sorgente naturale di benessere
TERME DI MONTECATINI

“Montecatini is one of the most famous spa resorts in Europe, its reputation is mainly due to the richness of thermal waters, each with its own chemical and physical properties and its therapeutic indications.

Currently the waters therapeutically used are: Tettuccio, Regina, Rinfresco and Leopoldina. All waters can be used for drinking therapy and are classified as salso-sulphate-bicarbonate-sodium. The Leopoldina, thanks to its fixed salt residue, is considered strong water; the Regina is a medium water; the Tettuccio and Rinfresco are weak waters. All these waters are indicated to treat the digestive system pathologies, stomach and intestinal diseases and are also very useful in cases of liver and biliary tract diseases.

The Leopoldina acts mainly at the intestinal level, both through the direct osmotic action (due to its high activity) either by stimulating the peristalsis. Therefore, it is particularly indicated in cases of chronic constipation.

The Regina, instead, acts primarily on biliary level with cholangogue, cholecystic and kinetic action. It is indicated in cases of biliary dyskinesia (the so-called “french hepatic insufficiency”) to prevent gallstones in cases of hepatitis and all other chronic liver diseases.

The Tettuccio has a saline composition which is almost identical to that of organic liquids, that is why it has a purifying action on the liver, it stimulates the gastric secretion and is useful in cases of hypercholesterolemia. It is indicated in hypersecretory gastritis, in dyspepsia, irritable bowel syndrome and in dyslipidemias.

The Rinfresco has a light diuretic action, stimulates the body toxin elimination. Moreover, it helps to restore the general balance of mineral salts thanks to its particular composition.

The Leopoldina and Rinfresco waters are also used for the balneotherapy thanks to its draining capacity; with the adding of the ozone gas they are especially indicated in cases of peripheral vascular diseases: this gas has an anti-inflammatory effect on both venous and lymphatic level due to hypertonicity and alkalinity of the water.

The Leopoldina is also the liquid component of the thermal mud, used since ancient times in rheumatic articular and extra-articular chronic diseases, it is wildly used in rehabilitation and the consequences of fractures.

Furthermore, the Leopoldina water is used for the inhalation therapy and in the deafness therapy. Due to its rich mineral salt composition, the water has the mucolytic, antibacterial and immunostimulant capacity at the high and lower respiratory system”.

Medical Direction
THERMAL MEDICAL TREATMENTS

After the medical consultation or medical visit
Thermal medical visit € 60,00
Thermal medical consultation € 20,00

WATER DRINKING THERAPY - Thermae Tettuccio and Thermae Excelsior
Drinking Montecatini thermal waters helps to stimulate the proper functioning of the body and is especially recommended for those suffering from illnesses related to the liver, the digestive system and metabolism.
Morning and afternoon entrance € 15,00
Afternoon only entrance € 6,00
Annual pass for water drinking therapy € 240,00

RESPIRATORY CURES - Thermae Redi
Cures the inflammatory forms of upper and lower respiratory tracts such as nasopharyngitis and chronic laryngitis, sinusitis, chronic catarhal otitis, tympanitis, chronic rhinitis (allergic and non), asthmatic bronchitis (allergic and non), COPD (chronic obstructive pulmonary disease).
Medical check-up with ORL Specialist € 80,00
Inhalation € 13,00
Nebulization € 13,00
Aerosol € 13,00
Nasal douche € 13,00
Tympanic insufflations € 32,00
Thermal crenotherapeutic Politzer € 20,00
Pulmonary ventilation € 20,00

THermal BATH - Thermae Redi
Cures and prevents the pathologies of locomotor apparatus, of joints and muscles. The ozone can be added to the bath, resulting indicated for venous peripheral phlebitis.
Thermal bath € 22,00
Ozone enriched bath € 26,00
Thermal Jacuzzi € 26,00

MUD TREATMENTS - Thermae Redi
Cures and prevents the pathologies of locomotor apparatus in general and, particularly, the osteoarticular degenerative diseases, chronic non-articular rheumatisms.
Mud treatment, includes therapeutic bath € 40,00
Partial mud treatment (feet or hands) € 25,00
Hepatic mud (additional to the drinking water therapy, used in the biliary motion diseases) € 25,00
Additional charge for ozone enriched bath after the mud treatment € 8,00

THERAPEUTIC MASSAGES - Thermae Redi
Relieves muscular aches and pains and prevents dysfunction of muscles and tendons.
Therapeutic full massage € 40,00 / 20 min.
Therapeutic partial massage € 20,00 / 10 min.
A relaxing bath in the thermal pool, fed with Leopoldina thermal water at 33°, excellent for rheumatic troubles and vascular diseases.

