

Tuscany: the land of hot springs



*The land where
science and ancient
knowledge join to
make the most of the
qualities of water
and natural forces.*

**It has taken
two millennia
to produce these
unique moments
of wellness.**



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(Saturnia - GR)
22. **Terme Isola d'Elba**
(Portoferraio - LI)

Terme di Equi

■■■■■ Piazzale Terme 1
54013 Equi Terme (MS)

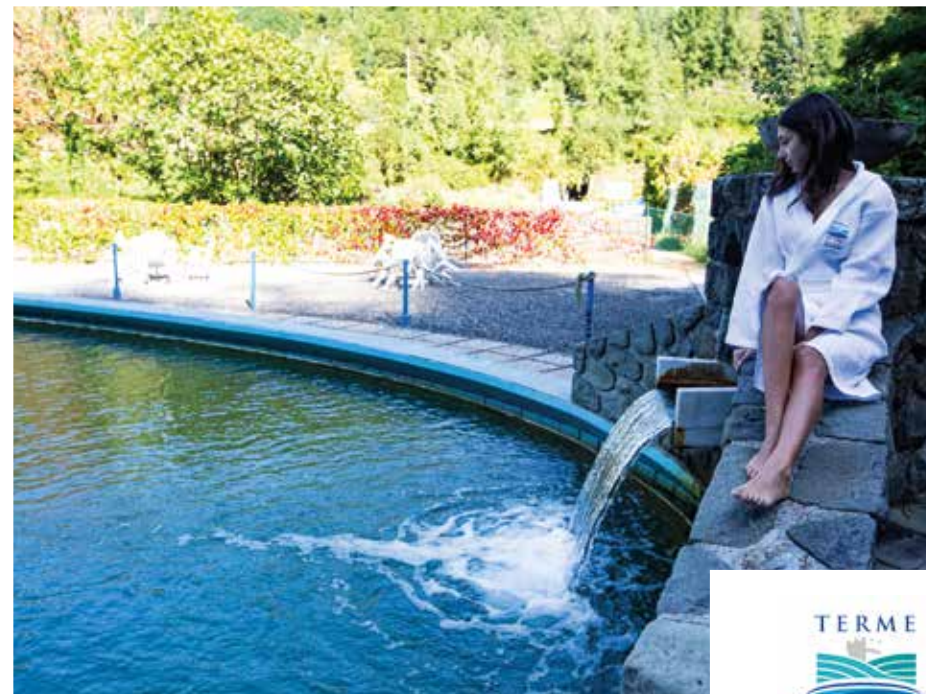
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■■■■■ **T**hermal water is certainly one of the oldest systems of care and the properties of the Equi's thermal waters were already known in ancient Roman times. For centuries, rainwater has been collected by the imposing Apuan Alps, filtered underground, enriched with mineral salts and active ingredients that are valuable for health and then relocated to the surface, where they are collected and exploited; the heart of marble of the Apuan Alps is the origin of the healing waters that for centuries feed the Equi's hot springs.

The waters of the Equi Terme flow from the subsoil at a temperature between 22 and 27 ° C which makes them fall within the range of hypothermal sources; it is a so called mineral water, having a fixed residue higher than 1gr / l (4.8 gr / l) and for its specific chemical composition it is classified among the chlorinated sodium sulphate alkaline-earth waters and as such is characterized by the large amount of chlorides, sodium and sulphates and, for a small part, bicarbonate, calcium, potassium, magnesium, with traces of lithium, bromine and iron.



TERME
DI EQUI
Terra e acqua
della Lunigiana



Hotel & Terme Bagni di Lucca

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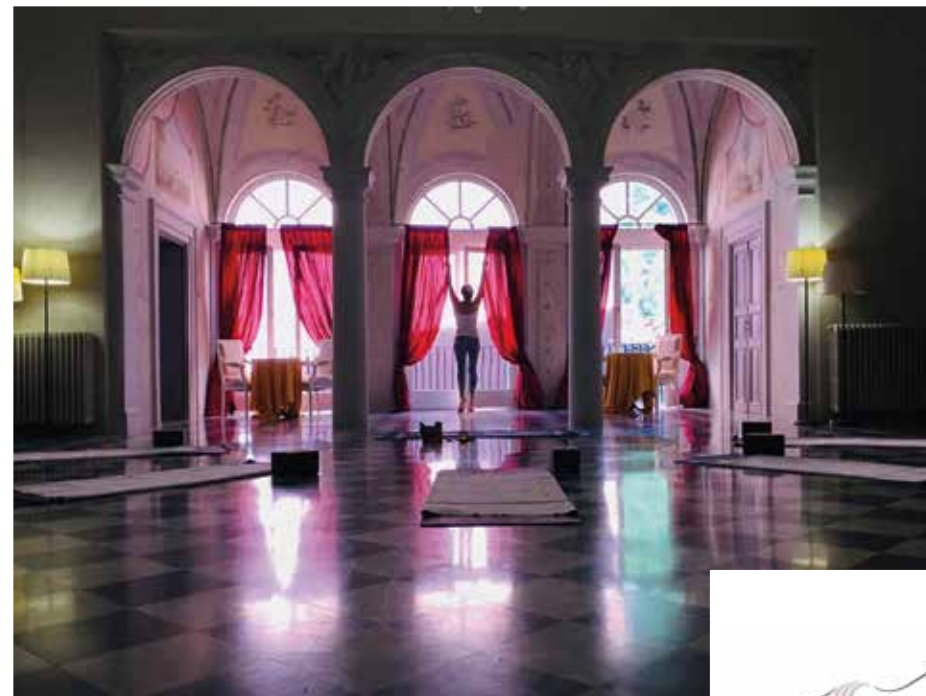
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■■■■■ **W**here the water is magical, the thermal baths of Bagni di Lucca are an oasis of calm and peace in the north of Tuscany along the valley of Lima river. We do our best to promote a warm and honey atmosphere also full of history the extraordinary curative properties make us highly specialised in curing rheumatic and respiratory diseases.



HOTEL & TERME
BAGNI di LUCCA

Terme della Versilia

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■■■■■ **A**n oasis of wellness with a therapeutic spa between the Alps and the Sea.

People can find their inner balance and wellness at Hotel Villa Undulna **** Terme della Versilia, a comfortable hotel located between the spiky Apuan Alps, rich in marble, and the beaches of the Mediterranean Sea. The resort, with 5 acres of peaceful gardens, faces the seafront. And it is only 3 km (2 mi) away from Forte dei Marmi, with its fascinating villas and fashion boutiques.

