

HOTEL TERME
BRISTOL BUJA
A B A N O T E R M E

B.WELL EXPERIENCE 2017
PRICELIST

OUR SERVICES INCLUDED IN ROOM RATES

OUR CUISINE: EXPERIENCE OF TASTE AND HEALTH

For guests who choose full board (or half board) we offer:

- The **gastronomic creativity** and excellence of our team of cooks, under the guidance of Chef Claudio Crivellaro
- The **guaranteed origin** of the ingredients, the preference for **local products** and only those in season
- The **preparations** and the **cooking techniques** of the foods which respect the raw material, and at the same time allow the limiting of the use of fats and salt to a minimum, bringing out the flavour of the dishes, like a low temperature for meats and the steaming of vegetables, to **ensure a healthy, light and tasty cuisine**
- The **in-house bakery**, which produces the cakes, biscuits and croissants for your breakfast every day, makes the desserts and prepares the end of meal ice-cream; Enrico, our pastry-chef, is an expert chocolatier... he'll know how to spoil you with his aromatised pralines
- The smell of our fresh **homemade bread**
- **Rich, healthy, varied:** our **breakfast buffet**, served in the first floor breakfast room or on the new outdoor terrace from 7.15 to 10.30; sweet and savoury temptations, bio corner, fresh fruit, freshly squeezed juices and crêpes prepared by the chef
- **Lunch and dinner menus** characterised by flavours from the cuisine of the Veneto, the Mediterranean, reflections of traditional recipes and delicate suggestions of international gastronomy, with a buffet of starters and salads
- **B.Well menu** outline (see pg. 8)
- **Menus dedicated** to guests with particular dietary needs: **coeliac, vegetarian, vegan**. We ask that you let us know of your dietary needs when booking
- From May to September, the possibility of having lunch in our **air-conditioned poolside restaurant**, featuring Mediterranean specialities and fresh salads (supplement € 5.00 per person)

■ POOLS & RELAXATION

- Three thermal pools, indoor and outdoor, hydro massage area, cervical waterfalls and Kneipp path at your disposal from 8:00 to 19:30
- **Kingdom of Saunas** - The sauna area is now totally new and modern, equipped with the latest technologies for your wellbeing:
 - Steam bath (temperature 45°-48° and relative humidity 98%)
 - Glamour Sauna (temperature 80°-100° with relative humidity 10% -20%)
 - Mediterranean Sauna (temperature 60° with relative humidity 20% -40%)
 - Ice waterfall (for its characteristics, it is the cold reaction that best matches the heat bath of the Finnish sauna or steam bath)
 - Several reaction showers and emotional showers
- Während der schönen Jahreszeit Liegen und Sonnensch
- Sunbeds and umbrellas both poolside and in the garden during warm weather
- Relaxation area and solarium in the indoor pool
- Herbal Tea Point in the Maison B.B.: a selection of teas and infusions at your disposal during opening hours
- Spa-Kit: soft bathrobe, slippers and colored towel for the pool available during your stay

■ ENTERTAINMENT

- Rich event list of musical entertainment in the evenings: piano bar, dancing evenings, disco music, dance performances, fashion shows, classical music concerts, cocktail parties

- Special programmes and themed evenings during the holiday seasons
- During the Summer months surprise evenings and dinners by the pool
- Excursion to the Euganean hills to discover the territory and its excellent wine and food

■ SPORTS AND FITNESS

- Technogym-equipped fitness center
- Bicycles for guests
- Water gymnastics in the pool every day (morning and afternoon)
- Easy activities with guide (trekking and short excursions by bicycle)
- Clay tennis court
- Ping pong and bocce court
- 12x8-m freshwater summer pool
- **For golfers:** special price green fees, reservations in reception, practice course reservations, private lessons with multilingual instructors, custody of golf bag during your stay
- Driving range: putting green, bunker and 70-m par-3 hole

■ EXCLUSIVE COMFORTS

- Free Wi-Fi connection in the entire hotel
- Porter service for tourist information and excursion booking, ticket office, taxi
- Private covered parking lot
- Music room, reading room, TV room, game room, pool table

2017 RATES

FULL BOARD PRICES

ALL - SEASON FLAT RATE
08/01/2017 - 06/01/2018

BASIC € 111,00

CLASSIC € 121,00

ELEGANT
BLU - ORANGE € 137,00

JUNIOR SUITE
BLU - ORANGE € 152,00

SUITE
BLU - ORANGE € 162,00

REDUCTIONS

- Half board reduction: € 5.00 per day/person (if consecutive)
- Overnight stay and breakfast reduction: € 25.00 per day/person



