

A background image showing various spa-related items including cotton bolls, glass perfume bottles, and brushes, all rendered in a soft, faded, light beige tone.

# SAVOIA

THERMÆ & SPA HOTEL

★★★★

A horizontal decorative bar consisting of three rectangular segments in shades of purple and lavender.

# S P A MENU

## THERMAL SPA AND TREATMENTS

The regenerating power of the  
Terme di Abano

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# SPA MENU

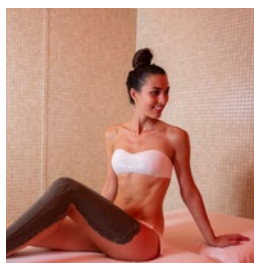
## THERMAL SPA AND TREATMENTS

The regenerating power of the  
Terme di Abano

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# AN OASIS OF WELLBEING

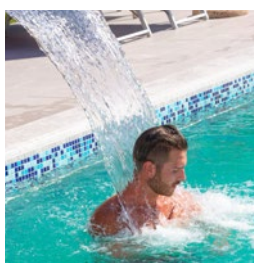
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## GLOBAL THERMALISM®

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

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## 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.

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## 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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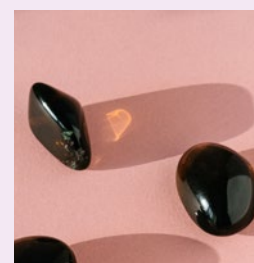


## WELLNESS

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 spa centre, 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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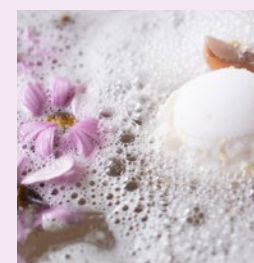


## BEAUTY

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 spa-rich 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?

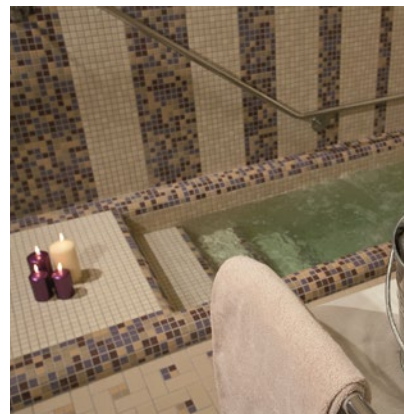
Global Thermalism® is a thermal spa package in which the health and well-being needs of our guests are our main priority.

## FOR WHOM IS IT RECOMMENDED?

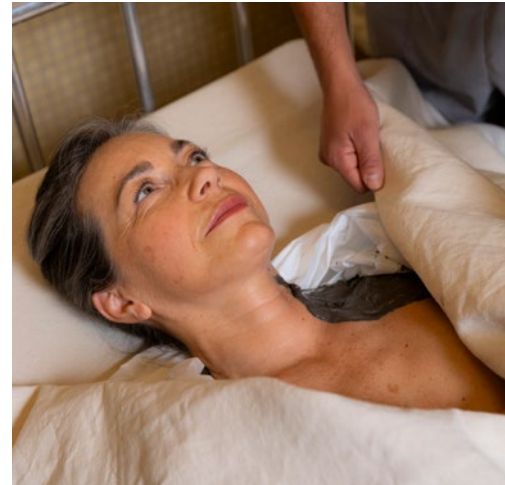
For all those who want to attend to their health needs and regain their physical and mental wellbeing.