**ENTRANCE TO THE THERMAL POOL**

€ 13.00 / 60 min.

Children under 2: free; under 12: € 6.50
Thermal bath therapy with the vascular path.

**AQUAGYM IN THE THERMAL POOL**

€ 15.00 / 45 min.
Water fitness in the thermal pool with the vascular path.

**HYDROBIKE IN THERMAL WATER**

€ 10.00 / 20 min.
€ 8.00 / if bought together with the entrance to the pool or aquagym

**THERMAL AQUARELAX**

€ 50.00 / 80 min.
Enterance to the thermal pool and relaxing body massage (20 min.)

**MULTIPLE ENTRANCES TO THE THERMAL POOL**

€ 100.00 / 10 entrances
€ 240.00 / 25 entrances
€ 420.00 / 50 entrances
€ 720.00 / 100 entrances

Multiple entrances are not subjected to further discounts

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**THERMALPoor** · **Thermae Redi** ·

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**THERMAL REHABILITATION - REHABILITATIVE PHYSIOTHERAPY AND GYM** · **Thermae Redi** ·

**PHYSIOTHERAPY AND REHABILITATION**

**THERMAL REHABILITATION - REHABILITATIVE PHYSIOTHERAPY AND GYM** · **Thermae Redi** ·

Physiatrical Medical Visit € 20,00
Diadynamics € 15,00
Hydro-Galvanic € 15,00
Ionophoresis € 15,00
Paraffin Wax Therapy € 15,00
T.E.N.S. € 15,00
(Transcutaneous Electrical Nerve Stimulator)

**SINGLE ENTRANCE TO THE GYM** · **Thermae Redi** ·

€ 15.00 / 60 min
Workout in the gym in addition to the thermal cures.

**INDIVIDUAL FUNCTIONAL REHABILITATION IN THE POOL**

€ 45.00 / 30 min.
Functional recovery to improve orthopedic and neurological problems. Thermal water is a fundamental support during the deambulatory rehabilitation.

**HYDROTHERAPY IN THE THERMAL WATER**

€ 20.00 / 40 min.
Functional group rehabilitation in the thermal pool (indicated for low, upper articulations and back problems).

**INDIVIDUAL NEUROMUSCULAR REHABILITATION IN THE GYM**

€ 25.00 / 30 min.
Functional recovery to improve orthopedic, muscular and neurological problems.

**POSTURAL ANALYSIS**

€ 50.00 / 30 min.
Basic postural analysis

**OSTEOPATHIC TREATMENT**

€ 45.00 / 30 min.
This treatment is indicated to improve the overall mobility of the joints and the general flow of body fluids, relieving negative effects on the musculoskeletal system.
POSTURAL PROGRAMMES
After the postural analysis which evidences the body problems, the personalized programme is prepared to try during the sessions of postural exercises. The programmes include the use of the thermal pool which helps the natural muscle-relaxation.

POSTURAL PROGRAMME SILVER · € 146,00 ·
Postural analysis, 2 osteopathic treatments, 5 sessions in the gym and 5 entrances to the thermal pool.

POSTURAL PROGRAMME GOLD · € 270,00 ·
Postural analysis, 4 osteopathic treatments, 10 sessions in the gym and 10 entrances to the thermal pool.

GROWTH PROGRAMME
€ 200,00 / 10 sessions
Postural analysis specific for the children and adolescents during the evolutionary phase, postural gym sessions for the harmonious body growth.

