



TUSCANY THE LAND WITH SPAS INSIDE

Experiences of health and well-being



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Getting away from everyday noise, dedicating time to oneself, and finding moments of relaxation and well-being. This is the Tuscany of spas, a land which offers its guests a very wide range of offers, thanks to the many features of the waters springing forth from underground, with health effects reinforced by the many treatments which the various structures provide.

An experience of well-being lived in places where one can bathe and regenerate oneself, and find once again a balance between physical shape and serenity. And which is completed thanks to a territory which has always been known for the harmony, culture and love of life which characterise it, amidst landscapes awaiting discovery, and timeless paths.

Discover Tuscany's spas!



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TUSCANY

THE LAND WITH SPAS INSIDE



TERME DI CASCIANA

Casciana Terme, Casciana Terme Lari - Pisa



TECHNICAL SHEET

Through mudbaths and bathing, Acqua Mathelda is used to treat skin diseases and for orthopedic rehabilitation.

Type:

Calcium-sulphate-bicarbonate water.

Temperature at the source 35.7°C.

Main therapeutic indications:

Therapeutic benefits combat circulatory disorders, rheumatism and arthrosis, uricemia, high cholesterol, rhinitis, bronchitis, and gynecological disorders.

Terme di Casciana
info@termedicasciana.it

termedicasciana.com

The imposing neoclassical façade dating back to 1870, the gilded stucco decorations, and the frescoes of the old Casino and the Gran Caffè delle Terme are the marvellous welcome which the village of Casciana Terme extends to guests coming to the new Villa Borri spa: an old eighteenth-century building, elegantly restored without altering its original characteristics, which can rightly be called the first real "beauty farm" in history!

An old farmstead opening out on a marvellous garden, consisting of a central nucleus surrounded by old attachments, refurbished according to a taste which respects both the noble origins and the rural context it is part of. The thermal water of Casciana Terme, known since ancient times as Acqua Mathelda, flows at a temperature of 35.7 degrees Celsius from the source and is especially rich in salts and carbon dioxide. The therapeutic mud immersed in the thermal water for about six months acquires its qualities and its potential.

This thermal water stimulates the dilation of blood vessels causing general improvement in circulation. It is also curative for arthrosis, rheumatism and sciatica, and for skin diseases. In children, it leads to an increase in immune defences.

When inhaled, it improves breathing quality and is especially effective in treating pathologies of the oropharyngeal cavity.

A glass of the water helps the activity of the intestine, fighting liver poisoning and improves the digestive function. Finally, these waters provide well-known benefits with relaxing and rebalancing treatments.

Guests who need it will find a modern Rehabilitation Centre, equipped with 4 gymnasiums and a medical clinic, as well as health management, where motor rehabilitation services are provided for the osteoarticular apparatus, in particular for hip prosthesis operations.

For those seeking to relax, there are two large thermal water pools to recover energy and positivity.

The largest one is outdoors, with 500 square meters including water games, waterfalls, whirlpool and counter-current swimming path. The second swimming pool is inside the structure: a pool especially designed for vascular routes with heat exchange. The elegant Wellness Center receives guests in its twelve exclusive treatment rooms: thermal suites with frescoes made unique by meticulous restoration of old mural paintings.

Here one can choose from an extraordinary menu of different types of massages and treatments, with which ritual to be caressed, from facial treatments to mud and peeling masks, beauty massages, shiatsu techniques, but also sauna, Turkish baths, salt pool, emotional showers. Everything has been thought of for demanding clients who know how to recognise and appreciate the authenticity and beauty of living outside time.

TERME DI CHIANCIANO

Chianciano Terme - Siena



TECHNICAL SHEET

In the large hotspring parks of “Fucoli” and “Acqua Santa” there are 4 types of beneficial waters for treating the body and finding wellness: Acqua Santa, Acqua Fucoli, Acqua Sillene and Acqua Santissima.

Type:

Calcium-solphate-bicarbonate water.

Temperature varies according to the various sources.

Main therapeutic indications:

Pathologies of the liver and biliary tract, vascular and arthrorheumatic diseases, anti-inflammatory action, mucolytic and sedative action on mucous membranes.

Terme di Chianciano

prenotazione@termechianciano.it

www.piscinetermalitheia.it

Terme 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 Val d’Orcia, rich in history, culture, nature and local food and wine. 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 metres.

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 indoor wellness centre 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. The Sensory Spa is a cocoon to restore body and soul through thermal waters with properties renowned since ancient times. Here traditional thermal treatments embrace the wisdom of oriental philosophies and naturopathy to make finding inner balance again. The Spa is nestled in the Acqua Santa 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 holistic experiences. It is equipped with steam room, whirlpools, underwater music, saunas, muds, 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.

