

Spa Thermal Treatments

**HEALING TREATMENTS
MUD THERAPY
BALNEOTHERAPY
THERAPEUTIC MASSAGE
INHALATIONS
AND AEROSOLS**



Hotel Terme

ABANO ASTORIA

Abano Terme - Italy

.....where smile is part of the family

*Mud and Water:
the Power of Natural Elements*

The recognized quality of our therapeutic treatments derives from the thermal water. These are called “water chlorinated sodium bromoiodurate litiose” and flow at a temperature of nearly 90 ° C

Our thermal water springs by the rain falling over the Alpine foothills, namely Monti Lessini near Verona. It must cross the underground for about 100 km at a depth of 3000 meters before arriving to accessible sources.

During this path, thermal water reaches in some places the temperature of 200 ° C, then cooling in the ascent path towards the ground up to 87 ° C. Thermal water is thus enriched with those essential minerals used for the production of our famous thermal mud.

For more than 50 years, Hotel Abano Astoria Terme has been developing its Spa Treatments using these NATURAL THERAPEUTIC RESOURCES.

*Fioraso family and all the staff of
Hotel Abano Astoria Terme welcome you!*

BASIC INFORMATION

All our treatments are performed by qualified people, in a relaxing environment with a soothing background music. In our Wellness Relax and Beauty Center you will find tranquility and courtesy, please no cellphones.

RESERVATION

it is necessary to book a specific treatment in advance, either when you book your reservation, or when you arrive at the Hotel, just after the medical examination. You might book your treatment speaking with our staff at the Reception desk.

PERSONAL TREATMENT

To customize your treatment, tell our staff your specific needs and those areas needing more attention. If you are affected by a particular disease or you are not sure if you can have a specific treatment, you must consult our doctor in our Health Department . Please communicate any allergy, diseases, or if you are pregnant.

CANCELLATION if not cancelled at least 12 hours in advance, treatments will be fully charged

SPA KIT HIRE

Bathrobe for stays up to 3 days	€ 7,00
Bathrobe for stays over 3 days	€ 13,00
Bathrobe change	€ 7,00
Bath towel for swimming pool	€ 3,00



MUD THERAPY

Quality and Attention Guarantees

Hotel Terme Abano Astoria provides all treatments respecting **the traditional stages of maturation and manual application**. Our specialized staff and a qualified physician reserve all the required attention to each guest.

Thermal mud used in our Spa Treatments was ranked **as 1st Superior Category by the Ministry of Health**.

This because of its quality and its characteristic therapeutic effects.

Our Spa Centre is included in the monitoring network of the University of Padua for controlling the maturation process and quality of thermal mud.



THERAPEUTIC EFFECTS

Our treatments significantly improve and help healing:

- **DEGENERATIVE JOINT DISEASES** such as arthritis, osteoarthritis and periartrosi, osteoporosis;
- **COLLAGEN RHEUMATIC DISEASES** in general,
- **FIBRO - MUSCLE DISEASES AND JOINTS AND FROM PSORIASIS ARTHRITIS**;
- **POST HERNIATED DISC EFFECTS** in association with neck pain and low back pain;
- **POST - TRAUMATIC DISEASES** such as bones fractures, sprains, dislocations, bruises, post-traumatic chronic pain.

Our thermal mud also helps curing imperfections of the skin and subcutaneous tissue (cellulitis, water retention), and psoriasis.

THERMAL MUD: TREATMENT STEPS

1) MEDICAL EXAMINATION BEFORE ADMISSION TO TREATMENTS



A medical prescription must be delivered upon arrival at the Reception desk. It is better to bring a recent electrocardiogram if you are over 60 years or you suffer from heart disease, hypertension or diabetes.

A qualified doctor at the Health Department of Abano Astoria Hotel, after the individual visit, prescribes cures/treatments taking into consideration your needs and any contraindications (potential side effect). The thermal mud therapy is carried out under medical supervision.