SMALL SUPPLEMENTS

for greater comfort during your stay (daily prices)

- | | | |
|--|---|-------|
| • Basic or Classic single room | € | 10,00 |
| • Double room for single use | € | 25,00 |
| • Late check-out time 6 p.m., per room | € | 20,00 |
| • Restaurant service in the pool and/or room, per person | € | 5,00 |
| • Breakfast in the room, per person | € | 4,00 |
| • Supplementary meal and for guests | € | 40,00 |
| • Private parking | € | 5,00 |
| • Private car box | € | 10,00 |
| • Small and medium-sized dogs | € | 12,00 |
| • "All inclusive" option, per person (wine from the Hills and water included at meals) | € | 15,00 |

FOR OUR LITTLE GUESTS

in a room with 2 paying adults

- | | |
|---------------------------------|--------------|
| • children up to 3 years of age | free |
| • from 3 to 9 years of age | 50% discount |
| • from 9 to 14 years of age | 30% discount |

VISIT US!

Visit our website www.bristolbuja.it: you will find all our special offers.

Sign up for our periodic newsletter from our site and we will send you updates and information.

HOLIDAYS AND LONG WEEKENDS

- | | |
|--------------------------------------|---------------|
| • Easter | 14/04 - 16/04 |
| • 25th April | 22/04 - 24/04 |
| • 1st May | 28/04 - 30/04 |
| • 2nd June | 01/06 - 03/06 |
| • Ferragosto | 10/08 - 15/08 |
| • All Saints' Day | 28/10 - 31/10 |
| • Feast of the Immaculate Conception | 07/12 - 09/12 |
| • Christmas | 23/12 - 26/12 |

During these periods, for stays shorter than 7 nights there is a supplement of € 20.00 per person per day.

NEW YEAR'S (FROM 27.12 TO 6.1.18)

Supplement of € 30.00 a day per person. Minimum 7-night stay required.

For stays shorter than 7 nights, there is a supplement of € 100.00 per person.

LONG STAYS

We offer customized rates and advantageous conditions to our guests who stay for 4 or more weeks at our hotel. We can offer all the warmth of a family in a serene and private environment. Contact us for a personalized quotation (ex. Full board in a Classic room for 30 days at € 3.100).

OUR ROOMS



BASIC (single and doubles) simple and essential, furnished in a classic style, with a view of the pool or internal area, therefore quiet. No balcony.



CLASSIC (single and doubles) furnished in a classic style, very bright and overlooking the garden. All rooms have a balcony.



ELEGANT BLU (doubles) spacious, furnished in a romantic Venetian style, with a balcony and view of the garden or internal area.



ELEGANT ORANGE (doubles) furnished in a modern style, in warm shades of brown and orange, with a balcony, without carpeting.

OUR SUITES



JUNIOR SUITE BLU spacious with a cosy living room, furnished in a classic style, with a view of the internal area.



JUNIOR SUITE ORANGE furnished in a modern style, with separate living room, balcony and view of the pools or internal area, without carpeting.



SUITE BLU furnished in romantic Venetian style, very bright, with separate living room, balcony and overlooking the garden.



SUITE ORANGE furnished in modern style, with living area, 2 TVs, 2 bathrooms, without carpeting, with balcony and view of the pools or internal area.

*"We are what we eat":
we simply need to
become aware of this*



B.Well – Bristol Wellness is a gastronomic plan stemming from the joint efforts of our Chef Claudio Crivellaro and our consultant nutritionist Dr Maria Teresa Nardi, with the supervision of cardiologist Dr Gianfranco Buja. It has been formulated to offer our Guests menus that are nutritionally healthy and balanced, while at the same time irresistible to the eyes, nose and palate.

By opting for the B.Well Menu, you are guaranteed a diet that aims to keep you in great health and to prevent cardiovascular and oncological diseases.

The B.Well Menus will also provide some starting points to keep up a healthy lifestyle once you get back home.



Every day you will have two tasty menus to choose from both at lunch and dinner:

- **Bristol Tradition**, dishes from Veneto cuisine, typical Italian recipes and reinterpretations of recipes created by our imaginative kitchen team;
- **Bristol Wellness B.Well Menu**, a complete and balanced meal that favours whole-wheat cereals, vegetable proteins, and is low in sugars, unrefined, as per the principles of the Mediterranean Diet.

