

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

**BRISTOL WELLNESS CONCEPT**  
PRICE LIST 2022

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# BRISTOL WELLNESS CONCEPT

The old saying **"Mens sana in corpore sano"** could not possibly be a more present-day topic. In a time when lifestyle is often defined by frenetic schedules and targets to reach, all too often we lose sight of the most important target of all: maintaining our good health.

A Thermal Holiday is a moment to break away from the daily grind and is therefore a "breath of fresh air" for an ever-moving mind; at the Bristol Buja, we have set ourselves the ambitious objective of providing a 360° total Wellness and Health experience, which we have called **B.Well – Bristol Wellness Concept**, which consists of:



Relaxation, rest, re-energising



Nutrition that is healthy and balanced, yet rich in taste



A personalised plan focussed on individual needs: from pain relief, postural rehabilitation, and slowing structural ageing, to motor rehabilitation and muscle strengthening



Complementary fitness activities, entertainment and socialising, exploring the surrounding area and its flavours.

Wishing everyone a wonderful stay  
*The Buja Family and Staff*



# OUR SERVICES INCLUDED IN THE 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 Michele Viale
- 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; our pastry-chef, is an expert Maître Chocolatier... he'll know how to spoil you with his aromatized pralines
- The smell of our fresh **homemade bread**
- **Rich, healthy, varied:** our **breakfast buffet**, served in the first floor breakfast room, enlarged and completely

renovated, 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. 14)
- **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).

A formal dress is appreciated for lunch and dinner in the restaurant. We ask you to avoid shorts and slippers.



## 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
- **New outdoor thermal pool "Hydorelax"**, equipped with 8 hydromassage beds and phlebology path
- **THE SPA** – a declination of well-being in three endings

**HELL:** The sauna area is now totally new and modern, equipped with the latest technologies for your wellbeing:

- Steam bath (temperature 45-48°C and relative humidity 98%)
- Finnish Sauna (temperature 80°-100°C with relative humidity 10% -20%)
- Mediterranean Sauna (temperature 60°C 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.

- Sunbeds and umbrellas both poolside and in the garden during warm weather
- Relaxation area and solarium in the indoor pool
- Spa-Kit: soft bathrobe, slippers and colored towel for the pool available during your stay. Change of the bathrobe free of charge every 7 days (if upon request, extra charge € 8.00)



## 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



## 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.



## "OUR SHOP"

On the first floor we have opened the "Shop", where you can find the products from our DIBI Milano face and body beauty range, from Maison B.B and gift ideas.



## SPORTS AND FITNESS

- Technogym-equipped fitness center, now in the garden by the pool as well
- Bicycles for guests
- Water gymnastics in the pool every day (morning and afternoon)
- 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.
- Clay tennis court (booking required, extra charge)

## THE SPA: HELL – PURGATORY – PARADISE





# 2022 RATES

ALL-SEASON FLAT RATE  
09/01/2022 - 07/01/2023

|                                     | B&B      | HALF BOARD | FULL BOARD |
|-------------------------------------|----------|------------|------------|
| <b>BASIC</b>                        | € 87,00  | € 107,00   | € 117,00   |
| <b>CLASSIC</b>                      | € 100,00 | € 120,00   | € 130,00   |
| <b>ELEGANT</b><br>BLU - ORANGE      | € 117,00 | € 137,00   | € 147,00   |
| <b>JUNIOR SUITE</b><br>BLU - ORANGE | € 133,00 | € 153,00   | € 163,00   |
| <b>SUITE</b><br>BLU - ORANGE        | € 143,00 | € 163,00   | € 173,00   |

- **SHORT STAYS** 1 or 2 nights during the weekends (Friday-Saturday): Extra charge € 5,00 per person per night

Prices are per day per person in a double room; including 10% VAT and all our services described in the previous pages. Accommodation Tax not included (Euro 2.00 per person per day max 7 days.). **The Hotel is closed from 26.06 to 28.07.2022.**



## HOLIDAYS AND LONG WEEKENDS

- Easter 14/04 – 17/04
- 25<sup>th</sup> April 23/04 – 24/04
- Ferragosto 12/08 – 20/08
- All Saints' Day 29/10 – 31/10
- 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 07.01.2023)

