

*Hotel Terme*  
**ABANO ASTORIA**

Abano Terme - Italy

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



*Wellness Relax and Beauty Center*

*Travel with us into the Wellness*

*2026*

*Dear Guests,*

*the Abano Terme Hotel Astoria is your home away from home. Every corner offers you a sense of wellness and comfort: in the stylish and elegant Reception Area, in the Bar and Restaurant with their family atmosphere, in the relaxing and spacious areas on the first floor dedicated to your wellness, where our staff will take care of YOU!*

*Our two SPA, peaceful and relaxing, are completely surrounded by greenery: the THERMAL SPA with two thermal Pools, large Whirlpool, thermal steam Bio-grotto, Sauna, Vascular showers, booth with bucket of ice water, and the SPA UNICA with fresh water Experience-Pool, Hydromassages, sensory Tunnel-Showers, Kneipp Path, Hammam, ice Waterfall, Finnish Sauna with pool view. Have a wonderful relaxing holiday!*

*The Fioraso family and all the Staff*



## **In Abano Astoria we do what we believe in:**

### **1. HEALTH AND SAFETY**

Our Center makes use of:

- Throwaway or disinfected instruments, preserved under germicidal lamps
- High quality sheets and towels, washed at high temperature
- Carefully selected cosmetic products

### **2. PROFESSIONAL SKILLS AND KNOWLEDGE**

To better assist and advise our customers, our staff is continuously instructed with refresher and vocational training.

### **3. KINDNESS AND WELCOMING**

We want you to leave feeling happy and remembering our smile.

## **INFORMATION**

### **ATMOSPHERE**

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 quietness and courtesy (no cell phones allowed).

### **PERSONAL TREATMENTS**

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.

### **RESERVATIONS**

At the hotel reception upon arrival or when booking.

Before the massage we recommend an immersion in thermal water or a quick hot shower to prepare the skin to receive the benefits of the treatment you will be about to take.

Please come 5 minutes before the beginning of the treatment wearing a suit or bathrobe, your bathing suit and slippers.

Please understand for any small wait.

### **CANCELLATION**

if not cancelled at least 24 hours in advance, treatments will be fully charged.

# EXOTIC EXPERIENCES

Live a holistic experience thanks to our treatments based on pleasantly warmed ointments derived from natural elements.

## **AYURVEDA – Ancient Indian Tradition**

Every square inch of the skin has hot oil poured on it and your body is then massaged, smoothed and pampered. A wonderful feeling of inner harmony flows through all the nerve cells in your body and your senses.

50 min. € 60



## **BERBER WITH ARGAN OIL**

### ***Travel into the North Africa tradition***

The Berber massage has its origins 3000 years ago in the northern Africa. Thanks to it the body is completely purified; the masseur spreads the Argan oil on the body and the pleasure begins!

50 min. € 70



## **BERBER RITUAL - A traditional ritual of purification, the beauty secret of Berber women.**

Previous to the massage, the skin is washed and exfoliated thanks to a soap made of olive oil and Argan oil. The masseur spreads the oil on the body using the Kessa glove, this ritual is called the “savonnage”.

1 h. 20 min. € 98



## **HOT STONE - An immersion in the heat whose origins are lost in ancient times**

The heat released by stones and the pleasantly heated oils release tension and give a pleasant feeling on the whole body.

50 min. € 65



## **LOMI LOMI**

### ***Let yourself go to Hawaiian rhythms and treatments***

Relaxing feelings , thanks to long movements , gentle and rhythmic hands and forearms.

50 min. € 65



## **CALIFORNIAN - ANTISTRESS**

### ***Refreshment through US methodologies***

Characterized by gentle movements, pressure on muscles and sweet strains.

50 min. € 60



## **PINK HIMALAYAN SALT MASSAGE**

### ***A precious Asiatic secret***

Detoxifies and mineralizes the skin, using a precious crystal salt, extracted in the heights of the Himalayas formed over 250 million years ago , together with honey that nourishes in deep.

50 min. € 65



# RELAXING EXPERIENCES

Aromatherapy and relaxing massage are combined in these wellness protocols. Treatments are characterized by the use of special products, based on principles of naturopathic, and on long and very relaxing manual treatments.

## **RELAXING MASSAGE – *Relaxing and Wellness Treatment***

Soft and relaxing manual treatment to promote general relaxation.

