



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

T H E R M A E & S P A
T R E A T M E N T S A N D P R O G R A M M E S





WELCOME TO HOTEL BRISTOL BUJA!



Welcome to Hotel Bristol Buja in the heart of Abano Terme

Once you have entered, all you need to do is leave your hectic pace behind, switch off from everyday life, release tensions and dip into our thermal water pools.

At Hotel Bristol we have set ourselves the goal of giving you an all-round holiday based on Wellness and Health, which we have called **BWell: Bristol Wellness Concept**, which consists of:

- Relaxation, rest, re-energising
- Healthy and balanced nutrition, yet rich in taste
- A personalised plan focused on individual needs: from pain relief, postural rehabilitation, and slowing structural ageing, to motor rehabilitation and muscle strengthening
- Entertainment and socialising activities, exploring the surrounding area and its flavours.

Wishing everyone a wonderful stay

The Buja Family and Staff



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ARE YOU READY TO IMMERSE YOURSELVES IN OUR WORLD OF THERMAL WELLNESS?

RELAXATION

Thermal pools

Three thermal pools are at your disposal in the private park, and one indoor pool communicates with a second outdoor pool. They are provided with various types of hydro-massage (barrels, loungers, whirlpools) and cervical waterfalls, at a temperature of about 35°C. The third pool is more suitable for swimming, with a water temperature of about 32°C.

The 'Hydrorelax' thermal water pool is a small pool provided with 8 hydro-massage beds and a Kneipp path.

The pools are open daily from 8.00 am - 7.30 pm.
Out of respect for everyone, we require you to take a quick shower before entering the water.
The use of a swimming cap is compulsory.

Loungers in the relaxation area

Loungers with mattresses are available for your relaxation, either at the poolside or in the garden in fine weather. Please contact our lifeguard for assistance. Loungers cannot be booked for your entire stay.



THE SPA

Three terms can describe Wellness: Inferno, Purgatory and Paradise.

Located on the ground floor, the spa can be accessed from the indoor pool. Entry is allowed from age 16. Open every day from 10.00 am - 7.00 pm.



INFERNO: our sauna area is the realm of warmth! Here you can find:

- **Steam bath** (temperature 45-48° C and relative humidity 98%)
- **Finnish 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.

PURGATORY: We have completely renewed our physiotherapy pool (35° C) with new hydromassages and countercurrent swimming. In a corner, a relaxation area with chaise longue and armchairs, with herbal teas point, in front of the fireplace.

PARADISE: a room of absolute relaxation with a beautiful Himalayan salt wall, that combines the benefits of mineral salt with the relaxing effects of soft light. The stove regulates and maintains the intensity of heat and humidity in the room, and creates conditions that favor the natural ionization process of mineral salt.



Sauna-Advisor

Our tips for preparing the body for the alternating dance of hot and cold, in four steps.

1. Where do you start?

First of all, cleanse your body with a refreshing shower.

To combine wellness treatments, we suggest starting with lower temperatures (Mediterranean bath, steam bath), where the humidity allows your skin to accumulate heat, dilating the pores in a natural way. You can then finish with high temperatures (Finnish sauna), where the drier air provides a detoxifying effect, releasing toxins and stimulating your central and peripheral circulation.

Avoid wearing tight, sweaty or previously used clothing in thermal pools with chlorine.

2. Take a break between sessions.

After each treatment, take a short regenerating break, even only for 10 minutes, to soothe your body and fully enjoy the next wellness session.

Recover the liquids lost through sweating with a cool drink and take a refreshing and invigorating emotional shower to bring your body back to an ideal temperature.

3. Do not exceed 15 minutes of treatment time.

Whether you choose the sauna or the steam bath, do not stay more than 15 minutes inside the cabin for any single session.

4. And lastly...

Treat yourself to a burst of energy and tone the heartbeat with the cold Ice waterfall: a unique vasodilatation and vasoconstriction exercise. Simply pick up some ice, place it on the ground and step on it barefoot to start the contrasting reaction. Then continue by rubbing the nerve points of the lymphatic system such as the wrists, ankles and upper inner thighs with a few chips of ice. The transition from the warm environment to the cold shower stimulates the circulation and makes the cardiovascular system more efficient.



KEEP FIT!

Gym

This is our fitness area, equipped with Technogym machines for cardio and muscle strengthening exercises. It's situated on the first floor, in the Maison BB, after the massage and physiotherapy rooms.

