

Indulge in a luxurious chocolate massage - an authentic full-sensory immersion into physical and mental wellbeing, in four stages (taste, massage, intensive action, and body pampering). It has an effective moisturising, draining, and anti-ageing effect on the skin.

① 50 mins € 65.00



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WELLNESS PATHWAYS







DETOX



RELAX PLUS

3 massages of your choice (50 mins each)

€ 195.00

 $1\,hyperdetox\,body\,scrub$

(1) 50 mins

1 Relaxing face and body massage

(1) 25 mins

5 massages of your choice (50 mins each)

€ 325.00

 $1\,body\text{-}shaping\,massage$

① 50 mins

1 Loosening-up massage for back and neck

(1) 25 mins

Choose from:

 EXFOLIATING MAS-SAGES

 MASSAGES AND ARO-MATHERAPY

 WELLNESS FROM AROUND THE WORLD

BEAUTY MASSAGES & WELLBEING

1 lymph-draining body massage

1 detox herbal tea after

each treatment

<u>1</u> 50 mins

1 Face, neck and shoulders stress-busting massage

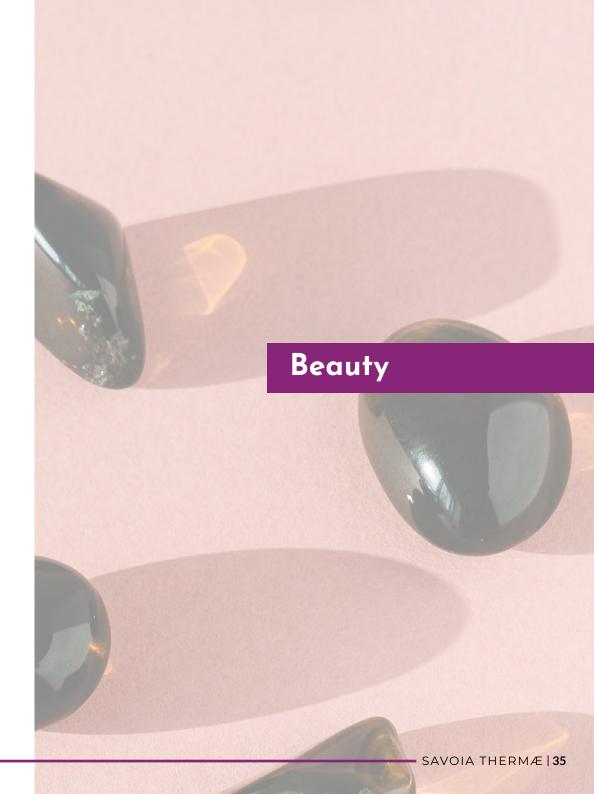
(1) 25 mins

1 Wellness and relaxation thermal bath

(1) 20 mins

€ 200.00

€ 125.00







THERMAL COSMETIC FACIAL

A comprehensive range that makes the most of a natural source of wellbeing, allowing the skin to glow once again.

FOR WHOM DO WE RECOMMEND IT?

All those looking for a natural, deep cleansing of the face or a treatment that tones the skin and makes it radiant.

- DERMATOLOGICALLY TESTED
- NICKEL-TESTED
- PARABEN- AND VASELINE-FREE



THERMAL FACIAL CLEANSING

Suitable for all skin types! Deep cleansing with an endocosmetic thermal treatment using B&B Special Line® products, rich in active principles, complete with eyebrow shaping.

(50 mins € 55.00



THERMAL TREATMENT

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

① 25 mins € 35.00

BEAUTY PROGRAMME

1 Thermal body peeling

(1) 25 mins

1 Relaxing body massage

(1) 25 mins

1 Thermal facial cleansing

1 50 mins

INCLUDES FREE OF CHARGE: 1 pressotherapy or 1 wellness and relaxation thermal bath with hydroessences

€ 125.00

FACIAL TREATMENTS

© CUSTOM FACIAL

cleansing Intensive treatment intended to enhance the beauty of skin. Having examined your medical history, we will give your face the treatment it deserves, with the following four objectives: HYDRATION to moisturise the skin deeply: SOOTHING to remove any congestants; REBALANCING to purify the skin; and ANTI-AGEING to provide a revitalising, antioxidant effect. Pampered by the manual stimulation of the massage, the face becomes relaxed and the skin is freed from impurities and toxins, appearing smoother and fresher, ready for subsequent treatments.