There is also a number of alternative dishes available, at no extra cost.



B.WELL DAYS

WELLNESS RITUALS

3-NIGHT

Price per person € 350,00

- 3-night stay in a Basic double room
- Full board treatment, with our daily offer from the **B.Well** menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- The opportunity to meet our doctor who will illustrate the benefits of the treatment
- Guided walks or excursions
- Weekly gourmet and entertainment program with the comforts our all our services included

7-NIGHT

Price per person € 800,00

- 7-night stay in a Basic double room
- Full board treatment, with our daily offer from the **B.Well** menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- The opportunity to meet our doctor who will illustrate the benefits of the treatment
- Guided walks or excursions
- Weekly gourmet and entertainment program with the comforts our all our services included

LA DOLCE VITA (THE SWEET LIFE)

A week of 5-star sweet relaxation and tasty temptations



Our offer includes:

- 7 nights in a Junior Suite or Suite (according to availability)
- Half board (buffet breakfast and dinner at our restaurant)
- Weekly gourmet and entertainment program with the comforts of all our services included
- Our welcome gift in the room: a bottle of spumante from the Euganean Hills and pastries prepared by our Chef
- Welcome cocktail at the bar
- Possibility of breakfast in your room without a supplement
- During the summer season lunch at the pool is included
- Visit to a wine cellar along the Wine Route of the Euganean Hills with wine tasting and typical local products
- € 50.00 Wellness Coupon to spend at our Maison B.B.

Price per person € 1000,00



NOT ONLY WEEKENDS

From Sunday to Thursday, 4 nights at the price of 3

- 4 Nights in a Junior Suite or Suite (depending on availability)
- Half board (buffet breakfast and dinner in our restaurant)
- 1 55-minute anti-stress or toning massage
- The comfort of all our services included

Price per person € 500,00
 Arrival on Sunday and departure on Thursday. Offer not valid during long holiday weekends and holidays.



FULL-IMMERSION GOLF SPECIAL with Green Fee reservation

- 4 Green Fees in three wonderful courses just 15 minutes by car
- 2 Relaxing massages
- 2 Tanning session € 300,00

- 2 Green Fees in three wonderful courses just 15 minutes by car
- 1 Relaxing massage
- 1 Tanning session € 150,00

Frassanelle Golf Club (10km) – Padova Golf Club (14km) – La Montecchia Golf Club (8km)
 The room rate is not included and must be added to the package price.

APPOINTMENTS TO NOT MISS

For Bridge lovers

We propose our now traditional Bridge weeks:

- from 25/02 to 05/03 with the World Champion Fulvio Fantoni
- from 04/05 to 14/05 with the German school "Wiesbadener Bridgeschule"
- from 14/05 to 21/05 with the instructor Franco Bottalo
- from 04/09 to 15/09 with the English school "Five Stars Bridge"
- from 01/10 to 15/10 with the instructor Franco Bottalo

Contact us in advance and we will put you in touch with the Bridge School.

Arena di Verona – 95th Festival 2017

from June 23 to August 27: Tosca – Aida – Madama Butterfly – Rigoletto – Nabucco – Gala IX Symphony Beethoven – Gala Placido Domingo

Once again this year we offer our collaboration to acquire tickets for various performances. We recommend contacting us in advance.

FEEL GOOD FESTIVAL "BRISTOL BUJA" 2017

from 25/08 to 27/08

- "Veneto cuisine" themed evenings
- Poolside tastings of wines from the best wineries along the Wine Road of the Euganean Hills and of products from our local area.

THERMAE AND MUDTHERAPY

WATER, AIR, EARTH AND FIRE

The vital energy of these four elements has fused in our thermal spring for centuries, giving us a way, which is natural and without any manipulation, of preventing and treating the effects of a chaotic, frenetic life that is full of stress.

If your health is important to you, we invite you to visit our Thermal Spring to try out the benefits of a therapy that is 100% natural, has pain relieving and anti-inflammatory effects just like those of medication but without the potentially damaging side effects, and whose therapeutic value has even been recognised with a European patent.

Why then should we seek the remedy or medication "of the moment", when we can take advantage of a therapy that boasts 2000 years of experience in stimulating self-healing in the body, slowing down its structural ageing?

Our thermal spring comes to the surface naturally at the foot of the Euganean Hills, in an environment that is as yet uncontaminated and absolutely pollution free, providing us with a unique source of energy that we can even use for the heating in winter and the air conditioning in summer.

