



ABANO VERDI
THERMAL WELLNESS



Thermal Wellness

SPA CENTER

For more than 40 years, the Hotel Terme Abano Verdi Spa Centre, respecting the therapeutic tradition of the thermal mud maturation process, has been providing “natural” Spa Treatments.

Our Thermal Centre is under the monitoring activity of the University of Padova which is in charge of controlling the quality of mud as well as its maturation process. The Ministry of Health has classified our thermal mud, due to its qualities and therapeutic properties, as First Superior Mud. Our guests, under the supervision of our doctor, have the possibility of choosing among several therapeutic treatments such as mud therapy, balneotherapy, therapeutic massages, kinesitherapy, inhalations, nasal showers and aerosols.



General information about the Spa Centre:

COURTESY AND KINDNESS

We want to give you our smile as a precious gesture and a memory to think back on when you think of your holiday with us.

HYGIENE AND SAFETY

Our Spa Centre only uses the following:

- Disposable or disinfected instruments, preserved under germicidal lamps.
- High quality sheets and towels, washed at high temperatures.
- Carefully selected products.

PROFESSIONALISM

Our treatments are carried out by specialized personnel under a doctor's supervision.

INDICATIONS AND ATMOSPHERE

Please come to the Spa Centre wearing a bathrobe and slippers or a tracksuit. Please inform the reception the day before a possible day off from mud application or massage as well as when you are having your last day of treatment. Our Spa Centre is a place for relaxation and tranquillity, so please do not bring your mobile phone with you.

CUSTOMIZATION

Please tell our therapist your needs and the specific areas that need more attention.

RESERVATIONS

Reservations can be made at the reception upon arrival; in any case, a medical check-up is needed before undergoing treatments.

CANCELLATION

If not cancelled at least 24 hours in advance, treatments will be charged in full.

WARNINGS

Please inform our doctor or the receptionist if you suffer from allergies, diseases or if you are pregnant.

THE THERMAL CAVE

Situated in the Spa Centre: open from 8:00 am to 7:00 pm. It's not recommended for people who are suffering from heart disease. Children must be accompanied by an adult.




DAYS AND HOURS

Mud applications and thermal baths are carried out on the ground floor.

Treatments are available in the morning **from Monday to Saturday**. A medical check-up is mandatory to undergo treatments.

Thermal treatments and massages are organized at the hotel reception.

THERMAL TREATMENTS

| | | |
|--------------------------------|----|---|
| Water and Mud | 6 |  |
| Mud therapy | 7 |  |
| Bath therapy | 10 |  |
| Aerosols and Inhalations | 11 |  |
| Healing Treatments | 12 |  |

OFFERS AND PACKAGES

| | | |
|------------------------------|----|---|
| Mud Trial | 14 |  |
| Spa treatment packages | 15 |  |

Water and Mud

The recognized therapeutic qualities of our treatments derive from thermal water.

Thermal water is defined as “chlorinated sodium bromine lithic” and it gushes at a temperature of nearly 90 ° C. Thermal water comes from the rain that falls on the Pre-Alps, precisely on the Lessini Mounts near Verona, and it flows underground for about 100 km at a depth of 3000 meters before springing out. Along this path, in some places, the water can get to 200° C, cooling down as it flows up to the surface and getting to 87° C. While flowing, the water gets enriched with mineral salts that are essential in producing the microflora of our famous thermal mud. For more than 40 years, Hotel Terme Abano Verdi has been providing Spa Treatments that have had therapeutic effectiveness for centuries.



A guarantee of quality

Hotel Terme Abano Verdi provides all its treatments with respect to the traditional stages of maturation and manual application of thermal mud. Our specialized staff and qualified physician are available for meeting our guests' needs.

The thermal mud used in our Spa Centre was ranked as **1st Superior Category by the Ministry of Health** for its quality and its therapeutic effects. Our Spa Centre is included in the monitoring network of the **University of Padua** for controlling the maturation process and the quality of thermal mud.