Supplement of € 30.00 a day per person. Minimum 7-night stay required. For stays shorter than 7 nights, there is a supplement of € 130.00 per 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 person                 | € | 20,00 |
| • Restaurant service in the pool and/or room, per person | € | 5,00  |
| • Breakfast in the room, per person                      | € | 5,00  |
| • 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                     | € | 15,00 |
- (wine from the Hills and water included at meals)

## 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 |

## 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 € 3.300).



### BEST PRICE GUARANTEED:

DIRECT BOOKINGS = MORE BENEFITS AT THE BEST PRICE!

Visit our website [www.bristolbuja.it](http://www.bristolbuja.it): you will find all our offers and the exclusive benefits that we give only to those who book directly from our website.

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

# OUR ROOMS



**BASIC** simple and essential, furnished in a classic style, without carpeting, bathroom with bathtub or with renewed shower, with a view of internal area. Without balcony.



**CLASSIC** furnished in a classic style, most without carpeting, bathroom with bathtub or with renewed shower, very bright and overlooking the garden. All rooms have a balcony.



**ELEGANT BLU** furnished in a romantic Venetian style, with a balcony overlooking the pools or the internal garden.



**ELEGANT ORANGE** spacious, furnished in a modern style, without carpeting, most with a balcony overlooking the pool and the Euganean Hills

# OUR SUITES



**JUNIOR SUITE BLU** spacious with a cozy living room, furnished in a classic style, with a view of the internal area. Without balcony.



**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.

All rooms are equipped with satellite TV, Wi-Fi connection, bathroom with tub or shower, telephone, mini bar, safe, individually regulated air-conditioning/heating. We have combinations of single and double communicating rooms. Upon request we reserve rooms for non-smokers.



## 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
- 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: pastries prepared by our Chef
- Welcome cocktail at the bar
- Possibility of breakfast in your room without a supplement
- € 50.00 Wellness Coupon (1 per room) to spend at our Maison B.B.

Price per person ..... € 1.200,00 ..... € 990,00



## NOT ONLY WEEKENDS

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

- 4 nights in an Elegant double room
- Half board (buffet breakfast and dinner in our restaurant)
- 1 55-minute anti-stress massage
- The comfort of all our services included

Price per person ..... € 613,00 ..... € 475,00

*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 25 minutes

€334,00 € 300,00

- 2 Green Fees in three wonderful courses just 15 minutes by car
- 1 Relaxing massage 25 minutes

€171,00 € 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:  
*in March and November with the World Champion Fulvio Fantoni*  
Contact us for dates and booking procedures

### ARENA DI VERONA – 99<sup>TH</sup> FESTIVAL 2022

from June 17<sup>th</sup> to September 4<sup>th</sup> :

*Carmen – Aida – Nabucco – La Traviata – Turandot*

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







# B.Well

BRISTOL WELLNESS CONCEPT

*"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 Michele Viale and our consultant nutritionist Dr Romina Valentini, 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.





## B.WELL DAYS

### WELLNESS RITUALS

#### 3-NIGHT

- 3-night stay in an Elegant 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)
- 1 Massage lasting 55 mins. per person choosing from Anti-stress, Deep-tissue, or Haemo-lymphatic massage
- Weekly gourmet and entertainment program with the comforts our all our services included

Price per person                      € 511,00                      € 485,00

#### 7-NIGHT

- 7-night stay in an Elegant 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)
- 2 Massages lasting 55 mins. per person choosing from Anti-stress, Deep-tissue, or Haemo-lymphatic massage
- Weekly gourmet and entertainment program with the comforts our all our services included

Price per person                      € 1.169,00                      € 1.052,00

# THERMAL THERAPIES

## Anti-inflammatory active ingredients in the Euganean thermal mud baths

The **European Patent No. 1571203** protects and guarantees the presence in **thermal mud** of numerous active ingredients, naturally produced during the ageing process when correctly regulated. Scientific research at the **Pietro d'Abano Thermal Studies Centre**, owner of the patent, has allowed identifying them and shown the efficaciousness in treating chronic and degenerative inflammatory pathologies, in particular of osteoarticular origin.