This is why we would like for the Bristol Buja that 2017 be the year to re-evaluate thermal mud and all psychophysical recovery therapies.

CONSULTATION AND MEDICAL THERAPIES

Medical examination for admission to treatments, assistance during your stay, talk upon discharge € 45,00

The purpose of the meeting with our specialized doctor is to check your state of health. During the consultation the doctor prescribes, according to your needs, the therapies you can follow during your stay and gives precise indications to the therapists on the type, number and duration of treatments, as well as the temperatures of mud and thermal baths.

Additional medical check-up on request € 20,00

Electrocardiogram € 45,00

Respiratory check-up with spirometer € 120,00



MUD THERAPY AND REHABILITATION TREATMENTS

Mud therapy with shower and thermal bath € 38,00

Our DOC matured mud has been recognized as a natural medicine, useful in the treatment of many diseases characterized by pain in the joints, bones and muscles, and is also indicated for the treatment of cartilage lesions and the after-effects of sports traumas.

The mud is applied to the areas for a period prescribed by the doctor (generally at a temperature of about 42° for 15 minutes). Subsequently, a thermal water shower rinses off any clay residue.

Mud therapy for hands € 15,00

Thermal bath € 16,00

To complete the treatment, the guest is immersed in a tub for balneotherapy, which has been filled with thermal water at a temperature between 36°/38°. The thermal water dilates blood vessels and has a relaxing effect.

Ozone supplement € 7,00

Ozone is added to the water of the thermal bath by jets containing a mix of ozone and water, which, by massaging the entire body tone it. It helps dilate blood vessels, therefore stimulating blood circulation.

Thermal reaction massage 13 min € 17,00

The partial reaction massage completes the mud therapy; thanks to its muscle toning action, it helps alleviate and eliminate the transitory state of asthenia caused by the application of mud, the bath and the subsequent sweat reaction.

Thermal reaction massage 25 min € 36,00

A full-body regenerating massage that helps contrast the natural sensation of muscular relaxation caused by the hot treatments based on thermal mud and water.

Inhalations or aerosol with thermal water 15 min € 10,00

The particular composition of thermal water, made up of sodium chloride, bromide and iodine, purify the respiratory system mucous membranes (pharynx, larynx, bronchi, sinuses). Inhalation therapy is also indicated for children, with a shorter session time. The most common pathologies are: rhinitis, pharyngitis, laryngitis, sinusitis, and chronic bronchitis.

Inhalations or aerosol with medicaments 15 min € 12,00

Bathrobe for the treatment € 15,00

New bathrobe € 8,00

PACKAGES OF TRADITIONAL TREATMENTS

- Medical examination for admission to treatments, assistance during your stay, talk upon discharge
- Applications of mature mud with ozonized thermal baths
- 13-min. thermal reaction massages
- Bathrobe for treatment sessions

Cycle of 6 applications € 405,00

Cycle of 12 applications € 753,00

Recommended package of treatments

- Medical examination for admission to treatments, assistance during your stay, talk upon discharge
- 10 Applications of mature mud with ozonized thermal baths
- 10 25-min. thermal reaction massages
- 10 Inhalations with thermal water
- Bathrobe for treatment sessions

Package price, per person € 905,00



B.WELL DAYS FROM WATER TO MUD

- Daily offer of our B.Well menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Medical examination for admission to treatments
- 2 Applications of mature mud with ozonized thermal baths
- 2 x 25-min. thermal reaction massages
- Bathrobe for treatment sessions
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- Guided walks or excursions
- The comfort of all our services included

Package price, per person € 241,00

Minimum recommended stay of 3 nights



B.WELL WEEKS: PREVENTION AND TREATMENT WITH MUD THERAPY

- Daily offer of our B.Well menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Medical examination for admission to treatments
- 6 Applications of mature mud with ozonized thermal baths
- 6 x 25-min. thermal reaction massages
- Bathrobe for treatment sessions
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- Guided walks or excursions
- The comfort of all our services included

Package price, per person € 549,00

Minimum recommended stay of 7 nights

- Daily offer of our B.Well menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Medical examination for admission to treatments
- 12 Applications of mature mud with ozonized thermal baths
- 12 x 25-min. thermal reaction massages
- Bathrobe for treatment sessions
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- Guided walks or excursions
- The comfort of all our services included

Package price, per person € 993,00

Minimum recommended stay of 14 nights

REHABILITATION AND PHYSIOTHERAPY

PHYSIO-KINESIOTHERAPY

Physio-kinesiotherapy is an integral part of thermal treatment and aims to recover joint and muscle functions compromised by symptomatic pain. Our center has therapists who employ advanced methods. The motor rehabilitation programs are carried out in both the gym and in water, in the physical therapy pool, a tub of thermal water equipped for individual sessions.