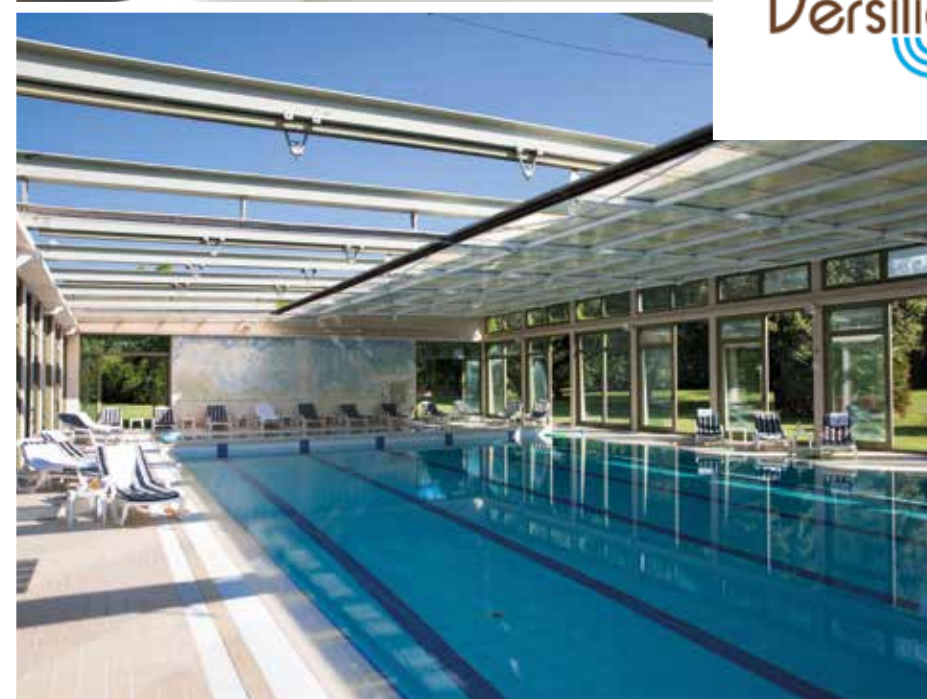
In this wonderful environment, visitors will be able to enjoy treatments based on our thermal water, rich in bromine and iodine salts, that springs from the underground, and therapeutic peat of Massaciuccoli Lake. These precious natural elements are used to cure and prevent arthro-rheumatic, vascular and dermatological diseases. They are also excellent for beauty treatments, to contrast cellulite and water retention.

Our team of professionals is capable of performing all sorts of massages: from the traditional relaxing, decontracting and invigorating ones, to the oriental Shiatsu, Watsu and Ayurvedic massages. Some more peculiar are also available, like the Hawaiian and Hot (lava) Stone treatments.

Coherently with the healthy lifestyle that our hotel promotes, we also offer a delightful cuisine. Prepared by our high-end chef that will provide the option of exquisite dietary and healthy menus, that will enhance local products for a truly restorative and relaxing stay.



Terme
della
Versilia



Grotta Giusti

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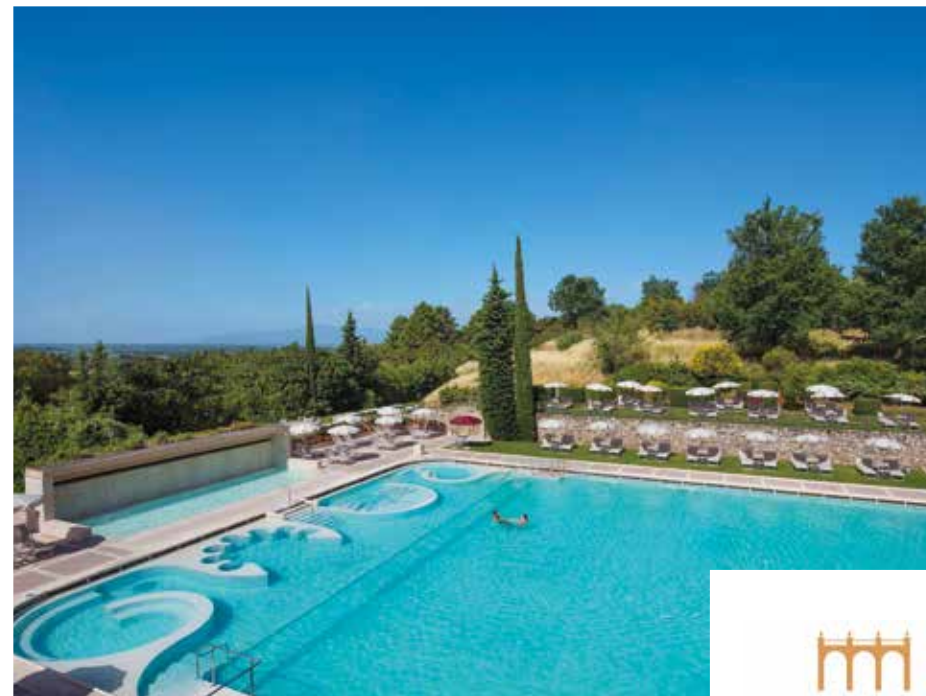
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A nineteenth-century villa, restored to its original splendour with meticulous care and attention to every detail. Today it welcomes guests with inlaid wood floors, refurbished rooms, parquet flooring, new lighting, new colours that enhance the rooms and the mood, and all the comforts of a beautiful hotel. It is elegantly furnished, decorated with frescoes, surrounded by an age-old park, and has a unique thermal spa.

Inside unexpected treasures await: a unique and wonderful grotto, a thermal spring, a deep, warm underground lake and spectacular chambers, where the temperature is set as if it were a living and breathing organism.

The villa above the grotto is now a place where you can experience a kind of new harmony, with the Equilibrium method. Water, stone, heat, art and history all make it a place that heals and comforts.

Divided into three distinct areas called Heaven, Purgatory and Hell, the cave offers visitors a chance to experience a unique environment with temperatures ranging from 28° to 34° C, and natural steam with healing and therapeutic properties. The interiors of the cave are decorated with stalactite and stalagmite formations, and feature several underground labyrinths with spacious caverns where you can relax in total peace and quiet. The large vaults in the rock are natural formations that serve as the perfect place to sit and enjoy the detoxifying steam that surrounds you. The bottom of the cave is known as 'The Limbo' - here the temperature always remains at a pleasant 36°C, regardless of the weather outside, and offers wellness seekers a sparkling pool of water to soak in during winter and summer.



GROTTA GIUSTI
TUSCANT

Terme Tettuccio

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Open from May to October for the hydroponic cure and sightseeing tours, the thermal building «Tettuccio» was designed by the architect Ugo Giovannozzi around 1918 and it replaced the old building made in 1782 by the Grand Duke Leopold. Its official inauguration took place in 1928, after the gradual construction of the various areas which constitute the whole extraordinary complex.