## The right approach to mud therapy treatments:

1. Medical consultation for admission to treatments.
2. Scrub: prepares the skin for thermal treatment by making it easier for the minerals contained in the mud and the beneficial substances to penetrate the skin and therefore reach bodily systems.
3. Mature Mud: the mud is applied to the skin at a temperature of between 38° and 42° for a period of time that can vary from 15 to 20 minutes for general mud types.
4. Thermal Bath: once the mud has been washed off, the guest is then immersed in a thermal bath for 8-10 minutes at a temperature of 36°-38°C.
5. Perspiratory reaction: this phase varies in duration and intensity from person to person.
6. Therapeutic massage: the guest then has a reaction massage to reactivate circulation and carry on the muscle relaxation initiated with the mud.

At our Thermal Centre:

- You can enjoy mud, massage and inhalation therapies every day, **Sundays included**.
- We recommend booking the time of your treatments for free and in advance of your arrival. We guarantee appointment times, but not therapists.



## 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.

**Electrocardiogram.....€ 45,00**



## MUD THERAPY AND REHABILITATION TREATMENTS

Our thermal spa is among the few in the thermal area being part of the O.T.P. (Permanent Thermal Observatory) monitoring network of the University of Padua, to control the maturation process and the quality of the thermal mud.

**Mud therapy with shower and thermal bath.....€ 39,00**

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

For doctors medical examination and mud application are free.

a temperature of about 42° for 15 minutes). Subsequently, a thermal water shower rinses off any clay residue before plunging into the thermal bath.

**Mud therapy for the treatment of Sinusitis.....€ 15,00**

This involves the application of Mature Thermal Mud on the forehead and sides of the nose, along with inhalation therapy, for the natural treatment of chronic sinusitis.

**Trial mud treatment: Medical consultation for admission to mud therapy, Mature thermal mud.....€ 64,00**

thermal bath with ozone, thermal reaction massage

**Thermal bath.....€ 16,00**

It is the natural completion of mud therapy but, since it is considered as a therapy, it can also be prescribed separately. The guest plunges 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.

**Mud therapy for hands or feet.....€ 15,00**

**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.

**Therapeutic thermal massage**..... 25 min € 37,00  
55 min € 64,00

Post mud therapy reaction massages are designed to increase the circulation of blood in the skin, help eliminate metabolic waste, restore mobility to the limbs, relieve muscle tension and improve muscle tone.

**Inhalations, aerosol or nasal micro-showers with thermal water**..... € 12,00

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.

**White bathrobe for the treatment**..... € 15,00  
(included for packages min. 6 treatments)

**Change of the bathrobe free of charge every 7 days**  
(if upon request, extra charge € 8,00)

## PAIN THERAPY

### We treat pain even in the acute phase

In our health centre, we cooperate with a medical expert in acupuncture and Trigger Point Therapy, ie medical therapy particularly suitable for treating both chronic and acute pain, with antalgic, anti-inflammatory, rebalancing effect. This drug-free approach is a valuable therapeutic complement to traditional spa treatment with mature mud, thermal baths and massotherapy.

**Acupuncture**..... € 75,00

This millenary therapy is not only effective against musculoskeletal pains, such as acute contractures, joint pain, periarthritis and lumbosciatalgia, but also in diseases of the nervous system, including problems related to stress (insomnia, headaches, states depressive), in problems of a functional type such as constipation, as an adjuvant in weight loss and in detoxifying therapy.

**Trigger Point Therapy** ..... € 75,00

Like the acupuncture technique, this therapy consists in the injection of little physiological solution in the Trigger points, ie those from where inflammation originates. The injected liquid exerts a slight pressure on the inflamed spot to rebalance and detoxify it, and thus eliminates pain and inflammation.

