



HEALTH CENTER – MUDTHERAPY

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



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 analgesic, 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

MUD THERAPY AND REHABILITATION TREATMENTS

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 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 hands..... € 15,00

Test mud pack..... € 20,00

Test mud pack with thermal ozone bath..... € 27,00

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.

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

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.

Therapeutic thermal massage..... 55 min € 64,00

An extended 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, aerosol or nasal microshowers 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)

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. For the doctors the medical exam and mud therapies are free. Possibility of having mud therapy, massages and inhalation treatments everyday, even on Sunday.

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
- 25-min. thermal reaction massages
- Bathrobe for treatment sessions

Cycle of 6 applications € 530,00

Cycle of 12 applications € 1.000,00

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 € 950,00



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
- In the afternoon guided walks or excursions
- An excursion to the Euganean Hills: we guide you to discovery of the beauty and the flavors of our territory (see list of proposals on page 33)
- The comfort of all our services included

Package price, per person € 250,00

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
- Purifying mud mask (man-woman)
- 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 € 560,00

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
- Purifying mud mask (man-woman)
- 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 € 1.030,00

Minimum recommended stay of 14 nights



REHABILITATION – OSTEOPATHY – PHYSIOTHERAPY

MANUAL 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.

PHYSIOTHERAPY – Rehabilitation – Medical gymnastics – Preventive gymnastics – physical preparation

Manipulations, postural gymnastics, analgesics, physical and functional rehabilitation, manipulations with active gymnastics.

Personalized session.....30 min € 40,00

Personalized session.....60 min € 70,00

OSTEOPATHY

Medical examination and osteopathic evaluation.....€ 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.

Osteopathic craniosacral.....50 min € 70,00

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.

Hydro-kinesiotherapy in thermal water...30 min € 40,00
50 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.

Personal trainer – upon request.....50 min € 70,00

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 € 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.



MASSAGES AND CURATIVE TREATMENTS

Manual lymph drainage 55 min € 64,00

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 € 37,00

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

Connective massage 25 min € 37,00

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.

Thermal Watsu® 45 min € 64,00

It is Shiatsu done in the thermal water by qualified operators with WABA International certification. 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.

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.



REHABILITATION AND RECOVERY PROGRAM - 1 WEEK

- 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 € 560,00

Minimum recommended stay of 7 nights



REHABILITATION AND RECOVERY PROGRAM: - 2 WEEKS

- 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 € 1.030,00

Minimum recommended stay of 14 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.