## 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 Thermæ & 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.

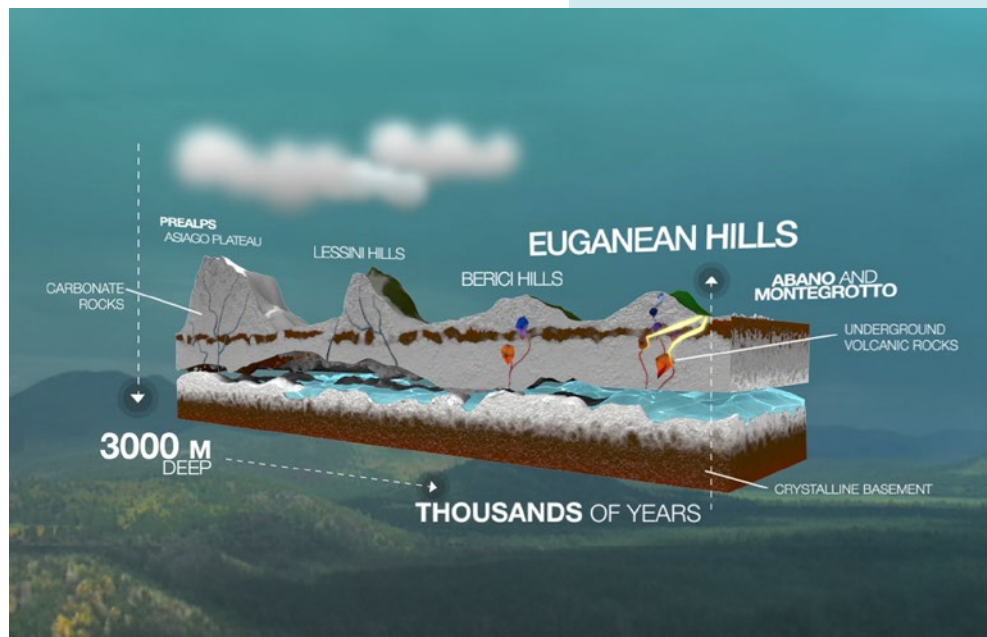


# THE BENEFITS OF THERMAL WATER

On offer here is an experience of intense wellbeing, allowing you to enjoy 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 PreAlps 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 in use today: hypothermal salso-bromo-iodic water.



## 01 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.

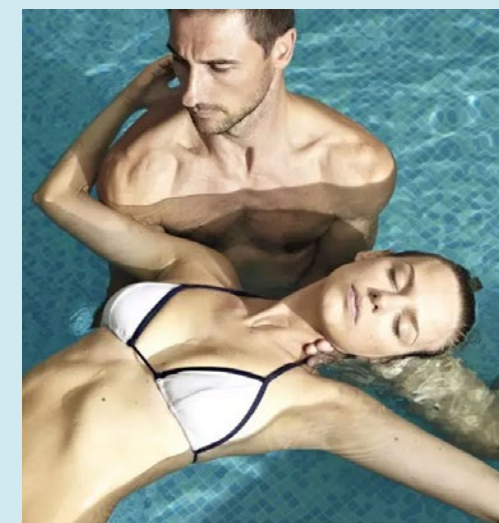
## 02 MOTOR REHABILITATION

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.

## 03

### 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.





## Thermæ and treatments



# TRADITIONAL THERMAL TREATMENTS


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

## BIO-THERMAL CLAY - AGED THERMAL MUD

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 renowned for millennia for its health-giving 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 clay 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.

 40 mins € 35.00

## BIO-THERMAL CLAY THERAPY FOR THE MINOR JOINTS (HANDS OR FEET)


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

 15 mins € 20.00

## BALNEOTHERAPY IN THERMAL WATER

WITH PAIN-RELIEVING OZONE THERAPY

A therapeutic, revitalising thermal bath in an individual bathtub with pure, unfiltered and untreated salso-bromo-iodic 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.

 20 mins € 20.00

Wellness and relaxation with hydrosences


 20 mins € 25.00

## BIO-THERMAL CLAY LIGHT & DETOX

This innovative application of bio-thermal 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 hydrosences.

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

 40 mins € 45.00



## THERAPEUTIC REGENERATING MASSAGE AFTER BIO-THERMAL CLAY

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.

 25 mins € 35.00

 50 mins € 58.00



### INHALATION OR AEROSOL

The particular composition of the thermal water here (containing sodium, bromine and iodine) means that it effectively 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 smokers 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.

 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 nasal showers are highly effective in the prevention and treatment of sinusitis; moreover, they are useful in the decongestion on of mucous in chronic respiratory 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 natural treatment of headaches, rhinitis and chronic sinusitis (all of which are difficult to treat with drugs), in combination with inhalation therapies.

 25 mins € 35.00





# THE PHASES OF GLOBAL MUD THERAPY®

## 01 MEDICAL CONSULTATION

Consultation with the doctor for the customisation of the programme.

## 02 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.

## 03 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).

## 04 SWEAT REACTION

After the thermal bath, it is recommended to return to your room and stay in bed, fully covered, for the duration of the sweating reaction, which varies in length and intensity from person to person.

## 05 THERAPEUTIC MASSAGE

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 APPLICATION OF BIO-THERMAL CLAY AND FOR BALNEOTHERAPY BATH SESSIONS.