① 50 mins € 70.00



ANTI-AGEING TREATMENT

The passing of time and the oxidating stress caused by free radicals are responsible for premature ageing. Our aim is to illuminate, even out, fill and lift. The synergy of all the specific ranges will lessen the signs of ageing on your face. Thanks to their experience and professionalism, our beauticians know how to customise the treatment to meet your specific needs.

- Stem Method for aged, lifeless skin that has lost its compactness.
 Suitable for eye and lip contouring.
- Evergreen an effective and ecosustainable anti-ageing treatment suitable for all skin types.
- Anti-ageing miraculous collagen mask with hyaluronic acid to give your skin a new lease of life.

(1) 50 mins € 95.00



ROYAL EXPERIENCE

An innovative cosmetic treatment that's highly effective, this custom facial experience tones, stimulates and penetrates deep-down to combat skin ageing.

① 50 mins € 110.00



EYE AND LIP CONTOUR TREATMENT

A treatment specially designed to reduce the signs of ageing around the eyes and lips. Our Beauty Farm offers specific products rich in natural active principles, to plump up your skin and leave you feeling young and beautiful.

(25 mins € 40.00



FACIAL PROGRAMME



EARLY WRINKLE PREVENTION

SPECIAL Age 30-40

(1) 50 mins

1 Evergreen

(1) 50 mins

1 Anti-ageing with collagen and hyaluronic acid

(1) 50 mins

FREE eye + lip contour treatment (offered as part of the CUSTOMISED FACE **CLEANSING**)

€ 260.00



REVITALISING REGENERATING

Age 40-50

(1) 50 mins

1 Stem Method

(1) 50 mins

1 Evergreen

CLEANSING)

(1) 50 mins

FREE eye + lip contour treatment (offered as part of the CUSTOMISED FACE

€ 260.00



INTENSIVE ANTI-AGEING

Age +50

1 Customised facial cleansing 1 Customised facial cleansing 1 Customised facial cleansing

(1) 50 mins

1 Stem Method

(1) 50 mins

1 Royal Experience

(1) 50 mins

FREE eye + lip contour treatment (offered as part of the CUSTOMISED FACE **CLEANSING**)

€ 275.00





NECK AND DÉCOLLETÉ **SPECIAL**

1 Customised facial cleansing

(1) 50 mins

1 Anti-ageing treatment with collagen and hyaluronic acid

(1) 50 mins

1 Kobido

(1) 50 mins

FREE eye + lip contour treatment (offered as part of the CUSTOMISED FACE **CLEANSING**)

€ 235.00

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KERAMOS RADIO FREQUENCY

Rejuvenates, tones, slims, shapes.

FOR WHOM DO WE **RECOMMEND IT?**

All women looking for a deep anti-ageing facial treatment.

All women looking for a body treatment that slims down, firms up and smoothes the skin.

RADIOFREQUENCY is a flow of electromagnetic energy that passes through the skin, heats the tissues from the inside and helps reactivate the body's resources. It is a new system to help rejuvenate tissue by smoothing out wrinkles and toning the body, effectively eliminating unsightly cellulite using a form of treatment that is a pleasure to undergo.

RADIOFREQUENCY FACIAL: DAY LIFTING

A complete radiofrequency session for those who want to look younger in no time. The initial cleansing and final manual massage make this an enjoyable and relaxing treatment.

① 50 mins € 80.00



RADIOFREQUENCY FACIAL: SPECIFIC AREAS

Choose from: forehead + eve contour or cheekbones + chin or neck + décolleté

25 mins € 40.00



RADIOFREQUENCY BODY: SPECIFIC AREAS

Choose from: arms, waist and stomach, buttocks, thighs.

√ 40 mins € 60.00



BODY TREATMENTS



Do you want to be fit in your forms? **BODY SHAPE** is the treatment that thanks to the range of products without rinsing is able to act efficiently with a multilevel action on the most important imperfections of the body: cellulite and water retention, stretch marks, loss of tone, skin aging, atony and discoloration.