Physiatrics examination € 100,00

The specialist in Physical Medicine and Rehabilitation deals with degenerative joint disease and traumas; the therapy is customized and recovery times are accelerated.

Re-education – Medical gymnastics

Preventive gymnastics

physical preparation 30 min € 40,00

All the techniques and therapies used to correct or re-educate motor skills or posture in patients, who have not necessarily had motor damage or deficit, but who often have pain.

Individual programs 30 min € 40,00

60 min € 70,00

Manipulations, postural gymnastics, antalgic gymnastics, motor and functional rehabilitation, and manipulation with active gymnastics.

Hydro-kinesiotherapy

in thermal water 30 min € 40,00

60 min € 70,00

This method is soft and precocious and can be applied in many fields: surgical orthopedics, degenerative joint syndrome, neurology. Our thermal center offers an advantageous environmental and healthy complement to psycho-physical wellbeing compromised by current situations and longer life expectancy.

Osteopathic treatment 45 min € 70,00

A therapeutic and holistic, prevention-treatment method based on precise knowledge of physiology and the anatomy of the human body. It uses the hands as diagnostic tools to highlight dysfunctions and the absence of tissue mobility, which involves an alteration of the general balance of the individual, and as treatment tools, to re-establish mobility and the functional harmony of the joints, the spinal column, and the myofascial, visceral, crano-sacral, psychosomatic, vascular and energy systems.

Personal trainer – upon request € 40,00

His action consists of educating to live healthy lifestyles, to plan and do training aimed at reaching a determined goal, based on real physiological and psychological needs.

INSTRUMENTAL PHYSICAL THERAPY

Antalgic electro therapy 30 min € 40,00

There are different types of electrical charges that produce a painkilling effect: Iontophoresis, Tens, Electrostimulation, Diadynamic, and interferential.

Laser therapy 14 min € 20,00

25 min € 40,00

For therapeutic purposes, it consists of using the beneficial effects of electromagnetic energy, generated by two sources of laser light, which, by penetrating the tissues, provokes biochemical reactions on the cell membrane and inside the mitochondria. It is effective in treating various kinds of arthralgia, both rheumatic and degenerative, general traumas, and post-op motor rehabilitation. Laser therapy is painless, non-invasive and risk-free.

Ultrasound therapy 14 min € 20,00

25 min € 40,00

It consists of sound wave emission that produce a heating and micro-massage effect, consequently loosening up small calcifications and adhesions.

Tecar 25 min € 65,00

An instrumental therapy that stimulates energy from inside biological tissues, activating natural reparative and anti-inflammatory processes. Tecar was initially only used in sports medicine, particularly

for competitive sports, a sector where healing and recovery times are considerably important. The positive experiences and excellent results with this therapy then extended its use, and Tecar is continuing to be used in other different areas.

The advantage of Tecar over other energy therapies is that since the energy comes from inside, it can also involve deep layers, which cannot be treated with external energy transfer, for damage to skin caused by the emitted energy.



REHABILITATION AND RECOVERY PROGRAMS



- Medical examination for admission to treatments
- 6 Applications of mature mud with ozonized thermal baths
- 3 x 30-min. sessions of kinesiotherapy
- 3 x 30-min. sessions of hydro-kinesiotherapy
- Bathrobe for treatment sessions
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- Guided walks or excursions
- The comfort of all our services included

Package price, per person € 549,00

Minimum recommended stay of 7 nights



- Medical examination for admission to treatments
- 12 Applications of mature mud with ozonized thermal baths
- 3 x 30-min. sessions of kinesiotherapy
- 3 x 30-min. sessions of hydro-kinesiotherapy
- 6 x 25-min. thermal reaction massages
- Bathrobe for treatment sessions
- Morning and afternoon herbal tea breaks
- Water aerobics in the pool
- Gymnastics in the gym or in the garden
- Guided walks or excursions
- The comfort of all our services included

Package price, per person € 993,00

Minimum recommended stay of 14 nights

MAISON B.B. WELLNESS AND BEAUTY

DIETETICS AND NUTRITION

Dietician examination 60 min € 170,00

"Who starts well is already half-way there": a talk with a specialized doctor, the evaluation of body composition through BIA and plicometric assessments, the analysis of eating habits and needs will help you get to know your muscular condition, lean-fat mass ratio and the opportune personalized consultation on a sports program and made-to-measure diet to follow during your stay and then continue at home. The doctor will indicate the menu suited for each guest to the Chef.

