



A ANTONIANO

★★★★★
Family hotel
terme & sport

SPA MENU

2023 - ENG

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A woman is shown from the back, receiving a thermal treatment. A thick, dark, textured substance is being applied to her back and shoulder area. The background is a bright, blurred indoor setting, possibly a spa or wellness center, with greenery and architectural elements visible. The overall tone is clean and professional.

THERMAL TREATMENTS

Fango - Balneotherapy is a gift of nature whose effectiveness has been proven by studies conducted by the University of Padua (Progetto Naiade). This treatment has the property of slowing down joint wear (osteoarthritis), improving mobility, promoting post-traumatic recovery and alleviating the consequences of fractures. The ozone contained in the thermal water, which is enriched with oxygen (C3), has a fatiguing effect, stimulates venous circulation and promotes blood flow and encourages cell turnover in the skin.

- **Medical examination for admission to thermal treatments** € 35,00
Required for access to thermal treatments.
- **Check-up / medical consultation** € 25,00

- **Thermal mud treatment, thermal shower and bath with ozone*** € 32,00
- **Partial mud treatment for hands or feet*** € 18,00
- **Thermal bath with ozone*** € 22,00
- **Mud pack for sinusitis and headaches** € 25,00

** compulsory medical examination*

THE STAGES OF MUD

- 1. Obligatory medical check-up to gain admission to the treatments.**
- 2. Scrub:** to prepare the skin for the thermal treatment. The skin is deeply cleansed and the minerals and the beneficial substances can penetrate into the organism more effectively.
- 3. Application of thermal mud.** The mature mud is applied to the skin at a temperature between 38 and 42°C for 15 to 20 minutes.
- 4. Thermal bath.** Following removal of the thermal mud with a warm shower, the body is immersed into a thermal bath for 8-10 minutes at a temperature of 36-38°C.
- 5. Sweat reaction.** The fangotherapy is followed by the “sweat reaction”. Duration and intensity can vary from person to person.
- 6. Therapeutic massage.** Upon completion of the sweat reaction, a toning or reactive massage reactivates the circulation and completes the fangotherapy protocol.









INHALATION THERAPIES

Depending on the type of therapy, the thermal water is vaporised in different nebulisations to stimulate and disinfect the entire respiratory tract; particularly suitable for all smokers.

- **Inhalation for the upper respiratory tract (throat, larynx, trachea) € 10,00**
- **Aerosol for the upper respiratory tract (nasal fork) and lower respiratory tract (mask) € 10,00**
- **Micronized Nasal Showers (nasal and sinus and ear tubes) € 10,00**

* *Mandatory medical registration examination*

PHYSIOTHERAPY

- **Physiokinesitherapy** (25 min.) € 40,00
- **Physiokinesitherapy** (55 min.) € 70,00
- **Postural gymnastics** (25 min.) € 35,00
- **Postural gymnastics** (55 min.) € 65,00
- **Hydrokinesiotherapy** (25 min.) € 35,00
- **Hydrokinesiotherapy** (55 min.) € 65,00





MASSAGES

THERAPEUTIC MASSAGES

- **Therapeutic muscle massage** (25 min.) € 32,00
- **Therapeutic muscle massage** (50 min.) € 55,00

- **Lymphatic drainage**

A manual massage that acts on the lymphatic circulation, speeding up the elimination of toxins and excess fluid.

- Leg lymph drainage (25 min.) € 35,00
- Full body lymph drainage (50 min.) € 60,00

- **Foot reflexology**

Foot reflexology involves pressure and massage of the soles of the feet with the aim of alleviating specific complaints or illnesses elsewhere in the body.