POSTURAL PASSES
1 Month: € 160,00 (with 2 entrances to the thermal pool)
3 Months: € 449,00 (with 3 osteopathic treatments and 6 entrances to the thermal pool)
6 Months: € 749,00 (with 6 osteopathic treatments and 12 entrances to the thermal pool)
1 Year: € 1290,00 (with 12 osteopathic treatments and 24 entrances to the thermal pool)

IFT TREATMENT
€ 12,00 / 1 session
€ 90,00 / 10 sessions
Advanced level training for those who desire to lose weight, to keep fit and to improve the sport performance, with medium metabolic impact exercises, also with the use of thermal water.

TO BE FIT PROGRAMME
€ 60,00
Includes bioelectrical impedance analysis (BIA), medical consultation, positioning of the metabolic holter (armband) and the gym exercises to follow at home. Medical consultation by appointment.

POSTURAL TRAINING
€ 60,00
Includes the standard postural analysis and two lessons of postural exercises to continue at home.

THREE-DIMENSIONAL DINAMIC POSTURAL TRAINING
€ 100,00
Full postural analysis using three-dimensional image with the body asymmetry and walk dynamic analysis.

SKIN TAPE APPLICATION®
€ 5,00
Application of the elastic taping® realized in cotton fibre, useful to relieve pain, muscle-skeletal problems and to improve the general well-being of the person.

INDIVIDUAL FUNCTIONAL REHABILITATION
€ 15,00 / 15 min.
Guided individual exercises to maximize the functional rehabilitation and to restore a correct posture.

BACKSCHOOL
€ 10,00 / 1 lesson
€ 80,00 / 10 lessons

SCIENTIFIC WEIGHT CONTROL PROGRAMME
€ 550,00 / 3 months
Includes a study of the basic metabolism and a monitored individual training. Medical consultation by appointment.

SINGLE POSTURAL SESSION
€ 30,00 / 60 min.

MULTIPLE ENTRANCES ARE NOT SUBJECT TO FURTHER DISCOUNTS
"We all know the sense of well-being that comes after a simple hot bath. Try to multiply it by a hundred or a thousand and you will have an idea of what could be a thermal beauty treatment. The water that we use in our spa is the Leopoldina, which physical and chemical characteristics (such as hypertonicity and the particular richness in some mineral salts) give the possibility to utilize it in our treatments. Due to its soft exfoliating effect it helps to detoxify the skin from impurities. Its high hypertonicity makes it particularly effective during draining treatments, it is extremely useful in skin imperfection cures, such as cellulite; its natural warm temperature, intensified during the thermal mud application, stimulates the peripheral circulation and revitalizes the skin of the treated area."