€ 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 € 168.00

X=3 € 234.00

X=4 € 300.00

X=5 € 366.00

X=6 € 432.00

X=8 € 564.00

X=10 € 696.00

X=12 € 828.00

### TRY GLOBAL MUD THERAPY®

This package is intended for those who have never experienced a mud-bath 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)

 1h 30 mins € 79.00


### BIO-THERMAL CLAY TRY OUT

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

1 medical consultation

1 application of bio-thermal clay and thermal shower

1 thermal bath with ozone-therapy

 40 mins € 55.00

## ATHLETE PACKAGE THERMAL RECOVERY & PERFORMANCE

Designed for those who practice sport at an amateur or professional level, this package harnesses the extraordinary anti-inflammatory, muscle-relaxing, and regenerative properties of thermal mud. Thanks to its natural maturation in thermal water, the mud promotes muscle recovery, reduces joint tension, and improves tissue elasticity, making it ideal after intense physical effort, prolonged training, or periods of physical stress.

- 1 medical consultation for program customization
- 3 BIO-thermal clay applications with revitalizing therapeutic thermal shower
- 3 therapeutic thermal baths with pain-relieving ozone therapy
- 2 deep decontracting Bamboo massages (50 mins)
- 1 Lomi Lomi massage for overall muscle relaxation (50 mins)
- 2 kinesiotherapy (25 mins)
- 1 foot reflex massage (25 mins)

€ 462.00

## S.O.S. BACKACHE

We have developed a specific package 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
- 2 Kinesiotherapy (25 mins)
- 1 Hydrokinesiotherapy (45 mins)

€ 379.00

# MEDICAL DIRECTION AT HOTEL SAVOIA THERMÆ & SPA

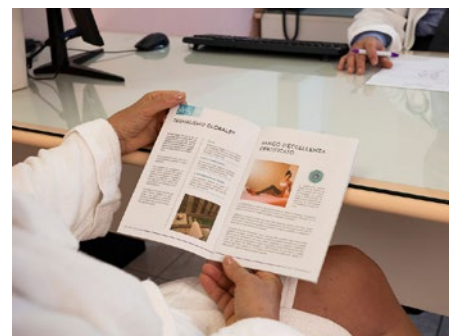
The **Medical Director** plays a central and essential role within a **thermal center**, ensuring that all healthcare and therapeutic activities are carried out in compliance with current regulations, medical standards, and guest safety.

They are the **clinical and organizational head** of the spa treatments and coordinate the entire healthcare area. They supervise the use of thermal waters, muds, and inhalation therapies, ensuring therapeutic appropriateness and correct application according to medical prescriptions.

Key responsibilities include:

- conducts **initial medical examinations**, assessing the guest's health status and defining the most appropriate therapeutic pathway;
- coordinates healthcare staff (massage therapists, physiotherapists, and thermal spa operators);
- ensures compliance with **hygiene, health, safety, and quality** protocols;
- oversees the correct delivery of treatments and the related medical documentation;
- collaborates with hotel management to integrate the thermal spa offering with wellness and prevention services.

The Medical Director therefore represents the **medical and scientific point of reference** for the thermal spa center, ensuring a constant balance between therapeutic effectiveness, prevention, wellness, and the protection of the guest's health.







# 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

 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.

 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 crani- osacral 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.

 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.

WITH FOOT BATH  50 mins € 65.00

 25 mins € 35.00





## Wellness



# EXFOLIATING MESSAGES

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.

🕒 50 mins € 70.00

🕒 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!

🕒 50 mins € 70.00

## 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.

🕒 25 mins € 35.00



All of our massages are carried out by qualified personnel.

Whichever massage you choose, it will be personalised to 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.



# AROMATHERAPY & MESSAGES

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.

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.



## 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 ⌚ 50 mins € 65.00

FACE AND BODY ⌚ 25 mins € 35.00

FACE, NECK, SHOULDERS ⌚ 25 mins € 35.00

## RELAXING

**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 ⌚ 25 mins € 35.00

## LOOSENING-UP

**Neutral fragrance**  
Effective for reducing muscle and joint pain, this massage is highly anti-inflammatory, stimulating the circulation and promoting deep relaxation.