Cellulite and adipose (fatty) tissue problems?

B FIT is a multi-function solution with a detoxing effect, which reduces the appearance of the main beauty problems affecting the body: cellulite, general and localised adipose tissue, and heavy legs. A targeted and structured treatment offering multiple benefits:

- reactivates microcirculation and encourages the elimination of excess liquids
- combats and reduces the appearance of "orange peel" skin
- helps reduce micro- and macro-nodules
- helps limit the formation of new adipose tissue

50 mins € 80.00



Suffering from loss of tone and sagging skin?

(1) 50 mins € 80.00

WHITE SCULPTURING is the new dermo-cosmetic range that, thanks to its ultra-modern formulation, works on three levels - toning, lifting and rejuvenating - giving you the well-balanced body you deserve. The heart of the treatment is the white mud mask, which stimulates the skin's microcirculation and has a firming and detoxifving effect.

50 mins € 80.00



NEW BODY PROGRAMME

To drain, reduce, tone, define and shape with avant-garde products without preservatives.

We recommend 3 or 6 treatments to choose from BODY SHAPE - B FIT-WHITE SCUI PTURING 50 mins

INCLUDES FREE OF CHARGE thermal bath with hydroessences 20 mins and/or pressotherapy 30 mins

3 treatments + 1 free gift of your choice

6 treatments + 2 free gift of your choice

€ 240.00

€ 480.00



RITUALS FOR COUPLES

Wonderful sessions for couples to look after their wellbeing together.

FOR WHOM DO WE **RECOMMEND IT?**

All couples who want to share an experience of intense wellbeing and relaxation, surrounded by a magical atmosphere, with calming music and soft lighting.



A special moment: wrapped in the warm embrace of the thermal waters, calmed by the lights, music and essences, your mind will be ready to experience ultimate peace before your relax together in the Himalayan Room, complete with dried fruit and a special love infusion.

> 50 mins € 60.00 PER COUPLE



₩ ● PURIFYING WAVE

A marine treatment to cleanse both skin and soul. This long-lasting massage has an exfoliating action, thanks to the use of salt crystals and aromatic oils, which are followed by a seaweedrich cream. You are left feeling relaxed with smoother, more transparent, silkier skin.

> (50 mins € 140.00 PER COUPLE



TWIN CANDLE MASSAGE

Indulge together in some serious pampering thanks to droplets of a light, flowing body butter that lands on your skin with all of its pleasing warmth, releasing tension while toning and invigorating your body. You'll end up feeling free of stresses and strains, and awash with a sense of wellbeing and renewed passion.

> (¯) 50 mins € 140.00 PER COUPLE





A stress-busting head-to-toe massage, giving you a brief but intense moment of relaxation together.

> (1) 25 mins € 80.00 PER COUPLE



AN AROMATIC JOURNEY

Choose from:

Aromatic massage using Red Mandarin Bio essence, which with its calming properties helps to reduce anxiety

Aromatic massage using Green Mandarin essence, to relax you and give you a better sleep

Aromatic massage using Scots Pine essence, to firm up and stimulate your skin.

> ① 50 mins € 140.00 PER COUPLE



A grape-based pampering session to regenerate mind and body. A cascade of polyphenols extracted from grape skins is used to renovate and rejuvenate the skin of the body, all accompanied by a delicious glass of red wine from the Euganean Hills.

> 50 mins € 140.00 PER COUPLE



₩ COCOA THERAPY

An authentic, multi-sensory full immersion to achieve physical and mental wellbeing, in which the food of the gods is key to ensuring that you relax as a couple like never before.

> (¹) 50 mins € 140.00 PER COUPLE



ADD #LOVE TO YOUR RITUAL AND SURPRISE YOUR BETTER HALF

1 ritual of your choice, lasting 50 mins

In the room: bathrobe + flip-flops + towel for the pools

* booking at least 24 hours in advance is required

€ 179.00

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LIGHT-LEG TREATMENTS

Around 70% of the population suffer from blemishes due to water retention and poor circulation, as well as heaviness and swelling problems in the legs. Our customised pressotherapy solutions make a real difference when it comes to dealing with blemishes of the lower limbs.

FOR WHOM DO WE RECOMMEND IT?