Medical examination

€ 30,00

Further consultation doctor's fee

2) THERMAL MUD, BATH AND REACTION

Spa treatments are performed in the morning, based on previous reservation. You will be notified by a room phone call, and you will be provided with a bathrobe before getting to our Spa Centre.

Our trained personnel will apply the thermal mud. After the wrap, for about 15 minutes, you will have a shower and then a thermal bath. There is also a possibility to have an **OZONE** bath. OZONE is an excellent agent for improving surface microcirculation. It might be associated with aromatic salts "ELIXIR" (scented salts from the Dead Sea) useful to gently decontract the muscular system and improve the lymphatic and venous circulation.

The Dead Sea salts are available in different fragrances like:

- **LAVENDER:** soothing and relaxing properties
- **PAPAYA:** slimming properties
- **MARINE OAK AND Centella asiatica:** giving special relief to swollen legs
- **GINSENG:** powerful tonic for the whole body.

At the end of each treatment, it is necessary to take some time of complete relaxation, the "reaction", which has a hormonal response with vasodilation and sweating. Two hours before the mud bath you can eat only a small breakfast with soft drinks, full breakfast is available after the mud and the thermal reaction.

Mud application with shower and thermal bath
Adding OZONE to thermal bath
Adding “Elisir” (*aromatic Salts*)

€ 27,00
€ 3,00
€ 4,00

3) THERAPEUTIC MASSAGE



COLD FANGO

If the hot Fango therapy is not advisable, you can apply the cold mud on the areas that are affected.
This clay has an anti-inflammatory effect and helps to relieve the pain.

€ 25,00



THERMAL BATH THERAPY

This therapy is lighter than mud therapy. It has the same indications of mud therapy and it is also recommended for some skin diseases such as eczema, dermatitis and psoriasis, not in acute phase.

TREATMENT STEPS

1) MEDICAL EXAMINATION BEFORE ADMISSION TO TREATMENTS

2) THERMAL BATH AND REACTION

The Balneotherapy treatment consists of immersing (excluding the head) the body in thermal water at a temperature of 36-38 ° C for about 10-15 minutes. A complete cycle of treatment includes 12 thermal baths (1 bath per day). Balneotherapy is usually carried out after mud therapy to improve therapeutic results. The reaction is similar to the reaction given by mud therapy, but in this case it has a lower response in terms of intensity.

Thermal bath	€ 16,00
Adding OZONE to thermal bath	€ 3,00
Adding “Elisir” (aromatic Salts)	€ 4,00

3) THERAPEUTIC MASSAGE





MASSAGE AFTER MUD AND THERMAL BATH

Ideal for decontracting, toning and reactivating the muscular system after the mud therapy. A massage should always be chosen after the mud-therapy.

THERAPEUTIC MASSAGE made with cream or oil for relaxing the muscles

25 min. € 25,00

50 min. € 49,00

For a complete list of all the massages and RELAX WELLNESS BEAUTY treatments, contact our Reception or visit our website

www.abanoastoria.com

INHALATIONS AND AEROSOLS

Particular suggested for the prevention and treatment of respiratory organ problems like ear, nose and throat diseases: sinusitis, otitis, pharyngitis, laryngitis, rhinitis also vasomotor. They are particularly recommended for children and for smokers. In our Spa Centre inhalations and aerosols are performed with thermal water.

1 aerosol or inhalation or nasal lavage with thermal water € 10,00

This department, on the first floor, is open every morning (Sunday excluded) from 8.00 to 12.00 a.m.



FURTHER HEALING TREATMENTS

By appointment, possibly three days before

KINESITHERAPY

Aimed at full recovery of muscle groups and joints involved. It is performed in cases of post-fractures, trauma, sprains, dislocations, strains; it increases the magnitude of the movements of the major joints. It is able to rebalance an altered posture that causes pain and musculoskeletal deformities.

25 min. € 36,00

40 min. € 45,00

55 min. € 55,00

HYDRO-KINESITHERAPY

As it is performed in thermal water, it avoids overloading the joints and strengthens muscle function which can be recovered more quickly. The energy of water also favours the functionality of veins and arteries. Psychologically the diving in the pool is a challenge in your possibilities.