It's open every day from 8.00 am - 8.00 pm. Entry is only permitted if you are properly dressed and wearing clean trainers (no swimming costumes, flip flops or bare feet).

Water aerobics

We provide a fun and healthy fitness session in the thermal pool with a qualified instructor. See the notice board for the scheduled times.

Bikes

At our hotel, we provide city bikes free of charge. Please ask the concierge for the keys.

Tennis court

Our clay tennis court, accessible at a fee by prior booking, is located beyond the pool area, in our park. We do not provide tennis rackets or balls.

Golf

On our property, towards the car park, you will find putting greens and bunkers and a par 3 hole for practising. Ask the concierge to book tee-offs at the Euganean Hills Golf Clubs (there are no less than 3!), with green-fees at preferential prices. We can also book a driving range and individual lessons with a multilingual instructor for you.



HEALTH, WELLNESS AND BEAUTY

Thermal Centre

The Thermal Centre is situated on the ground floor. Mud-balneotherapy sessions are carried out here. It's open every morning, including Sundays, from 5.00 am - 12.00 pm. We recommend that you book your thermal treatments (mud baths, thermal baths and massages) before your arrival, free of charge. We do our best to confirm the time you desire (we cannot guarantee the therapist).

Maison B.B.

Our Maison BB, with its extensive range of massages, rituals, wellness and beauty treatments offered in this brochure, is situated on the first floor. It's open every day from 8.00 am - 6.00 pm. Here you will find the SPA Desk: our SPA Manager and the Bristol Buja SPA Team are at your disposal. Please go there for advice and bookings, or call extension 611.

Doctor's surgery

A medical examination is compulsory before gaining access to thermal treatments. Our doctor will assess your state of health and prescribe, with your agreement, the course of treatment best suited to your needs and therapeutic goals.



The doctor's surgery is situated near the SPA desk on the first floor. The spa doctor receives by appointment, usually in the morning.

Inhalation therapies

The inhalation therapy department is also situated in the Maison BB. You can enter without booking every morning, including Sundays, from 8.15 am - 1.00 pm.

Shop Corner

On the first floor we have opened our Shop, where you can find the products from our DIBI Milano face and body beauty range from Maison B.B, the sauna kit and gift ideas. Ask our SPA Manager if you want to make any purchases.

THERMAL MUD AND WATER

'A NATURAL MEDICINE WITHOUT ANY SIDE EFFECTS'

The beneficial secret lies in the water and its unique underground route, during which it is enriched with specific trace elements.

It starts in the Pre-Alps, reaching a depth of 3,000 metres, and re-emerges in the Euganean basin at a temperature of 80°C.



The mud, however, is taken from a small lake situated in the renowned town of Arquà Petrarca, birthplace of the poet Francesco Petrarca. It is put into large maturation tanks, where thermal water flows constantly at a temperature of 70°C.

The composition of saline-bromine-iodine water and constant exposure to sunlight result in a gradual change in the chemical and physical composition of the clay.

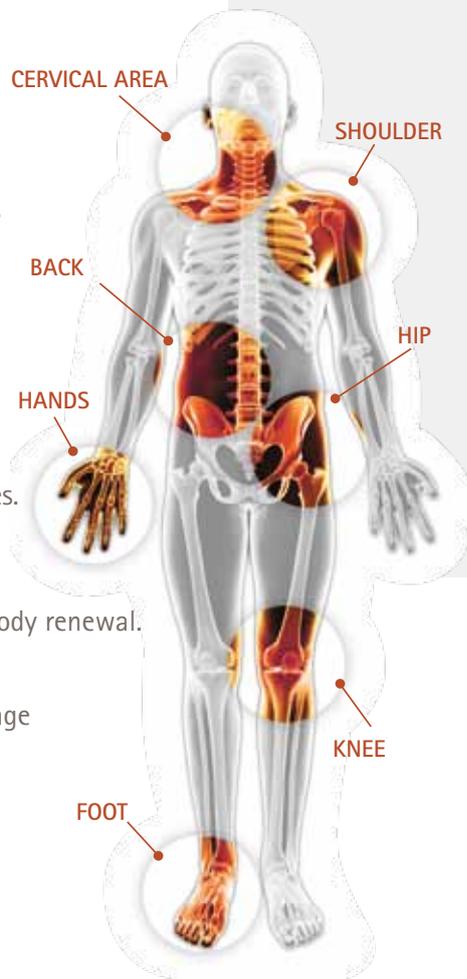
Thermal stress encourages the development of non-pathogenic microbial colonies, diatoms and cyanobacteria, which are responsible for the beneficial effect of the mud, now mature and ready for thermal application.