**Complete cycle of 5 treatments**..... € 350,00

# PREVENTION AND TREATMENT WITH MUD THERAPY



## OUR HEALTH PROGRAMS 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 treatment sessions

### Treatment package, per person

|                            |            |          |
|----------------------------|------------|----------|
| 3 days of treatment .....  | € 309,00   | € 262,00 |
| 5 days of treatment .....  | € 475,00   | € 403,00 |
| 6 days of treatment .....  | € 558,00   | € 446,00 |
| 12 days of treatment ..... | € 1.056,00 | € 845,00 |

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



## 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 aerosols or inhalations with thermal water
- Bathrobe for treatment sessions

Treatment package, per person € 1.010,00 ..... € 757,00



# REHABILITATION THERAPIES

Manual therapies and the functional re-education of the patient are integral to thermal treatment. Hotel Bristol Buja can offer its guests complete recovery and rehabilitative programmes thanks to an exclusively individual working method. The centre ranges from manual to mechanical therapy, from physiotherapy to osteopathy. The rehabilitation/motor re-education programmes are carried out both in the gym and in the water, in a special physiotherapy pool.

## MANUAL PHYSIOTHERAPY

Physiotherapy aims to prevent, treat and rehabilitate correct muscle, myofascial, and joint function. It re-establishes coordination of movement in one or more limbs, or in the entire body in general.

*Personalized session 25 min. € 40,00*

*Personalized session 55 min. € 70,00*

**Hydro-kinesis therapy is a form of rehabilitative exercise** in thermal water delivered by physiotherapists who are specialised in the area of particular personalised rehabilitation protocols for re-education, and applied in orthopaedic, rheumatic and neurological treatment. Exercising in warm water is easy and pain-free thanks to the support offered by the water, which reduces the effects of

gravity. This kind of movement allows the patient to become aware of the movements their joints are capable of, relax the muscles, reduce pain, and work to achieve significant increases in mobility. Using water for therapeutic purposes is useful in speeding up recovery times.

Water-based experiences involve the intellectual, psychological, sensory and motor spheres, leading the client to experience rehabilitation as a source of pleasure and wellbeing.

*Personalized session 25 min. € 40,00*

*Personalized session 55 min. € 70,00*

## OSTEOPATHY

**Medical examination and osteopathic evaluation**..... 50 min € 70,00

**Osteopathic treatment**..... 50 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. The expert hands of the osteopath bring pressure on the cranium and vertebral column, that gives an effective response to headaches, muscle and bone pain.

## ANTALGIC THERAPY

**Tecar** ..... 25 min € 50,00

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.

**Antalgic electro therapy** ..... 25 min € 40,00

**Ultrasound therapy** ..... 14 min € 20,00  
25 min € 40,00

**Kinesiotaping** ..... application € 20,00

Taping essentially means "bandage". Kinesiotaping is based on the application of tape, i.e. special adhesive bandages. These serve to relieve the physiological load on the target body areas by exerting traction and transferring the force directly to the skin.

## RE-EDUCATIONAL AND FUNCTIONAL GYMNASTICS

**Functional re-education in water** ..... 25 min € 40,00  
55 min € 70,00

Activity that takes place in the thermal water pool with a functional re-educator with a degree in physical education. Functional re-education is the guided process for achieving motor rehabilitation, the goal is to achieve the maximum possible functional recovery in order to restore complete motor normality. It can be indicated for any joint and muscle problem, especially following surgery, involving the upper and lower limbs and the spine as a whole. In this type of activity, the presence of water facilitates functional recovery, by reducing fatigue and pain.

**Postural gymnastics** ..... 25 min € 35,00  
55 min € 65,00

It aims to improve posture through the strengthening of muscle tone, by intervening on areas of the body subject to posture defects. If practiced consistently and regularly, it restores muscle tone and elasticity, improves strength, endurance, flexibility, and joint mobility. It teaches how to assume and maintain the correct body structure, reduces stress, improves breathing and helps avoid overloading in certain areas, by restoring the balance of the whole body.