Mud Therapy

THERAPEUTIC INDICATIONS

Our treatments significantly improve your health and help heal the following:

- **Degenerative joint diseases** such as arthritis, osteoarthritis, periarthrosis and osteoporosis;
- **Collagen rheumatic diseases** in general,
- **Fibro-muscle and tendon diseases** and psoriasis arthritis;
- **Post herniated disc effects** in association with neck pain and lower back pain;
- **Post-traumatic diseases** such as bone fractures, sprains, dislocations, bruises, post-traumatic chronic pain.

Our thermal mud also helps cure skin imperfections and subcutaneous tissue such as **cellulite, water retention** and **psoriasis**.

SPA KIT RENTAL

| | |
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| Bathrobe and pool towel (for stays up to 3 days) | € 10,00 |
| Bathrobe and pool towel (for stays over 3 days) | € 16,00 |
| Extra change of bathrobe | € 7,00 |
| Extra change of pool towel | € 3,00 |





Treatment steps

Spa treatments are performed in the morning at the agreed time. You will receive a phone call in your room. Please, wear a bathrobe and slippers and go to the Spa Centre on the ground floor. Mud will be applied by specialized personnel.

1. MEDICAL EXAMINATION BEFORE UNDERGOING THE TREATMENTS

Your GP's prescription, if any, must be delivered upon arrival at the Reception. Please bring a recent electrocardiogram if you are over 60 years or if you suffer from heart disease, hypertension or diabetes. A qualified doctor at the hotel's Health Department, after a check-up, will prescribe you the treatments according to your specific needs. Treatments will be carried out under our doctor's supervision.

2. THERMAL MUD APPLICATION AND BATH

Thermal mud will be applied by our specialized personnel. After the application, the mud will rest for about 15 minutes and then you will have a shower and thermal bath. There is also a possibility to have a bath with the addition of Ozone. Ozone is an excellent agent for improving the superficial blood microcirculation. It might be combined with aromatic "Elixir" salts from the Dead Sea, useful for gently relaxing the muscles and improving lymphatic and venous circulation.

Aromatic Elixir salts from the Dead Sea salts are available in different fragrances like:

- **Lavander:** soothing and relaxing properties;
- **Papaya:** slimming properties;
- **Marine oak and Gotu kola:** giving special relief to swollen legs;
- **Ginseng:** powerful tonic for the whole body.

3. REACTION AND RELAXATION

At the end of the treatment, it is necessary to take some time of complete relaxation so that the "reaction" can occur, i.e. it is a hormonal response that causes vasodilation and sweating. It is recommended that you only drink something or have a very light breakfast at least 2 hours before undergoing the treatment. A full breakfast can be taken after the mud application and the thermal reaction.



4. THERAPEUTIC MASSAGE

After the mud application, a massage is needed to relax and tone the body. The effects include toning and relaxing as well as stimulating the skin and muscles.

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| Medical check-up (compulsory) | € 29,00 |
| Additional check-up | with fee |
| 1 Mud application with a shower, thermal bath and reaction | € 26,00 |
| Extra charge for ozone in thermal bath..... | € 3,00 |
| Extra charge for Elixir aromatic salts in thermal bath | € 4,00 |
| Therapeutic massage with cream or oil | 25 min € 25,00 |
| Therapeutic massage with cream or oil | 50 min € 49,00 |

COLD THERMAL MUD APPLICATION30 min | from € 25,00

Thermal mud is applied to painful joints: hands and wrist, elbows or knees and it is wrapped to relieve localized pain.





Bath therapy

This therapy is lighter than mud therapy. It has the same indications as mud therapy.

THERAPEUTIC INDICATIONS

Bath therapy is recommended for treating skin diseases such as **eczema, dermatitis, psoriasis**, (not in the inflammatory phase) **and skin blemishes**.

1. MEDICAL EXAMINATION BEFORE UNDERGOING TREATMENTS

(see the mud therapy section)

2. THERMAL BATH AND REACTION

The bath therapy treatment consists of immersing the body (excluding the head) in thermal water at a temperature of 36-38 °C for about 10-15 minutes.

A complete cycle includes 12 thermal baths (1 thermal bath per day).

Bath therapy is usually carried out after mud therapy to improve the therapeutic results. The reaction is similar to the one caused by mud therapy, but in this case it is milder.