Our thermal centre, with its own springs, is included in the OTP monitoring network of the University of Padua to control the maturation process and quality of the thermal mud.



ALL THE BENEFITS OF MUD-BALNEOTHERAPY

- **Analgesic action:** the mud stimulates the production of endorphins, a natural analgesic that raises the pain threshold.
- **Anti-inflammatory action:** the mud stimulates the production of cortisol, natural 'cortisone', which slows down the flare-up of symptoms.
- **Helping the immune system:** the mud makes the body more resistant to infections, activating its natural defences.
- **Metabolic stimulation:** the temperature of the mud and the treatment protocol encourage vasodilation and stimulate body renewal.
- **Stimulation of cartilage reconstruction:** repeated cycles of mud therapy encourage self-healing processes in the body.
- **Detoxifying action:** sweating induced by the application of hot mud purifies the body.



PATHOLOGIES THAT CAN BE TREATED WITH MUD THERAPY:

Osteoarthritis and other degenerative conditions in the chronic (non-acute) phase such as

- Osteoporosis
 - Spondyloarthritis
 - Arthritis and psoriatic arthritis, fibromyalgia
 - Extra-articular rheumatism in the non-acute phase
 - Tendinitis and lumbago
-
- **Purifying action on the skin:** the application of thermal mud on the dermis has the effect of a gentle scrub.
 - **Preventive action:** mud therapy prevents osteo-articular pathologies and disorders related to incorrect lifestyles and postures.

Medical assistance

Medical examination for admission to treatment	€ 45,00
Follow-up visit during your stay	€ 20,00
ECG (electrocardiogram)	€ 45,00

Thermal treatments

Application of mud with ozonized thermal bath	€ 46,00
Application of mud with thermal bath and shower	€ 39,00
Ozone therapy (in thermal bath)	€ 7,00
Partial mud for hands or feet	€ 20,00
Mud for sinusitis	€ 15,00
Ozonized thermal bath	€ 25,00
Inhalation or Aerosol with vaporised thermal water	€ 12,00
Micronized nasal shower with vaporised thermal water	€ 12,00



Massage therapy treatments

Therapeutic massage	25 min.	€ 38,00
	55 min.	€ 67,00
Body lymph drainage	55 min.	€ 70,00
Lower limb lymph drainage	25 min.	€ 38,00
Plantar reflexology	25 min.	€ 40,00
Facial reflexology	25 min.	€ 35,00
Myofascial massage (Myers)	25 min.	€ 40,00
	55 min.	€ 70,00



OUR THERMAL OFFERS

To introduce you to mud therapy

Trial mud therapy: medical examination, 1 application of mature mud and thermal bath with ozone, thermal reaction massage - 25 min.

€ 75,00

Therapeutic programmes

Our Health Programmes include:

1 Medical examination for admission to treatments

Daily applications of mature mud with ozonized thermal baths

25-min. post-mud therapeutic massages

Bathrobe for treatments

3 days of treatment	5 days of treatment	6 days of treatment	12 days of treatment
€ 312,00	€ 480,00	€ 564,00	€ 1068,00
€ 265,00	€ 408,00	€ 452,00	€ 857,00





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 therapeutic massages 25-min.

10 aerosols or inhalations with thermal water

Bathrobe for treatments

€ 1020,00

€ 867,00

REHABILITATION THERAPIES

Thanks to an exclusively individual working method, Hotel Bristol Buja offers its guests comprehensive recovery and rehabilitation programmes. Motor rehabilitation programmes are carried out partly in the gym and partly in water in the physiotherapy pool, a thermal water pool equipped for individual sessions.

Our specialities:

- **Physiokinesitherapy**

This aims to prevent, treat and rehabilitate correct muscular, myofascial and joint function. It restores the coordination of movement of one or more limbs or the whole body in general.

- **Aquatic therapy**

This involves rehabilitative exercises in thermal water. Exercising in warm water is made easy and painless thanks to unloading exercises, resulting from the reduction of the effects of gravity, which allows the patient to become aware of the motor possibilities of their joints, relax their muscles, decrease their perception of pain, and increase their mobility so that recovery times are quicker.

- **Instrumental therapies**

Instrumental therapies refer to those therapies that, using machines, Tecar, laser and ultrasound, are able to relieve pain, absorb swelling, decontract the muscles and help tissue regeneration.



