

## TERME DI MONTECATINI

The richness of the thermal waters makes Montecatini one of the most famous thermal resorts in Europe. The waters used for therapeutic purposes are Tettuccio, Regina, Rinfresco and Leopoldina, all classified as salso-sulphate-bicarbonate-sodium.

Leopoldina acts in the intestine, both by direct osmotic action (due to hypertonicity) and by increasing peristalsis: it is therefore particularly indicated in cases of chronic constipation.

Regina acts at biliary level: indicated for biliary dyskinesia and as a prevention in the formation of gallstones.

Tettuccio has a purifying action on the liver and promotes gastric secretion and emptying: indicated for gastritis, dyspepsia, irritable colon and hypercholesterolemia.

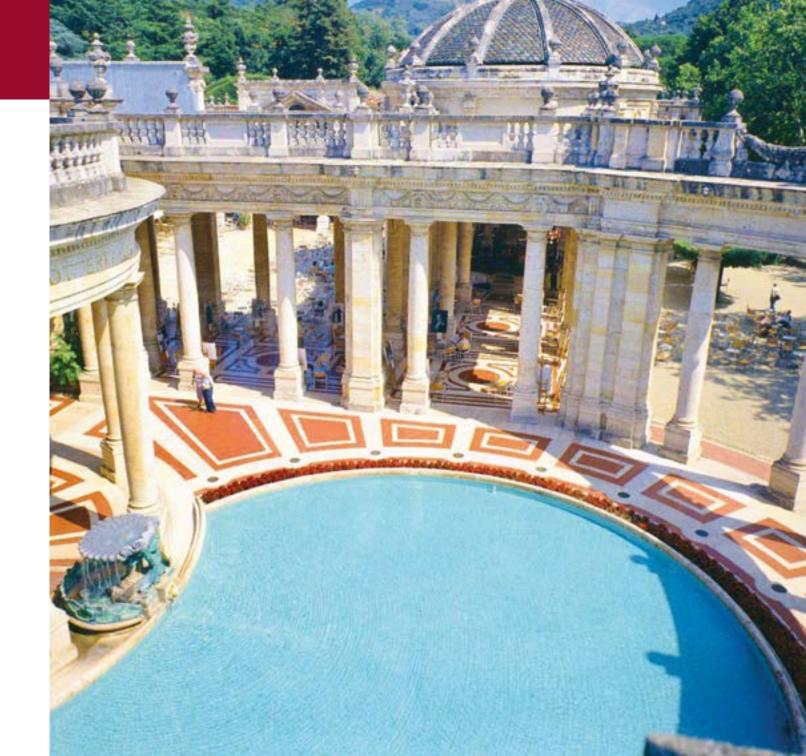
Rinfresco has a diuretic action, stimulates the toxins elimination and helps to restore the balance of body mineral salts, according to its particular composition.

Leopoldina and Rinfresco water are also used for balneotherapy; with the addition of ozone gas, they are particularly indicated in peripheral vascular diseases, because this gas adds anti-inflammatory activity to the draining action both at the venous and lymphatic level due to the hypertonicity and alkalinity of the water .

Leopoldina is then the liquid component of thermal mud, used since ancient times in rheumatic joint and extra-articular diseases in the chronic phase, in re-education and in the consequences of fractures.

Finally, Leopoldina water is used for inhalation therapy and for rhinogenous deafness therapy. Very rich in mineral salt, this water has mucolytic, antibacterial and immunostimulating properties in the upper and lower respiratory tract. "

The Medical Direction



## THERMAL TREATMENTS

# THERMAL TREATMENTS

#### THERMAL HEALTH TREATMENTS.

Mandatory thermal visit

• Medical visit for thermal treatments – € 60.00

THERMAL WATER DRINKING THERAPY (Hydropinic Therapy) - 2 Terme Tettuccio or Terme Excelsior Stimulates the functional activity of the body. Effective for liver diseases, digestive system and metabolism.