TERME DI MONTECATINI

Montecatini Terme - Pistoia



TECHNICAL SHEET

Variable from spring to spring according to the salt concentration absorbed from the earth's crust by the waters as they pass through on their way to the surface.

Type:

Mineral water from various springs.

Temperature varies from spring to spring.

Main therapeutic indications:

Arthropathy and the digestive system, particularly constipation, liver and biliary tract disorders, and metabolic disorders.

Terme di Montecatini
direzione@termemontecatini.it
termemontecatini.it

The rite of waters is celebrated inside the thermal temples, among which the «Tettuccio» represents excellence itself. The Tettuccio was designed by the architect Ugo Giovannozzi between 1923 and 1927 and inside, it follows the architectural model of ancient thermae. In fact, the layout is based on the models of imperial Roman architecture, using colonnades, rotundae, tympana, friezes, cartouches, windows and decorations associated with the architecture of waters and Renaissance and Baroque gardens, with fountains, pools and grottos.

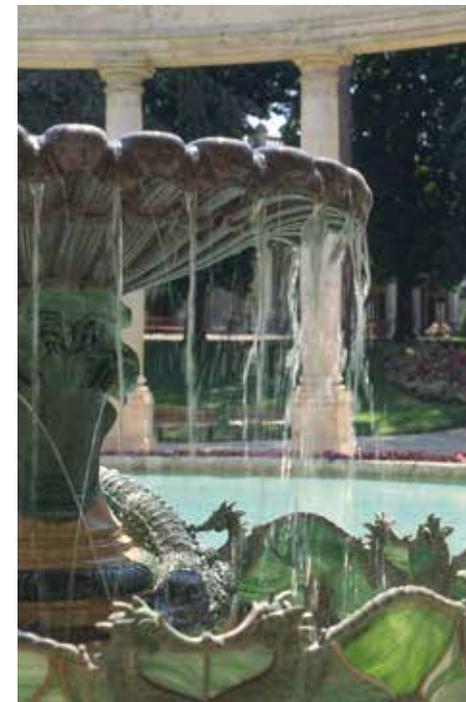
The Tettuccio intends to identify the model of the city of waters, relaxation and culture, dear to the period of Spas in Italy. In fact, the Tettuccio also hosts the Café and historical Writing Room, the bookshop, the spectacular Sala Portoghesi (designed by the Roman architect Paolo Portoghesi, in 1986), the Gallery of shops and the monumental park.

The charm of words too contributes to defining the atmosphere: *"Balm taken from underground which*

emerges into the clear day" (a verse taken from an ode by Parini) on the architrave of the colonnade, and *"the sound which binds senses with sweetness"* (from a sonnet by Petrarch) on the frieze of the music pavilion, are two verses which underline the plural nature of the functions and vocations of this spa.

The 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 hydropinic cure, bathings, muds, inhalations, ventilations, insufflations and hydromassages. Besides, they cure hepatobiliary and gastrointestinal pathologies and musculoskeletal, vascular and otorhinolaryngology disorders.



ADLER SPA RESORT THERMAE

San Quirico d'Orcia - Siena



TECHNICAL SHEET

Thermal waters rich in minerals and active ingredients. The waters are heated by extremely hot layers of active volcano activity at over 1000m underground, emerging at a temperature of 50°C.

Type:

Hyperthermic water with sulphatebicarbonate and alkaline earth metals. Temperature 36°C.

Main therapeutic indications:

Beneficial to the whole organism, particularly the respiratory and musculoskeletal systems, and the skin.

Hotel Adler Thermae
info@adler-thermae.com

adler-resorts.com/thermae

What strikes one about Adler is this: a five-star resort, with an atmosphere which invites you to free yourself from the "heaviness" of everyday life. The dreamlike landscape opens up to a real "experience": the rolling hills of the Val D'Orcia, flowing waters, pure air, a boundless sky. The interior has a feeling of intimacy and warmth, and the Adler staff stands out for their attention and courtesy. The Adler Aquae zone includes thermal pools with whirlpools and waterfalls, sports pools, a sauna park and various relaxation areas.

5 kinds of saunas: the Turkish bath in the "Philosopher's Cave", the bio-sauna on the lake, the Finnish sauna in the forest, the caldarium with Tuscan herbs and the Etruscan saline steam sauna. Known around the world, the well-being philosophy of Adler Spa is based on originality, authenticity and excellence.