Medical Direction

### THERMAL BEAUTY TREATMENTS · Thermae Excelsior

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>THERMAL RELAX</td>
<td>60 min.</td>
<td>€ 18.00/</td>
</tr>
<tr>
<td>Swedish sauna, Turkish bath, emotional showers with colour therapy and a relaxing area.</td>
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<td></td>
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<tr>
<td>OZONE ENRICHED THERMAL BATH/HYDROMASSAGE</td>
<td>20 min.</td>
<td>€ 28.00/</td>
</tr>
<tr>
<td>Thermal bath enriched with ozone to reanimate the blood circulation and to reduce the muscular tension.</td>
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<tr>
<td>THERMAL AQUALUX</td>
<td>20 min.</td>
<td>€ 32.00/</td>
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<tr>
<td>Thermal relaxing bath under the tanning UVA infra-red lights and hydromassage.</td>
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<tr>
<td>FACE AND BODY THERMAL MUD AND WATER TREATMENT</td>
<td>110 min.</td>
<td>€ 120.00/</td>
</tr>
<tr>
<td>Including exfoliation, Jacuzzi thermal bath, mud wrap of body and face with specific cream application.</td>
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</tr>
<tr>
<td>NOURISHING RITUAL AQUATHERMAL COMPLEX*</td>
<td>50 min.</td>
<td>€ 65.00/</td>
</tr>
<tr>
<td>Nourishing treatment for face and body.</td>
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<tr>
<td>RITUAL FACE AND BODY AQUATHERMAL COMPLEX*</td>
<td>50 min.</td>
<td>€ 60.00/</td>
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<tr>
<td>Exfoliating soft treatment with sugar followed by a bath in thermal water and a relaxing massage with almond oil and camomile essence.</td>
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<td></td>
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<tr>
<td>THERMAL MASSAGES available for the couples</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VICHY AND HYDRO MASSAGE</td>
<td>40 min.</td>
<td>€ 67.00/</td>
</tr>
<tr>
<td>Relaxing massage done under jets of thermal shower followed by the water jet.</td>
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<td></td>
</tr>
<tr>
<td>MONTECATINI RELAX MASSAGE</td>
<td>50 min.</td>
<td>€ 67.00/</td>
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<tr>
<td>This anti-stress massage with lavender and camomile scented oil gives relax and wellness to the body.</td>
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<tr>
<td>BACK MASSAGE</td>
<td>20 min.</td>
<td>€ 40.00/</td>
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<tr>
<td>Localized massage to combat tensions on back muscles.</td>
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<tr>
<td>CANDLE MASSAGE WITH SCENTED ESSENTIAL OILS</td>
<td>20 min.</td>
<td>€ 40.00/</td>
</tr>
<tr>
<td>A special candle massage that gives a pleasant sensation of perfume and warmth.</td>
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</tr>
<tr>
<td>LYMPHATIC DRAINING MASSAGE FOR LEGS AND ABDOMEN</td>
<td>50 min.</td>
<td>€ 67.00/</td>
</tr>
<tr>
<td>A delicate massage with a rice starch which stimulates the lymphatic system and reactivates micro circulation; reduces water retention and improves cellular oxygenation.</td>
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<tr>
<td>VOLCANIC HOT STONES MASSAGE</td>
<td>50 min.</td>
<td>€ 72.00/</td>
</tr>
<tr>
<td>Heated volcanic stones are used to massage face and body, induce muscle relaxation, restoring energy and revitalizing the whole body.</td>
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</tbody>
</table>
THERMAL ANTI-CELLULITE TREATMENTS

DRAINING TREATMENT
€ 65,00 / 50 min.
Mud pack and hydro-massage to contrast swelling and water retention.

SLIMMING TREATMENT: legs, abdomen and buttocks
€ 65,00 / 50 min.
Mud pack enriched with bitter orange and lemon essences, hydro-massage to reduce fat deposits.

TONING AND FIRMING TREATMENT
€ 65,00 / 50 min.
Mud pack enriched with the rosemary and cypress essences, specific hydro-massage to tonifies and to firm the skin.

DRAIN BODY
€ 75,00 / 50 min.
Specific draining and toning leg bandage, that gives lightness to the legs, improves microcirculation and tonifies the tissues.

ANTICELLULITE MASSAGE
€ 40,00 / 20 min.; € 67,00 / 50 min.
Shaping massage for legs and abdomen, to reduce fat deposits and to model the silhouette.

ENDERMOLOGIE
€ 65,00 / 35 min.
The equipment of last generation to reduce all types of cellulite. Improves the silhouette, makes the skin elastic and firm.

SLIM FIT
€ 12,00 / 20 min.
Special workout to keep in shape. Uses infrared light to reduce body fat.

THERMAL FACIAL BEAUTY

CUSTOMIZED FACIAL TREATMENT
€ 68,00 / 50 min.
Customized facial treatment with anti-aging and moisturising effect, for skin blemishes and couperose. Check-up with the beautician.

MONTECATINI EXCLUSIVE MUD FACIAL
€ 55,00 / 50 min.
A purifying and remineralizing treatment, followed by thermal water shower. Gives luminosity and moisture to the skin.

DERMO-RESTORING MULTIVITAMINIC FACIAL MASK
€ 40,00 / 20 min.
Beauty mask rich in vitamins and minerals, nourishes and tonifies the facial skin.

RELAXING FACE MASSAGE MONTECATINI EXCLUSIVE
€ 40,00 / 20 min.
Relaxing face and neck massage, followed by thermal water shower, revitalizes and moisturises the skin.

All treatments are executed using the patented AquaThermal Complex® Terme di Montecatini cosmetic line.