- Morning and afternoon hydropinic cure € 15.00
- Afternoon hydropinic cure € 6.00
- Annual subscription € 240.00

### **HYDROCOLON THERAPY** – 2 Terme Redi

It is a medical treatment for a deep purification of the intestine – colon. It consists in the introduction via rectal of water at controlled temperature and flow, for about 30–40 'and is generally well tolerated. For its action on the intestinal microbiota and "detoxifying", it is also indicated in metabolic pathologies and for well-being.

Specialist medical visit and treatment - € 150.00

### INHALATION THERAPY - 2 Terme Redi

Treats inflammatory forms of the upper and lower respiratory tracts such as: nasopharyngitis and chronic laryngitis, rhinosinusitis, chronic catarrhal otitis, tubotympanitis, chronic rhinitis (allergic and non-allergic), asthmatic bronchitis (allergic and non-allergic), COPD (chronic obstructive pulmonary disease).

- Medical visit with ORL Specialist € 80.00
- Direct jet inhalation € 13.00
- Nebulization € 13.00
- Aerosol therapy € 13.00
- Nasal shower € 13.00
- Tympanic tube insufflations € 32.00
- Crenotherapy politzer € 20.00
- Pulmonary ventilation € 20,00

#### BALNEOTHERAPY - 2 Terme Redi

Treats and prevents diseases of the musculoskeletal system affecting joints and muscles. Ozone can be added to the bath, making it suitable for peripheral venous phlebopathies.

- Thermal bath € 24.00
- Ozonized thermal bath € 28.00
- Thermal Jacuzzi € 28.00

## MUD THERAPY - 2 Terme Redi

Treatment and prevention of diseases of the musculoskeletal system in general and specially of degenerative osteoarticular forms, arthropathies and non-articular rheumatism, in the chronic phase.

- Mud with therapeutic bath and rest € 40.00
- Partial mud (hands or feet) € 25.00
- Hepatic mud (complementary to hydropinic treatment, useful in biliary dyskinesias) € 25.00
- Mud and ozonated bath € 48.00

#### MASSOPHYSIOTHERAPY - 2 Terme Redi

Treats and prevents dysfunctions of the muscular and tendon system.

- Therapeutic massage / 20 min. € 45.00
- Partial therapeutic massage / 10 min. € 25.00





## THE THERMAL POOL

# PHYSIOTHERAPY AND REHABILITATION

#### THE THERMAL POOL - 2 Terme Redi

The thermal pool, fed exclusively with Leopoldina thermal water at 33 °, is excellent for rheumatic arthropathies and peripheral vascular diseases. Maximum stay in the pool: 60'.

**THERMAL POOL ENTRANCE** / 60 min. - € 13.00

**ACQUAGYM - HIDROTHERAPY** / 45 min. - € 15.00

Aquagym in thermal pool with vascular walk in water.

- Monthly ticket € 100.00
- Annual ticket € 650.00

**HYDROBIKE IN THERMAL WATER** / 20 min. - € 10.00

if combined with Thermal pool or Acquagym - € 8.00

### THERMAL ACQUARELAX

Entrance to the thermal pool and relaxation massage.

- 120 min. € 80.00
- 90 min. € 50.00

#### **DAY SPA**

Entrance to the thermal pool with hydromassage, cervical waterfalls and vascular walk (60'), mud pack, face mask & thermal bath (90'), relaxation massage (30' or 60')

- 180 min. € 120.00
- 210 min. € 150.00

## THERMAL POOL SPECIAL TICKETS

- 15 entries € 160.00
- 25 entries € 250.00
- Annual entry € 500.00

### INSTRUMENTAL PHYSIOTHERAPY – 2 Terme Redi

Available after medical visit only

Diadynamic - € 18.00

Hydrogalvanic - € 18.00

Ionophoresis – € 18.00

Paraffin wax therapy - € 18.00

T.E.N.S. (Transcutaneous Electrical Nerve Stimulator) – € 18.00

Ultrasound - € 18.00

Magnetotherapy - € 18.00

Compex Electrostimulation - € 18.00

CO2 Laser Therapy - € 25.00

Tecar (Resistive/Capacitive Diathermy) - € 32.00

### INDIVIDUAL FUNCTIONAL REHABILITATION IN THE POOL / 30 min. - € 45.00

Functional recovery following orthopedic and neurological problems. Thermal water is a fundamental support in the resumption of deambulation and gait.