BODY ⌚ 50 mins € 65.00

BACK AND NECK ⌚ 25 mins € 35.00

# NEUROMASSAGE S-TOUCH

## S-TOUCH RELAX AGE

**Anti-aging for the skin, relaxes the mind, and promotes inner harmony**

Therapy Oil: Damask rose, lavender, helichrysum, sweet orange, black pepper, Siberian fir, boswellia resin extract

Thanks to its **anti-aging properties**, it tones tissues and counteracts skin laxity, proving particularly effective in improving the appearance of stretch marks. At the same time, it provides a **soothing and anti-inflammatory action**, ideal for sensitive and delicate skin, as well as in cases of acne or rosacea. The treatment promotes deep muscle relaxation, enhancing the effectiveness of the relaxing massage and providing a pleasant feeling of lightness and harmony. Neuro-essences also act on a sensorial and emotional level: their enveloping scent helps relax the mind, alleviating states of sadness and tension, promoting good mood, introspection, and mental clarity, with a renewed sense of security and inner well-being.

FACE AND BODY ⌚ 50 mins € 70.00



## S-TOUCH DETOX DREN

**Purifies the body, lightens the mind, and stimulates renewed energy**

Therapy Oil: Cypress, rosemary, ginger, sage, boswellia resin extract, ginger root

The **Detox Dren massage with neuro-essences** is a treatment designed to promote a deep purifying and draining action, helping the body eliminate excess toxins and regain a pleasant sense of lightness and vitality. Through targeted and personalized techniques, it stimulates circulation and fluid drainage, counteracting swelling and stagnation.

FACE AND BODY ⌚ 50 mins € 70.00

## S-TOUCH SHAPE THERAPY

**Reshapes the body, tones, and awakens vitality.**

Therapy Oil: Lemon, grapefruit, lavender, black pepper, thyme, rosemary

**Shape Therapy with neuro-essences** is a **reshaping and rebalancing massage** designed to work deeply on both body and mind. On a physiological level, the specific techniques help stimulate the reduction of fat deposits, promote tissue detoxification, and reactivate microcirculation. The result is visibly firmer, more toned, and smoother skin, accompanied by a pleasant feeling of lightness.

BODY ⌚ 50 mins € 70.00



# 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

Ayurveda 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.

 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 you: calming (VATA) ayurveda 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.

 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 ayurvedic 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.

 50 mins € 80.00

## SHIRODHARA

Oiling of the head

This ayurvedic 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.

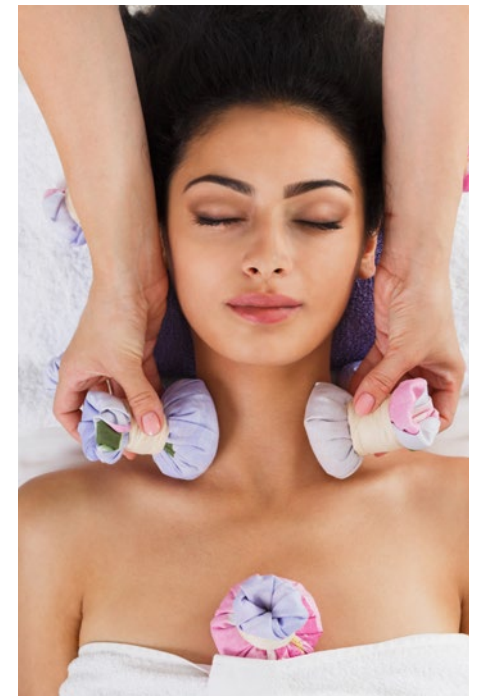
 50 mins € 80.00

## 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 hydrossences**

€ 240.00





# 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 of techniques and rituals from a variety of cultures around the world on their skin and body.

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.

 50 mins € 70.00

## 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.

 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 commonly used and well-known face massage in Japan to this day. The aim of this massage is to aid the natural extension of health and beauty. By relaxing and oxygenating the muscles, this massage restores them to their natural form, reducing wrinkles and creating a fresh, bright and relaxed appearance. Kobido is performed 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.

 50 mins € 70.00

## BAMBOO MASSAGE

Known for hundreds of years throughout sub-tropical Asia for its healing properties, this massage is suitable for both sporty and more sedentary people to balance, calm and energise physically, mentally and spiritually. It stimulates circulation and provides a deep sense of relaxation and serenity. The stimulation of the skin by

the bamboo helps to obtain relief by dispelling toxin accumulation due to poor circulation. In general, bamboo massage relieves pain in the neck, shoulders and upper back, and even improves the quality of sleep. It is contraindicated in the presence of osteoporosis and other bone disorders, acute inflammation, varicose veins, haematomas and other recent injuries.