BEAUTY SERVICE
Face UVA Tanning € 8,00
Body UVA Tanning € 8,00
Manicure € 35,00
Pedicure € 40,00

Complete waxing € 45,00
Partial waxing € 30,00
Small areas waxing € 15,00
Sensitive areas sugar waxing € 15,00 to € 50,00 (according to the area)

THERMAL BEAUTY PROGRAMMES

LEISURE BREAK
€ 160,00 / 160 min.
Face and body Aquathermal Complex ritual, Montecatini Relax massage, customized facial treatment.
DAY SPA · Thermae Redi
€ 120,00 / 180 min. oppure € 150,00 / 210 min. Thermal pool entrance (60’), mud pack, facial mask & thermal bath (90’), relax massage (30’ or 60’)

3 DAYS DETOX PROGRAMME
€ 350,00
Includes medical check-up, slim fit, drain body, endermologie, 2 thermal relax treatments, 1 draining treatment, 1 slimming treatment, 2 anti-cellulite massages (20 min. each). On request it is possible to create 5 or 7 day detox programmes (with price variation).

THERMAL RELAX & LIGHT LUNCH · € 27,00

CHOCOLATE AND SWEET ORANGE ESSENCES · € 75,00 / 100 min.
Turkish bath and sauna, emotional showers with cromotherapy, hydromassage, relaxing body massage scented with orange and chocolate.

HONEY AND LAVENDER WELL-BEING · € 80,00 / 110 min.
Turkish bath and sauna, emotional showers with cromotherapy, hydromassage, wrap and relaxing body massage scented with honey and lavender.

INDIVIDUAL OR COUPLE RELAX · € 80,00 a persona / 110 min.
Turkish bath and sauna, emotional showers with cromotherapy, hydromassage, candle massage scented with coconut oil and cocoa butter.

SPECIAL FOR HIM · € 80,00 / 90 min.
Thermal hydromassage, back massage with lavic stones, facial thermal mud treatment Montecatini Exclusive.

All treatments, carried out at the Beauty Centre Thermae Excelsior, include the use of the Terme di Montecatini Kit (bathrobe and towel in soft terry cloth, slippers and disposable cap) and detoxifying refreshing tea.

HOLISTIC SPA
In collaboration with the Dolce Armonia Academy
“To assume the existence of life on a planet it is usual to search for the presence of water; the human person remains for most of his fetal life immersed in amniotic liquid and, statistically speaking, about 60% of our body is composed of water.

Only these simple considerations make us realize how much water is essential for us, and not only from a nutritional point of view; since ancient times the water was an essential element for our health. In every part of the world there are places where the water was considered sacred and different therapeutic properties were attributed to it; it seems that the Termé of Montecatini are also situated in such a place; the fact was confirmed by the excavation works inside the Thermae Leopoldine crater when the probable Roman statuettes were found. The statuettes were considered as votive offerings for occurred healing.

Beyond the “magic” aspect that surrounded these places in the past, it is necessary to consider a modern and “suspicious” scientific point of view. It is undeniable that millions of people, over the years, have achieved the state of well-being after a thermal stay. It could be considered as the result of a so-called “holistic”, total or global approach to the health problem.

We would like, therefore, to emphasize this “global” aspect and to offer a thermal treatment where the nutritive, sensory, mental and spiritual experiences, tied to ancient traditions, but always under a strict medical control, are harmoniously combined between them. This our offer should satisfy a demand of a well-being which could not be limited by the absence of disease, but which regards all the individual in its psychosomatic totality. ”

Medical Direction

HOLISTIC THERMAL TREATMENTS · Thermae Excelsior · Thermae Redi

AYURVEDIC MASSAGES AND TREATMENTS
After the consultation with the holistic expert

ABHYANGAM - Traditional relaxing and rebalancing ayurvedic massage
€ 72,00 / 50 min.
€ 102,00 / 80 min.
Helps to remove toxins from the body, to relax muscles and to rebalance the mind.