- (25 min.) € 35,00
- (50 min.) € 60,00



WELL-BEING MASSAGES

- **Magnolia relax massage** (50 min) € 65,00
A massage where you can let go and let yourself be lulled. Through the skilled hands of our experienced staff with the application of essential oils.
- **Firming and toning massage** (50 min) € 65,00
A personalised massage concept that tightens and firms your figure. tightens and firms your figure. Effective active ingredients and innovative massage and innovative massage techniques reactivate the metabolism and lymphatic activity.
- **Dorsalis Revitalising Back Massage**
(55 min) € 75,00
A wonderful back massage that is tailored to your needs in terms of technique and intensity.
Your needs in terms of technique and intensity. Highly effective natural oils ensure an extraordinary result. The unique combination of gobelets and Tibetan bells helps to release tension, tension, contractions and improves flexibility of the spine. and move freely.

ORIENTAL MASSAGES

- **Vital Stone** (55 min) € 75,00
Relaxation ritual: The warm basalt stones stimulate the 7 energy centres in your body, the gentle massage with essential oils stimulates the lymph flow and has a decongestant and calming effect on the nervous system. A gentle fragrance experience and intense warmth eliminates physical and mental stress.
- **Shiatsu massage** (50 min) € 65,00
Affects the body and mind through pressure that works in depth by stimulating the meridians, the energy channels that run through the body.
- **Bamboo massage** (50 min) € 65,00
It follows the oriental doctrine, a slow and deep massage. Using 4 warm bamboo tubes, the subcutaneous tissues are stimulated to eliminate toxins, reactivate blood circulation and thus heal cellulite and stretch marks.
- **Ayurvedic Abhyanga Massage** (50 min) € 65,00
The ultimate relaxing massage! Warm oils and skilful manual technique help to restore balance, well-being and harmony.
- **Herbal stamp massage** (50 min) € 65,00
This Ayurveda-inspired treatment has a reactivating effect and helps to relax tense muscles.

FACE



FACIAL TREATMENTS

- **Facial lymphatic drainage** (25 min.) € 35,00
Slow and deep manual techniques, expertly performed, reactivate circulation and stimulate the production of collagen and elastin, restoring radiance and elasticity to the face and décolleté. Eliminates puffiness, drains and relaxes.
- **Thermal facial cleansing** (50 min.) € 65,00
a deep gentle facial cleansing that purifies the skin, leaving it especially radiant. A customized treatment to meet the needs of any type of skin.



Lakshmi's mission is to spread love for the Mother Nature by making people experience deep well-being through beauty rituals with constantly evolving organic products.

- **Basic facial treatment (Vata - Pitta - Kapha)**
(55 min) € 65,00
A basic treatment to restore the balance of the cells according to the three constitutions:

Vata - for dry, tired and tense skin. After the treatment, the skin is relaxed and fresh again, with a plumping effect. The Vata line guarantees the well-being of the epidermis and restores its natural balance thanks to precious cold-pressed plant oils.

Kapha – dedicato alle pelli impure, grasse, acneiche. Kapha - is designed for impure, oily, acne-prone skin. The skin acquires a healthy and smooth appearance. Reduces susceptibility to irritations and has an antibacterial effect. Active ingredients such as extracts of argan oil, serenoa, sesame, epilobium, turmeric and ginger have a sebum-regulating effect.

Pitta Sensitive - for delicate, sensitive and reactive skin.

The treatment promotes the balance of the dermis and also serves as a preventive measure. Soothes irritation and redness. The soothing, calming and moisturising action is combined with an anti-ageing effect. Active ingredients: Mallow, lavender, rose, lotus flower, hypericum.

Pitta Regensis - problematic skin with dermatitis, rosacea, couperose, capillaries.

The skin is overactive, itches, tingles and burns. With the Regensis Ritual you feel immediate relief, redness disappears and the complexion normalises. Regensis is able to soothe and treat even the most demanding and hyper-reactive skin types without the need to the use of corticosteroids. Active ingredients: Blue Chamomile, Aloe, presents the new cream for medical products based on Zantalene.

• **Netra Specialist Eye Ritual (40 min) € 42,00**

A highly effective ritual made up of products rich in hyaluronic acid and active ingredients that simultaneously act on the specific cause of imperfection (bags under the eyes, dark circles). The result: the eye contour appears deeply moisturised, more radiant, elastic, relaxed and rested.