A 42-strong team of professionals is available for the care of guests in their quest for beauty and well-being. The strong point: the high quality and innovation of Adler treatments.

TERME ANTICA QUERCIOLAIA SPA

Rapolano Terme - Siena



TECHNICAL SHEET

Since the 1700s Terme Antica Querciolaia and Rapolano Terme have been examples of quality in the wellness and health sector, offering a wide range of solutions to clients' needs thanks to the variety of treatments available.

Type:

Mineral springs from various sources with abundant calcium, magnesium, sodium and potassium. Temperatures from 39-40°C to 22-25°C.

Main therapeutic indications:

Indicated for the treatment of respiratory, musculoskeletal and skin disorders.

Terme Antica Querciolaia
infoterme@termeaq.it

termeaq.it

A 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 BAGNI DI LUCCA

Bagni di Lucca - Lucca



TECHNICAL SHEET

The benefits of these hot springs have been known since ancient times. Poets and writers such as Byron, Shelley, Montale and Dumas have come here, as well as the great Paganini and aristocrats, and Napoleone Bonaparte with his beautiful sister Pauline.

Type:

Calcareous-bicarbonate-sulphurous water with a temperature at the source of 54°C.

Main therapeutic indications:

Anti-inflammatory, relaxing action on the skeleton and muscle structures; promotes healing and decongestion of mucous membranes.

Bagni di Lucca Terme J.V. & Hotel
terme@pec.termebagnidilucca.it
termebagnidilucca.it

Terme Bagni di Lucca: here water is magic!

An oasis of tranquillity in northern Tuscany, along the valley of the Lima river. The atmosphere and the warm welcome by the staff make Terme Bagni di Lucca an ideal location for families as well.

The extraordinary healing powers of its waters make this a specialised place for treating rheumatic, respiratory and dermatological issues. An outstanding feature of the Spa are the two beautiful natural steam grottos, the Grande and the Paolina: the latter especially loved by Napoleon's sister. The water which gushes forth naturally, at 54° rich in sulfur, bicarbonate and calcium, has a proven myo-relaxant and purifying action and is the base of all the very pleasant aesthetic and relaxing treatments offered to guests. Its biochemical properties, together with the high natural temperature, are an effective aid in fighting everyday stress, while conferring unforgettable moments of pleasure.

BAGNI DI PISA

San Giuliano Terme - Pisa



TECHNICAL SHEET

The spa building was once the summer residence of Granduke Francesco Stefano of Lorraine and a must for European nobility. Today it is the ideal destination for those wanting a relaxing vacation caring for themselves.

Type:

Magnesium-calcium-sulphate-bicarbonate water at a temperature of 38°C at the source.

Main therapeutic indications:

Indicated for the prevention and treatment of pathologies of the musculoskeletal, respiratory, cutaneous and gastrointestinal systems.

Bagni di Pisa
info@bagnidipisa.com
bagnidipisa.com

Bagni di Pisa lies at the feet of a hill with centuries old olive groves. Bagni di Pisa, with its timeless dimension, is the ideal place to get back in touch with oneself again, following a path towards a new and healthier lifestyle, thanks to the *Equilibrium* method and programme.

A regenerative atmosphere where food too is a unique experience: the tradition of 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 colours, 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 in a natural and artistic coffer with a perfume of history and ancient traditions. Bagni di Pisa is member of The Leading Hotels of the World and Traveller Made.

TERME BAGNO VIGNONI

Bagno Vignoni - Siena



TECHNICAL SHEET

Arriving directly from a source that has flowed through the town of Bagno Vignoni for over 2000 years, it is rich in salts, calcium, iron carbonates, sodium and magnesium sulphate and has been esteemed since Roman times for its beneficial effects.

Type:

Hyperthermic water with sulphatebicarbonate and alkaline earth metals. Temperature 39°C.

Main therapeutic indications:

Disorders of the skeleton and mucous membranes. Tones the skin.

Terme Bagno Vignoni
info@albergoletterme.it

termedibagnovignoni.it

BUDDHA SPA

Murlo - Siena



TECHNICAL SHEET

The modern Centro Benessere Buddha was built where the warm waters of Santa Caterina spring forth, originally known as "the water that warms". At Centro Benessere there is an open-air hotpool with a spectacular four-meter tall cascade.

Type:

Calcium-bicarbonate-sulphate water. Temperature at the source 28.5° C.

Main therapeutic indications:

Suitable for the treatment of rheumatism, circulatory disorders and skin disease.