INDIVIDUAL NEUROMOTORY RE-EDUCATION IN THE GYM / 30 min. - € 25.00

Functional recovery following orthopedic, muscular and neural problems.

SINGLE ENTRANCE TO THE GYM / 60 min. - € 15.00

Health course complementary to thermal treatments.

**POSTURAL ANALYSIS** / 30 min. - € 50.00

Basic analysis of body posture.

**OSTEOPATHIC TREATMENT ANALYSIS** / 30 min. - € 45.00

The osteopathic session helps prevention, evaluation and treatment of disorders of the neuro-musculoskeletal and visceral system.

## PHYSIOTHERAPY AND REHABILITATION

## POSTURAL PROGRAMS - 2 Terme Redi

After the postural analysis that highlights the problems of the body, a personalized card is drawn up, explained and made to be tested during the postural reprogramming sessions. The program include the thermal pool, with the natural muscle relaxant effect of the thermal waters.

#### SILVER POSTURAL PROGRAM - € 146.00

Postural analysis with 2 osteopathic treatments, 5 sessions in the gym and 5 entrances to the thermal pool.

### **GOLD POSTURAL PROGRAM** - € 270.00

Postural analysis with 4 osteopathic treatments, 10 sessions in the gym and 10 entrances to the thermal pool.

#### CHILDREN'S PROGRAM (LESS THAN 16 YEARS) / 10 sessions - € 200.00

Specific postural analysis for children and young adults with postural gymnastics sessions for harmonious body growth.

### **MONTHLY POSTURAL PROGRAMS**

- Monthly A: valid for one month (including 2 entrances to the thermal pool) € 180.00
- Monthly B: valid for one month (including weekly entrance) € 220.00

#### PACKAGE TO BE FIT - € 60.00

Body composition analysis, Metabolic Holter (armband), locomotion prescription, medical visit.

### **DENTAL OCCLUSION ANALYSIS** - € 100.00

Assessment of the muscular structure of the mouth and bite.

## WALK ANALYSIS - € 100.00

Analysis and functional assessment of the walk with inertial sensor and exercise program.

# PHYSIOTHERAPY AND REHABILITATION

#### **SCIENTIFIC SLIMMING CARD** / 3 months - € 550.00

Basal metabolism study, individualized training, medical visit.

SINGLE POSTURAL SESSION / 60 min. - € 30.00

#### **POSTURAL TRAINING** - € 60.00

Classical analysis plus two postural sessions to learn the exercises to be done later at home.

#### **DYNAMIC THREE-DIMENSIONAL POSTURAL ANALYSIS** - € 100.00

Analysis with all the machines of the postural gym, acquisition and analysis of the image on three dimensions with study of body asymmetries and dynamic analysis of the walk.

#### **SKIN TAPE® APPLICATION** – € 5.00

Application of elastic taping <sup>®</sup> made with cotton mother fiber useful for relieving pain and discomfort of skeletal muscle and for improving the well-being of the person.

#### INDIVIDUAL FUNCTIONAL RECOVERY

Individual guided exercises to maximize functional recovery and restore a right posture.