• **Antiage Ritual for ageless skin (55 min) € 70,00**

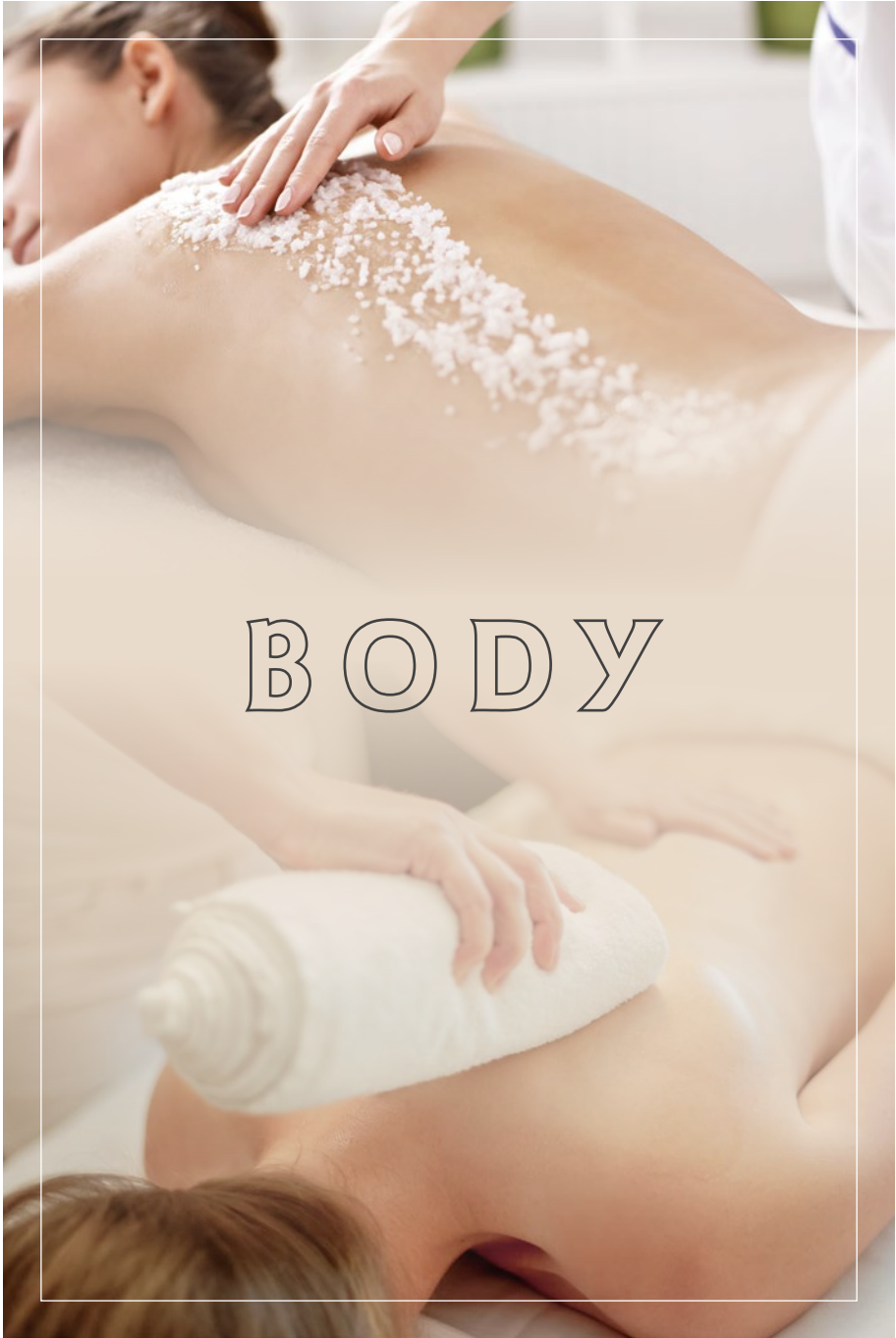
This treatment provides the skin with proper and deep hydration and has a progressive restructuring effect. For a radiant and visibly younger-looking face, with a significant reduction in signs of fatigue. The skin becomes fresher and firmer.