- **Osteopathy**

A holistic and therapeutic method of care and prevention that uses the hands as a diagnostic tool to highlight dysfunctions and lack of tissue mobility, which lead to an alteration in a person's general balance. It is also a means of treatment to restore harmony and mobility in the joints, the spinal column and in the myofascial, visceral, cranosacral, psychosomatic, vascular and energy systems.

- **Pain therapy**

At our hotel, pain is also treated in the acute phase when it becomes an unwelcome companion in our daily lives. This is done with the collaboration of a doctor with expertise in acupuncture and trigger point therapy.

Rehabilitation

Physiokinesitherapy	25 min.	€ 40,00
	55 min.	€ 70,00
Postural exercises	25 min.	€ 40,00
	55 min.	€ 60,00
Dorn method	55 min.	€ 70,00

Aquatic therapy

Aquatic therapy	25 min.	€ 40,00
	55 min.	€ 70,00
Functional rehabilitation in water		€ 40,00

Instrumental therapy

Tecar therapy	25 min.	€ 40,00
Electrotherapy	25 min.	€ 20,00
Ultrasound	25 min.	€ 40,00
Kinesiotaping, single application		€ 20,00

Osteopathy

Osteopathic treatment - 45 min.	€ 75,00
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Pain therapy

Acupuncture, per session	€ 75,00
Trigger point, per session	€ 75,00
Complete cycle of 5 sessions	€ 350,00

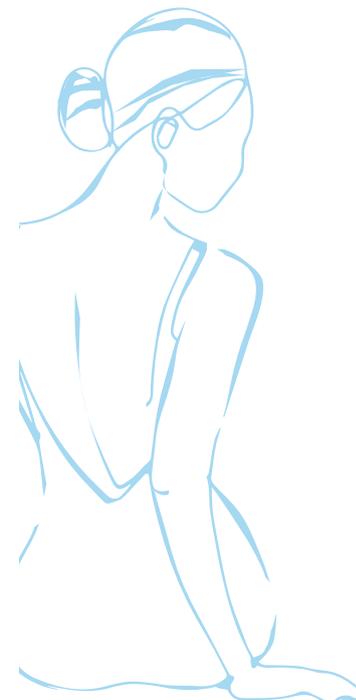


Fibromyalgia package

The package includes, with a minimum recommended stay of	TREATMENTS	
	6 nights	13 nights
Medical examination for admission to treatment	1	1
Thermal muds and ozonized thermal baths	6	12
Sessions of proprioceptive gymnastics	2	4
Foot reflexology 25 min.	1	2
Thermal reaction massages 25 min.	3	6
Bathrobe for treatment	1	1
Treatment package, per person	€ 570,00 € 483,00	€ 1.080,00 € 918,00

Rehab-Package

The package includes, with a minimum recommended stay of	TREATMENTS	
	6 nights	13 nights
Medical examination for admission to treatment	1	1
Thermal muds and ozonized thermal baths	6	12
Aquatic therapies 25 min.	3	6
Physiotherapies 25 min.	3	6
Breuss massage 25 min.	1	2
Bathrobe for treatment	1	1
Treatment package, per person	€ 616,00 € 523,00	€ 1.172,00 € 996,00



To restore physical fitness

The package includes, with a minimum recommended stay of

	TREATMENTS	
	6 nights	13 nights
Medical examination for admission to treatment	1	1
Thermal muds and ozonized thermal baths	6	12
Cardio/postural exercises - 25 min.	3	6
Toning/firming body massage - 25 min.	3	6
Bathrobe for treatment	1	1
Treatment package, per person	€ 576,00	€ 1.092,00
	€ 489,00	€ 928,00

The room rate is not included and must be added to the package price.

The programs on this page are only some examples of the therapeutic protocols at our Health Center.

Our physician, in agreement with the temporal needs of our guest, proposes and prescribes a cycle of customized therapies to obtain the desired benefits.



MASSAGE AND WELLNESS TREATMENTS

Massage is the oldest form of physical therapy, used since ancient times to relax muscles, relieve tension and alleviate fatigue.

Massage therapy, consisting of different manual manoeuvres, brings the body substantial benefits, such as improved blood and lymphatic circulation, muscle relaxation, psycho-physical wellbeing and relaxation of the whole body, and ... at the Hotel Bristol Buja, all this means excellence!