- 15 min. € 18.00
- 30 min. € 30.00

### **BACKSCHOOL**

- single lesson € 10.00
- 10 lessons. € 80.00

# THERMAL BEAUTY

# THERMAL MASSAGES

"In our thermal beauty treatments we use Leopoldina water, hypertonic and rich in mineral salts, with an exfoliating power and detoxifying the skin from small impurities. Hypertonicity makes it effective as a draining and therefore extremely useful in the treatment of the most frequent imperfections such as cellulite .. "

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## THERMAL BEAUTY - 2 Terme Excelsion

After evaluation by the thermal beautician

**RELAXING THERMAL BREAK** / 60 min. - € 13.00

Swedish sauna, Turkish bath and relax area.

**OZONIZED THERMAL BATH** / **JACUZZI** / 20 min. - € 28.00

Thermal bath with ozone added: relaxes, reactivates circulation, relieves muscle tension.

THERMAL ACQUALUX / 20 min. - € 32.00

Thermal bath that combines the tanning effects of UVA rays with the beneficial effects of hydromassage.

THERMAL MUD WRAP FOR FACE AND BODY / 110 min. - € 120,00

Treatment that includes exfoliation, hydromassage, face and body mud wrap and application of special cream.

THERMAL WATER COMPLEX® FACE AND BODY RITUAL / 50 min. - € 60.00

Smooth sugar treatment, Jacuzzi and relaxing massage with sweet almond and chamomile oil.

### **2 TERME EXCELSIOR**

UNDER RAIN MASSAGE / 40 min. - € 70.00

Relaxing massage under thermal shower followed by massage with hydro-jet.

#### MONTECATINI RELAX MASSAGE ♥

Anti-stress massage with lavender and chamomile scented oil, to give well-being and relax to the whole body.

- 20 min. € 40.00
- 50 min. € 70.00

**BACK MASSAGE** / 20 min. **♥** - € 40.00

Decontracturing and relaxing massage of the muscles.

CANDLE MASSAGE WITH SCENTED ESSENTIAL OILS / 20 min. 

- € 40.00

Massage performed with candle, which once lit gives the pleasant sensation of perfume and warmth.

LYMPHATIC DRAINAGE OF LEGS AND ABDOMEN / 50 min. - € 70.00

Gentle massage performed with rice starch which acts on the lymphatic level reactivating the microcirculation; reduces water retention and improves cellular oxygenation.

**VOLCANIC STONES MASSAGE** / 50 min. • - € 75.00

The hot lava stones used to massage the face and body relieve muscle tension and restore psychophysical balance.

#### ALSO FOR COUPLES

# **AESTHETIC MEDICINE**

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Aesthetic medicine meet in the thermal spa the most suitable and pleasant background for all anti-aging treatments. For this reason we offer many effective and safe treatments for face rejuvenation and body remodeling, carried out by our Medical Consultant, Master in aesthetic medicine. We know that time can't be stopped but surely we can prevent and reduce the signs of aging with a right lifestyle and our treatments.

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#### **FACIAL TREATMENTS**

#### **BIOREVITALIZING EXFOLIANT PEELING - €** 100.00

Counteracts the effects of aging on the skin, helpful in the treatment of skin spots and impurities. Restores freshness to the face, neck and décolleté.

#### **OXYGEN THERAPY** - € 120.00

The antioxidant action of pure hyperbaric oxygen. In addition to the use of oxygen, the treatment involves the transmission without needles of hyaluronic acid to enhance the natural anti-aging and biostimulant effect.

#### **BIORIVITALIZATION** - € 120.00

Micro-injections with vitamins and collagen

### **BIORISTRUCTURING** – € 120.00

Micro-injections with hyaluronic acid to maintain and recover a healthy and youthful skin

#### **HYALURONIC ACID FILLER** / each vial. – € 260.00

Skin infiltrations with acid hyaluronic for the correction of expression wrinkles, for the remodeling of the lips, the contour of the face and the restoration of volumes. Immediate, natural, balanced and long-lasting effect.

#### **HYDROXYAPATITE PLANTS (FILLER)** / each vial. – € 280.00

Skin infiltrations with hydroxyapatite for a filling and modeling action with a lifting effect that is evident with the passing of the weeks. Also in this case, a natural and lasting result.