Every age needs specific nutrients and minerals so that the passage of time becomes an ally rather than an enemy.

Age Reverse for skin up to 40 years - a preventive treatment with concentrated antioxidant action.

Timeless for skin up to 50 years - maintenance treatment and care for the first wrinkles.

Gold for skin over 50 - the treatment is indicated in this case as a real time machine to rejuvenate and restore the skin. rejuvenate, reshape, restructure.



BODY

• **Thermal Body Scrub** (50 min.) € 60,00

Used to prepare the skin for the spa treatment, it deeply cleanses it, allowing minerals and beneficial substances to better penetrate and thus reach the body. The scrub used in the treatment is based on thermal water, honey and linden

• **Nourishing body spa treatment** (80 min.) € 85,00

A full body treatment to nourish and moisturize the skin. Light purifying thermal scrub followed by a body wrap with a nourishing mask made with thermal water, honey, calendula, mallow and yarrow and shea butter. The treatment ends with the application of a soothing/moisturizing body fluid based on thermal water and calendula.

• **“Dar” mud treatment** (50 min.) € 60,00

The wellness version of our famous Fango Maturo DOC. It is creamy and soft, has a pleasant temperature and is applied to the entire body without a doctor’s prescription, with no contraindications. After application, it is rinsed off and finished with a small massage phase. We have created different protocols depending on your needs:

Purification - can help reduce and eliminate excess toxins and waste. The skin is soft, nourished and perfectly smooth. It ends with a draining massage.

Regenerating - stimulates the body’s natural ability to regenerate and adapt. Regeneration, adaptation and self-care.

Reshaping - helps reshape various physical imperfections, from cellulite to localised fat deposits. The skin is tightened and smoothed and the silhouette is redefined.

• **UDARA flat and toned abdomen treatment** (50 min.) € 70,00

Intense and rapid localized action treatment on belly and waistline imperfections. It promotes normal physiological intestinal activity. The treatment uses the various synergies such as guarana extract, tonic and the synergistic concentrate of basil antispasmodi co, fennel, marjoram, and ylang ylang.

- **DETOX DREN wrap** (50 min.) € 70,00
 PURIFY AND DRAIN
 For the treatment of skin imperfections related to water retention. With Dead Sea Salts, Ivy extract and Centella asiatica, very useful to help compact and tone the skin and give it a smooth appearance.
- **LIPOLITIC bandage** (50 min.) € 70,00
 REDUCE AND SCULPT
 Created with ingredients for the cosmetic treatment of localized adiposity and cellulite. Reshapes, improves microcirculation and tightens the skin.
- **CRIO CELL LIGHTHOUSE**
LEG LEG bandage (50 min.) € 70,00
 LIGHTNESS AND FRESHNESS
 Elasticizing and refreshing bandage. Firms and tones the skin. Promotes activation of microcirculation. Gives a feeling of freshness. All three wraps are enhanced by the Pressotherapy machine.
- **Pressotherapy treatment for legs** (20 min.) € 30,00



BEAUTY

BEAUTY

- **Manicure with/without nail polish** € 30,00
- **Pedicure with/without nail polish** € 45,00
- **Callus peeling treatment (55 min.)** € 65,00
A pleasant and relaxing treatment that restores the radiance of the foot and makes it exceptionally soft. Without the use of blades or knives, callus peeling is extremely simple and quick. Callus peeling completely eliminates calluses, corns and cracks.
- **Depilation with wax** from € 15,00 to € 65,00

HAIRDRESSER

- **Washing, styling with curlers or hair dryer** from € 25,00 to € 30,00
- **Cut** € 22,00
- **Color** from € 40,00
- **Permanent** from € 35,00
- **Combed** from € 12,00 to € 15,00
- **Meches** from € 35,00

