

WELLNESS & SPA

2018



Hotel Terme delle Nazioni

*Terme e Benessere*





## The Therme

|  |         |
|--|---------|
| Compulsory medical examination for admission to treatments ..... | € 32,00 |
| Mud bath with shower .....                                       | € 35,00 |
| Ozonised thermal bath .....                                      | € 20,00 |
| Therapeutic Body massage (20 min.) .....                         | € 30,00 |
| Therapeutic total Body massage (40 min.) .....                   | € 50,00 |
| Idromassage with thermal water .....                             | € 20,00 |
| Inhalations with thermal water .....                             | € 10,00 |
| Aerosol with thermal water .....                                 | € 10,00 |
| Thermal mudpack (sinusitis treatment) .....                      | € 20,00 |
| Thermal mudpack (acne treatment) .....                           | € 20,00 |
| White bathrobe for treatments (including possible changes) ..... | € 18,00 |

## Relax & Wellness

Therapeutic total Body massage with oil of orange.

|  |         |
|--|---------|
| Lemon or sesame (40 min.) .....                      | € 50,00 |
| Relax massage (40 min.) .....                        | € 50,00 |
| Bioenergy Massage (40 min.) .....                    | € 55,00 |
| Hot Stone therapy (60 min.) .....                    | € 60,00 |
| Ayurvedic massage (40 min.) .....                    | € 55,00 |
| Abhyanga-Ayurvedic massage (60 min.) .....           | € 65,00 |
| Shiro Ayurvedic head massage (30 min.) .....         | € 37,00 |
| Pada Abhyanga ayurvedic foot massage (20 min.) ..... | € 33,00 |
| Thai (Thai-massage 40 min.) .....                    | € 55,00 |
| Massage with karite butter (40 min.) .....           | € 50,00 |
| Connective massage (20 min.) .....                   | € 33,00 |
| Shiatsu iokai or masunaga (40 min.) .....            | € 55,00 |
| Plantar reflexology (20 min.) .....                  | € 33,00 |





## “Fangothérapie for couples in the Spa Suite”

Total amount per person

|   |          |
|---|----------|
| Medical examination   |          |
| 6 mud bath “fango” with shower                              |          |
| 6 emotional douches   |          |
| 6 thermal bath with chromotherapy                           |          |
| 6 massages with perfumed butter or with essential oil ..... | € 542,00 |

### *Ozonised thermal bath therapy*

|                              |          |
|------------------------------|----------|
| 1 medical examination        |          |
| 6 ozonised thermal bath      |          |
| 3 therapeutic massages ..... | € 260,00 |

### *Manual therapy for rehabilitation*

|  |         |
|--|---------|
| Antistressmassage with cupping and moxibustion (40 min.) ..... | € 52,00 |
| Craniosacral therapy (40 min.) .....                           | € 55,00 |
| Physiotherapy (30 min.) .....                                  | € 38,00 |
| Physiokinesitherapy (45 min.) .....                            | € 52,00 |
| Neuromotor rehabilitation (45 min.) .....                      | € 52,00 |
| Post-surgery rehabilitation (45 min.) .....                    | € 52,00 |
| Thermal Idrokinesitherapy (20 min.) .....                      | € 30,00 |
| Assisted Idrokinesitherapy .....                               | € 50,00 |
| Manual Lymph Drainage method Dr. Vodder (60 min.) .....        | € 70,00 |
| Manual Lymph Drainage method Dr. Vodder (40 min.) .....        | € 55,00 |
| Manual Osteopathic therapy (30 min.) .....                     | € 60,00 |
| Postural re-education gymnastics (30 min.) .....               | € 40,00 |
| Postural gymnastics- method Mezieres (40 min.) .....           | € 48,00 |
| Miofibrolisi Therapy (30. Min) .....                           | € 60,00 |
| Adamski abdominal massage and artery stretching .....          | € 28,00 |
| Laser therapy (20 min) .....                                   | € 25,00 |
| Ultrasound (20 min) .....                                      | € 15,00 |
| Electro therapy (20 min) .....                                 | € 15,00 |
| Magneto therapy (30 min) .....                                 | € 15,00 |



### Programme "ANTISTRESS"

- 2 Thermal hydromassages with essential oils
  - 1 Antistressmassages
  - 1 Siro Abyangam massage
  - 1 Specific facial treatment 100%  
with green apple, orange or blueberry
- € 175,00**

### Programme "THERMAE FOR HER & HIM"

- 2 Thermal hydromassages with essential oils
- 2 Bioenergy massages
- 2 Specific facial treatments
- 1 Body peeling ..... **€ 286,00**

### Programme "REMISE EN FORME"

- 1 Massage- Ayurvedic (40 min.)
- 1 Bioenergy massage
- 1 Shiatsu massage ..... **€ 158,00**

### Programme "THERME WEEKEND"

- 1 Body peeling
- 1 Thermal hydromassages with essential oils
- 1 Specific facial treatment
- 1 Relax massage ..... **€ 159,00**

### Programme "TOTAL RELAX"

- 1 Massage with karite butter, vanilla or rose
- 1 Facial cleaning and application  
with active principles of collagen
- 1 Ayurveda massage ..... **€ 156,00**

# Beauty



## Programme "ANTIAGE"

Facial cleansing and application of active principles of collagen hyaluronic acid, royal jelly, carrot oil.