BIA Impedenziometry exam € 70,00

An exam with a non-invasive diagnostic electromedical device for the clinical analysis of body composition based on the measurement of intracellular and extracellular bioimpedance.

It provides data in order to assess:

- Body structure (quantitative and qualitative analyses: excess of fat, lack of lean mass, etc.)
- Basic metabolism and metabolic distribution
- Level of hydration, water retention and water turnover
- Chronic inflammation and hormonal alterations
- Body densitometry



MASSAGES AND SPA TREATMENTS

Anti-stress digital pressure.....25 min € 39,00

Localized treatment performed through finger pressure on the shoulders, neck and head according to a sequence of energy points. Stimulation can also involve the energy points that act in metabolism: it therefore supports diets for detoxification and losing weight.

Anti-stress massage.....25 min € 36,00 55 min € 63,00

It is a group of manual maneuvers on the muscles, aimed at eliminating stress. This massage increases circulation in the arteries and veins, improving the nourishment of muscle fiber and favoring the removal of waste (carbon dioxide, lactic acids, etc.). The action is carried out throughout the entire organism, accelerating the replacement, increasing diuresis and producing a sedating and relaxing effect.

Toning massage.....25 min € 36,00 55 min € 63,00

A massage aimed at invigorating and toning tissue and making them recover elasticity. It not only acts on muscles, but also on the skin and the person's more global state of wellbeing and relaxation.

Massage with chocolate or vanilla.....45 min € 52,00

It is a group of manual maneuvers aimed at the muscles, using scented oil that favors relaxation.

Connective massage.....25 min € 36,00

It is a particular technique that permits discovering compromised areas between the connective tissue and muscles to eliminate the tension.

Cranial-sacral therapy.....55 min € 60,00

It is a diagnostic and treatment approach based on corrective pressure exercised on the head and the spinal column. The treatment is indicated for headaches, muscular and joint pain, depression, apoplectic strokes, trauma, and stress.

Foot reflexology.....25 min € 38,00

Manipulations and digital pressure on the reflex points that correspond to our organs, according to a precise map, with the consequent improvement in physical disturbances.

Manual lymph drainage.....55 min € 63,00

A method of manipulation created by Dr. Vodder in the 1930's, with the purpose of favoring lymph circulation and microcirculation. The tissues are freed of liquid and better cell oxygenation is obtained.

Partial lymph drainage.....25 min € 36,00

The lymph drainage technique applied only to the legs, arms or face.

Shiatsu.....55 min € 63,00

A Japanese treatment based in part on manipulating the body, in part on exercising pressure in points located on meridians, in order to make energy flow along these channels and restore the state of psycho-physical wellbeing.

Watsu.....45 min € 63,00

It is Shiatsu done in the water. The anti-gravity effect of water provides further relaxation, with the patient totally letting himself go in the hands of the therapist, in this way creating an exceptional balance between mind and body.

Hawaiian massage – energy waves.....55 min € 70,00

Traditional Hawaiian massage, technically strong, with muscle toning effects and drainage and stimulation of circulation. It is done on a nude body with oils to facilitate the work of the hands and forearms, which make wave movements, delicate and energetic at the same time, which affect all levels of being.

Ayurvedic massage.....55 min € 84,00

Ayurvedic massage consists of slowly sliding hands along the entire body, listening to its alterations in order to orient it towards greater harmony. The massage is done with aromatic and curative oils, chosen according to the physical constitution of the person; the movements made reactivate blood and lymphatic circulation, producing a deep and general state of relaxation.

Relaxing Hot Stones.....55 min € 70,00

This massage uses heated volcanic basalt rocks, which can conserve heat for long periods and slowly release it when in contact with the skin, through the use of pure essential oils. The beneficial heat makes the body and mind totally relax, giving a general sensation of wellness.

Hot Stones with contrasting stones.....55 min € 75,00

In addition to the pleasant relaxation caused by the beneficial heat released by the volcanic black rocks, this contrast heat therapy also uses cold white ones, alternating them to stimulate blood circulation, eliminate toxins and tone muscles.

Hot Stone and Crystals.....55 min € 75,00

An evocation of ancient traditions. Stones are heated and skilfully applied by slowly massaging the body, inducing deep relaxation. The crystals complete this magic moment through their rebalancing action on Chakra points.