## MASSAGES AND CURATIVE TREATMENTS

|                              |                      |         |
|------------------------------|----------------------|---------|
| <b>Manual lymph drainage</b> | Face - 25 min        | € 32,00 |
|                              | Legs - 25 min        | € 37,00 |
|                              | Total Body - 55 min  | € 70,00 |
|                              | Body + Face - 85 min | € 99,00 |

Slow and delicate massage with extraordinary draining effects. Light, rhythmic hand movements aim to relieve fluid build-ups, bloating and situations where lymphatic stasis needs to be supported or reactivated.

|                                 |        |         |
|---------------------------------|--------|---------|
| <b>Myers myofascial massage</b> | 25 min | € 37,00 |
|                                 | 55 min | € 65,00 |

Repeated stress, trauma and untreated scarring can affect the structure of the myofascial tissue and create tension that leads to pain, loss of strength and limitations of movement, and consequently incorrect postures as well. The myofascial treatment involves a deep massage, useful for dissolving adhesions, recovering the normal elasticity of the tissues, solving muscle-joint problems and restoring correct mobility.

|                               |        |         |
|-------------------------------|--------|---------|
| <b>Cranial-sacral therapy</b> | 55 min | € 70,00 |
|-------------------------------|--------|---------|

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.

|                            |        |         |
|----------------------------|--------|---------|
| <b>Deep-tissue massage</b> | 25 min | € 37,00 |
|                            | 55 min | € 65,00 |

Deep-tissue massage is quite an intense form of massage, based on firm pressure and touch which aims to stimulate deep tissues and affected muscles, thereby relaxing them, relieving tension, and restoring them to their original state. The function and goal of this massage is to relieve tension, or loosen muscle contractures that often occur after exertions or incorrect movements.

|                    |        |         |
|--------------------|--------|---------|
| <b>Dorn method</b> | 55 min | € 70,00 |
|--------------------|--------|---------|

A wrong posture can cause the displacement of individual vertebrae, and, consequently, a reduction of the space between them, with possible repercussions on the spinal nerves. Thanks to the Dorn method, it is possible to realign the vertebrae with a slight pressure, so that the spinal nerves are no longer crushed, and the body leaves itself in a state of deep relaxation.

|                       |        |         |
|-----------------------|--------|---------|
| <b>Breuss massage</b> | 25 min | € 40,00 |
|-----------------------|--------|---------|

The Breuss method serves to restore volume and hydration to the intervertebral discs, with the aim of resolving, with amazing effectiveness, the most common pathologies of the spine and those related to it, such as sciatica, hernia and low back pain.



## FIBROMYALGIA PACKAGE – 1 WEEK

- Medical examination for admission to treatments
- 6 Applications of mature mud with ozonized thermal baths
- 2 sessions of proprioceptive gymnastics 25 min.
- 1 foot reflexology 25 min.
- 3 thermal reaction massages 25 min.
- Bathrobe for treatment

**Package price, per person € 567,00 ..... € 480,00**

*Minimum recommended stay of 6 nights*



## REHAB-PACKAGE – 1 WEEK

- Medical examination for admission to treatments
- 6 Mud treatments and ozonised thermal bath
- 3 Hydro-kinesis therapies 25 min.
- 3 Physiotherapies 25 min.
- 1 Breuss massage 25 min.
- Bathrobe for treatment

**Package price, per person € 616,00 ..... € 523,00**

*Minimum recommended stay of 6 nights*

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.

# MAISON B.B. WELLNESS AND BEAUTY

## MASSAGES AND WELL-BEING TREATMENTS

### Digital pressure ..... 25 min € 40,00

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 € 37,00 55 min € 65,00

Using a succession of various types of hand movements, this massage is especially effective on the neck, lumbar, and sacral areas. Known as the ultimate base massage, it includes all the essential techniques including gliding strokes, kneading, vibration, percussion and friction, which, when professionally applied, make it a complete instrument that can be integrated in an aesthetic, sports and pre-treatment environment.

### Candle Massage ..... 55 min € 70,00

It is a real multi-sensory massage, a cure-all for the body and the mind, for those who want to enjoy moments of total relaxation and regenerating tranquility. Honey, expertly mixed with shea butter, leaves the skin protected, nourished and compact with a lifting effect all over the body. This hot oil, obtained from lighting and melting the candle, aims to re-establish psychophysical balance, restoring wellbeing.

### You & Me massage ..... 55 min € 130,00

Massage with your partner is a way to savour relaxation together. This is an experience, a pathway to sharing the sensations of a relaxing massage with a person you feel emotionally close to.