 50 mins € 70.00





# 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!

## 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 BODY** ⌚ 50 mins € 70.00

## SHAPING

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

⌚ 50 mins € 65.00

### LOCALISED

⌚ 25 mins € 38.00

## 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.

**BODY** ⌚ 50 mins € 70.00

**FACE** ⌚ 25 mins € 35.00

## WELL-BEING

Legs and feet massage that reduces the feeling of tiredness and heaviness, as well as swelling that is clearly visible from an aesthetic point of view. It relieves pain, especially in the case of problems such as hallux valgus and plantar fasciitis.

### LEGS AND FEET

⌚ 25 mins € 38.00

## BUTTER MASSAGE

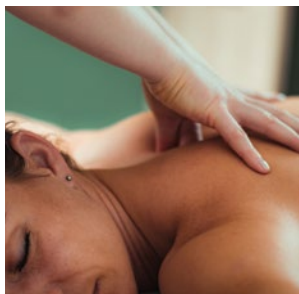
Massage using shea butter, a natural substance rich in vitamins and fatty acids. During the massage, the shea butter is absorbed into the skin, leaving it moisturised and nourished. In addition, thanks to its anti-inflammatory properties, shea butter can help reduce redness and irritation of the skin, leaving a feeling of calm and relief. On the face it reduces wrinkles and fine lines, making the skin supple and radiant.

### FACE AND BODY

⌚ 50 mins € 70.00



## WELLNESS PATHWAYS



### MASSAGE PACKAGES

3 massages of your choice  
(50 mins each)

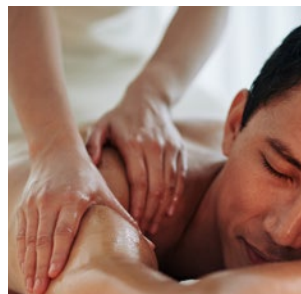
€ 195.00



### DETOX

1 hyperdetox body scrub

🕒 50 mins



### RELAX PLUS

1 Relaxing face and body  
massage

🕒 25 mins

5 massages of your choice  
(50 mins each)

€ 325.00

1 body-shaping massage

🕒 50 mins

1 Loosening-up massage for  
back and neck

🕒 25 mins

Choose from:

- EXFOLIATING MASSAGES
- MESSAGES AND AROMATHERAPY
- WELLNESS FROM THE WORLD
- BEAUTY MESSAGES & WELLBEING

1 lymph-draining body  
massage

🕒 50 mins

1 Face, neck and shoulders  
stress-busting massage

🕒 25 mins

1 detox herbal tea after  
each treatment

€ 200.00

1 Wellness and relaxation  
thermal bath

🕒 20 mins

€ 125.00

## Beauty



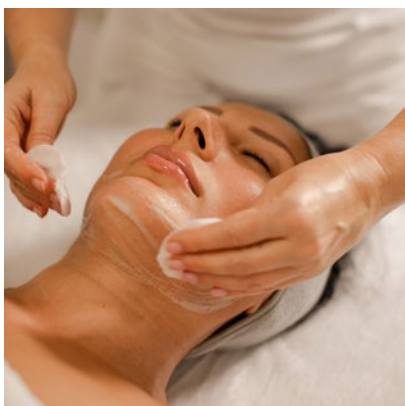
# THERMAL COSMETIC FACIAL

A comprehensive range that makes the most of a natural source of well-being, 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.

🕒 25 mins € 35.00

## BEAUTY PROGRAMME

1 Thermal body peeling 🕒 25 mins

1 Relaxing body massage 🕒 25 mins

1 Thermal facial cleansing 🕒 50 mins

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

€ 125.00

# FACIAL TREATMENTS

## CUSTOM FACIAL CLEANSING

Intensive cleansing 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 three objectives: HYDRATION to moisturise the skin deeply. SOOTHING to remove any congestants. REBALANCING to purify the skin.

🕒 50 mins € 70.00

## TRATTAMENTI ANTI-AGE

**Anti Gravity:** At the heart of the ritual is a **lifting and plumping sugar**, combined with a special **anti-gravity gommage massage** that deeply revitalizes the skin. By stimulating the **natural production of collagen and hyaluronic acid**, the treatment promotes tissue nourishment and oxygenation, providing an **immediate lifting effect**, firmer and more toned skin, and a visibly plumped appearance.