FACIAL TREATMENTS

Massage and mud mask 25 min € 35,00

The mud mask has properties that are indicated for face and neck beauty treatments. The mask is left on for 15 minutes; during this time the mud releases mineral substances that tone and nourish the skin, making it smoother and more radiant.

Face cleansing 55 min € 45,00

Beauty treatment for the face and chest carried out with ozone steam, the removal of black heads, deep cleaning with specific products, massage, and decongestant mask.

Complete facial treatment 55 min € 50,00

Deep facial cleaning with peeling and exposure, application of specific phial with massage; mask.

Facial Gommeing 55 min € 58,00

A patented delicate pneumatic massage that nourishes and oxygenates face and chest derma, using specific products with a collagen or hyaluronic acid base. After just one session the toning and firming effects are evident.

Iridium 25 min € 33,00

Treatment for eye contours with pure collagen, hyaluronic acid, algae extracts, Hamamelic and rose water, with moisturizing, drainage, and anti-wrinkle components, which give new freshness and elasticity.

Riviton (soft-laser beauty treatment) 55 min € 67,00

3 sessions € 185,00

A treatment based on ultrasound wave and laser technology, efficacious against skin ageing. It works against wrinkles, oxygenating the skin and increasing microcirculation.

Vegetal facial peeling

(glycolic acid) 55 min € 70,00

Glycolic acid strongly works against wrinkles thanks to its power to smooth and remove dead skin cells. Also perfect to lighten spots, with the result of radiant and elastic skin.

Wonderface (radiofrequency) 25 min € 50,00

55 min € 100,00

3 sessions € 270,00

This system has a diathermal effect, that is deep biological heating, which acts directly on the collagen and moisturizes the skin. It also smoothes out wrinkles, shapes the oval of the face and chest and corrects imperfections caused by acne.

BODY TREATMENTS

Body scrub-massage with salt

and thermal bath 55 min € 60,00

Treatment that combines the relaxing effects of a massage with the efficacious stimulation of skin metabolism and microcirculation thanks to the salt particles rubbing against the skin, which also removes dead cells, renewing the skin.

Phytobath with thermal water

and essences 25 min € 25,00

The phytobath with essences is a thermal water bath in which salts or essences of flowers, lemon verbena, rosemary, lavender, orange flowers, and many others are added, according to needs, to relax, tone and slim.

Algae-thalassotherapy

+ bath with Dead Sea salts 55 min € 48,00

It consists of a cataplasm of algae (sea oak) applied to the body and left for 20 minutes, which remineralizes tissues and removes excess liquids by osmosis. A thermal bath with Dead Sea salt completes the treatment, which is indicated for losing weight and eliminating cellulite.

Breast gommeing 55 min € 52,00

Patented delicate pneumatic massage that nourishes and oxygenates the derma treated, using specific products with a collagen or hyaluronic acid base. After only one session the firming and toning effects are clearly visible.

Wonderbody (radiofrequency) 25 min € 50,00

55 min € 100,00

3 sessions € 270,00

This system provokes deep biological diathermal bone heating. It acts directly on the collagen and cellulite nodules. It is used for derma-epidermal toning, hydration, lymphatic stimulation and blood circulation. It slims by increasing metabolism, which induces the combustion of fats due to the thermal regulation effect. It also gives excellent contracture relief.

It can therefore also be used for rehabilitation.

It is suited for reshaping the body: it tones breasts, thighs and buttocks; it fights against the "orange peel" effect and touches up the flaws of cellulite.

Cold wraps 25 min € 30,00

This treatment involves the application of disposable bandages soaked in substances with a high concentration of active ingredients, which are released while they are on the body. These substances reduce fat and leg swelling and tone skin. The wraps are particularly indicated in warmer months due to their pleasant cooling effect.

Anti-cellulite treatment

with ultrasound 55 min € 60,00

It is based on the combined action of specific products that are transmitted under the skin by an ultrasound machine and a manual massage on the afflicted areas.

Ultrasound beauty treatment.....25 min € 35,00

Peristaltic pressure therapy.....55 min € 42,00

A treatment that uses a computerized machine with leggings and an abdomen band that are wrapped around the person. It stimulates lymphatic and blood circulation, emptying stagnant liquids and improving circulation. Excellent to fight cellulite.

Prometeo electrostimulator.....55 min € 50,00

It is a machine that shapes the body by producing electric pulses, which cause progressive, painless contractions that can affect surface and deeper areas. The results: lightening of the lower limbs, reduction in circumference, development of muscle mass, and tissue toning.