### Foot reflexology ..... 25 min € 40,00

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.

### Phytobath with thermal water and essences ..... 25 min € 25,00

The phytobath with essences is a thermal water bath in chromotherapy 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.





## SPECIALS

### **Shiatsu** ..... 55 min € 70,00

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.

### **Aqua Healing** ..... 55 min € 64,00

Method of deep relaxation that takes place in water and that uses various integrated and harmonized practices, with the aim to release tension and achieve physical and psychosomatic balance. Suitable for the treatment of depression, anxiety, fatigue and stress.

### **Tibetan** ..... 55 min € 75,00

A speciality of Tibetan medicine with ancient origins. The massage begins with the application of oil all over the body, followed by a precise series of sounds corresponding to the division identified by Tibetan medicine of the human body into three "humours": wind, bile and phlegm. Their balance is fundamental for body wellbeing. Its benefits are felt in the nervous system and gastrointestinal system, as well as muscles and joints. Conversely, it is not advised for those with infectious and inflammatory diseases, liver and bile disorders, or serious water retention.

### **Ayurveda** ..... 55 min € 75,00

Devised in India thousands of years ago, Ayurveda is more than just a science for physical wellbeing: it is also philosophy, psychology, science of the spirit and – as its name suggests – a "science of life"

projected onto total physical and mental wellbeing. Ayurveda massage involves a slow and relaxing gliding of the hands over the entire body, sensing its alterations in order to orient it towards improved harmony. The massage uses aromatic and healing oils, chosen according to the kind of physical constitution the person has. Therefore, this massage represents the means by which balance and perfect harmony between body and mind can be achieved.

### **Hot Stones** ..... 55 min € 70,00

This involves the application of hot volcanic stones to the body. The stones are first heated to between 65 and 70° and then placed on the body, which has previously had some oil applied. This area is then manipulated using the stone. The effect of the stone is intensified by a suitable massage and is often associated with the power of aromatherapy. This kind of treatment is especially recommended for muscular, rheumatic or arthritic pain, stress, insomnia, and depression. Improves liquid retention and circulation, stimulates the metabolism and, from an aesthetic point of view, smooths the skin, making it appear more toned and relaxed. The benefits of stones on humour is also worth remembering.



LA BELLEZZA IN UN METODO

## DIBI MILANO METHOD

Our Spa has become a DIBI specialised centre that combines avant guard cosmetic methodologies with ultra-high innovation content technology guaranteeing greatly effective results. Thanks to the professionalism and competence expressed in the DIBI method and to the knowing hands that instil well-being, we ensure you will have an extraordinarily pleasant experience. A crucial role is that of the DIBI beautician, who will help you to personalise the treatments to your own individual needs and expertly advise you on a focused and effective beauty programme, in the Hotel just like at home.

### Luxury treatment..... 55 min € 75,00

After carefully recording your history we will treat your face like it deserves:

- HYDRA for skin in need of deep hydration
- CALM for sensitive skin that needs to be soothed and decongested
- PRODIGIO for antioxidant and revitalising actions

### Day lifting + krf..... 55 min € 110,00

You can't stop time, but you can tackle the signs of ageing on your face. Thanks to precious active ingredients rich in collagen and elastin, vitamins B-C-PP, Botox-effect peptides and to the fantastic lift-effect of KRF, skin becomes soft and smooth. Results include skin that appears lifted, rejuvenated, more toned and compact. In addition, for the first time the composition of the cosmetics in this line have a combined peeling and lifting effect in a single product.

### Hydra perfection..... 55 min € 120,00

**with KRF (1h25min) € 150,00**

An exceptional collagen and hyaluronic acid mask, Hydra Perfection hydrates and nourishes, ensuring an optimum balance of hydration and nourishment levels for women's skin in all weather conditions. The cosmetic products in the line are designed to counteract dehydration-linked skin problems, resulting in hydrated skin and a bright complexion and face.

### White science..... 55 min € 120,00

**with KRF (1h25min) € 150,00**

Cutting edge professional treatment that reduces blemishes, evens skin tone, brightens and lightens the complexion for that supreme perfection

effect. A targeted treatment that works by illuminating and evening redness, preventing the appearance of blemishes and uneven colouration of the epidermis, and protecting the skin from free radicals caused by pollution.