**Staminal Method:** An advanced facial treatment utilizing **cutting-edge biotechnologies**, formulated with a precious **complex of 5 plant stem cells, 5 vitamins, and hyaluronic acid of different molecular weights** that work in synergy to deeply regenerate the skin. The result is a firmer, more radiant, and visibly revitalized complexion, with a comprehen-

sive and progressive anti-aging effect.

**Collagen Veil:** The distinctive characteristic of the ritual is the use of a **collagen veil mask**. The formulations, with **high oxygenating, hydrating, and revitalizing power**, promote skin renewal and visibly improve skin firmness. Free from **preservatives and fragrances**, they ensure maximum tolerance even for the most sensitive skin, providing an immediate smoothing effect while helping to reduce **wrinkles and expression lines**.

🕒 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.

🕒 50 mins € 110.00

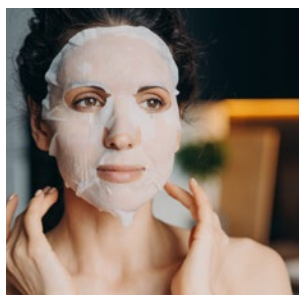
## EYE AND LIP CONTOUR TREATMENT

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 Customised facial cleansing

🕒 50 mins

1 Anti-gravity

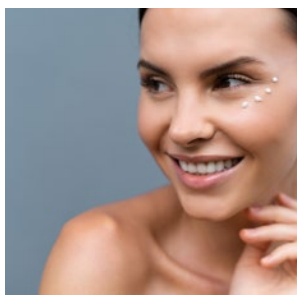
🕒 50 mins

1 Anti-ageing with collagen and hyaluronic acid

🕒 50 mins

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

€ 260.00



### REVITALISING REGENERATING

Age 40-50

1 Customised facial cleansing

🕒 50 mins

1 Stem Method

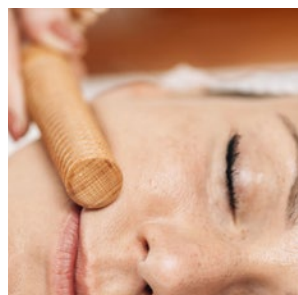
🕒 50 mins

1 Anti-gravity

🕒 50 mins

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

€ 260.00



### INTENSIVE ANTI-AGEING

Age +50

1 Customised facial cleansing

🕒 50 mins

1 Stem Method

🕒 50 mins

1 Royal Experience

🕒 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

🕒 50 mins

1 Anti-ageing treatment with collagen and hyaluronic acid

🕒 50 mins

1 Kobido

🕒 50 mins

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

€ 235.00



# 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.

 50 mins € 80.00

## **RADIOFREQUENCY BODY: SPECIFIC AREAS**

Choose from:

- Arms
- Waist and stomach
- Buttocks
- Thighs

 40 mins € 60.00



# BODY TREATMENTS

## **BODY SHAPE**

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.**

 50 mins € 80.00

## **WHITE SCULPTURING**

Suffering from loss of tone and sagging skin?

**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 detoxifying effect.

 50 mins € 80.00

## **B FIT**

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

## **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 SCULPTURING 50 mins**

**INCLUDES FREE OF CHARGE thermal bath with hydroessences 20 mins**

3 treatments + 1 free gift € 240.00

6 treatments + 2 free gift € 480.00



## THERMAL MUD "FIT"

Who said that our pure thermal mud from Abano Terme can only be used for therapeutic purposes?

We have developed 3 exclusive protocols that, thanks to the combination of bio-thermal clay and active ingredient complexes, guarantee effective aesthetic and wellness results.

### FOR WHOM DO WE RECOMMEND IT?

To all people who wish to regain harmony in their shape in a natural way and try a regenerating experience thanks to the pure thermal mud of Abano Terme!

### "SLIM" THERMAL MUD

This treatment combines the precious pure mature thermal mud from Abano Terme and the active ingredients of the body active shape complex. It has a slimming action, dissolves fat deposits and boosts metabolism. Guaranteed fat-burning effect and smooth skin!

LEGS,  
ABDOMEN  
AND ARM

🕒 50 mins € 70.00

### "DREN" THERMAL MUD

This treatment combines the precious pure mature thermal mud from Abano Terme and the active ingredients of the bio-marine draining complex. It has an intensive action against water retention, stimulates microcirculation and makes the treatment suitable for those who suffer from heaviness and swollen legs. Particularly suitable during the change of season!