3. THERAPEUTIC MASSAGE

Ideal for relaxing, toning and reactivating the muscles after the mud and bath therapy.

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| 1 Thermal bath | € 15,00 |
| Extra charge for addition of ozone in thermal bath | € 3,00 |
| Extra charge for Elixir aromatic salts in thermal bath | € 4,00 |
| Therapeutic massage with cream or oil | .25 min € 25,00 |
| Therapeutic massage with cream or oil | .50 min € 49,00 |

Inhalations Aerosols and Nasal showers

A unique wellness that comes from water and thermal vapors.

THERAPEUTIC INDICATIONS

Recommended for the prevention and treatment of respiratory problems and ear, nose and throat diseases such as **sinusitis, otitis, pharyngitis, laryngitis, rhinitis** as well as vasomotor rhinitis and **bronchopathy**. Particularly suitable for **children** and **smokers**.

INHALATION TYPES

In our Spa Centre, we provide inhalations, aerosols and nasal showers with the use of thermal water.

INFORMATION

The inhalations department is located in the "Samsara" Centre on the mezzanine floor. Open from Monday to Saturday from 8:00 am to 12 noon.



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| 1 Inhalation with thermal water | € 10,00 |
| 1 Aerosol with thermal water | € 10,00 |
| 1 Nasal shower with thermal water | € 10,00 |





Kinesitherapy

THERAPEUTIC INDICATIONS

Aimed at recovering the functions of muscles and joints. It is performed in cases of post-fractures, traumas, sprains, dislocations and strains; it improves the movement functions of the major joints, rebalances the posture that causes pain and musculoskeletal anomalies.

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| Kinesitherapy*session..... | 25 min | € 36,00 |
| Kinesitherapy*session..... | 40 min | € 45,00 |
| Kinesitherapy*session..... | 55 min | € 55,00 |

**Please arrange an appointment three days in advance.*

Hydrokinesitherapy

THERAPEUTIC INDICATIONS

Hydrokinesitherapy is a medical discipline that aims at treating movement impairments in the water. The treatment takes advantage of floating so as to not overload the joints. Muscles and ligaments are relaxed and that favours a faster recovery of muscle strength and functionality. Moreover, the passive resistance to the water's movement generates a beneficial massage that offers relief from pain and muscle spasms. The rising effect of water allows one to progressively load on the lower limbs, favouring the functions of the veins and arteries. On a psychological level, immersing in the swimming-pool is a key moment to test one's capabilities.

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| Hydrokinesitherapy in thermal water | 25 min | € 45,00 |
| Hydrokinesitherapy in thermal water | 40 min | € 59,00 |





Test Mud Therapy 3 treatments in 1

An advantageous proposal for guests or for those who want to try the Mud therapy treatment, to understand the beneficial properties of the Euganean Hills mud, unique in the world.

MUD TREATMENT TRIAL PACKAGE

It includes:

- 1 medical check-up for undergoing the treatments
- 1 Mud application with shower and thermal bath, ozone, Elixir of aromas
- 1 Therapeutic massage 25 min.

PRICE

stay excluded

€ 68,00

instead

€ 87,00



Spa packages - without stay

The prices are given in our price list and on our website www.abanoverdi.com
Prices and treatments are subject to change; please check at the moment of booking.



TREATMENT PACKAGE No. 1

6 treatments, it includes:

- 1 medical examination
- 1 bathrobe (rental)
- 6 mud and baths without ozone
- 6 therapeutic massages 25 min.

MINIMUM
7 NIGHTS
€ 335,00



TREATMENT PACKAGE No. 2

10 treatments, it includes:

- 1 medical examination
- 1 bathrobe (rental)
- 10 mud and baths without ozone
- 10 therapeutic massages 25 min.

MINIMUM
12 NIGHTS
€ 514,00



TREATMENT PACKAGE No. 3

12 treatments, it includes:

- 1 medical examination
- 1 bathrobe (rental)
- 12 mud and baths without ozone
- 12 therapeutic massages 25 min.

MINIMUM
14 NIGHTS
€ 616,00

See you soon. Fioraso Family and Staff



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