SNEHANA
€ 72,00 / 50 min.
Helps to eliminate toxins from the body and mind, lubricates the tissues and cleans the body channels.
**THANDABHYANGAM** · Back and neck massage ·
€ 40,00 / 30 min.
€ 72,00 / 50 min.
Specific to relieve and to relax the cervical, thoracic and lumbar muscle tensions.

**PADABHYANGAM** · Feet and leg massage ·
€ 40,00 / 30 min.
€ 72,00 / 50 min.
Helps to stimulate venous, arterial and lymphatic circulation. Useful for those suffering from water retention and circulatory problems.

**SHIROABHYANGAM** · Head, neck and shoulders massage ·
€ 40,00 / 30 min.
€ 72,00 / 50 min.
Highly rebalancing treatment that helps to restore the balance between body and mind.

**MUKABHYANGAM** · Face and neck massage ·
€ 40,00 / 30 min.
Helps to relax, to tonify and to nourish the face giving a luminosity to the skin.

**PHENAKAM** · Draining treatment ·
€ 72,00 / 50 min.
€ 102,00 / 80 min.
Helps to eliminate swelling and water retention, gives an immediate feeling of lightness.

**SHIRODARA**
€ 90,00 / 50 min.
Ayurvedic treatment that acts on the central nervous system and gives an effect of deep state of mental relaxation. It consists of a regular and continuous pouring of warm oil on the forehead, at the level of the Third Eye.
The treatment can be booked after the consultation with the holistic expert.

**PINDASWEDA**
€ 102,00 / 80 min.
Bundles of warm cotton containing herbs and vegetable flours. It helps to eliminate muscle rigidity and tensions, to dissolve fat in excess and to stimulate the body’s natural drainage.

**UDVARTAM**
€ 80,00 / 50 min.
€ 102,00 / 80 min.
Scrubbing with vegetable flours, herbs and oil. It stimulates cellular renewal, oxygenation of tissues and gives softness and luminosity to the skin.

**UDGARSHAM**
€ 80,00 / 50 min.
€ 102,00 / 80 min.
Draining treatment performed with powders of vegetable flours and herbs. It helps to mobilize the fat in excess and to stimulate its natural dissolution.

**MARMABHYANGAM**
€ 72,00 / 50 min.
Rebalancing massage of 107 energy points (marma points). Deeply relaxing and rebalancing.

**HOLISTIC MASSAGES AND TREATMENTS**

**TRADITIONAL THAI MASSAGE**
€ 40,00 / 30 min.; € 72,00 / 50 min.; € 102,00 / 80 min.
Combines the acupressure points of Traditional Chinese Medicine with an assisted stretching inspired by Yoga. It helps to increase the body flexibility and to produce a feeling of intense vitality. It is advisable to be dressed in comfortable clothes.

**HAWAIIAN MASSAGE LOMILOMI**
€ 72,00 / 50 min.
It is characterized by a wide use of the forearm for deep back and legs muscle relaxation and by a fast execution rhythm. At the same time, it remembers the movement of waves.
CALIFORNIAN MASSAGE
€ 72,00 / 50 min.
California massage is characterized by fluid, enveloping, rhythmic, circular and long movements which activate the total vitality of a body and give the extraordinary sensation of well-being and calm.

CUSTOMIZED HOLISTIC MASSAGE
€ 40,00 / 30 min. ; € 72,00 / 50 min. ; € 102,00 / 80 min.
The operator chooses the best techniques to rebalance the body and mind, ranging from Ayurveda to Thai, from meditation to reiki, from Hawaiian massage techniques to those of Californian massage.

REIKI TREATMENT
€ 55,00 / 40 min.
Japanese energetic and rebalancing discipline. Provides relaxation, mental and physical tranquility. It is advisable to be dressed in comfortable clothes.

REBALANCING TREATMENT FOR THE CHAKRA
€ 55,00 / 40 min.
Rebalancing treatment for 7 energetic centres. It helps to experience deep, positive and reassuring relaxation. It is advisable to be dressed in comfortable clothes.

BIOENERGETIC MASSAGE
€ 72,00 / 50 min.
The massage aims to fluidize the energy currents giving to the body the state of psycho-physical equilibrium.