BEAUTY SERVICES

Manicure.....€ 25,00

Pedicure.....€ 35,00

Complete waxing.....55 min € 50,00

Tri-facial tanning.....15 min € 10,00

Tanning.....20 min € 18,00

BEAUTY SPECIAL

Heat that burns fat

Objective: shaping your body

- 1 Wonderbody treatment (55 min.)
- 3 Wonderbody treatments (25 min.)
- 3 sessions with Prometeo electrostimulator (55 min.)

Package price.....€ 380,00

Recommended minimum stay of 4 nights

A wave of freshness for your face

Objective: eliminating the signs of time

- 1 complete facial beauty treatment
- 1 Wonderface treatment (25 min.)
- 2 Wonderface treatments (55 min.)

Package price.....€ 280,00

Recommended minimum stay of 3 nights

Osmosis Effect

Objective: eliminating toxins and excess liquid

- 1 scrub-massage with salt and thermal bath
- 3 Algae-thalassotherapies with Dead Sea Salts and thermal bath
- 2 beauty ultrasound sessions

Package price.....€ 260,00

Recommended minimum stay of 3 nights

MAYR CURE



This treatment protocol is widespread in Austria, Germany and the Nordic countries, and it consists of at least one or two weeks in which you allow the intestines to rest, thanks to a diet controlled by the doctor.

The benefits of the Mayr cure:

- Detoxification of the organism
- Elimination of the work overhead of the digestive system
- Anti-aging action, visible on the skin and hair after just one week
- The concentration ability increases and mood benefits from it
- Improvement/resolution of chronic pain
- Increased energy, memory and concentration skills

**CURATIVE FASTING UNDER MEDICAL SUPERVISION OF OUR SPECIALIST:
Dr. Christine Enthammer**

Our proposal for one week of Mayr Cure

- First meeting with our doctor for an evaluation of your state of health and the careful explanation of the therapeutic protocol Mayr, giving of the food plan during the stay
- 5 meetings with the doctor for abdominal treatment and short check of the cure progress
- Meals are served in a private area or, if you prefer, in your room, with food allowed by the doctor
- 2 liters of mineral water and herbal teas at your disposal every day in your room
- Final control with the giving of a discharge letter for the family doctor and of the food plan for the following weeks

Package price, per person.....€ 550,00

OUR PROPOSALS FOR YOUR WELLNESS



Think about yourself give yourself a special gift

- 1 Antistress massage (25 min)
- 1 Complete facial beauty treatment
- 1 Phytobath with essential oil
- 1 Stone therapy
- 1 Hawaiian massage – waves of energy

Package price € 235,00
Recommended minimum stay of 3 nights



Pamper yourself and Relax

- 2 Face/body treatments with a choice between antistress or toning massage (25 min.), partial lymph drainage, massage and mud mask, facial cleansing.
- 1 Phytobath with essential oil

Package price € 100,00
Recommended minimum stay of 2 nights



A day for yourself

- 1 Face/body treatment with a choice between antistress or toning massage (25 min.), partial lymph drainage, massage and mud mask, facial cleansing.
- 1 Phytobath with essential oil

Package price € 60,00
Recommended minimum stay of 1 night

INFORMATION ON HOTEL STAY



Hotel Terme Bristol Buja is just 100 meters from the pedestrian area of Abano Terme, surrounded by 20,000-sq m private park. On our website you will find a detailed map to help you find us, whether you are coming from Padua or from the motorway, which you can download in pdf format.

Infos

At the moment of booking your credit card number or a deposit will be required.

Room availability: on the day of arrival your room will be available from 2 p.m.; on the day of departure please leave the room by 11 a.m.

Meals not consumed will not be deducted from the price of your stay.

CANCELLATION TERMS

In line with the European standard and in lack of other agreements, if a reservation is cancelled or departure is anticipated, the following will be charged:

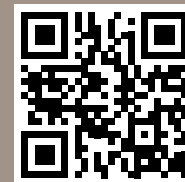
- within 8 days from arrival: no charge;
- from the 7th day before arrival: 1 night's stay, regardless of the number of nights booked;
- early departure: we reserve the right to charge the entire amount of the stay.

If VAT is changed, we reserve the right to adjust our rates. This price list replaces previous ones, with the exception of errors.



HOTEL TERME
BRISTOL BUJA
ABANO TERME

Since 1959 managed by the Buja Family



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