Massage and Wellness Treatments

Anti-stress massage	25 min. € 38,00 55 min. € 67,00
Acupressure	25 min. € 38,00
Breuss massage	25 min. € 40,00
Decontracting massage	25 min. € 38,00 55 min. € 67,00
Sports massage	55 min. € 67,00
Toning leg massage	25 min. € 38,00
Anti-cellulite leg massage	25 min. € 38,00
Anti-cellulite total body massage	55 min. € 67,00
Firming leg massage	25 min. € 38,00
Firming total body massage	55 min. € 67,00
Craniosacral massage	55 min. € 67,00

Specials

Candle massage	55 min.	€ 70,00
Shiatsu	55 min.	€ 70,00
Thai massage	55 min.	€ 70,00
Thai Foot massage	25 min.	€ 40,00
Lomi Lomi massage	55 min.	€ 70,00
Californian massage	55 min.	€ 70,00
Tibetan massage	55 min.	€ 70,00
Ayurveda massage	55 min.	€ 70,00
You and Me - Couple massage	55 min.	€ 135,00
4-hand Relaxation massage	55 min.	€ 135,00
Hot Stone massage	55 min.	€ 70,00
Aqua healing	50 min.	€ 67,00

Rituals

Sumptuous cocoa face and body ritual	85 min.	€ 110,00
Awakening of the senses face and body ritual	85 min.	€ 110,00
Energising face and body ritual	85 min.	€ 110,00

Promotional offer for massages

3 Antistress/Decontracting - 55 min.	€ 201,00
	€ 175,00
6 Antistress/Decontracting - 55 min	€ 402,00
	€ 342,00
3 Total body Lymph Drainage - 55 min.	€ 210,00
	€ 185,00
6 Total body Lymph Drainage - 55 min.	€ 420,00
	€ 355,00

OUR WELLNESS PATHS

Inferno

Curcubita Peeling 55 min.

€ 175,00

Relaxing Hot Stone 55 min.

€ 148,00

Back-shoulder decontracting massage 25 min.

Purgatory

Ayurveda massage 55 min.

€ 143,00

Draining facial treatment 25 min.

€ 121,00

Relaxing foot treatment 25 min.

Paradise

Salt scrub mix 55 min.

€ 212,00

Lomi Lomi massage 55 min.

€ 179,00

Luxury facial treatment 55 min.



Spa Etiquette

Booking treatments

To book your treatments, please come to the SPA reception desk on the first floor at Maison B.B., or call extension 611.

The SPA reception desk is open daily from 8.00 am - 1.00 pm and from 2.00 pm - 6.00 pm.

Recommendations for treatments

Treatments last 25 min. or 55 min.

To take full advantage of your treatments, we recommend you come to your appointment 5 min. beforehand with a bathrobe and swimming costume.

We advise you not to bring any jewellery, mobile phones or wallets, as these must be removed before each treatment. We are not responsible for any lost items.

Cancelling an appointment

Treatments may be cancelled without a penalty up to 24 hours before the appointment, after which they will be charged in full.

If you are late for an appointment, the duration



of the treatment will be reduced.
riduzione della durata del trattamento.

Allergies or individual sensitivities

Scented oils, essences or creams are used for some treatments, so we kindly ask you to notify us if you have any allergies or intolerances.

MAISON B.B. – FACIAL AND BODY AESTHETICS

Our Wellness Centre, Maison B.B., is the home of beauty, the right place to come to for all aesthetic needs. Here, beauty and wellness are always synonymous.

Taking care of your appearance immediately makes you feel better, feel good.

Our wellness centre is specialised in cutting-edge facial and body cosmetics with the help of the latest technology.

Come and see us at our Maison B.B. and we will let you discover how rewarding it can be to do something good for your health.

Our beauty experts will help you tailor treatments to your individual needs and give you expert advice on a focused and effective beauty programme, at our hotel just as at home.