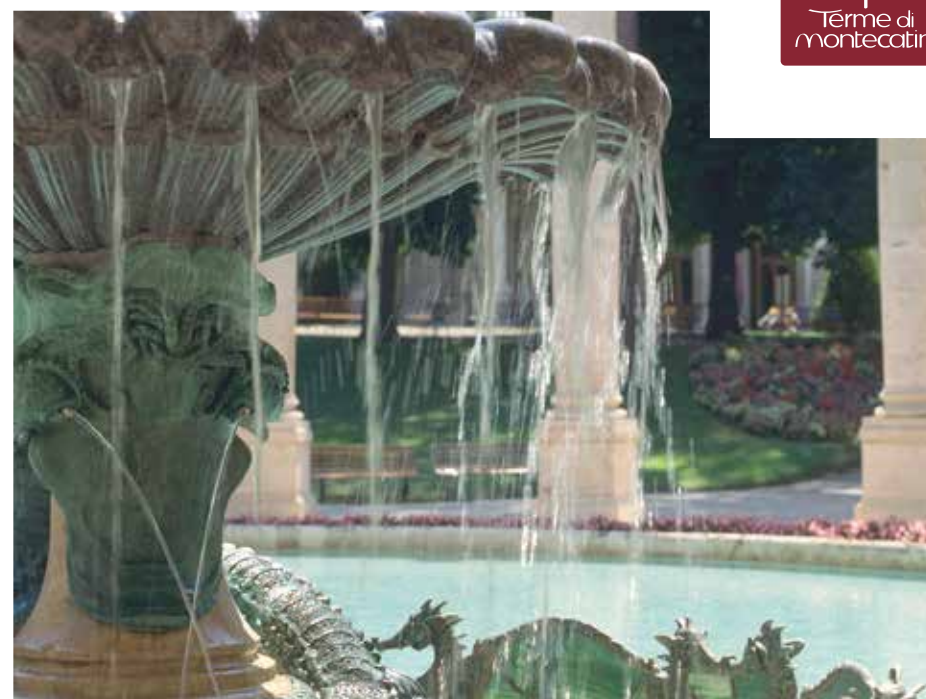
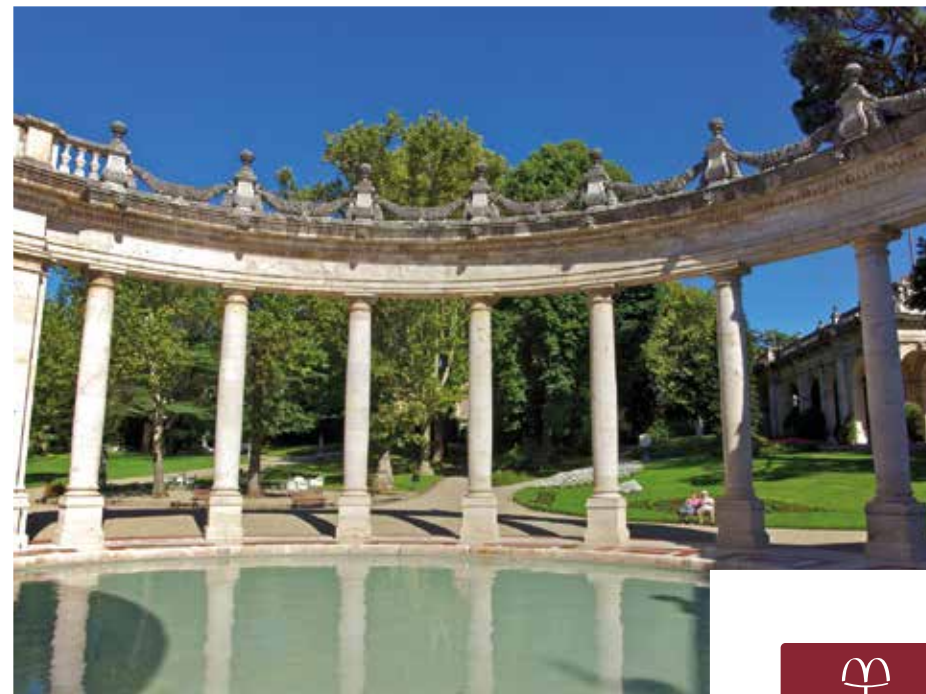
In 1919, the park was expanded by incorporating the building and the garden of the ancient Terme Regina. The grand facade at the entrance, made on travertine, is dominated by four statues symbolizing the Source, Medicine, Hygiene and Health.

The interior rooms of the Café and Historical Writing Room (Sala di Scrittura), the Gallery of shops and the Entrance are nicely decorated and frescoed. The Sala Portoghesi, besides, is characterized by its majestic columns which magically arise like forest trees; it was designed by the famous Italian architect Paolo Portoghesi, in 1986.

In 1927, along the hall of waterspring, the charming pottery of Basilio Cascella was added and it represents the Source, the Strength and the Beauty, but also the four stages of life, which are Childhood, Adolescence, Maturity and Old Age.

Finally, the Music Pavillon and the Dome handsomely frescoed by Ezio Giovannozzi complete the interesting monumental and artistic aspects of Tettuccio.

The four thermal waters of Montecatini (Tettuccio, Regina, Leopoldina and Rinfresco) arise at a 18-34° C. from deep limestone deposits and they belong to the alkaline-saline-sulfate group. They are mainly used for hydroponic cure, bathings, muds, inhalations, ventilations, insufflations and hydromassages. Besides, they cure hepatobiliary and gastrointestinal pathologies and musculoskeletal, vascular and otorhinolaryngology disorders.



Bagni di Pisa

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■■■■■ For centuries, the thermal waters flowing from the depths of San Giuliano Terme have been appreciated for their healing properties. The hot springs of Bagni di Pisa rose to fame in 1743 when the Grand Duke of Tuscany, Francis Stephen of Lorraine, decided to build his summer spa residence here.

Over the years, Bagni di Pisa has regained its glamour and splendor, due to a series of renovations and restorations that brought new life to architecture, frescoes, vaults and marbles, which make up an integral part of wellness treatments.

Guests can enjoy a refreshing variety of thermal spa services, as well as health and weight-loss programs, beauty treatments and relaxation therapies. Thanks to the Equilibrium philosophy, Bagni di Pisa offers the perfect experience to refresh your mind, body and soul and to implement a healthier lifestyle. Authentic Tuscan cuisine meets the innovation and creativity of Chef Umberto Toscano.