LEGS,  
HIPS AND  
ARMS

🕒 50 mins € 70.00

### "TONIC" THERMAL MUD

This treatment combines the precious pure mature thermal mud from Abano Terme and the active ingredients of the body active age complex. It is a treatment indicated in the presence of sagging skin tissue and consequent loss of tone. It fights the signs of ageing with the goal of a more elastic, compact and radiant skin!

LEGS,  
ABDOMEN,  
HIPS AND  
ARMS

🕒 50 mins € 70.00

## 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

🕒 50 mins € 60.00

### LIGHT-LEG PROGRAMME

- 1 Thermal body peeling 🕒 25 mins
- 1 "DREN" thermal mud 🕒 50 mins
- 1 Foot reflexology 🕒 25 mins
- 1 Roll Shape 🕒 50 mins

INCLUDES FREE OF CHARGE: 1 thermal bath with ozonotherapy

🕒 20 mins

€ 200.00





# 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.

## THERMAL BIOENERGY HYDROMASSAGE AND RELAXATION IN THE HIMALAYAN ROOM

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 seaweed-rich 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



## BASIC TWIN

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

25 mins € 80.00 PER COUPLE

## AN AROMATIC JOURNEY

Choose form:

### ANTI-STRESS

Orange and lemongrass  
It improves mood and gives new energy by instilling deep well-being; improves the circulatory system; and it is diuretic and draining.

### RELAXING

Lemon balm, rosewood and ylang ylang  
It releases muscle tension by promoting deep relaxation; excellent in case of insomnia and nervous tension.

50 mins € 140.00 PER COUPLE

## WINE THERAPY

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

## CACAO 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.

50 mins € 140.00 PER COUPLE



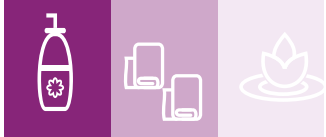
## ADD #LOVE TO YOUR RITUAL AND SURPRISE YOUR BETTER HALF

1 ritual of your choice, lasting 50 mins

In the room: 1 bottle of prosecco, 1 bowl of strawberries and rose petals on the bed

\* booking at least 24 hours in advance is required

€ 179.00



# 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** 50 mins € 80.00

## MYORELAXIERENDE

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

**FACE & BODY** 50 mins € 80.00

## VITAMIN C

A unique sensory experience for your face specifically designed for dull, uneven 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** 50 mins € 80.00

## ARGAN LIFE PROGRAMME

1 Exfoliating hammam ritual for the body 50 mins

1 Vitamin C ritual for the face 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

50 mins € 50.00

## PARTIAL HAIR-REMOVAL

HALF LEG + BIKINI LINE

25 mins € 35.00

## PARTIAL HAIR-REMOVAL

ARMS + UNDERARMS

25 mins € 35.00

## BIKINI LINE

FROM € 20.00

## HAIR-REMOVAL: UNDERARMS OR UPPER LIP

10 mins € 15.00

## COMPLETE HAIR-REMOVAL FOR MEN

CHEST + BACK

50 mins € 50.00

## PARTIAL HAIR-REMOVAL FOR MEN

CHEST OR BACK

25 mins € 35.00





## Hand Special

### MANICURE WITHOUT NAIL POLISH

🕒 25 mins € 30.00

### MANICURE WITH NAIL POLISH

🕒 40 mins € 35.00



## Foot Special

### PEDICURE WITH EXCLUSIVE "REMEDY MED" PRODUCTS

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

🕒 50 mins € 55.00

## Hair Special

### BLOW-DRY

starting from 🕒 25 mins € 32.00

### MEN'S HAIRCUT

€ 25.00

### HEAD AND SCALP WELLNESS MASSAGE

(hair styling excluded) 🕒 25 mins € 35.00

## HAIR SPA

"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

### 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

### DENSIFY

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

€ 60.00

## COMPLETE BEAUTY ROUTINE PACKAGE

1 Hyper Detox Scrub 🕒 50 mins

1 Custom Facial Cleansing 🕒 50 mins

1 Manicure with Nail Polish 🕒 40 mins

1 Pedicure with Nail Polish 🕒 50 mins

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

€ 230,00

## FOOT WELLNESS PACKAGE

1 Pedicure with Nail Polish 🕒 50 mins

1 Well-being Legs and Foot Massage 🕒 25 mins

1 Foot Reflex Massage 🕒 50 mins

1 Remedy Med Foot Cream 150 ml

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

€ 185,00



Spa



# 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.

The SPA is located on the ground floor within the area dedicated to the thermal pools.