Buddha Spa by Clarins / La Bagnaia Golf & Spa Resort
labagnaiaresortsiena_info@hilton.com

curiolabagnaia.com

In a corner of the Val d'Orcia, overlooking the historic pool at the centre of the ancient village of Bagno Vignoni, a fifteenth-century palazzo hosts the Albergo Le Terme, a delightful oasis of well-being where one can find harmony and serenity, in a family atmosphere, a synthesis of passion and professionalism.

The thermal centre is located inside the hotel, and offers refined treatments based on green philosophy, blending the healing benefits of thermal waters with a sophisticated range of western, oriental, Indian treatments and massages. The thermal waters, rich in carbonated salts and sulfates, well known for the health benefits they provide for the bone system and mucous, gush forth at 39 degrees directly from the spring, and provide relaxing baths in the elegant swimming pool and under the pleasant waterfall. The wellness centre is completed by a Roman Sauna. From the elegant panoramic terrace, one can enjoy a thousand views over the village, while tasting refined dishes of the Tuscan tradition, remade with excellent craftsmanship.

La Bagnaia Golf & Spa 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 location has been known since the XIII century as the spring of Santa Caterina, and has been frequented by many leading personalities, attracted by the prodigious properties of its waters and by the atmosphere of harmony and tranquillity the place provides.

Indoors, there is a heated pool with whirlpool, sauna, a gym with Turkish bath and rooms where guests can benefit from a wide range of massages and treatments. Outside, the thermal pool scenery is dominated by the scenic 4-metre waterfall, among the stones that generate natural jets at a water temperature of 28.5° C.

TERME DI EQUI

Equi Terme - Massa-Carrara



TECHNICAL SHEET

Rainwater collects and is filtered underground, where it is enriched with mineral salts invaluable for health, and then re-emerges to be collected and used; the Apuane's marble heart is the origin of these beneficial waters.

Type:

Saline-sulphurous-alkaline water.

Temperature varies between 17 and 27°C.

Main therapeutic indications:

Their therapeutic value is due to a particular colloidal sulphur they contain.

Terme di Equi
info@termediequi.it
termediequi.it

FORTEVERDE

San Casciano dei Bagni - Siena



TECHNICAL SHEET

Water free of any chemical or physical treatments altering its natural constitution. The microbiological pureness is guaranteed by the depth of the source and by the continuity and rate of flow of the water.

Type:

Magnesium-fluorine-calcium-sulphate water.

Temperature at the source 42°C.

Main therapeutic indications:

Anti-inflammatory and analgesic properties.

Improvement of respiratory functions.

Drinking therapy for osteoporosis and oral source of electrolytes for athletes.

Forte Verde
info@fonteverdespa.com
fonteverdespa.com

Originally built for the Grand Duke Ferdinando I de' Medici, the magnificent building which hosts the Resort and spa was built directly atop the natural hot springs, near the medieval village of San Casciano dei Bagni, nestled in the hills of Siena.

Forte Verde is a jewel of art, a timeless refuge where you can discover a new harmony of body and mind with the *Equilibrium* method. The waters of the spring fill the scenic pools and those used for treatments with natural warmth. From the spacious terraces you can enjoy a beautiful landscape, dotted with farmhouses, monasteries and villages.

History and tradition are everywhere, in a breathtaking natural context. There are 78 rooms and suites, along with many exclusive facilities, including 7 thermal pools with waterfall and whirlpool, walking water and life paths, a fitness centre, an Etruscan path and a thermal pool for four-footed friends, a summer pool, 2 restaurants and 4 meeting rooms.

FORTE PURA SATURNIA

Saturnia - Grosseto



TECHNICAL SHEET

Built as a small town on the top of a hill dominating the valley of the hot springs at Saturnia, Saturno Fonte Pura has a sulphurous thermal water pool fed by its own source.

Type:

Alcaline-bicarbonate-solphatecarbonic- sulphurous water. Temperature at the source 37.5°C.

Main therapeutic indications:

Bathing therapy for the treatment of arthrorheumatic, gynaecologic and skin, particularly psoriasis, diseases.

Fonte Pura
saturnofontepura@gmail.com

hotelsaturnofontepura.com

GROTTA GIUSTI

Monsummano Terme - Pistoia



GROTTA GIUSTI
TUSCANY

TECHNICAL SHEET

At Monsummano Terme there is a natural hot spring paradise: the Grotta Giusti which extends for over 200 meters underground, creating underground labyrinths decorated with stalactites and stalagmites.

Type:

Magnesium-calcium-sulphate-bicarbonate water. Temperature from 28 to 34°C.

Main therapeutic indications:

The waters and ozone stimulate cellular metabolism. Indicated for all types of periferal vasculopathy and fibromialgia.