The views through the stylish Suite windows, with their 18th century vaults frescoed in pastel colors, capture the true beauty of the Tuscan countryside as well as the shape of the Leaning Tower of Pisa, a global icon and the town's most popular tourist attraction.

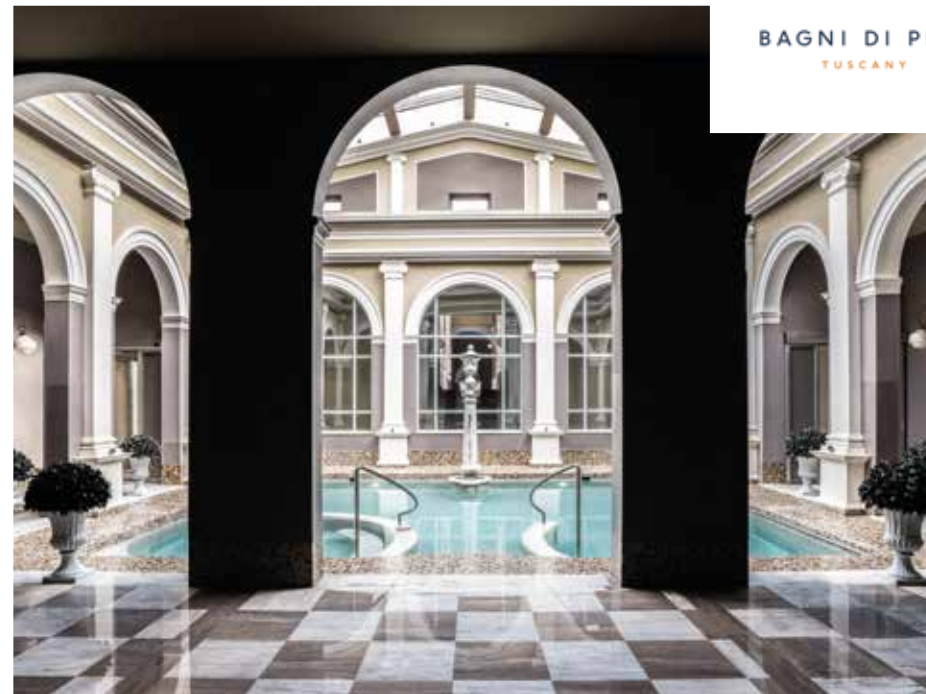
Bagni di Pisa is an architectural gem that offers a unique journey into history, traditions and wellness.

Bagni di Pisa is member of The Leading Hotels of the World and Traveller Made.

Rooms: 61 rooms & Suites
Grand Suite (75 mq)
Suite (70 mq)
Junior Suite Exclusive (50 mq)
Junior Suite Prestige (45 mq)
Deluxe (30 mq)
Superior (20 mq)
Comfort (20 mq)
Exclusive services:
Thermal pools with hydro massages
Talaquam pool with saline solution
Minerva Bath with hydro massages
Natural Granduke's Cave
Turkish bath and Sauna
Fitness center
Total Spa & Thermal Pools Area: 2.000 sqm
Fitness walk
Restaurant and American Bar
3 Conferences rooms up to 100 people



BAGNI DI PISA
TUSCANY



Terme della via Francigena

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■■■■■ **P**illo Salty water springing in the establishment and can be classified as salt-iodine water, with extraordinary organoleptic and chemical components. It is therefore suitable to treat the pathologies of the respiratory system (inhalation) and of the gastrointestinal system (hydropinic).

Our spa offers many services for the beauty. Our experts will take care of your body. You can choose among many types of massages, healing muds, relax and anti-age treatments.



Terme di Casciana

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■■■■■ **T**he Baths of Casciana have been known since the times of the ancient Romans, and became famous with the Countess Matilde di Canossa with the first thermal establishment and successive modernizations up to our days

The current layout of the Casciana thermal establishment dates back to 1968 even if the old structures are still visible, starting from the imposing neoclassical façade dating back to 1870, to the golds, and to the original frescoes of the ancient Casino and the Gran Caffè delle Terme.

The thermal water of Casciana Terme, called Acqua Mathelda, in memory of the Countess Matilde di Canossa, bicarbonate sulphate calcium with a temperature of 35.7 ° at the source, used since ancient times, is now used in modern motor rehabilitation therapies, in cardiovascular care, in inhalation, in improving the digestive function and in using it for treatments since, with its relaxing and natural action, it restores its balance.

Casciana thermal water has always been used to combat arthrosis, rheumatism and sciatica, in cardiovascular treatments, skin diseases and inhalatory diseases.

The therapeutic mud immersed in the thermal water for about six months acquires its qualities and its contents.

The composition of the water, particularly rich in salts and carbon dioxide, stimulates the

dilation of blood vessels causing an increase in venous rhythm and a general improvement in circulation. However, if used by inhalation, it improves breathing and is particularly effective in treating pathologies of the oropharyngeal cavity, namely sinusitis, rhinosinusitis, pharyngitis, laryngitis, tracheitis. In children, it then leads to an increase in immune defenses.

The water use cycle is completed with oral use, it helps the activity of the gastrointestinal system, ie the intestine, fighting liver poisoning and improving the digestive function.

The Wellness Center offers different types of massages and treatments, from facial treatments to mud and peeling masks, shiatsu techniques, beauty massages, sauna etc.

The Rehabilitation Center is instead equipped with 4 gymnasiums, an infirmary, a medical clinic, as well as health management, where motor rehabilitation services are provided for the osteoarticular apparatus, in particular for hip prosthesis operations.

The Terme di Casciana also have two large swimming pools. One of these is covered, with vascular routes with heat exchange and the other outdoors, with 500 square meters including water games, waterfalls, whirlpool and counter-current swimming path.

The Terme di Casciana are today the ideal place for a holiday dedicated to health.



San Giovanni Terme Rapolano

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Hot springs are one of Italy's natural resources, and they bring wellbeing and beauty to adventure-loving travellers. San Giovanni Terme Rapolano is a spa resort overlooking the area of Crete Senesi, just a few kilometres away from the Chianti region, Siena, Arezzo, and Florence.

It is immersed within a wonderful and well-looked after park covering 1,000 square metres, which features natural wonders such as the “Groppa dell’Elefante” (Elephant’s Back) and “Reef delle Crete” (Crete Reef), the very embodiment of the charm of this part of Tuscany. The hotel offers 58 rooms; although there are various different types, they are all decorated with a fresh and elegant style. It has a Spa Wellness Centre dedicated to fitness and stress relief, with a selection of treatments that benefit from the unique ingredients offered by our region, such as oil, wine, and sulphurous mud.