Mud and thermal water EMSIBETH capillary treatments with a choice of:

- **Super moisturizer** € 42,00
Suitable for dry hair. Treatment consists of: pre-shampoo scrub, mud with nourishing fluid, super moisturizing shampoo and pie ga.
- **Volumizing** € 42,00
For fine hair without tone. The treatment consists of: mud with volume-enhancing fluid, shampoo and blow-dry.
- **Anti-Dandruff** € 42,00
Treatment consists of: mud with mint essential oil, shampoo and hair-style.
- **Lamellar treatment enriched with hyaluronic acid Botox effect** € 15,00



TREATMENT PACKAGES

THERMAL PACKAGES

*The prices are per person.
Of course, the treatments can also be booked "à la carte".*

3 TREATMENTS PACKAGE

- 1 Medical examination,
- 3 Mud treatments and Baths with ozone,
- 3 Massages of 25 min.,
- 1 bathrobe for cures

€ 192,00

6 TREATMENTS PACKAGE

- 1 Medical examination,
- 6 Mud treatments and Baths with ozone,
- 6 Massages of 25 min.,
- 1 bathrobe for cures

€ 356,00

10 TREATMENTS PACKAGE

- 1 Medical examination,
- 10 Mud treatments and Baths with ozone,
- 10 Massages of 25 min.,
- 1 bathrobe for cures

€ 573,00

12 TREATMENTS PACKAGE

- 1 Medical examination,
- 12 Mud treatments and Baths with ozone,
- 12 Massages of 25 min.,
- 1 bathrobe for cures

€ 682,00

- For the package to be valid, treatments must be taken in sequence. If otherwise or in case of unused treatments, the treatments will not be refunded.
- The change of bathrobe for the treatments is free of charge if at least 9 sessions of mud therapy and therapeutic massage are used. Mud therapy and therapeutic massage, otherwise the price is € 7,00.

CURE PROGRAMS

Prices are per person, of course you can also book treatments:

TREE BREATH PACKAGES

FORFAIT 3 CURES

- 1 Medical examination for admission to treatment
- 1 Mud pack against sinusitis and headaches
- 3 Inhalations
- 3 Aerosols

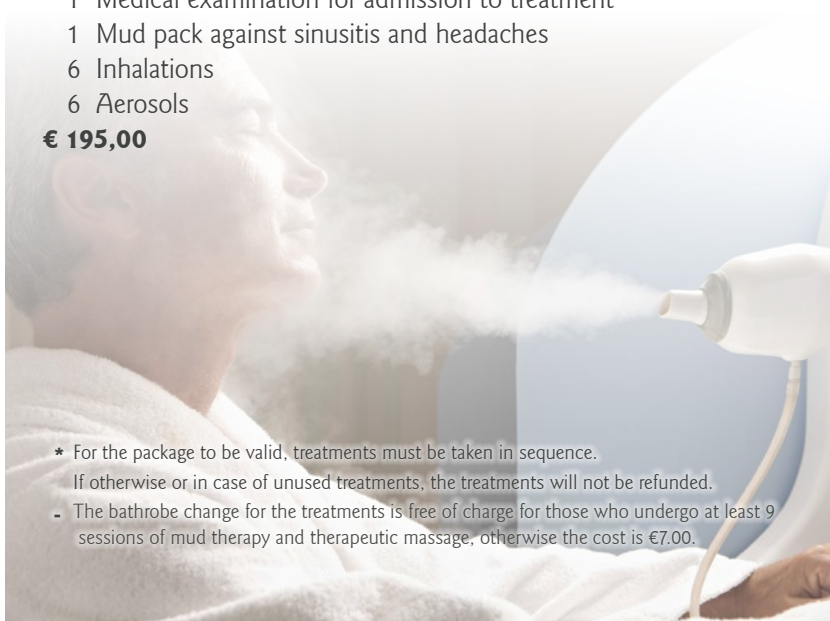
€ 102,00

FORFAIT 6 CURES

- 1 Medical examination for admission to treatment
- 1 Mud pack against sinusitis and headaches
- 6 Inhalations
- 6 Aerosols