Grotta Giusti
info@grottagiustispa.com

grottagiustispa.com

Deep in the nature of the Maremma, at the feet of a small hill along which stands the Hotel Saturno Fonte Pura: 25 rooms, in an unmistakable Tuscan style, a restaurant providing simple dishes using local raw materials and a delicious wellness centre with a sauna to let oneself be pampered.

One feels as if one were in a typical Tuscan village, perfectly set in the landscape and gathered around the charming thermal pool on several levels, with waterfalls and a whirlpool. The thermal water flows at a pleasant temperature of 37.5 degrees Celsius, and is rich in sulfur and other dissolved oligoelements. Its anti-inflammatory therapeutic properties are certified and help those suffering from arthrorheumatic, dermatological and gynaecological problems, and its effectiveness against skin ageing has been widely demonstrated.

Deeply immersed in the beauty of Tuscan nature, Grotta Giusti receives its guests in a nineteenth-century villa, restored to its original splendour with a meticulous care and careful restoration which allows one to abandon oneself to an atmosphere full of elegance and charm. The villa is like a casket, holding unexpected treasures: a wonderful grotto, an ancient cavity extending over 200 metres underground.

The thermal spring, at 34° C, which gives life to a warm underground lake, where one can dive.

The extraordinary, breath-taking environments, where one can relax at a regulated and constant temperature, as if it were a living and breathing organism.

A true natural enchantment, with stalactites and stalagmites divided into Heaven, Purgatory and Hell, with temperatures rising from 28° to 34° C; the vapours one breaths here are beneficial and therapeutic. In the splendid Thermal Spa, a thousand different activities of health and well-being, unforgettable moments of peace and beauty for body and mind.

TERME DELLA LUNIGIANA

Montelungo, Pontremoli - Massa-Carrara



TECHNICAL SHEET

Situated inland among the highest and most picturesque of the Tuscan-Emilian peaks is Terme della Lunigiana. The mineral springs feeding the baths are located in the small, unspoiled town of Cavezzana d'Antena.

Type:

Sulphurous-chlorate water.

The temperature at the source is 18°C.

Main therapeutic indications:

Indicated for the treatment of gastrointestinal, skin and urinary tract disorders. Mud applications for rheumatic conditions.

Terme della Lunigiana

info@termedellalunigiana.com

termedellalunigiana.com

TERME DI MONTEPULCIANO

S.Albino, Montepulciano - Siena



TECHNICAL SHEET

Terme di Montepulciano was built in 1966 in order to exploit the therapeutic properties of the saline-bromine-iodine-sulfurous waters, rich in carbon dioxide, that are found underground here.

Type:

Saline-bromine-iodine-sulfurous mineral water.

Temperature above 20°C.

Main therapeutic indications:

A wide range of treatments for respiratory, arthrorheumatic and skin disorders.

Terme di Montepulciano SpA

info@termemontepulciano.it

termedimontepulciano.it

Along the Cisa road, at the feet of the most picturesque and charming peaks of the Tuscan inland, are the Terme della Lunigiana, a small family-run spa in a mountain environment, some 900 metres above sea level, the ideal starting point for visiting the ancient district and the characteristic medieval villages, churches and castles of the Lunigiana. From the spring of the small village of Cavezzana, there flow sulfurous thermal waters at 18 degrees, which can be of help in treating numerous problems. In fact, when drunk, they benefit the gastrointestinal and urinary systems; when inhaled, they help with problems of the respiratory tract and with otorhinolaryngoiatric issues. Baths in the sulfurous waters are excellent for dermatological problems and, finally, the muds which mature for at least six months in the thermal waters cure osteo-articular system problems. The spa has modern inhalers and rooms for baths and mud.

Unique landscapes and ancient cultural roots: Montepulciano Spa, in the heart of the Siena Valdichiana, is a health centre for prevention and well-being, making use of exclusive underground thermal waters rich in sulphur and bromine. The saline pool and the Well Being Centre are definitely the ideal places for anyone seeking relaxation and perfect harmony between body and mind. Besides traditional thermal therapies - thermal pool, pool paths, contrast pools, Scottish shower - the health-care structure of the Spa, inside the Physiotherapy and Rehabilitation Centre, can provide integrated and global therapies beneficial to health as well as beauty. The treatments provided by the Spa are also designed to produce moments of absolute relaxation: the muds and completely natural products help relieve tensions and recover the best energy.