All women who suffer from heaviness in the leg and want to rediscover a wonderful sense of lightness and comfort.

PRE-POST SURGERY: It improves the quality of the tissues involved in medical and surgical operations, the preparations for which involve reducing stasis to a minimum. It facilitates the reduction of adipose deposits, helping to redefine the body shape. It enhances the surface appearance of the skin and prevents accumulations and depressions following surgery. It also reactivates surface microcirculation compromised by the operation and by any scarring.

T PRESSOTHERAPY

Pressotherapy is a remedial treatment based on the application of external pressure, by means of a specific device, to the patient's limbs and abdomen, with a view to improving lymphatic and venous circulation. Thanks to this simulation of manual massage, it becomes easier for the body to expel toxins.

* INCLUDES FREE OF CHARGE: wellness and relaxation bath with hydroessences

FRESSOTHERAPY + WRAP

A roll-shape wrap is great at helping to deal with beauty problems such as cellulite and flaccid tissue. It provides immediate relief for legs affected by heat, tiredness, swelling and a sense of heaviness. Giving you a wonderful feeling of freshness, it works by stimulating a stretching effect, toning you up and endowing you with a sense of energy and vitality.

* INCLUDES FREE OF CHARGE: wellness and relaxation bath with hydroessences

Wraps

The efficient combination of a nebulised enhancer and an effective wrap delivers visible results:

- "SHAPE-LIPO" for legs, tummy and buttocks, combating the accumulation of cellulite and adipose tissue
- "SHAPE-CELL" for legs, tummy and buttocks, combating the accumulation of cellulite and water retention
- "SHAPE-UP" for arms and breasts where muscle tone and elasticity are lacking

ROLL-SHAPE

① 50 mins € 60.00

LIGHT-LEG PROGRAMME

1 Manual lymphatic leg drainage

(1) 25 mins

1 Roll Shape

(1) 50 mins

INCLUDES FREE OF CHARGE: 1 thermal bath with ozonetherapy

(1) 20 mins

€ 195.00







ARGAN OIL TREATMENTS

FOR WHOM DO WE **RECOMMEND IT?**

To all those who wish to take care of their skin in a natural way to moisturize and protect it. Also recommended in case of dermatological diseases, such as eczema and psoriasis with antioxidant effect and a soothing action for irritated or reddened skin.



HAMMAM

Exfoliation of the body made precious by the black soap with argan oil and the glove in "kassa"; the Rassoul clay mask that cleanses, absorbs toxins, purifies and remineralizes giving brightness to your skin; ending with a relaxing massage with 100% pure argan oil that thanks to its nourishing, protective and regenerating properties, helps to slow premature skin aging.

BODY

(¹) 50 mins € 80.00



MYORELAXING MASSAGE

A relaxing and nourishing massage for the face and body based on 100% pure argan oil and personalized aromatherapy.

FACE & BODY 0 50 mins € 80.00



A unique sensory experience for your face specifically designed for dull. uneaven skin in need of brightness and vitality. VITAMIN C thanks to its anti-free radical power acts as an antioxidant giving elasticity and radiance to the skin.

FACE

(1) 50 mins € 80.00

ARGAN LIFE PROGRAMME

- 1 Exfoliating hammam ritual for the body
 - 50 mins
- 1 Vitamin C ritual for the face
- (1) 50 mins
- 1 Myorelaxing massage face & body 50 mins