PLANTAR REFLEXOLOGY
€ 55,00 / 40 min.
Feet massage which helps to achieve the functional balance of different organs and stimulates the reflex points localized on the feet plant.

GUIDED MEDITATION € 30,00 / 25 min. Individual session
BREATHING RELAXATION TECHNIQUES € 30,00 / 25 min. Individual session
YOGA € 45,00 / 50 min. Individual lesson
Pilates € 45,00 / 50 min. Individual lesson

AYURVEDIC PROGRAMMES

THERMAL AYURVEDA · 1 Day ·
€ 76,00 massage 50 min.
Initial consultation with the operator to define the programme according to the Ayurvedic constitution
1 Shehana Ayurvedic massage with the oil, chosen according to the constitution (50 min.)
1 entrance to the Thermal Pool
Ayurvedic herbal tea Yogi Tea

AYURVEDIC PROGRAMME · 2 Days ·
Initial consultation with the operator to define the programme according to the Ayurvedic constitution.
After the consultation will be chosen one suitable programme of the following three programmes.

FOR THE VATA CONSTITUTION · RELAXING AND REBALANCING PROGRAMME
1 Abhyangam Ayurvedic massage with the oil, chosen according to the constitution (50 min.)
1 Thandabhyangam Ayurvedic massage, back and neck (30 min.)
2 Fomentations in the turkish bath (15 min. each)
2 entrances in the Thermal Pool (60 min.)
Ayurvedic herbal Yogi Tea

FOR THE PITTA CONSTITUTION · RELAXING CALMING PROGRAMME
1 Abhyangam Ayurvedic massage with the oil, chosen according to the constitution (50 min.)
1 Shiroabhyangam Ayurvedic massage, head and neck (30 min.)
2 Sessions of Relaxation Techniques (15 min. each)
2 entrances in the Thermal Pool (60 min.)
Ayurvedic herbal Yogi Tea

FOR THE KAPHA CONSTITUTION · RELAXING DRAINING PROGRAMME
1 Abhyangam Ayurvedic massage with the oil, chosen according to the constitution (50 min.)
1 Padabhyangam Ayurvedic massage, feet and legs (30 min.)
2 Fomentations in the sauna (15 min. each)
2 entrances in the Thermal Pool (60 min.)
Ayurvedic herbal Yogi Tea

Price of the Ayurvedic programme according to the constitution: € 132,00
Price of the Ayurvedic programme according to the constitution with the nutritional consultation and personal nutritional programme: € 212,00
Massages and treatments are carried out with organic oils, herbs, vegetable flour and essential oils. You are kindly requested to inform our staff about any intolerances and/or allergies.
THE WAYS OF WATER, LEOPOLDINA · 2 Days ·
Intestinal system: constipation
Price: € 295.00
Medical thermal consultation
Water drinking therapy according to the medical consultation
2 Thermal Jacuzzi (20 min. each)
1 Abdomen Ayurvedic massage (30 min.)
1 Back and abdomen Yoga Thai massage (30 min.)
1 Session of breathing relaxation technique (25 min.)
1 Yoga individual session (50 min.)

THE WAYS OF WATER, REGINA · 2 Days ·
Intestinal system: liver and biliary tract
Price: € 295.00
Medical thermal consultation
Water drinking therapy according to the medical consultation
2 Thermal Jacuzzi (20 min. each)
1 Snehana detoxifying ayurvedic massage (30 min.)
1 Marmabhyangam rebalancing ayurvedic massage (30 min.)
1 Session of breathing relaxation technique (25 min.)
1 Yoga individual session (50 min.)

THE WAYS OF WATER, LEOPOLDINA AND RINFRESCO · 3 Days ·
Nervous System: anxiety, depression, insomnia, post-traumatic stress, chronic fatigue
Musculoskeletal apparatus: cephalalgia, nuchal cephalalgia, myalgia
Price: € 390.00
Medical thermal consultation
Water drinking therapy according to the medical consultation
1 Thermal ozonized bath (20 min.)
2 Fomentations in thermal sauna (20 min. each)
1 Ayurvedic massage, head, neck and shoulders (30 min.)
1 Feet ayurvedic massage (30 min.)
1 Reiki Treatment (30 min.)
1 Session of breathing relaxation technique (25 min.)
2 Yoga individual sessions (50 min. each)