**Age method** ..... 55 min € 120,00  
**with KRF (1h25min) € 150,00**

The exquisite black alginate mask aims to repair damage caused by skin ageing and hormones, smoothing out features, minimising expression lines and deep wrinkles and reinforcing skin structure. The advanced solution to everyday stress lines.

**THE GOLD** ..... 55 min € 160,00

Identifies and values your uniqueness, inner confidence and positive energy: because Eternal Beauty knows no age! The epitome of the art of cosmetics, PURE GOLD in the form of fine 24-carat leaf

A multi-correcting range with noble active elements and real promises:

- **YOUTH.** Stimulates cellular activity, collagen production and proteoglycan production, counteracting and reducing the appearance of lines and wrinkles.
- **RENEWAL.** The metabolism is accelerated and skin condition is optimised, looking better nourished, softer and more even.
- **VITALITY.** Skin is more compact, purer and more radiant.

## Keramos radio frequency

**Localised single area** ..... 25 min € 40,00

**Forehead + eye area – Cheekbones + chin – neck + décolleté**

**Entire face** ..... 55 min € 70,00

3 Sessions € 190,00

Radio frequency, the most effective and efficient face technology ever. The stimulation of fibroblast activity provides immediate, incredibly visible results. You can treat specific areas, eye area, lips or the entire face for that absolutely WOW effect.

## CLASSIC FACIAL TREATMENTS

**BB Clean Face** ..... 55 min € 55,00

Intensive facial cleansing treatment designed to highlight skin beauty with vitality and hydration. The enjoyable and energising massage causes the face to relax. The skin is relieved of impurities and toxins, making it appear smoother and fresher, ready for the treatments to come.

**BB Thermal Face** ..... 25 min € 35,00

Abano thermal water-based treatment. This mud mask has purifying and decongestant properties. While the mask is setting, it releases very rich mineral substances that will give the face a toned, bright and perfectly smooth appearance.

**BB Iridium** ..... 25 min € 35,00

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.

### **Glyco and Acids**.....55 min € 75,00

Rejuvenating facial peeling with anti-wrinkle action thanks to its smoothing and peeling properties. Also perfect to lighten the spots, for a luminous and elastic skin.

## **DIBI MILANO BODY TREATMENTS**

### **Lymfogen-e Press massage leg treatment**.....45 min € 45,00

The gradual and programmed pressure of LYMFOGEN-E technology, just like physiological pressure, makes venous and lymphatic circulation more efficient resulting in improvements in the imperfections that are related to it: cellulite, water retention and heaviness in the lower limbs.

### **Lymfogen-e Press massage arm treatment**.....25 min € 35,00

Stimulates venous and lymphatic circulation, flushing out excess water and improving circulation. Excellent for cellulite.

### **KERAMOS radio frequency body**.....45 min € 70,00 3 sessions € 190,00

The appropriate heat generated strongly boosts vascularisation and lymphatic drainage, as well as immediate stimulation of collagen fibres, initiating a real "skin rejuvenation", helping to improve tissue permeability and elasticity.

## **CLASSIC BODY TREATMENTS**

### **Body scrub-massage with salt and thermal bath**.....55 min € 64,00

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.

### **Algae-thalassotherapy + bath with Dead Sea salts**.....55 min € 48,00

It consists of a cataplasma 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.

### **Cold wraps**.....25 min € 35,00

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.

**Toning massage** ..... 25 min € **37,00**  
 ..... 55 min € **64,00**

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.

**Anti-cellulite treatment** ..... 25 min € **37,00**  
 ..... 55 min € **64,00**

Firm massage that can reduce and counteract imperfections caused by localised fat deposits. Helps restore a sculpted and toned body shape.

## RITUALS



**Deep Relaxation**  
**DIBI Face & Body Ritual** ..... 85 min € **110,00**

A unique sensory experience, which cleanses the skin, releases tension and relaxes deeply.