**BOTOX** / each vial. - € 300.00

Micro-injections with botulinum toxin. Especially useful for eliminating frontal, glabellar and eye contour wrinkles. Safe, quick treatment with long-lasting effect.

#### **BODY TREATMENTS**

**MESOTHERAPY** – € 80.00 / 5 Sessions € 320.00

Micro-injections with physiotherapy or vasoactive drugs with lymphatic drainage effect, reactivating microcirculation. Coadjuvant in the treatment of cellulite and localized adiposity

**CARBOXYTHERAPY** – € 70.00 / 5 Sessions € 280.00

Micro-injections with medicinal gas Co2. It is a topical treatment for cellulite and localized adiposity and for venous lymphatic stasis of the lower limbs.

### INTRALIPOTHERAPY - PER AREA - € 280.00

It is a body remodeling technique that is carried out by infiltrating a substance with a marked lipotic action in the areas of accumulation of adipose tissue (abdomen, hips, thighs, buttocks)

# ANTI-CELLULITE THERMAL AESTHETICS

# FACIAL THERMAL AESTHETICS

**PERSONALIZED DRAINAGE TREATMENT** / 50 min. - € 75.00

Mud pack, hydromassage, specific to counter swelling and water retention

### **ANTI-CELLULITE MASSAGE**

Modeling massage of legs and abdomen, aimed at reducing fatty deposits and shaping the silhouette.

- 20 min. € 40.00
- 50 min. € 70.00

**ENDERMOLOGIE** / 35 min. - € 65.00

Latest generation device effective to fight all types of cellulite. For a remodeled body, firmer and more elastic skin. Free LPG tracksuit.

**DRAIN BODY** / 50 min. - € 75.00

Specific draining and toning bandage to give lightness to the lower limbs and improve microcirculation.

### PERSONALIZED FACIAL TREATMENT / 50 min. - € 68.00

Personalized specific face treatment with anti-aging and moisturizing action, for skin spots and couperose. Aesthetic evaluation check up.

#### **MONTECATINI EXCLUSIVE FACE THERMAL MUD** / 50 min. - € 55.00

Purifying and remineralizing treatment, followed by a filiform shower of thermal water, for a radiant and hydrated skin.

### **MONTECATINI EXCLUSIVE FACE LYMPH DRAINAGE** / 20 min. - € 40.00

Small pressures towards the lymph to remove toxins in a natural way. The operator, through manual techniques, unlocks the lymphatic stations located near the ears, neck, cheekbones, chin to promote lymphatic flow

#### **BEAUTY SERVICE**

- Face solarium € 8.00
- Tanning shower € 8.00
- Manicure € 35.00
- Pedicure € 40.00
- Partial depilation € 30.00
- Depilation of small areas € 15.00



# THERMAL BEAUTY PROGRAMS

**SHINE** / 120 min. – € 115.00

Specific treatment for the radiance of the skin, to eliminate impurities and give a smoothing effect. The beneficial effects of hydromassage and tanning of UVA rays ,combined with mud and thermal water; body peeling with thermal mud (50'), acqualux (20'), Montecatini relax massage (50')

**SHINE PLUS** / 2 days - € 185.00

First day / 120 min. 1 Body peeling with thermal mud (50 '), acqualux (20'), Montecatini relax massage (50 ') Second Day / 70 min. 2 Thermal bath (20 '), Montecatini Exclusive mud face (50')

**DETOX 3 DAYS** - € 320.00

Personalized package which includes: 3 slimming mud packs, 3  $\times$  20 'anti-cellulite massages, 2 slimfit, 1 entry to the sauna and Turkish bath

ESSENCES OF TUSCANY / 110 min. - € 80.00

Swedish sauna, Turkish bath with chromotherapy, relaxation area, pack and body massage with the scent of honey and lavender.