## FREE SPA

Open every day from 10:00 AM to 9:00 PM

## USEFUL INFORMATION

From 10:00 AM to 1:00 PM

**BIOSAUNA:** the biosauna is a sauna with moderate temperature and controlled humidity, ideal for a gentle and gradual sense of well-being. It promotes muscle relaxation, stimulates circulation, and supports detoxification without straining the body, making it suitable even for those who cannot tolerate intense heat.

**MARINE TEPIDARIUM:** by recreating the marine microclimate and being a rich natural source of essential minerals and trace elements, a session in the Marine Tepidarium drains and tones the tissues while slowing skin aging. It stimulates blood circulation, improves respiratory function, relieves rheumatic and muscular pain, and has a strong anti-stress effect.

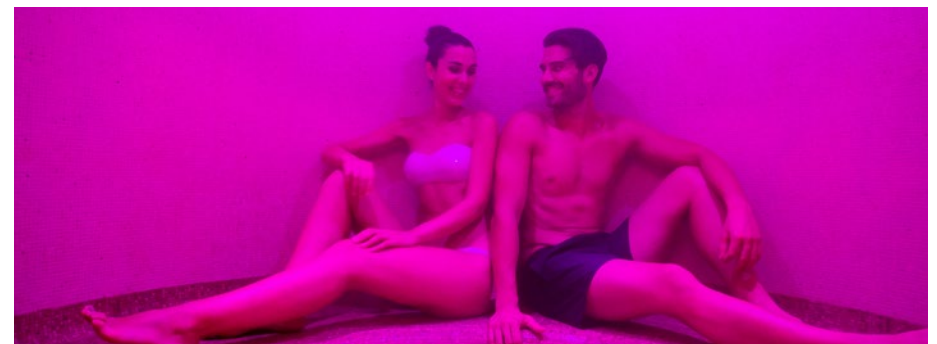
From 1:00 PM to 9:00 PM

**FINNISH SAUNA:** it helps promote physical and mental relaxation and relieve stress; supports the elimination of toxins, activates the skin's cellular metabolism, and helps maintain a fresh, healthy, and well-rested-looking complexion.

**AROMARIUM:** the combined action of heat and steam promotes intense sweating and allows the pores to open, facilitating the removal of skin impurities and significantly increasing the skin's radiance and softness. Aromatherapy induces a feeling of pleasant well-being.



- |                                                           |                                                                        |
|-----------------------------------------------------------|------------------------------------------------------------------------|
| 1. Changing room                                          | 8. "Rain" chromotherapy shower                                         |
| 2. Anti-fungal treatment                                  | 9. Turkish bath                                                        |
| 3. "Rain" chromotherapy shower                            | 10. "Waterfall" chromotherapy shower                                   |
| 4. "Tropical Rain" or "Cold Mist" sensory shower          | 11. Sensory tunnel with Kneipp circuit and lumbar-buttock aquamassages |
| 5. "Rain" shower                                          | 12. "Cold Mist" sensory shower                                         |
| 6. Sauna                                                  | 13. "Sensory Circuit" sensory shower                                   |
| 7. "Fountain of Life" with natural water from Abano Terme |                                                                        |





# Information and opening times

## GROUND FLOOR

SWIMMING POOLS 08:00 am – 11:00 pm

SPA 10:00 am – 09:00 pm

FITNESS CENTRE 08:00 am – 11:00 pm

SPA CENTRE 6:00 am – 01:00 pm

### Heated indoor pool

TEMPERATURE 34 – 36° C  
DEPTH 1.20 – 1.40 m  
SURFACE AREA 210 m<sup>2</sup>

### Heated outdoor pool

TEMPERATURE 34 – 36° C  
DEPTH 1.20 – 1.40 m  
SURFACE AREA 280 m<sup>2</sup>

### Cool outdoor swimming pool

TEMPERATURE 27 – 29° C  
DEPTH 1.35 – 1.50 m  
SURFACE AREA 100 m<sup>2</sup>

## FIRST FLOOR

BEAUTY FARM 8:00 am - 07:00 am

BEAUTY FARM RECEPTION FOR APPOINTMENTS

FROM 9:00 am to 01:00 pm / 02:00 pm – 06:00 pm

### 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 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.



**SAVOIA**  
THERMÆ & SPA HOTEL  
★★★★



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