Five thermal baths are available to guests, each of which has a different natural water temperature ranging from 39°C to 30°C. Two are exclusively available for hotel guests, whereas the others, inside the Thermal Pool Park, can also be used by day visitors. There is also a saltwater counter-current swimming

pool available for guests to use, however it needs to be booked in advance.

At the very heart of the catering provided by San Giovanni Terme Rapolano is its restaurant L’Olivo. Here, the chef and their team enhance local products and traditional recipes from this part of Tuscany with research and creativity, offering dishes that satisfy all palates and requirements. There is also Coffee Relax, a restaurant facing out onto the thermal pool park. Here, during the weekends, there’s a mix of tasting dinners and themed dishes served amidst an informal and spell-binding atmosphere.

These are also accompanied by the sunset bar during the summer months, which offers amazing aperitifs whilst you enjoy our beautiful sunsets, or spend your evenings beneath the moonlight with our fabulous cocktail bar.



SR
SANGIOVANNI
TERME RAPOLANO

Terme Antica Querciolaia Spa

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■■■■■ **D**EA Tuscan spring: between art, history and nature.

Known since antiquity and used for its beneficial properties, the Antica Querciolaia spring is located in the province of Siena, a territory where art, history and nature wonderfully merge.

Its location is the ideal place to regenerate body and mind. Near Siena, the thermal spas turn wellness into a style of life.

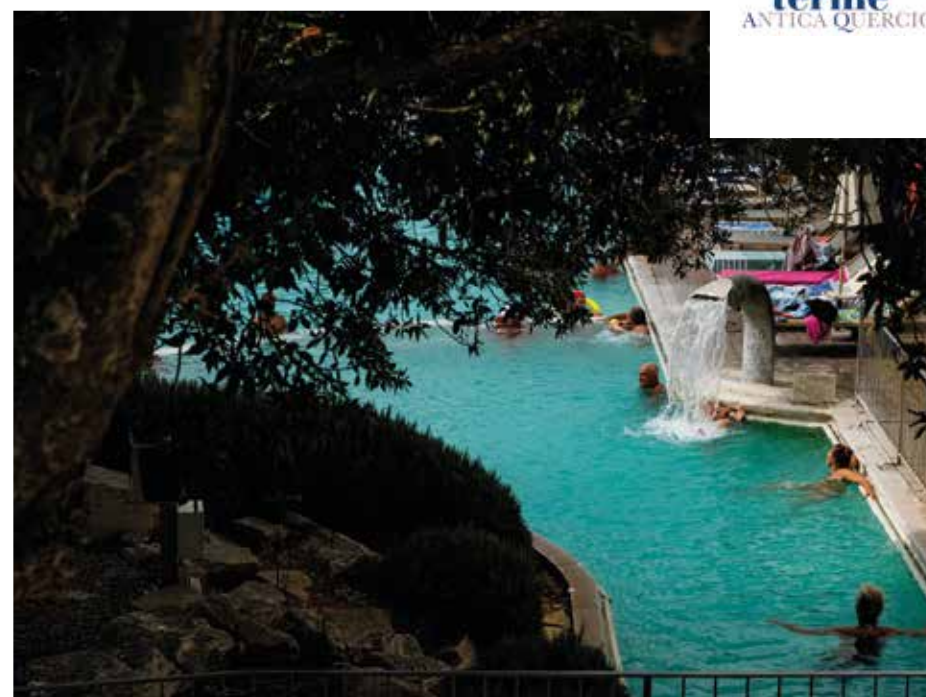
In Rapolano and its echoes of the atmosphere of Siena, the beneficial virtues of water combine with the knowledge of expert hands, the pleasure of a treatment, the authenticity of a visit.

Siena, Siena and more Siena, a dream destination. A city that unites a vision of the future with a rich historical tradition. A name that evokes scenarios of human warmth, delicacies for the palate, art at its absolute level.

Feel like visiting Siena? Discover our thermal spa!



terme
ANTICA QUERCIOLAIA



Buddha Spa by Clarins

La Bagnaia Golf & Spa Resort Siena, Curio Collection by Hilton

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53016 Murlo, Siena

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saylb_mkt@hilton.com

curiolabagnaia.com

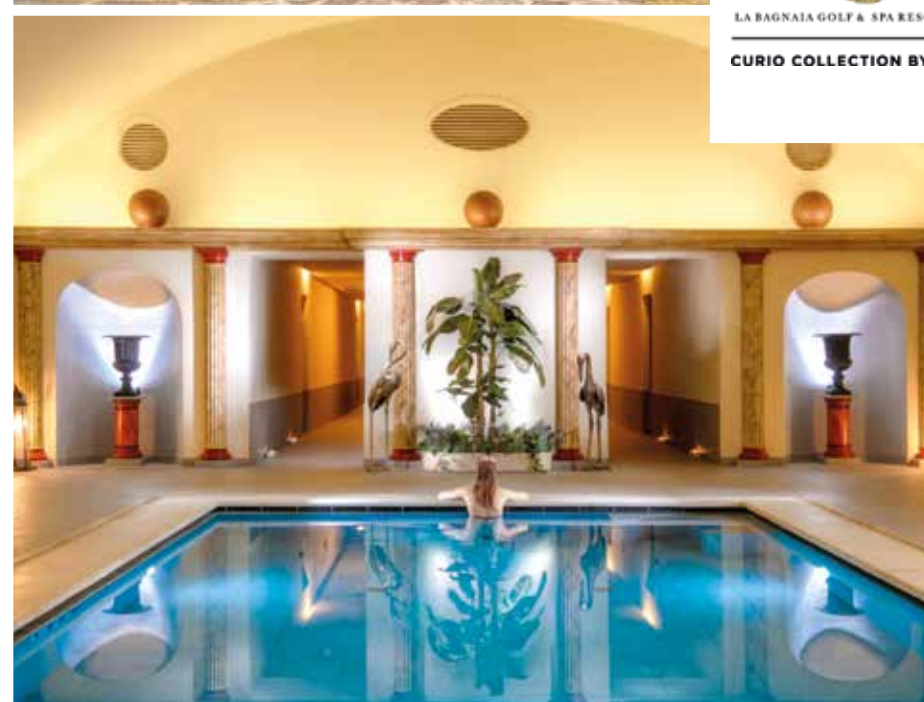
CONTACT Barbara Fidati, *referente Buddha Spa by Clarins*
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Nestled in the enchanting Tuscan countryside, La Bagnaia Golf & Spa Resort Siena, Curio Collection by Hilton is an authentic medieval village turned into a Resort with 101 rooms & suites, a spa with thermal waters, Tuscan bars & restaurants and an 18-hole golf course.