TERME DI PETRIOLO

Monticiano - Siena



TECHNICAL SHEET

Terme di Petriolo, known already in Roman times, is surrounded by green hills between Val di Merse and Maremma. It has been patronised by such illustrious figures as the Medici family, popes, cardinals, and nobles.

Type:

Sulphate-hydrogen water.

Temperature at the source 43°C.

Main therapeutic indications:

Osteoarticular and chronic arthropathy disease, skin disorders such as acne, psoriasis, eczema, and respiratory system conditions.

Terme di Petriolo
info@termepetriolo.it

termepetriolo.it

ALBERGO POSTA MARCUCCI

Bagno Vignoni - Siena



POSTA MARCUCCI

BAGNO VIGNONI

TECHNICAL SHEET

The waters flow from the earth at a temperature of 49° C into the pool overlooking the valley and Rocca di Tentennano.

Type:

Hyperthermic water with sulphatebicarbonate and alkaline earth metals.

Temperature between 35 and 38°C in the first pool and 28 and 32°C in the other.

Main therapeutic indications:

This water distinguished itself for centuries for its healthfulness. Indicated for disorders of the respiratory and skeletal systems and skin conditions.

Stabilimento Termale Albergo Posta Marcucci
albergo@postamarcucci.it

postamarcucci.it

The 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 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 an uprooted vineyard. It was when hot water began to flow into the pool designed in the garden area, 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 with an essential modernity.

TERME SAN CARLO

San Carlo Terme - Massa-Carrara



TECHNICAL SHEET

The waters of the Terme di San Carlo spring from deep caverns under the Apuane Alps at a temperature of around 13°C; they are "histophile" waters that have the same PH and saline composition as human tissues.

Type:

Oligomineral spring water at a temperature of 12.8°C.

Main therapeutic indications:

Indicated in the treatment of urinary tract disease; used in di-metabolic disease.

Majestically framed by the Apuan Alps, only a few miles from the centre of Massa, is San Carlo Terme, where the waters - with mineral features unique in the world - gush out from caves hidden in the depths of the mountains, at a temperature of about 13 degrees C°.

The oligomineral water which is born here, thanks to its exclusive and important features, is called histophile, that is it can carry out an important purifying function on tissues.

Waters drunk while taking walks at the springs inside the beautiful park of Terme San Carlo have been known since ancient times, and became famous when Saint Carlo Borromeo drank them. They cure many metabolic, gynaecological, gastrointestinal and urinary tract problems.

Terme San Carlo
info@acquasancarlo.it
acquasancarlo.it

TERME SAN FILIPPO

Bagni San Filippo - Siena



TECHNICAL SHEET

The ancient origin of these hot springs has been confirmed by the discovery of Roman archeological artifacts and by the numerous mentions in the Middle Ages and Renaissance of illustrious figures such as Lorenzo il Magnifico visiting them.

Type:

Hyperthermal magnesium-sulphatecalcium-bicarbonate water. Temperature at 48°C.

Main therapeutic indications:

Osteo-neuro-articular diseases, respiratory disorders and skin conditions.

Terme San Filippo
info@termesanfilippo.it
termesanfilippo.it

A short distance from the Siena clay district, deep in an unrivalled natural context, made unique by the sculpture-like deposits of chalk which wedge their way into the natural beauty of the forests, there is a true corner of Eden where one can recover from stress and find oneself in perfect harmony with nature and its elements. The spas are hosted inside the park of a residence where the most ancient nucleus dates back to the eighteenth century and from which, following a charming path, one can reach the large swimming pool with waterfall and whirlpool. The sulfurous thermal water has always been known for its analgesic and anti-inflammatory properties, and it deposits natural muds which are excellent both for aesthetic and healing purposes. The relaxing and beneficial properties of these extraordinary gifts of nature are used in the best way in the welcoming Well Being Centre, which provides its guests with detox treatments, massages and aesthetic care in well-lit places overlooking the clay district of the Val d'Orcia.

TERME SAN GIOVANNI

Portoferraio - Livorno



TECHNICAL SHEET

The Park and the Spa are located about 4 km from the center of Portoferraio, in the place San Giovanni, along the main road to Porto Azzurro. The Spa uses qualified operators to mud, baths and inhalations.

Type:

Salso-iodic water and silt: spa marine mud.

Main therapeutic indications:

Anti-inflammatory effect, draining and rebalancing. Mud therapy is useful in the treatment and prevention of arthritis, rheumatism, muscle spasms and psoriasis.

Terme Isola d'Elba
info@termeisoladelba.it

termeisoladelba.it

SAN GIOVANNI TERME RAPOLANO

Rapolano Terme - Siena



TECHNICAL SHEET

Surrounded to the horizon by rounded clay hills with vineyards and olive trees, these hot springs are an ideal destination for a quiet vacation.