THE WAYS OF WATER, TETTUCCIO · 3 Days ·
Gastric system: colitis, irritable bowel syndrome, chronic gastritis, gastric hyperacidity, gastro-duodenal ulcer
Price: € 390.00
Medical thermal consultation
Water drinking therapy according to the medical consultation
1 Thermal ozonized bath (20 min.)
2 Fomentations in thermal sauna (20 min. each)
2 Abdomen ayurvedic massages (30 min. each)
1 Yoga Thai massage, back and abdomen (30 min.)
1 Session of breathing relaxation technique (25 min.)
2 Yoga individual sessions (50 min. each)

WISH TO CELEBRATE YOUR SPECIAL EVENT AT TERME DI MONTECATINI?
YOU CAN CONTACT US AND WE’LL HELP YOU TO ORGANIZE YOUR BIRTHDAY OR BACHELOR PARTY.

Prices are per person, tax included.
DISCOUNT 10% OFF IF YOU PURCHASE 6 OR MORE TREATMENTS OF THE SAME TYPE.
COSMETIC LINE TERME DI MONTECATINI
Montecatini SPA’s thermal treatments are finally enclosed in a cutting edge cosmetic line. Innovative formulas combine the benefits of thermal water and natural ingredients, typical of Tuscan tradition, full of precious substances for skin care. Rituals to regenerate body and soul, recreate the atmosphere and effectiveness of Montecatini thermal treatments at home.

MONTECATINI AQUATHERMAL COMPLEX ®
The essence of cosmetic products “Terme di Montecatini” is an exclusive patent Montecatini Aquathermal Complex ® born from combining our four thermal waters: Tettuccio, Regina, Leopoldina and Rinfreshco. Within this complex, waters act in synergy to supply precious substances for moisturizing, cleansing and balancing the skin.

COSMETIC LINE TERME DI MONTECATINI
Cosmetic products can be purchased in all spas
Face and eyes cleansing milk - 200 ml - € 19,00
Eye contour cream - 15 ml - € 26,00
24 Hours moisturising cream - 50 ml - € 34,00
Anti aging cream - 50 ml - € 45,00
Rebalancing cream - 50 ml - € 31,00
Hand cream - 100 ml - € 16,00
Supernourishing body balm - 200 ml - € 29,00
Bath and shower gel - 200 ml - € 17,00
Thermal mud face and body - 500 ml - € 40,00
Anti-cellulite thermal mud - 500 ml - € 42,00
Thermal water spray - 200 ml - € 16,00

Price rates may change without notice
Information office and general administration
TERME DI MONTECATINI SPA
Viale Verdi · 41 · 51016 Montecatini Terme · Pistoia · Italia
Tel. 0572 7781 · Fax 0572 778444
www.termemontecatini.it
info@termemontecatini.it

- WELLNESS CENTRE THERMAE EXCELSIOR Tel. 0572 778518
- HOLISTIC SPA THERMAE EXCELSIOR Tel. 0572 778518
- REHABILITATION AND THERMAL POOL REDI Tel. 0572 778547
  Thermal pool, massage therapy, physical therapies, rehabilitation and gym.
- CLASSIC THERMAE REDI SPA Tel. 0572 778533
  Inhalations and aerosol, mud therapy, bath therapy, massage therapy.
- WATER DRINKING THERAPY
  Summer Season THERMAE TETTUCCIO Tel. 0572 778501
  Winter Season THERMAE EXCELSIOR Tel. 0572 778511

1  Thermae Tettuccio viale Verdi, 71
2  Thermae Regina viale Verdi, 71
3  Thermae Leopoldine viale Verdi, 67
4  Thermae La Salute viale della Salute, 20
5  Thermae Torretta piazzale Torretta
6  Thermal Redi viale della Salute, 5
7  Thermae Excelsior viale Verdi, 61
8  Thermae Tamerici viale Tamerici, 69
9  Information Office and General Administration
   viale Verdi, 41
   Tel. +39.0572.7781

Terme di Montecatini