The Buddha Spa by Clarins is a wellness oasis dedicated to those who want to live a regenerating experience in the green hills of Tuscany. The location has been known since the XIII century as the spring of Santa Caterina, and has been frequented by Popes, cardinals, and aristocrats attracted by the prodigious properties of its natural thermal waters. Uniting the healing effects to those dedicated to the conquest of harmony and tranquility of the senses, these two souls now live in a modern wellness center, finely renovated in the name of comfort.

The indoor wellness path offers a heated indoor pool with whirlpool, sauna, a gym with Technogym equipment, Turkish bath and treatment rooms where guests can benefit from beauty and wellness treatments enriched by Clarins products and a wide selection of massages.

Outside, immersed in silence, is the spectacular thermal pool immersed in nature dominated by the scenic 4-meter waterfall, among the stones that generate natural jets at a water temperature of 28.5° C.




LA BAGNAIA GOLF & SPA RESORT SIENA
CURIO COLLECTION BY HILTON

Terme di Montepulciano Spa

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The unique landscapes and the ancient cultural roots: it is within this special context that the Montepulciano Spa's health centre for prevention and well being has been created by the exclusive underground thermal waters.

Ear, nose and throat diseases

Inhalations with sulphuric sodium-bromide bicarbonate-alkaline waters, rich in carbon dioxide are particularly recommended for the prevention and cure of many high and low afflictions via sprays. Therapeutic cycles appropriate for the inflammation of the pharynx, rhinitis, sinusitis, laryngitis, tracheitis and tonsillitis.

Rheological deafness

The thermal rehabilitative therapy is specific for the stenosis tubes and the chronically catarrh area.

Bronchial Pneumonia

It is unquestioned the therapeutic capacity of the thermal waters in the case of asthma, bronchitis and pulmonary emphysema.

Physiotherapy and rehabilitative medicine

The orthopaedic Physiotherapy at the Montepulciano Spa includes a thermal swimming pool, vascular paths and a gym with avant-garde equipment.

Vascular Rehabilitation

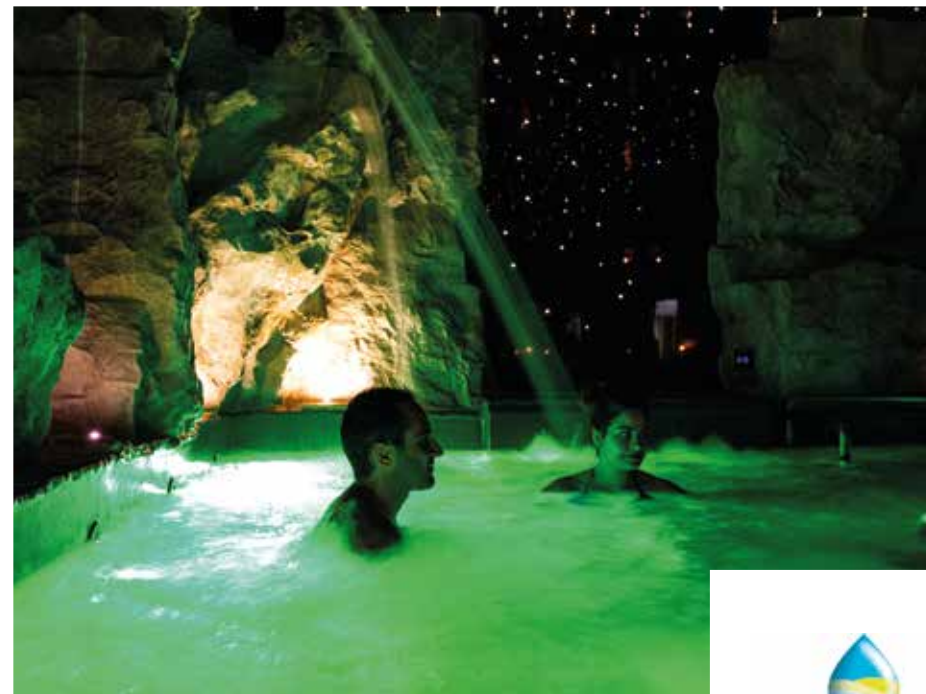
Indicated for varicose veins of the lower limbs, insufficient vein and arterial blood flow, under foot/heel pain.

Rheumatology

The bath and the mud therapy has a positive effect in the course of many rheumatic illnesses such as: rheumatism, osteoporosis, osteoarthritis, fibromyalgia and joint rheumatism.

Thermal wellness

The wellness centre and the saline swimming pool of the Montepulciano Spa are the ideal places for all of those who desire to relax and find the perfect harmony between body and mind.



Terme di Sassetta

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Terme di Sassetta are part of a scattered wellness path, a tile of a mosaic made of listening, research of a person's identity and relation with the surrounding nature in the great sistem of earth and cosmic energies.

The action of a unique thermal water mixes to olistic paths and treatments that use only the fresh products of our farm, combined through techniques and manual skills of ancient eastern and western traditions. This syntony of elements and knowledge follows the natural rithm of seasons and donated deep benefits both to body and mind.

The water of Terme di Sassetta is rich in sulfates, calcium, minerals and oligoelements. It naturally flows from the ground with a temperature of 51° C and powers the whole thermal area, ispiried to etruscan and roma architeecting tradition. Thanks to its particular composition with Sulfate-Calcium water (Aut. D.M. n° 3927 del 21/10/09) gives its main therapeutic effetes to the respiratory system, skin and osteo-muscular system.

You can experience the Terme by staying in La Cerreta- biodynamic farm surrounded by woods.

Cerreta is no holiday in a farmhouse but a lifestyle.

It's getting rid of stress and noises, from tv and internet, from meeting and ringing telephones to recover the contact with stillness and nature.

It's a regenerating stay made of simple things: stone buildings surrounded by woods, prodeuts that come from our farm served in our restaurant and calm and silent pauses.



La Cerreta
Terme di Sassetta



Terme di Petriolo

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■■■■■ **O**n the land of Siena, in a landscape of amazing beauty, a thousand-year-old source of health springs.

From the spring located on the bank of the farma stream springs to the temperature of 43 degrees a water rich in salts, with the multiple therapeutic properties recognized already from the Roman era and to this day remained unchanged.

The ideal place to find harmony, in an atmosphere of absolute relaxation taking advantage of the extraordinary properties of the thermal waters of Petriolo.

- Spa baths
- Inlatory center
- Sludge/bathroom department
- Spa



TERME DI
PETRIOLO



Albergo Posta Marcucci

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■■■■■ **T**he hotel is located in Bagno Vignoni in Val d'Orcia, a natural heritage of rare beauty. It can be reached by taking the Cassia, an ancient Roman road.