50 min. € 52

## **NOURISHING USING SHEA BUTTER (Karité)**

### ***Natural wealth by African indigenous people ...***

Karité butter has special emollient, anti-stretch mark, anti-wrinkle, firming, moisturizing, antioxidant and protective properties.

It leaves a sweet smell on the skin.

50 min. € 67



## **AROMATIC MASSAGE - *The ancient oriental origins give us the feelings of a very faraway land***

A mixture of aromatic essential customized oils, pleasantly heated, with different beneficial properties, which will give a feeling of total relaxation...

50 min. € 60



## **“NOVA VIDA” TREATMENT**

### ***Prepare your body for rebirth in wellness***

It consists in a “rotation peeling” thanks to a massage on the whole body. Then, a few minutes of laying and a quick shower. Thus, a relaxing massage with heated oils is provided. This treatment promotes skin exfoliation, allows tissue regeneration and facilitates the absorption of the active ingredients of cosmetic products and thermal mud.

50 min. € 66

1 h. 20 min. € 90

## **HONEY MASSAGE**

### ***A natural product preventing skin aging***

a nourishing and soothing massage, ideal for dry and dull skins.

50 min. € 62



## **MASSAGE with ROSE OIL - *A high-quality anti-aging natural product used by the Thai population***

Rose oil is rich in unsaturated fatty acids, which are important for cell regeneration. Thus, it has anti-aging, regenerating and refreshing properties. It leaves a pleasant perfume of rose on the skin.

50 min. € 62



## **CHOCOLATE MASSAGE - *South America Product having stimulating and nourishing properties***

Flavored chocolate oil is able to stimulate endorphins, the feel-good hormones, and it is also an excellent anti-cellulite.

50 min. € 62



## **CHOCOLATE SWEET LOVELY - 3 treatment in 1!**

### ***Enjoy yourself with a regenerating full program ...***

A sweet cuddle and a valuable ally against cellulite. It consists of body scrub, body mask, massage with chocolate and a pleasant final gratification.

1 h. 20 min. € 98

# NATURAL TREATMENTS



There are treatments originating from oriental medicines and characterized by specific pressures that balance the body's energy flow. These treatments come from alternative forms of therapy and have no contraindications (side-effects). They can be taken wearing a track-suit or comfortable clothes. Oils or other products on your skin are not used. For maximum effectiveness, it is good to repeat the same treatment several times.

**REIKI - From ancient Eastern philosophical thinking, we rediscover how to reactivate the energy in our body.** Hands resting for a few minutes on the body leave energy to pass in the form of heat or vibration. According to the philosophy of Reiki, the concept of health and healing is the natural consequence of a spiritual state of being in harmony with the surrounding world.

50 min. € 55



**REFLEXOLOGY (feet treatment)**  
**Ancient principles of Chinese medicine characterize this technique.** When dealing with specific points in the feet this treatment stimulates reflection of functionality of body-apparatus, organs and glands throughout the body. Thus, disturbed organs are stimulated at a distance.

50 min. € 55



**SHIATSU – Japanese tradition helps us to rediscover the wellbeing of the body**

While lying on the ground on a futon, finger pressures and tractions are made along the meridians Ying and Yang to rebalance the energy flow and relax. In 1964, a new Japanese law recognized the Japanese Shiatsu as a form of health treatment.

50 min. € 62



**THAI ON THE GROUND -Find your balance thanks to a practice originating in the ancient Asia**

On the relaxed and lying on the ground body compressions are made. Finger pressure and stretching along a series of points helps to rebalance the flow of energy and play an effective action on the venous - lymphatic system and on muscles. It is considered a branch of Thai traditional medicine.

50 min. € 62





## SPECIFIC TREATMENTS

The following massages are based on the Western tradition. They have been thought to address specific health problems and find a solution for specific needs.

### **DECONTRACTING and THERAPEUTIC (25 or 50 min.) DECONTRACTING BACK AND NECK (25 min.)**

This massage is particularly useful to loosen tense muscles and improve blood circulation. It can be easily customized.  
Traditionally combined with mud therapy or hydrotherapy.

25 min. € 27

50 min. € 52



### **CUSTOMIZED BIODYNAMIC**

It is used to release any points on the body and reactivate them, acting especially on muscles and joints.