€ 195,00

- * For the package to be valid, treatments must be taken in sequence. If otherwise or in case of unused treatments, the treatments will not be refunded.
- The bathrobe change for the treatments is free of charge for those who undergo at least 9 sessions of mud therapy and therapeutic massage, otherwise the cost is €7.00.



WELLNESS PACKAGES

DETOX

- 1 Thermal facial cleansing 50 min
- 1 UDARA Abdominal Treatment 50 min
- 1 DREN Detox Wrap 50 min

€ 175,00

BEAUTY

- 1 Basic Facial Treatment (Vata-Pitta-Kapha) 55 min.
- 1 Nourishing Body Thermal Treatment 80 min
- 1 Personalized hair spa treatment with hair styling

€ 164,00

HARMONY

- 1 Thermal body scrub 50 min
- 1 Dorsalis Revitalizing Massage 55 min
- 1 Basic Facial Treatment (Vata-Pitta-Kapha) 55 min.

€ 170,00



ANTONIANO THERMAL SPA

GROUND FLOOR:

- SPA Desk
- Fangotherapy and balneotherapy: 20 cabins
- Inhalation therapy: 8 stations (including inhalations, aerosol and micronised nasal irrigation)
- changing rooms: 14 changing rooms for women: 7 changing rooms for men
- 4 swimming pools: 10x10 m indoor pool connected to a 10x10 m outdoor pool, temperature between 34° and 36° C. Wellness pool (with water games) 25x12 m, temperature between 30° and 33°C. Semi-Olympic pool 33x16 m, temperature between 28° and 30°C. Plunge pool, 14x14 m, temperature between 24° and 26°C.
- Relaxation room
- Thermal steam grotto
- Finnish sauna
- Kneipp path -
- Gymnasium equipped with Technogym® with free access

FIRST FLOOR:

- 2 Medical practice
- Hairdressing salon
- Massages, beauty treatments for face and body with 4 multi-purpose cabins
- hand/foot beauty cabin
- Ayurvedic ritual cabin
- Physiotherapy
- cabin for Shiatsu.

TIMETABLE:

- Spa Desk: 7:00 am - 13:00 am / 1:30 am - 6:00 pm
(internal telephone number. 941)
- Inhalation Therapy Department: 7:00 am - 12:00 am, 3:30 pm - 5:00 pm

ARRIVAL TO THE SPA

It is important that you arrive at the SPA at least 10 minutes before the start of your treatment so that we can welcome you and discuss your expectations and the desired outcome of the treatment. If you are running late, please inform us by phone and we will do our utmost to guarantee you the full duration of your appointment as stated in the brochure. booked.

RESERVATION

We recommend booking in advance to ensure availability of the type and time of treatment you require. You can make your reservation directly at the Antoniano Spa reception desk or contact us from your room by calling 940 or 941, by phone at 049794177 or by email at spatermale@termeantoniano.it.

CANCELLATION CONDITIONS

It is possible to cancel a reservation up to 17:00 the day before. Otherwise, the full cost of the treatment will be charged. as well as in case of no-show.

CLOTHING

In your room you will find a bathrobe to wear during all treatments, medical examinations, spa treatments and access to the spa.

GENERAL RULES

The SPA of Antoniano Terme offers you the opportunity to immerse yourself in peace and serenity with yourself and the world around you. Peace and serenity with yourself and the world around you. We ask you to respect the atmosphere without disturbing noises, to use a discreet tone of voice, to suppress the ringing of electronic devices and to abstain from alcohol. We would like to point out to our guests that the hotel cannot be held responsible for the loss or damage of personal belongings and recommend that valuables are kept in the room safe.

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