The story takes shape in the middle of the nineteenth century when the Marcucci family, originally from Bagno Vignoni, began to manage an inn, acting also as a food sales outlet and also serving as a postal address. We are in the heart of the Val d'Orcia, an enchanting slice of a sweet and light Tuscany, moved by light waves of hills marked by cypresses, olive trees, oaks. A century later, 1956 to be precise, the Marcucci family began to build the central body of the current hotel on a flattened vine-

yard. It was when hot water began to flow into the pool designed in the garden area, this in the mid-seventies, that the hotel began to become a popular and much sought after place of relaxation, pleasure and well-being. Water, which flows naturally at a temperature of 49° C, is the liquid element that fits perfectly into the ambiance of a structure inside of which there is antique furniture, family objects, and all to do do with an essential modernity.



POSTA MARCUCCI

BAGNO VIGNONI



Adler Spa Resort Thermae

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ADLER Spa Resort THERMAE is set between the wine regions of Montepulciano and Montalcino, in the Val D'Orcia in Tuscany. The valley, with its rolling hills, lines of Cypress trees and medieval towns is a UNESCO World Heritage site and has been used as background for many award-winning films including The English Patient, Stealing Beauty and A Midsummer Night's Dream.

The ground-breaking five-star property, with 1,000 square metres of thermal pools and baths, offers 90 luxury rooms and suites, each with a balcony overlooking the valley. The thermal pools are supplied by a local thermal source rich in minerals and sulphur compounds - 36 degrees of healing water from the depths of the earth.

The spa at ADLER Spa Resort THERMAE has a full range of more than 120 treatments which combine high-quality products with state-of-the-art equipment. The spa doesn't only offer beauty and relaxation treatments, it provides modern western medicine services and alternative healing methods. And for guests who simply want to relax and unwind,

there are many quiet corners in the baths, saunas and indoor - outdoor pools to feel the thermal water's restorative powers and let stress slip away.

ADLER Spa Resort THERMAE is also home to ADLER MED health and medical centre. Following an initial medical consultation, the doctors and therapists of ADLER MED tailor a program which might include the diagnosis and treatment of health conditions including thyroid function, food intolerance or osteoporosis. They also specialize in stress management, weight loss, physical therapy and light cosmetic interventions.

A 40-strong team of experienced doctors, nurses and therapists is available round the clock for the care of guests.

Cuisine is a strong focus at the resort. Chef Gaetano Vaccaro only uses regional ingredients sourced from local farmers and suppliers which include high-quality olive oil, freshly-milled flour, tender cuts of meat from Tuscany's Chianina cattle breed, sun-ripened vegetables. He also uses herbs from the hotel's own garden.



Terme Sensoriali

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■■■■■ **T**erme di Chianciano is an international top destination for spa tourism in Tuscany thanks to the completeness and excellence of the offer, made even more attractive by an extraordinary geographical location between the Valdichiana and the Vald'Orcia, rich in history, culture, nature and local food and wine.

The Sensory Spa is a cocoon to restore body and soul through thermal waters which proprieties have been renowned since ancient times. Here traditional thermal treatments embrace the wisdom of eastern philosophies and naturopathy to make you rediscover your senses and find inner balance again. The Spa is nestled in the Acquasanta Park, surrounded by centuries-old trees; the ideal spot to enjoy silence, fresh air and nature's scent in every season.

The Sensory Spa is home to twenty wonders, twenty different treatment rooms containing a different holistic experience. It is equipped with steam room, whirlpools, underwater music, saunas, sludges, music therapy, chromotherapy, salt room, aromatherapy, relaxation corner with herbal infusion, garden, energy pyramid, ice shower.

Naturopaths have designed 4 different paths to follow, with different effects: relaxing, energizing, depurative, balancing. Highly qualified massage therapists will help you in the journey toward physical balance and mental harmony. You will only have to choose the treatment you prefer; they will do the rest.



Piscine Termali Theia

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Founded in 2013, the Theia Thermal Pools, fed by the Sillene spring, have a temperature between 33 and 36 degrees, outdoor and indoor pools all connected for a total area of 600 square meters. They are the ideal destination for families with children from zero to 12 years old. The only ones in Italy where children can enjoy a wellness experience in a dry cave, in a wet cave, in emotional showers and in pools completely dedicated to them.

With water jets and whirlpools, they are equipped with umbrellas and sunbeds, free Wi-Fi connection. On reservation it's possible to use the wellness center with sauna, turkish bath, rasul, relaxation area, emotional showers and cold shower.

The bar restaurant offers a wide variety of cold and hot dishes, also inspired by the typical Tuscan cuisine.



TERME DI CHIANCIANO



Fonteverde

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Art, Culture and Emotions: Discover the ultimate Resort and Spa in Tuscany. Fonteverde is truly one of the most outstanding destinations in Italy. Originally built as a renaissance palace for the Grand Duke Ferdinando I de' Medici, the resort overlooks the majestic rolling hills of Val d'Orcia, and is set atop the natural hot springs to fully utilise the healing power of the thermal waters. With its collection of panoramic pools, hot tubs and treatment facilities, Fonteverde is destination where mind, body and soul meet in harmony, and restore the natural balance of life. Discover a resort and spa in Tuscany where Italian hospitality meets absolute wellness. The aura of Fonteverde is waiting for you at the magnificent Medici Palace in San Casciano dei Bagni, a precious medieval village nestled in the rolling hills of Siena. Commissioned in 1607 by the Grand Duke Ferdinand I, this beautiful residence is a fitting tribute to the Italian Renaissance. Walk along century-old cobblestones, look out onto the beauty of Val d'Orcia, enjoy the hot springs for a journey of rejuvenation. At the Fonteverde Spa Resort in Tuscany, Italy, every simple gesture takes on a magical significance.