INCLUDES FREE OF CHARGE 1 pure Argan Oil 30 ml

€ 240.00

BEAUTY SERVICES

COMPLETE HAIR-REMOVAL

LEGS + BIKINI LINE

① 50 mins € 50.00

PARTIAL HAIR-REMOVAL

HALF LEG + BIKINI LINE

① 25 mins € 30.00

PARTIAL HAIR-REMOVAL

ARMS + UNDERARMS

① 25 mins € 30.00

BIKINI LINE

FROM € 10.00

HAIR-REMOVAL: UNDERARMS OR UPPER LIP

① 10 mins € 10.00

COMPLETE HAIR-REMOVAL FOR MEN

CHEST + BACK

(¹) 50 mins € 50.00

PARTIAL HAIR-REMOVAL FOR MEN

CHEST OR BACK

① 25 mins € 30 00

EYEBROW CONTOURING

(1) 10 mins € 10.00







HAIR SPA

Hand Special

MANICURE WITHOUT NAIL POLISH

① 25 mins € 28.00

MANICURE WITH NAIL POLISH

① 40 mins € 32.00

APPLICATION OR CHANGE OF NAIL POLISH

① 15 mins € 10.00

APPLICATION OF SEMI-PERMANENT NAIL POLISH TO THE HANDS

INCLUDES DRY MANICURE

(50 mins € 50.00

Foot Special

PEDICURE WITH EXCLUSIVE "REMEDY MED" PRODUCTS

(non-medical, treats foot blemishes + application of nail polish).

① 50 mins € 55.00

APPLICATION OF SEMI-PERMANENT NAIL POLISH TO THE FEET

Pedicure available separately.

① 25 mins € 30.00

Hair Special

BLOW-DRY

① 25 mins € 30.00

MEN'S HAIRCUT

€ 25.00

HEAD AND SCALP WELLNESS MASSAGE

① 25 mins € 35.00

"TO TEND OUR GARDEN, WE MUST FIRST TAKE CARE OF THE SOIL.

THE BEAUTY OF THE HAIR STARTS WITH CARING FOR THE SCALP."

FOR WHOM DO WE RECOMMEND IT?

All women who want to take care of their hair and are looking for a magical place in which to relax like never before, putting themselves in the expert hands of our professionals.

THE SAVOIA'S THERMAL SPA HAIR TREATMENTS TO KEEP YOUR HAIR LOOKING AND FEELING GREAT ALL INCLUDE A BLOW-DRY.



ENERGISE

Strength and energy for fragile hair at risk of falling out. Revitalising shampoo, mineral-rich mud compress, conditioner and energy-boosting lotion.

€ 60.00

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HYDRA

Exceptional hydrating power to nourish and condition dry and dull hair. Hydrating shampoo, nourishing mask and hydrating booster.

€ 60.00



DETOX

Purifies, detoxifies and protects the scalp and the hair from pollution. Detoxifying shampoo, purifying mud pack and energising lotion.

€ 60.00



BALANCE

Reduces excess grease. Removes dandruff and soothes and refreshes the skin. Rebalancing shampoo, rebalancing mud pack, soothing conditioner and energising lotion.

€ 60.00



GENTLE

For the revitalisation of fine hair and of scalps subject to excessive sweating. Calming shampoo, remineralising mud pack and revitalising conditioner.

€ 60.00



DENSIFY

For more naturally resilient, full-bodied and volumised hair, without excess weight. Volumising shampoo, revitalising conditioner and restructuring booster.

€ 60.00



ANTI-AGE

Antioxidant, nourishing solution for aged hair. De-stressing shampoo, remineralising mud pack, conditioner and illuminating booster.

€ 60.00





SAVOIA EXCLUSIVE SPA

Water becomes vapour.

Here, vapour becomes Relaxation and Wellness.

Our spa is an oasis of thermal relaxation: a space awash with precious details, where you can take refuge and relax, making the most of all the warmth of ancient rituals. Natural stone, hemlock spruce, river pebbles and colour therapy soon envelop the senses, making this a comfort zone where the natural water of Abano Terme comes gushing forth from the "Fountain of Life" – just perfect for rehydration.

The spa is adorned with new light to purify body and mind, allowing you to discover the wonder of ancient treatments.

Our spa is located on the ground floor, in the area set aside for the thermal pools. The spa can be used for no charge in "Free Spa" mode, and for a fee in "Private Spa" mode.

FREE SPA

Open every day from 10am to 8pm

PRIVATE SPA

Open every day from 9pm to 11pm, on 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: a sauna (choose between "Finnish" or "bio"), Turkish bath (choose from "Aromarium", "Marine Tepidarium" or "Rasul"), sensory showers, sensory tunnel with Kneipp circuit and lumbar-buttock aquamassages.