50 min. € 60



### **SPORTS**

This is an intense and energy giving massage able to relieve muscle tension and tone muscles.  
Recommended for men or those who like very strong massages.

50 min. € 60



### **ANTI-STRESS**

This massage is all over the body with pumping and specific movements. It helps to get rid of tension and tiredness.

50 min. € 57



### **FIRMING AND TONING**

This massage is specifically designed to revitalize and tone the tissue and helps restoring the natural elasticity of the skin.

50 min. € 57



### **ANTI-CELLULITIS**

It is a strong and intense massage that focuses on the thighs, abdomen and hips. Performed with special cream, it stimulates circulation and metabolism.

50 min. € 60



## “OCEAN BODY SLIM” ANTICELLULITIS TREATMENT

A specific massage combined with a sea mud wrap with an intense slimming action, enhanced by the black pepper extract that deeply conveys the active ingredients to obtain an immediate disposal of metabolic waste, through an effective mobilization of liquids and fat deposits. Immediately at the end of the treatment, the legs appear slimmer and the skin is smooth and purified.

Also excellent as an alternative to lymph drainage with cold gel bandage.

50 min. € 77



### **DRAINING 50 min.**

#### **LEGS and ABDOMINAL Draining 25 min.**

This is a massage using a special draining oil. It promotes venous-lymphatic drainage, it helps to deflate and favor lightness. Recommended as an alternative to lymph drainage

25 min. € 31

50 min. € 60



### **SIDES and ABDOMEN REDUCING TREATMENT**

This is a specific treatment with cold gel wrap and anti-cellulite massage draining on the hips, buttocks and abdomen.

50 min. € 75



### **PARTIAL Lymphatic drainage only legs or arms (25 min.)**

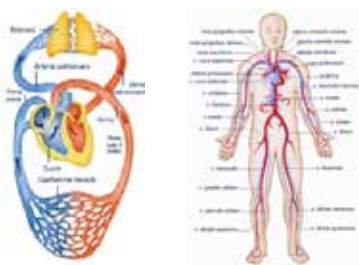
#### **LYMPHATIC DRAINAGE (50 min.)**

This treatment is used to drain the lymph, excess fluids and toxins. It acts on the lymphatic system with gentle movements, pumping, pressure and vibration performed slowly.

*Medical advice/examination needed.*

25 min. € 36

50 min. € 64



### **LYMPHATIC DRAINAGE WRAP WITH COLD GEL**

During the session of lymphatic drainage, the masseur proceeds on the application of a specific bandage for the legs, with a special cold stimulating gel. Recommended to relieve the feeling of fatigue, heaviness and swelling in the feet, ankles and legs.

*Medical advice/examination needed.*

50 min. € 75



# BEAUTY EXPERIENCES

To feel different you have to see yourself completely different.  
Only experts' hands can give you back health and beauty.

## BODY PEELING

*Revitalize and prepare the skin for subsequent treatments*

Skin Exfoliation allows cell regeneration and allows a better oxygenation of the epidermis. It also helps in the absorption of cosmetic products, the active ingredients of mud and it prepares the skin for tanning.

This treatment is made of 3 steps

1. massage with a rotational movement on the whole body with an exfoliating salt-based cream and emollients;
2. the body is wrapped with a sheet of cartene to favour absorption and then left resting for some minutes;
3. quick shower.

25 min. € 39



## CLEANING BACK TREATMENT "DOS PARFAIT" - Relaxing and effective

Cleansing with cleansing milk, steaming, cleaning, scrub and cream application. Very suitable for men.

30 min. € 34



## COLD THERMAL MUD PACK

The thermal mud of Abano is applied on hands, wrists and elbows, and helps to relieve localized painful.

30 min. from € 28



## SOLARIUM

It is better to apply the sunscreen before sun and gradually increase the exposure time according to your skin.

UVA-UVB TOTAL BODY WITH THREE-FACED € 15

Tanning Offer 3 Solarium UVA-UVB  
€ 40



# PERFECT FACE

## COMPLETE AND CUSTOMIZED FACE TREATMENT

For an over-all comprehensive and intensive treatment able to restore the optimal hydration: deep cleansing of the face, neck and décolleté, relaxing massage with cream, draining and stimulating microcirculation, specific mask.

50 min. € 55



We use only professional cosmetic products of high quality , with advanced formulas to provide the best service and excellent results.