**Our advice: Suitable for those who struggle to fall asleep.**

**Awakening of the senses**  
**Sumptuous ritual with Cacao** ..... 85 min € **110,00**

A multi-sensory journey, which nourishes and hydrates the skin by stimulating the production of endorphins, "the molecules of happiness".

**Our advice: Suitable for finding a good mood.**

## PROMO MESSAGES

Our proposal for Relaxation and Retreat in the Maison BB, to boost the benefits of the Thermal Holiday.

### Antistress

**3 massages 55 min.** ..... €195,00 ..... € **170,00**

**6 massages 55 min.** ..... €390,00 ..... € **330,00**

### Lymphdrainage

**3 total body 55 min.** ..... €210,00 ..... € **185,00**

**6 total body 55 min.** ..... €420,00 ..... € **355,00**

The promo applies to massages made by one person.

## AESTHETIC MEDICINE **NEW**

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.

## BEAUTY SERVICE

Tanning shower.....€ 18,00

Manicure.....€ 25,00

Pedicure.....€ 35,00

### **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"**

# A WORLD OF WELLBEING AND BEAUTY BY MAISON BB



## Asia

- 1 Phytobath with thermal water and essences 25 min.
- 1 Ayurvedic massage 55 min
- 1 Shiatsu 55 min.
- 1 Multi Facial Reflexology Dien Cham 25 min

**Package price** ..... € 200,00

*Minimum recommended stay 3 nights*



## America

- 1 Phytobath with thermal water and essences 25 min
- 1 Deep tissue massage 55 min.
- 1 Foot reflexology 25 min

**Package price** ..... € 110,00

*Minimum recommended stay 2 nights*



## Europa

- 1 Phytobath with thermal water and essences 25 min
- 1 AponusThermal massage 25 min.
- 1 Thermal face 25 min.

**Package price** ..... € 70,00

*Minimum recommended stay 1 night*

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

# 360° WELL-BEING

## OUR EMOTIONAL PATHS



### Relax

- Tibetan massage 55 min.
- Candle Massage 55 min.
- Back & Shoulder relaxing massage 25 min.

#### Package price

€ 179,00 ..... € 144,00



### Purify

- Body scrub-massage with salt 55 min.
- Ayurveda massage 55 min.
- Face massage and mask 25 min.

#### Package price

€ 155,00 ..... € 124,00



### Excite

- Chocolate massage 55 min.
- Revitalising facial massage 25 min.
- Tonifying leg massage 25 min.

#### Package price

€ 144,00 ..... € 114,00



# BIKE HOTEL

As you are in the wonderful Euganean area, you can choose from cycle paths to enjoy nature and glimpses of the Euganean Hills, hilly and flat areas, with stops to visit Venetian Villas, medieval hamlets and walled towns, castles and abbeys, and obviously to taste the local food and wine. On your bicycle you can also follow riverside cycle paths towards Padua, Vicenza and the Brenta Riviera, taking in stretches of the Venetian countryside along the riverbanks. The cycle paths are of varying degrees of difficulty and length, depending on your fitness levels, and are suitable for road-, gravel-, and MTB-bikes. Aside from the advice you will get at our Reception, you can follow GPX tracks or book a guided excursion, be it the Relax-slow bike option or the Energy option with a specialised MTB guide.



## SERVICES ESPECIALLY FOR OUR CYCLIST GUESTS:

- A store room to safely park your own bicycle in
- Repairs and everyday maintenance service on request\*
- Laundry service for technical clothing\*
- Bicycle hire service: road bikes, gravel bikes, MTBs, and e-bikes\*
- Expert guide / escort on request for individual and group tours\*
- GPX tracks, MTB, street, and gravel trails
- Menu for athletes (on request while booking)
- Emergency shuttle\*
- Airport and station transfers with bicycle\*
- Baby-sitting service\*
- E-bike electrical charging

We invite you to ask for information and guide bookings, tours, bike rentals and other needs already during booking.

\*Services entail a fee

# 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.

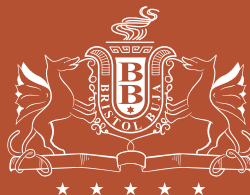
## CANCELLATION TERMS

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**  
A B A N O   T E R M E



Since 1959 managed by the Buja Family

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