Turkish bath "Rasul version"

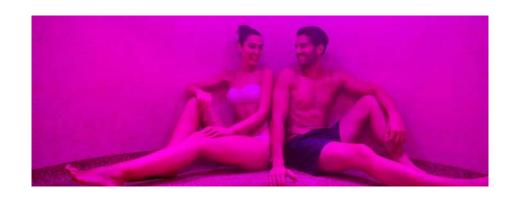
Alone or with a partner, you will be invited to spread a mixed compress across your body. Through sweating, the body expels toxins and absorbs the healing substances in the compress. The peeling effect leaves your skin feeling soft and smooth.

PER PERSON +€ 10.00



- 1. Changing room
- 2. Anti-fungal treatment
- 3. "Rain" chromotherapy shower
- 4. "Tropical Rain" or "Cold Mist" sensory shower
- 5. "Rain" shower
- 6. Sauna
- 7. "Fountain of Life" with natural water from Abano Terme

- 8. "Rain" chromotherapy shower
- 9. Turkish bath
- 10. "Waterfall" chromotherapy shower
- 11. Sensory tunnel with Kneipp circuit and lumbar-buttock aquamassages
- 12. "Cold Mist" sensory shower
- 13. "Sensory Circuit" sensory shower





Information and opening times

GROUND FLOOR

SWIMMING POOLS 08:00 - 23:00

FREE SPA 10:00 - 20:00

PRIVATE SPA 21:00 - 23:00

FITNESS CENTRE 08:00 - 23:00

SPA CENTRE 5:30 - 12:00 (midday) (afternoon on request)

Heated indoor pool

TEMPERATURE 34 – 36° C. DEPTH 1.20 – 1.40 m SURFACE AREA 210 m²

Heated outdoor pool

TEMPERATURE 34 – 36° C. DEPTH 1.20 – 1.40 m SURFACE AREA 280 m²

Cool outdoor swimming pool

TEMPERATURE 27 – 29° C. DEPTH 1.35 – 1.50 m SURFACE AREA 100 m²

FIRST FLOOR

BEAUTY FARM 8:00 - 19:00

BEAUTY FARM RECEPTION FOR APPOINTMENTS

FROM 9:00 am to 01:00 pm / 02:00 pm - 06:00 pm (07:00 pm on weekends and holidays)

BEAUTY SHOP

To continue the experience at home – with a view to maintaining the benefits of the treatments you have received – you can indulge in some self-treatment by purchasing the products from our ranges. Ask for advice from our Beauty Specialists.

Regulations

APPOINTMENTS

In order to ensure that you have the widest range of treatments to choose from, we recommend that you book the treatments when you are booking your stay. If you haven't done so, please remember to do so as soon as you arrive at the hotel.

CANCELLATIONS

We would ask you to let us know as soon as possible if you wish to cancel or change an appointment. There is no charge for cancellations up to 12 hours before the scheduled start time. Cancellations after this deadline, or failure to cancel, will result in the entire cost of the treatment being charged.

CHECK-IN

Please arrive a few minutes in advance of the start time for your appointment. We will ensure that the treatment starts on time. If you do arrive late, the treatment will still end at the scheduled time, so as not to penalise the next scheduled guest.

SPA THERAPIST

Our staff includes both male and female therapists. Please let us know your gender preference at the time of booking and/or if you would like to be treated by a specific therapist. In any case, for organisational reasons, we cannot always guarantee that the treatment will be provided by the person you have required, although we will do our level best to fulfil your requirements.

PREGNANT WOMEN

There are beneficial treatments that can be provided during pregnancy and which we would recommend; it is, however, important to inform the Spa Manager of your pregnancy at the time of booking the treatment, so that you can be assisted at all times in the best possible way.

DRESS CODE

Please remove any jewellery and watches prior to the treatment. We accept no liability in the event of loss of valuable items. For rehabilitative treatments, we recommend that you wear comfortable clothes. For body treatments, we will provide single-use paper-based underwear. You must wear your bathing suit at all times when in the spa.

IN THE SPA AND THE RELAXATION AREAS

To ensure that all guests can enjoy the peaceful atmosphere in the spa, please speak softly and put your mobile phone on silent.

MINIMUM AGE

SPA 18 years of age - Beauty Farm 13 years of age;

Fitness equipment / Gym 13 of age (if accompanied by parents only);

Swimming pools 13 years of age. Diving not permitted. Please refrain from disturbing the other guests.





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