***You can find information for purchasing our products in our beauty department***

*A deep-cleaning must be made no more than once a week, then it is useful to do everyday massage + mask*

**SPECIAL INTENSIVE AND FAST FACIAL TREATMENTS** performed after a deep cleansing:

MASSAGE WITH SPECIFIC CREAM	20 min. € 26
SPECIFIC MASK for all the kinds of skin.	20 min. € 25
MASSAGE + SPECIFIC MASK	40 min. € 45
APPLICATION OF A SPECIFIC CONCENTRATE SERUM with a high anti-aging effect, in addition to any facial treatment, for an amplified effect of beauty	€ 15
Only cleansing and peeling	20 min. € 25



... and to obtain even more results  
INTENSIVE EYE TREATMENT with moisturizing serum, calming mask, wrinkle cream facelift,

30 min. € 45

**Special OFFER**  
**The Complete facial customized treatment**  
**with the Intensive Eye Treatment**  
**€ 90**

## INTENSIVE ANTI-AGING FACE TREATMENT WITH VEGETAL STEM CELLS



The treatment begins with a gentle exfoliation and cleansing through exfoliation, followed by a stimulating massage, a mask for tissue regeneration, finally ending with a massage to smooth the skin and relax the face. Stimulate cell turnover the stem cells revitalize the youth of the face: wrinkles and expression lines are reduced, the tissues are energized and hydrated in depth, the skin acquires a renewed brightness.

60 min. **€ 80**

## INTENSIVE ANTI-AGE FACIAL TREATMENT “ROYAL”

A new-generation intensive anti-ageing beauty treatment that tones and plumps.

Gives support to the neck, eyelids and face oval, smoothing out wrinkles with a lifting effect.

60 min. **€ 75**





### FACE MANUAL LYMPHATIC DRAINAGE

This facial massage stimulates circulation and helps reduce puffiness and dark circles. The treatment is suitable for everyone because it does not use any kind of product.

30 min. € 36



### REDEFINING and / or COLOUR EYEBROWS

Get your eyes the best ever!

from € 15 to € 20

### HAIR REMOVAL

*Always in order thanks to the sweetness of the honey depilatory waxing*

Besides the classic waxing, we also use the roll- on: convenient and fast!



MUSTACHE	€ 10
PARTIAL LEGS	€ 20
TOTAL LEGS	€ 30
HARMS	€ 15
ARMPITS	€ 10
GROIN	€ 20



# HANDS AND FEET PERFECTION

**BASIC TREATMENTS FOR HANDS AND FEET** - *Feeling refreshed and always tidy.*  
Arrangement of nails, cuticles, imperfections, relaxing massage and nail polish.

COMPLETE MANICURE	€ 25	COMPLETE PEDICURE	€ 42
If you also like French	€ 10	If you also like French	€ 10
ONLY NAIL POLISH CHANGE	€ 8	ONLY NAIL POLISH CHANGE	€ 8



## “CUDDLING” FEET TREATMENT - Relaxing and antibacterial

Feet bath with lavender essential oil, feet scrub, regenerating honey wrap, massage.  
Ideal after the pedicure.

25 min. € 30



Special Offer \*  
1 Pedicure +  
1 “Cuddling” Feet-treatment  
€ 67

*\*Offer used by the same person within the same stay.*

## PARAFFIN TREATMENT - *For a soft and velvety appearance*



A feeling of immediate wellbeing thanks to the hot paraffin treatment.

HANDS PARAFFIN TREATMENT	€ 25
FEET PARAFFIN TREATMENT	€ 27

# PERFECT HAIR

## BASIC TREATMENTS



SHAMPOO and straighting hair:

SHORT HAIR

€ 26

LONG HAIR

€ 28

SHAMPOO AND PHON CURLERS

€ 24

RE-MANAGING OR PHON CURLERS

from € 15

BALSAM

€ 4

MASK

€ 5

EXTRA COLOUR APPLICATION

€ 3

## "HAIR SPA" TREATMENT

*Abandone yourself to a specific massage of the scalp*



A reconstruction treatment for brittle hair for an unforgettable sensation...

After the thermal pool hair may need of hydration, let yourself be carried by this cuddle!