A series of five thermal pools, all at different temperatures, lead outside.

Type:

Calcium-bicarbonate-sulphureous water.

Temperature at the source 39°C.

Main therapeutic indications:

Problems of the skin and the respiratory and musculoskeletal systems.

Classic and oriental massages are offered.

San Giovanni Terme Rapolano
info@termesangiiovanni.it

termesangiiovanni.it

A spa resort overlooking the area of the Senesi Clays, among scents and colours of the Tuscan countryside, it is hidden within a well-looked after park, which features unique natural wonders where one can enjoy a unique atmosphere. The hotel offers 58 rooms, with a fresh and elegant style, and two restaurants where one can enjoy care to detail and creativity, an informal but charming style. No less than five thermal baths, each of which has a different natural water temperature ranging from 39°C to 30°C. There is also a saltwater counter-current swimming pool available. One can enjoy in full the feeling of relaxation, of well-being, while also enjoying the undisputed healing benefits for the skin, the muscular and breathing system afforded by natural elements, such as sulfur and bicarbonate, present in these waters. Beside traditional thermal treatments, the Well-being Centre provides remise en forme to its guests, thanks to proposals for face and body beauty, designed on the basis of unique local products: oil, wine and sulphurous mud.

TERME SANT'ELENA

Chianciano Terme - Siena



TECHNICAL SHEET

The water springs forth at a short distance from the ancient Cappella di Sant'Elena inside a park offering a magnificent view of the lakes of Chiusi, Montepulciano and Trasimeno and of Monte Amiata.

Type:

Oligomineral bicarbonate water containing rare earth metals. Temperature at 13°C.

Main therapeutic indications:

Drinking therapy for kidney and urinary tract disease as well as gastrointestinal disorders.

Terme Sant'Elena
info@termesantelena.it
termesantelena.it

TERME DI SASSETTA

Sassetta - Livorno



TECHNICAL SHEET

An itinerary of "allround wellness", an experience to engender and heighten harmony in a stirring, authentic setting. The tradition of Ars Medica and knowledge handed down from the Etruscans in Val di Cornia.

Type:

Hyperthermal-calcium-sulphate water.

Temperature at the source 49.6°C.

Main therapeutic indications:

Precious minerals and trace elements bestow the greatest therapeutic effects on the respiratory system, the skin, and the musculoskeletal system.

Terme di Sassetta
info@termedisassetta.it
termedisassetta.it

Terme di Sassetta are part of a scattered wellness path, a tile of a mosaics made of listening, relation with the surrounding nature and contact with the energies of the elements... Here the water naturally flows from the ground at a temperature of 49.6°C and feeds the whole thermal area, inspired by the Etruscan and Roman architectural tradition. You can experience the Spa by staying at La Cerreta, a biodynamic farm surrounded by woods. Stone buildings, the best products that come from the farm served in our restaurant and calm and silent pauses to dedicate to oneself. The action of a thermal water, which is one of its kind in the world, blends with holistic paths and treatments using only natural products, combined through techniques and manual skills from ancient traditions. This harmony of elements and knowledge confers profound benefits to the health of body and mind. The water of Terme di Sassetta is rich in sulfates, calcium, minerals and oligoelements with wonderful therapeutic properties for the respiratory and osteo-muscular system and for the skin.

TERME DI SATURNIA

Saturnia - Grosseto



TECHNICAL SHEET

Terme di Saturnia Spa & Golf Resort is a marvelous place that will awaken your senses. The spa has been built from a travertine structure overlooking the thousand-year-old source.

Type:

Bicarbonate-sulphate-carbonic sulphurous water.
Temperature at the source 37.5°C.

Main therapeutic indications:

Skin diseases, anti-oxidant/anti-aging, depuration and protective action on the liver. Reduction of tension in the cardiocirculatory and respiratory.

Terme di Saturnia Natural Spa & Golf Resort
prenotazioni@termedisaturnia.it
termedisaturnia.it

Italy's most famous thermal springs.

At the foot of the medieval village of the same name in the heart of the Tuscan Maremma, lie 120 hectares of wellness: the history of Terme di Saturnia has evolved around the ancient Spring, created according to legend by Saturn, which regales us with a thermal water of great potency, one which has no equal anywhere in the world. This is the land of an authentic, natural and storied beauty. The Terme di Saturnia brand belongs to The Leading Hotels of the World and offers its guests, along with the 5-star Resort, with 130 rooms and suites, a 100 hectare park and an 18-hole golf course, the ancient spring that gushes forth at a constant body temperature in a volcanic crater and four thermal pools with waterfalls and whirlpools, the Spa, winner of many awards, with over one hundred exclusive body and face treatments; an excellent restaurant where the kitchen is elegance...