25 min. - in thermalwater € 45,00

45 min. - in thermalwater € 59,00

Thermal Cure Packages

Abano Astoria 2020

PACKAGE with 6 cures (minimum 7 nights)

6 treatments include:
1 medical examination
6 mud and baths without ozone
6 therapeutic massages 25 min.
Bathrobe hire

€ 342



PACKAGE with 8 cures (minimum 9 nights)

8 treatments include:
1 medical examination
8 mud and baths without ozone
8 therapeutic massages 25 min.
Bathrobe hire

€ 446

PACKAGE with 10 cures (minimum 12 nights)

10 treatments include:
1 medical examination
10 mud and baths without ozone
10 therapeutic massages 25 min.
Bathrobe hire

€ 525



PACKAGE with 12 cures (minimum 13 nights)

12 treatments include:
1 medical examination
12 mud and baths without ozone
12 therapeutic massages 25 min.
Bathrobe hire

€ 629

**Treatments and board rates are in our pricelist 2020
and in our website www.abanoastoria.com**

Rates could be subjected to change.

ASTORIA SPA... an experience to live

The Hotel Astoria offers two beautiful Spa surrounded by greenery of the park. The **THERMAL SPA** with two communicating thermal swimming pools, indoor and outdoor, enriched with a large Whirlpool, will give you pleasant moments. Furthermore there is also thermal steam Bio-grotto, aromatic shower, finnish sauna, vascular showers, fitness room.

The thermal water has a temperature of about 36 ° C., it's recommended a maximums of 30 minutes' bathing time, twice a day, and not to exceed in the use of whirlpools, too prolonged use can have after effects.

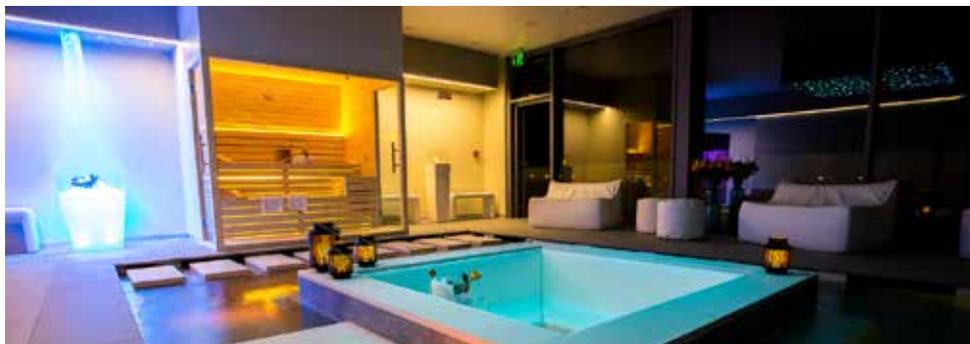
The Thermal Spa is open every day from 8:00 am to 8:00 pm, extended time until 11:00 pm on weekends holidays and eves (Children must be accompanied by an adult).



The new and modern **SPA UNICA** is completely windowed and enjoys the charming view and relaxing scenery of the swimming pool and its garden on all sides. An oasis of peaceful setting.

Fresh water Experience-Pool with indoor lounge, outdoor & indoor Hydromassages, Neck Waterfall, sensory Tunnel-Showers with Kneipp path, Hammam, emotional Shower, Ice Waterfall, Finnish Sauna with pool view.

The Spa Unica is open every day from 10:00 am to 8:00 pm, extended time until 11:00 pm on weekends, holidays and eves (Children under 16 are not allowed to use the Spa).





Activities:

- Fitness center, Bicycles, Tennis court, table tennis
- Watergym in Swimmingpool on Monday Wednesday and Friday afternoon
- Autoshitsu/do-in, on Tuesday and Thursday 5.00 pm
- Dancing evenings with Live-Music, gala, cocktails, theme evenings with drinks





Hotel Terme

ABANO ASTORIA

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