INDIVIDUAL OR COUPLE RELAX / 110 min. - € 80.00 per person

Swedish sauna, Turkish bath with chromotherapy, relaxation area, candle massage with coconut oil and cocoa butter.

**WELLNESS FOR HIM** / 120 min. - € 90.00

Turkish bath, sauna, back massage with lava stones, thermal mud facial treatment.



# HOLISTIC THERMAL TREATMENTS

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"We mean the holistic spa as well-being that cannot be limited to the absence of diseases, but which invests the whole individual in his psychosomatic totality also in terms of lifestyle and prevention."

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### **AYURVEDIC MASSAGES AND TREATMENTS**

After consultation with the holistic expert

#### **ABHYANGAM**

Traditional Ayurvedic relaxing and rebalancing massage.

It helps detoxify the body, relax tensions and rebalance the mind.

- 50 min. € 72.00
- 80 min. € 102.00

**SNEHANA** / 50 min. - € 72.00

It helps to eliminate toxins from body and mind, lubricating tissues and cleaning the channels of the body.

## THANDABHYANGAM - Back and neck massage

Specific to relieve and relax cervical, back and lumbar muscle tensions.

- 30 min. € 40.00
- 50 min. € 72.00

## PADABHYANGAM - Foot and leg massage

- 30 min. € 40.00
- 50 min. € 72.00

Helps stimulate venous, arterial and lymphatic circulation. Useful for those suffering from water retention and circulatory problems.

#### SHIROABHYANGAM - Head, neck and shoulder massage

Strongly rebalancing treatment that helps to restore the right balance between body and mind.

- 30 min. € 40.00
- 50 min. € 72.00

MUKABHYANGAM - Face and neck massage / 30 min. - € 40.00

It helps to relax, tone and nourish the face, giving it a renewed luminosity.

PHENAKAM - Draining treatment / 50 min. - € 72.00

Helps eliminate swelling and water retention, giving an immediate sensation of lightness.

**SHIRODARA** / 50 min. – € 90.00

Ayurvedic treatment that acts on the central nervous system giving an effect of deep state of mental relaxation. It consists of a regular and continuous pouring of warm oil on the forehead, at the height of the Third Eye. The treatment can be booked after consulting with the Operator.

# MASSAGES AND HOLISTIC TREATMENTS

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#### TRADITIONAL THAI MASSAGE

It combines the acupressure points of Traditional Chinese Medicine with assisted stretching inspired by Yoga. It helps increase the flexibility of the body and helps to produce a feeling of intense vitality. It is advisable to receive the treatment dressed in comfortable clothes.

- 30 min. € 40.00
- 50 min. € 72.00
- 80 min. € 102.00

#### **HAWAIIAN LOMILOMI MASSAGE** / 50 min. - € 72.00

With a wide use of the forearm to relax the muscles of both the back and legs in depth and for a fast, but at the same time long, rhythm of execution, to remember the movement of the sea waves.

#### **CALIFORNIAN MASSAGE** / 50 min. – € 72.00

With fluid, enveloping, rhythmic, circular and long movements wrapping the entire surface of the body, gives an extraordinary feeling of well-being, joy and calm.

## PERSONALIZED HOLISTIC MASSAGE

The operator chooses the best techniques to rebalance body and mind, ranging from Ayurveda to Thai, from Meditation to Reiki, from Hawaiian to Californian massage.

- 30 min. € 40.00
- 50 min. € 72.00
- 80 min. € 102.00

#### **REIKI TREATMENT** / 40 min. - € 55.00

Japanese discipline for energy rebalancing. It gives relaxation and psycho-physical tranquility. It is advisable to receive the treatment dressed in comfortable clothes.

### **FOOT REFLEXOLOGY** / 40 min. - € 55.00

Foot massage aimed at restoring the functional balance of the various organs, by stimulating the reflex points located on the sole of the foot.