In other words, a true shelter, with an inimitable charm, built on excellence.

TERME DI SORANO

Sorano - Grosseto



TECHNICAL SHEET

The small town of Terme di Sorano, harmoniously situated among woods, pastures and fields, offers guests 3 pools: one for sport and two fed by hot springs.

Type:

Calcium-magnesium-bicarbonate hot spring water.
Temperature above 37.5°C.

Main therapeutic indications:

Anti-inflammatory, anti-microbiotic, anti-itch, anti-oxidant effects as well as regulation of sebum and skin circulation.

Terme di Sorano
info@termedisorano.it
termedisorano.it

Letting oneself go, seized by the golden atmospheres of the Maremma, amidst the tufa-stone villages and the charm of Pitigliano and Sorano. Finding total relaxation in an elegant thermal park which gives its guests enchanting places and days of absolute well-being.

Resting body and mind, cradled by the warm waters of the three pools, and regenerating oneself thanks to wise treatments and rituals offered by the Spa. Terme di Sorano offer a full range of experience. Lodgings are around the ancient country church and the thermal spring, as is the restaurant which provides food inspired by fresh local products. One steepes oneself in the bicarbonate-magnesium-calcic water gushing forth at 37° in the large pool, to discover in the forest the charming "Friars' pool", 500 years old, fed by two springs coming out of the rocks. The Spa welcomes guests among perfumes and suffused music, and proposes a menu of treatments based on active principles and completely natural essences.

TERME DI VENTURINA

Venturina Terme, Campiglia Marittima - Livorno



TERME DI VENTURINA

TECHNICAL SHEET

The construction of the first modern spa dates to 1883. The spa structure offers mudbaths, bathing, massages, and aerosols while drinking cures are taken in the park.

Type:

Water rich in sulphur, alkali, and earth.
Temperature at the source 36°C.

Main therapeutic indications:

Effective in the treatment of diseases of the respiratory system and the ear-nosethroat, bone and joint rheumatism and biliary tract disorders.

Terme di Venturina Srl
info@htherme.it

termediventurina.it

TERME DELLA VERSILIA

Montignoso - Massa-Carrara



TECHNICAL SHEET

The main ingredients of this center are the salt-bromine-iodic waters and peat. The former, rich in mineral salts, flows from a local underground spring. The latter, rich in enzymes and vitamins, is available only here.

Type:

Water rich in iodine, sodium and bromine.
Temperature at the source 17 °C.

Main therapeutic indications:

A prodigious cocktail that relaxes muscles, releases tension, combats joint inflammation and cellulite, aids weight loss and increases vitality.

Terme Della Versilia
spa@termedellaversilia.com

termedellaversilia.com

The Venturina Spa is located in the upper Maremma, between the sea and the Tuscan hills, surrounded by breathtaking scenery and beautiful landscapes in the heart of the Costa degli Etruschi; the ideal place to enjoy the benefits of ancient thermal springs. Hotel delle Terme is a true 4-star place to relax: 44 rooms designed to offer a refined and comfortable environment and connected directly to the spa. For those who love wellness and relaxation, the Centre offers waters at 31°C and 36°C in two splendid pools: one outdoors and one indoors, both fed by the Cratere Spring, already known in Etruscan times. "Classic" spa services - including hydropinac and inhalation treatments and bath therapy - come along with wellness and beauty care for the body: at the Spa, guests can choose the best treatment for a complete *remise en forme* from a complete range of natural therapies.

A few steps from the sea, with the Apuan Alps in the background, 3 km (2 mi) from Forte dei Marmi, the Versilia Spa is located inside the Hotel Villa Undulna, surrounded by a magnificent park overlooking the seaside promenade, in a place of silence and peace, perfect for getting over fatigue and dedicating oneself to one's own well-being.

At the centre of the garden lies the large swimming pool, with thermal water, rich in bromine and iodine salts, that springs from the underground at 17°C, the result of a natural alchemy which has put the waters of the mountain in contact with the salt deposits of an ancient sea in the area. The therapies provided have beneficial effects on arthro-rheumatic, vascular and dermatological problems. All sorts of massages, of the western and oriental tradition, are available among beauty treatments which join the benefits of thermal water with the extraordinary effects of the natural peat of the nearby Lake of Massaciuccoli.



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