HAIR TREATMENT "HAIR SPA"

20 min. € 25

## RENEW YOURSELF

HAIR CUT

€ 18 - € 20

PERMANENT HAIR TREATMENT

€ 48

HAIR COLOUR OR LIGHT SHADE DYE

€ 30

MÈCHES

€ 38

LIGHT STROKES WITH SILVER FOIL

€ 45 - € 55





# "REMISE EN FORME" PROGRAMS 2025

Small (2-3 days)	Medium (3-4 days)	Large (4-6 days)
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## "Remise en forme" BACK AND NECK



1 Therapeutic  
Massage 50'

2 Back-Neck  
Massages 25'

€ 106

1 Therapeutic Massage 50'  
1 Biodynamic Massage 50'  
2 Back-Neck Massages 25'

€ 166

1 Therapeutic Massage 50'  
1 Californian Massage 50'  
2 Biodynamic Massages 50'  
2 Back-Neck Massages 25'

€ 286

## "Remise en forme" HEAVY AND PUFFY LEGS



1 Nova Vida  
Treatment 50'

2 Drainage  
massages for  
legs and  
abdomen 25'

€ 128

1 Nova Vida Treatment 50'  
1 Firming or toning massage 50'  
2 Drainage massages for legs  
and abdomen 25'

€ 185

1 Nova Vida Treatment 50'  
1 Firming or toning massage 50'  
3 Draining massages 50'

€ 303

## "Remise en forme" SLIMMING AND FIRMING



1 Body Peeling  
25'

1 Anti-cellulitis  
treatment  
"Ocean Body  
Slim" 50'

€ 116

1 Himalayan salt massage 50'  
1 Anti-cellulitis massage 50'  
1 Hips and Abdomen Reducing  
treatment 50'

€ 200

1 Himalayan salt massage  
50'  
1 Anti-cellulitis treatment  
"Ocean Body Slim" 50'  
2 Anti-cellulitis massage 50'  
1 Hips and Abdomen  
Reducing treatment 50'

€ 337

## "Remise en forme" ANTI-STRESS AND RELAXATION

1 Body Peeling 25'  
1 Californian Massage 50'  
1 Ayurveda Massage 50'

€ 159

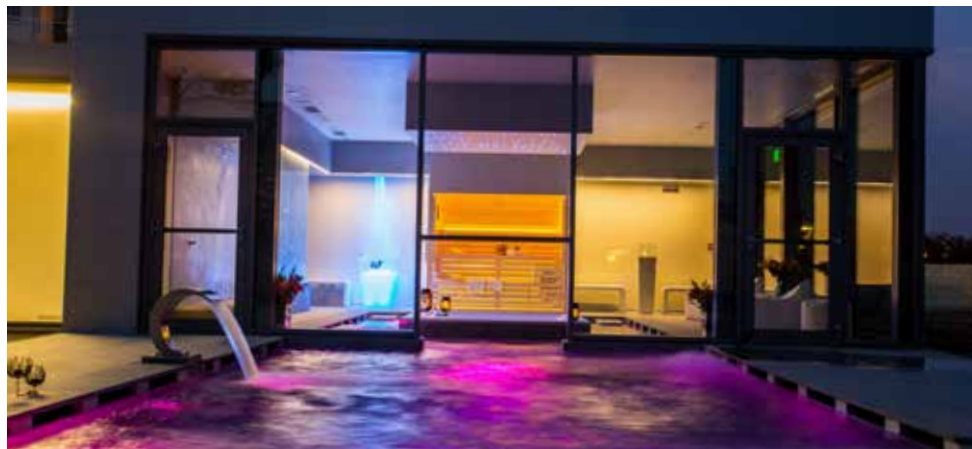
1 Berber ritual 1 h and 20'  
1 Californian Massage 50'  
1 Ayurveda Massage 50'

€ 218

1 Berber ritual 1 h and 20'  
1 Californian Massage 50'  
1 Ayurveda Massage 50'  
1 Lomi Lomi Massage 50'  
1 Hot Stone 50'

€ 348

*Rates and treatments could be subject to change.*



*Hotel Terme*

**ABANO ASTORIA**

Abano Terme - Italy

Via Cristoforo Colombo, 1  
35031 Abano Terme PD

Tel. +39.049 860 1530 - Fax. +39.049 860 0730

[www.abanoastoria.com](http://www.abanoastoria.com)

[info@abanoastoria.com](mailto:info@abanoastoria.com)

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