### **GUIDED MEDITATION**

25 min. Individual session - € 30.00

#### TECHNIQUES OF RELAXATION ON THE BREATH

25 min. Individual session. - € 30.00

#### YOGA

50 min. Individual lesson - € 45.00

### **AYURVEDIC PROGRAMS**

### **AYURVEDA AT THE THERMAL BATHS - 1 day - €** 76.00

With massage of 50 min.

Initial interview with Operator for definition of the Ayurvedic constitution.

- 1 Ayurvedic Shehana massage with oil according to the constitution for 50 min.
- 1 entry to the thermal pool for 60 min. Ayurvedic Yogi Tea tisane

### **AYURVEDIC PROGRAM - 2 Days**

Initial interview with Operator for the definition of the Ayurvedic constitution.

Following the interview, the appropriate program will be chosen.

- Cost of Ayurvedic Program according to the constitution € 132.00
- Cost with nutritional consultation and personalized food program € 212.00

The massages and treatments are carried out with organic oils, herbs, vegetable flours and essential oils. Please kindly report any intolerances and / or allergies. Thank you.

# THE WATERS ROUTES

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To "be fit" we need to achieve as much as possible a harmony between the various levels of our existence, the biological, the emotional and the spiritual. The purpose of our therapeutic proposal that we have called "The Water Route", is to be a little help in this sense through individual and personalized programs that include water therapy, massages, physical activity and the best relaxation techniques, to experience a balanced lifestyle according to your needs.

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## THE ROUTES OF LEOPOLDINA WATER - 2 Days - € 295.00

Intestinal system: constipation

- Hydropinic treatment
- 2 Hydromassages with thermal water for 20 min.
- 1 Ayurvedic massage of the abdomen for 30 min.
- 1 Yoga Thai massage for back and abdomen for 30 min.
- 1 session of Relaxation Techniques on the breath for 25 min.
- 1 individual Yoga session for 50 min.

### THE ROUTES OF THE REGINA WATER - 2 Days - € 295.00

Intestinal system, liver and biliary tract

- Hydropinic treatment
- 2 Hydromassages with thermal water for 20 min.
- 1 Ayurvedic Snehana detoxifying massage for 30 min.
- 1 Marmabhyangam Ayurvedic massage rebalancing for 30 min.
- 1 session of Relaxation Techniques on the breath for 25 min.
- 1 individual Yoga session for 50 min.

#### THE ROUTES OF LEOPOLDINA AND RINFRESCO WATER - 3 Days - € 390.00

Nervous system: anxiety, depression, insomnia, post traumatic stress disorder, chronic fatigue. Skeletal muscle system: tension headache, neck headache, myalgia

- Hydropinic treatment.
- 1 Ozonized Thermal Bath for 20 min.
- 2 Fomentations in Thermal Sauna for 20 min.
- 1 Ayurvedic head, neck and shoulder massage for 30 min.
- 1 Ayurvedic foot massage for 30 min.
- 1 Reiki treatment of 30 min.
- 1 session of Relaxation Techniques on the breath for 25 min.
- 2 individual Yoga sessions of 50 min.

### THE ROUTES OF TETTUCCIO WATER - 3 Days - € 390.00

Gastric system: colitis, irritable colon, chronic gastritis, gastric hyperacidity, gastro-duodenal ulcer

- Hydropinic treatment.
- 1 Thermal Ozonated Bath for 20 min.
- 2 Fomentations in Thermal Sauna for 20 min.
- 2 Ayurvedic abdomen massages for 30 min.
- 1 Thai massage for back and abdomen for 30 min.
- 1 session of Relaxation Techniques on the breath for 25 min.
- 2 individual Yoga sessions for 50 min.

# MAP

### **TOURIST VISITS OF TERME TETTUCCIO**

Individual entry (after 11.00 am) - € 6.00
 Group entry (minimum twenty people, after 11.00 am) - € 4.00
 Group guided tour (by reservation - minimum twenty people, after 11.00 am) - € 6.00