4 sessions (complete cycle) ..... € 241,00

## Programme the answers to future: "FEELING TIME"

**A specific anti-age treatment, manual oxygenation and gommage massage**

3 session ..... € 181,00

6 sessions ..... € 366,00

## •Programme Bust: "CRISTALLI"

**A manual toning treatment, gommage oxygenating massage.**

3 session ..... € 181,00

## Programme: "SLIMING AND FIRMING"

**Manual treatment, gommage, active principles.**

3 session ..... € 181,00

6 sessions ..... € 366,00

**Gommage massage and alginate mask.**

3 session ..... € 186,00

6 sessions ..... € 366,00

**Manual body treatment and electrostimulation:**

3 sessions gommage massage  
and active principles, 3 sessions  
with body slim ..... € 281,00

**Manual anticellulitis and firming body programme:**

3 session ..... € 91,00





## Programme "LIGHT LEGS"

*For a pleasant sensation of lightness of the legs.*

**farmogal**  
COSMETIC SCIENCES

- 1 manual lymphdrainage Dr. Vodder method (40 min.)
- 2 wrap treatments on the legs
- 1 body massage (40 min.) with asiatic centella ..... **€ 151,00**

## Programme "MEAN'S HEALTH"

- 1 Energie Massage
- 1 Skin colours anti age for men
- 1 Pedicure
- 1 Manicure ..... **€ 191,00**

## Programme: "BYE BYE WRINKLES"

- 1 Innovative facial programme Skin colours anti-age
- 1 Facial Mask with minerals ..... **€ 114,00**

## Programme "CHANGE SKIN"

- 1 regenerating skin treatment (60 min.)
- 1 "100%" face face treatment ..... **€ 146,00**

## Programme "SCULPTURE"

- 1 Body peeling
- 2 Slimming and anti cellulits massage
- 2 Sculpture treatments ..... **€ 251,00**



## Programme "100% WELLNESS"

*The latest research in the neurobiochemical field has shown that thermal mud from Abano-Montegrotto stimulates the release of endorphins, the well-being molecules that the central nervous system produces in optimal conditions, and it has a strong anti-stress activity, causes the deep relaxation of muscles, stimulates and regulates the immune system and is a real beauty treatment. Aimed at the youngest people and busy people that sometimes break away every so often, this regenerating package at the spas stimulates the body and mind and makes you recover psychophysical energies.*

2 Mud bath

2 Ozonized thermal bath

1 Therapeutic total body massage

1 Ayurveda massage (40 min.) ..... **€ 176,00**



## "Fangothérapie for couples in the new Spa Suite"

*Treatments for couples, regenerate your body and soul together  
in our new Spa Suite:*



2 thermal fango treatments

2 emotional douches

2 thermal bath with chromotherapy

2 massages with perfumed butter or with essential oil ..... **€ 210,00**  
for couple



## Thermal treatments for the following principal disorders

*Thermal hotel operating within the Italian national health service, classified as top level by the health ministry included in the O.T.P. monitoring network at the university of Padua to control the maturing process and quality of thermal mud.*

*Psoriasis, arthritis, arthrosis, sciatica, lumbago, osteoporosis, after effects of traumas and fractures, neuralgia and neuritis, uricaemia and gout, myositis, dearticulations, distortions, contusions, peripheral phlebocholosis, chronic catarrh in respiratory tract, sinusitis, post-operative adhesions, obesity.*

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*ulates the release of endorphins, the well-being molecules that the central nervous system produces in optimal conditions, and it has a strong anti-stress activity, causes the deep relaxation of muscles, stimulates and regulates the immune system and is a real beauty treatment. Aimed at the youngest people and busy people that sometimes break away every so often, this regenerating package at the spas stimulates the body and mind and makes you recover psychophysical energies.*



*Renova*  
**BEAUTY**  
CENTER



|   |          |
|---|----------|
| Mineral mask .....  | € 30,00  |
| Thermal mudpack mask .....  | € 28,00  |
| Lymphatic drainage facial massage .....   | € 30,00  |
| Facial cleaning and application with active principles of collagen .....          | € 65,00  |
| Facial specific anti-age treatment, manual oxygenation and gomming massage .....  | € 65,00  |
| Facial specific treatment for sensitive skin with rosacea .....                   | € 65,00  |
| Facial specific antiage treatment "Skin colours" .....                            | € 89,00  |
| Specific "100%" Facial treatment with green apple, orange or blueberry ...        | € 50,00  |
| Specific "100%" Bio Body Peeling pineapple .....                                  | € 50,00  |
| Body Peeling with emollient massage using vitamin oils of orange and lemon .....  | € 35,00  |
| Maual bust toning treatment, gomming oxygenating massage "Cristalli"              | € 65,00  |
| Manual anticellulitis or firming body programme and alginate .....                | € 65,00  |
| Exfoliating and regeneration body treatment .....                                 | € 100,00 |
| Treatment of "Thermoaesthetical" .....  | € 57,00  |
| Wrapping treatment for fitming and cellulitis .....                               | € 32,00  |
| Total body massage for anticellulitis or firming or sliming .....                 | € 55,00  |
| Gomming massage and active principles for cellulitis or firming or slimming ..... | € 65,00  |
| Electrostimulator for anticellulitis and firming .....                            | € 40,00  |
| Solarium .....  | € 8,00   |
| Pedicure .....  | € 45,00  |
| Manicure .....  | € 15,00  |
| Long term Nail polish gel .....   | € 18,00  |
| Total hair removal .....  | € 40,00  |
| Partial hair removal .....  | € 25,00  |
| Hair removal (groin, underarms, facial) .....                                     | € 11,00  |
| Make up for eyerbrows, eyes .....   | € 11,00  |

***On request personal and discounted packages***



**Hotel Terme delle Nazioni**  
*Therme e Benessere*

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Hotel Terme  
Delle Nazioni is located  
10 km from Padua and  
40 km from Venice.  
Motorway exit:  
"Terme Euganee"