Fonteverde is member of: The Leading Hotels of the World, Virtuoso and Traveller Made

Rooms:

78 Rooms & Suites
Grand Suite (70 smq)
Suite Val d'Orcia 60 sqm)
Junior Suite (35 sqm)
Deluxe (30 sqm)
Privilege Valley View (25 sqm)
Privilege (25 sqm)
Queen (18 sqm)

Exclusive Services:

7 Thermal pools with waterfall and hydro massages
Walking Water Circuit Fitness Walk, Thermal Pool for Pets Fitness Room, Etruscan Circuit
Total Spa & Thermal Pools Area: 5.000 sqm
Summer Swimming Pool
2 Restaurants
Bioaquam café by the thermal pool
American Bar
4 Conference Rooms up to 80 people
Private 11th-Century Chapel and Helipad



Terme di Sorano

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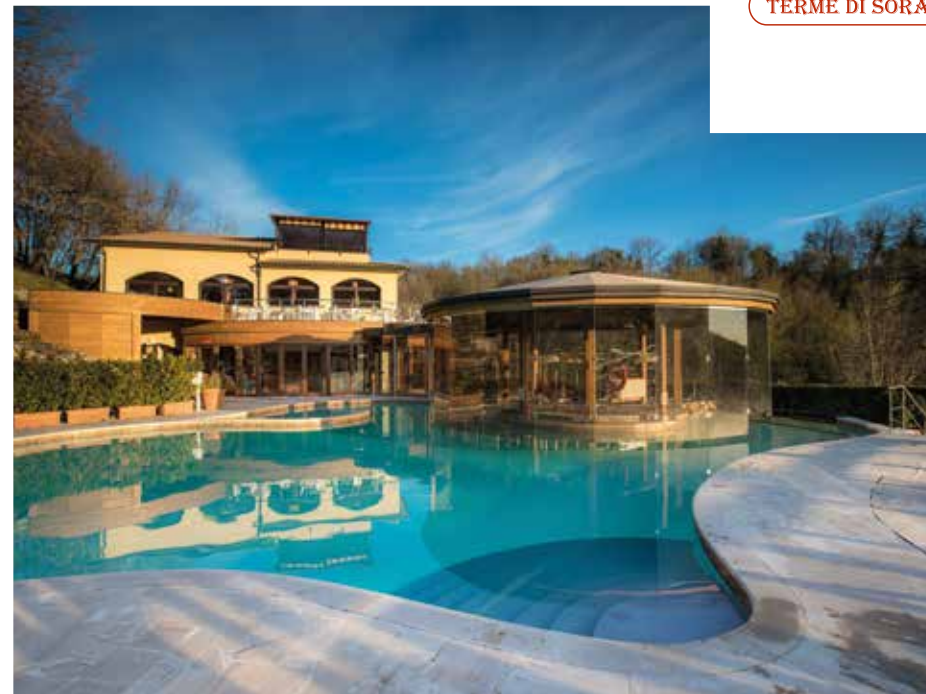
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Terme di Sorano is a beautiful vacation residence and spa located right in the heart of Tuscany, in the Maremma. Built around an old parish church and its own hot springs, as well as a large 7-hectare park, Terme di Sorano is the perfect destination for a relaxing spa holiday in Tuscany. Take your pick from 30 apartments and 10 detached villas, all beautifully furnished in Tuscan style and equipped with every comfort from a private entrance to a fully equipped kitchen, spacious living room, satellite TV, external loggia with garden (ground floor residences) or large covered balcony (first floor ones).

During your stay, you can relax in the large spa pool with its natural hot waters that flow at a constant temperature of 37°C while the kids enjoy their own special pool area. We also have a sports pool, a solarium with sun beds and umbrellas, a relaxation path through the woods, areas for picnics, a regulation-sized tennis court and a bar and restaurant where you can enjoy a traditional Maremman menu made with locally sourced organic products.

We also have a spa where you can enjoy massages and treatments at the hands of our qualified and expert staff.

A meeting room that seats up to 100 people, perfect for work functions and events, completes our residence. THERAPEUTIC CARE After years of activity, in collaboration with the School of Specialization of Thermal Medicine of the University of Pavia, we carried out a trial on a fair number of patients suffering from dermatological pathologies, in particular we did a study on psoriasis patients who were evaluated by the Ministry of Health which confirmed the effectiveness of baths in our waters rich in Magnesium-Calcio-Solfati by issuing us a Ministerial Decree psoriasis treatment.



TERME DI SORANO

Terme di Saturnia Natural Spa & Golf Resort

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Legend has it that one day Saturn flew into a temper because men were always fighting against each other. He took a flash of lightning and threw it down onto the Earth, causing sulfurous and warm water to gush out from the crater of a volcano, water which wrapped and calmed everything.

The setting of this legend is Saturnia, in the heart of the Tuscan Maremma, where water gushes at a rate of 500 litres /200 gallons per second, with a constant temperature of 37°c (98.6°F).

Today Terme di Saturnia Spa & Golf Resort is a stunning thermal retreat in Tuscan Maremma. The resort combines its ancient mineral-rich thermal springs with elegant accommodation, exclusive treatments in an award-winning spa and an 18-hole championship golf course designed by the American architect Ronald Fream.

Inimitable charm, a passion for the finest cuisine and innovative Spa programs put the finishing touches to this retreat, which is just a one and a half hour drive from Rome.

Terme di Saturnia Natural Spa & Golf resort is member of The Leading Hotels of the World and Virtuoso.

Highlights:

- Natural Thermal Spring gushing out at constant body temperature in millenary volcanic crater
- Thermal Park with 4 pools and hydro-massage tubs
- Located in Maremma, one of the most uncontaminated corners of Tuscany
- 250 acres of secular park and golf course
- Majestic travertine stone building with 130 rooms and suites, including 2 Grand Suites
- Multi-award winning Spa with 50 treatment rooms offering more than a hundred treatments
- Inside and Outside Fine Dining
- 18-hole Championship Golf Course



terme di
SATURNIA
NATURAL DESTINATION



Terme Isola d'Elba

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The historic Terme Isola d'Elba arises in a splendid location with a wonderful panorama facing the Darsena Medicea in Portoferraio. The spa is surrounded by a large park overlooking the sea and is shaded by eucalyptus trees, palm trees and tamarisks, where guests can stroll and relax both before and after treatments. Algae and marine plants grown spontaneously on the seabed of the thermal basin have proven to be particularly beneficial for the enrichment of the baths and sulfurous whirlpools, offering the possibility to broaden the range of treatments: not only to complement arthrosis and rheumatism therapies, but also whirlpools to combat cellulite and eliminate the lactic acid present in the muscles of athletes.

Thermal Treatments

Terme Isola d'Elba offers itself as having a high therapeutic potential which represents a unique (one of a kind) in the Italian and European thermal scene. Thalassotherapy is practiced at the Terme which gathers all the benefits that the sea can offer through water, mud, algae and marine plants.

The Terme uses qualified operators for the mud, baths, inhalation treatments, which may also be made .. through the National Health Service.

Physical Therapy and Rehabilitation

At the Terme Isola d'Elba you have access to the physical therapy and rehabilitation center with equipment and high-level professionals. Moreover specialist visits are available (cardiology, orthopedics, aesthetic medicine and nutritionist).

Also available at the Spa:

- massages
- beauty treatments and beauty rituals
- wellness path
- purifying and draining treatments
- Aesthetic Medicine treatments





visittuscany.com