The great Maison B.B. classics – Facial

B.B. Intensive facial cleansing	55 min.	€ 58,00
Hydrating mask and massage	25 min.	€ 37,00
Purifying mask with thermal mud		€ 37,00
Intensive anti-fatigue eye treatment	25 min.	€ 37,00
Fruit acid deep peeling treatment	55 min.	€ 75,00



Miracle Treatments – Facial

Intensive Luxury treatment
Antioxidant ; Oxygenating;
Revitalising 55 min. € 75,00

Day lifting 'immediate effect'
treatment 55 min. € 110,00

Sumptuous hyaluronic acid
treatment 55 min. € 120,00
with KRF 85 min. € 150,00

Illuminating anti-dark spot
treatment 55 min. € 120,00
with KRF 85 min. € 150,00

Sublime anti-ageing treatment
with vitamins 55 min. € 120,00
with KRF 85 min. € 150,00

'Procellular' cell renewal shock
treatment 55 min. € 130,00

Soothing calming treatment
for sensitive skin 55 min. € 120,00
with KRF 85 min. € 150,00

'The Gold' 24-carat gold
treatment 55 min. € 180,00

Keramos Radiofrequency KRF
(localised single zone) 25 min. € 40,00

KRF – Keramos Radio Frequency
full facial 55 min. € 70,00
3 sessions € 190,00

Body aesthetics

BB Curcubita peeling 55 min. € 67,00

BB Salt body scrub massage 55 min. € 67,00

Algae-thalasso treatment
+ Salt bath 55 min. € 50,00

Cold toning/stimulating leg wrap 25 min. € 37,00

Firming/toning massage 25 min. € 40,00
55 min. € 67,00

Anti-cellulite/slimming massage 25 min. € 40,00
55 min. € 67,00

Press massage arm treatment 25 min. € 35,00

Press massage arm + abdomen
treatment 55 min. € 45,00

Keramos radio frequency body 55 min. € 70,00
3 sessions € 190,00

Beauty Service

Tanning shower € 18,00

Manicure € 25,00

Pedicure € 37,00

Waxing

Legs € 36,00

Half leg € 29,00

Legs and groin € 45,00

Half leg and groin € 38,00

Groin € 15,00

Armpits € 10,00

Arms € 15,00

Upper lip € 7,00

Hairdresser's for "her" and "him"

Aesthetic medicine

A new proposal of high-performance beauty treatments with natural ingredients, performed by our expert medical staff.

Only one goal: to make you smile in front of the mirror.

- **Hyaluronic acid filler**
Treatment with pure hyaluronic acid against wrinkles, face and décolleté imperfections, lip correction.
- **Face biorevitalization**
Biostimulating facial treatment with vitamins and enzymes. Facial cleansing is recommended before treatments to optimize the effect.
- **Anti-cellulite mesotherapy**
Micro-injections of natural enzymes to dissolve fatty deposits. Subsequent supplementary lymphatic drainage treatment is indicated.

Please contact our SPA Desk for more information.



Treatments "à la carte"

BEAUTY PROGRAMMES

Shape Target path

2 Draining/slimming leg massages 25 min.	€ 196,00
2 Toning wraps 25 min.	€ 159,00
1 Algae-thalasso body treatment 55 min.	

Remodelling body path

1 Body Scrub massage 55 min.	€ 229,00
1 Algae-thalasso treatment 55 min.	€ 189,00
1 Anti-cellulite modelling massage 55 min.	
1 Press massage arm + abdomen 55 min.	

Facial lifting path

1 Luxury treatment 55 min.	€ 255,00
1 Anti-age treatment 55 min.	€ 212,00
1 Radio frequency 55 min.	

Anti-ageing facial path

1 BB Deep facial cleansing 55 min.	€ 288,00
1 Anti-age treatment 55 min.	€ 239,00
1 Day Lifting 55 min.	



EMOTIONAL PATHS

Purify

1 Salt mix scrub 55 min.	€ 145,00
1 Ayurveda massage 55 min.	
1 Purifying facial mask and massage 25 min.	

Relax

1 Candle massage 55 min.	€ 154,00
1 Lomi Lomi massage 55 min.	
1 Draining facial massage 25 min.	

Excite

1 Chocolate aroma massage 55 min.	€ 165,00
1 Toning Total Body massage 55 min.	
1 Energising facial massage and mask 55 min.	



AROUND THE WORLD PATHS

Europa

1 Phytobath with essential oil 25 min.

1 Aponus Thermal massage 25 min.

1 Thermal face 25 min.

€ 79,00

Minimum recommended stay 1 night

America

1 Dien Chan facial massage 25 min.

1 Decontracting massage 55 min.

1 Plantar reflexology 25 min.

€ 120,00

Minimum recommended stay 2 nights

Asia

1 Ayurveda 55 min.

1 Thai foot 25 min.

1 Shiatsu 55 min.

€ 180,00

1 Phytobath with essential oil 25 min.

Minimum recommended stay 3 nights





HOTEL TERME
BRISTOL BUJA
ABANO TERME

ENG

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