

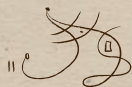


hotel **ANTONIANO** terme
Montegrotto Terme

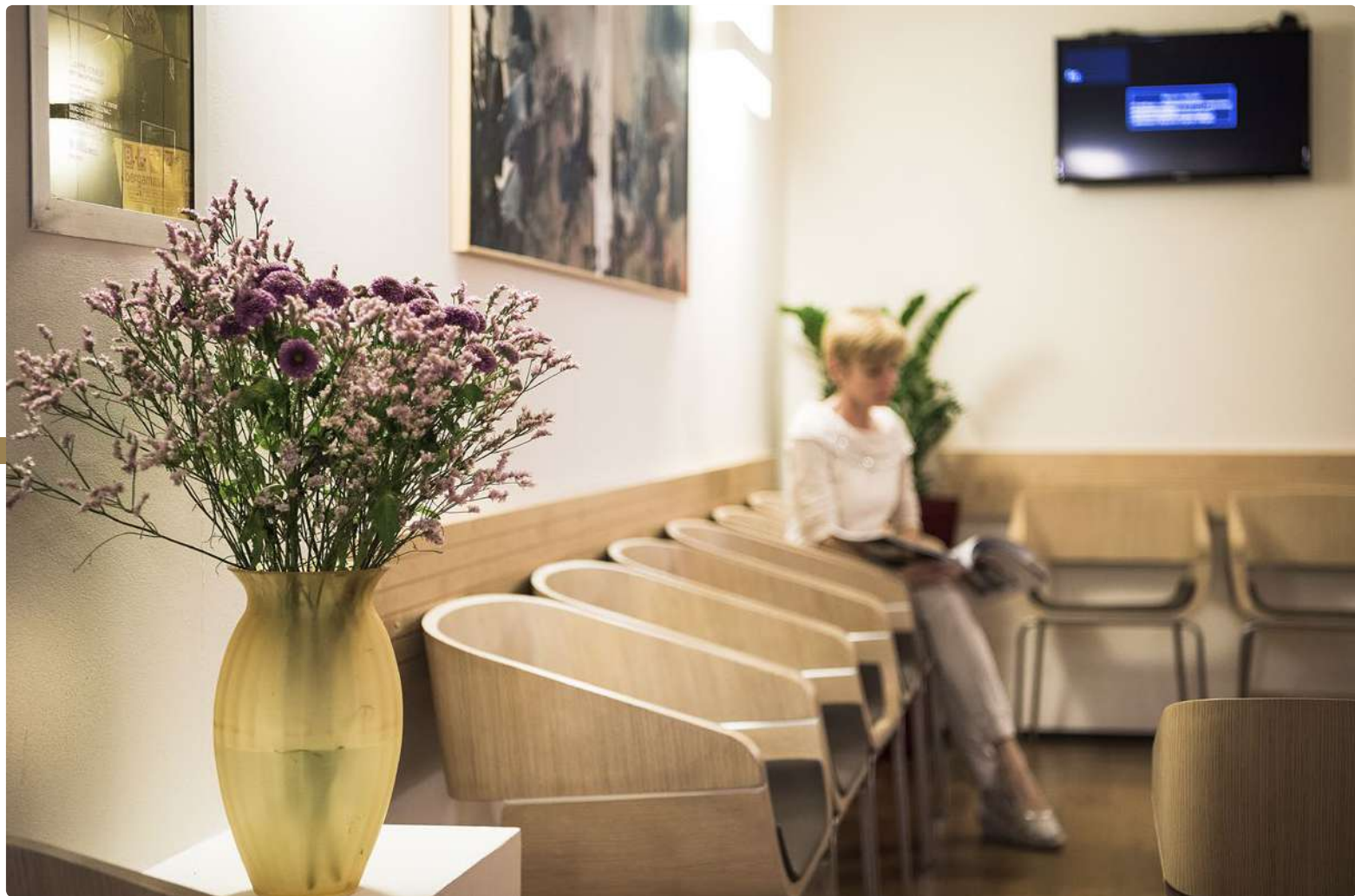


TIME TO TAKE CARE OF YOUR BODY

TIME TO RELAX



THERMAE & SPA



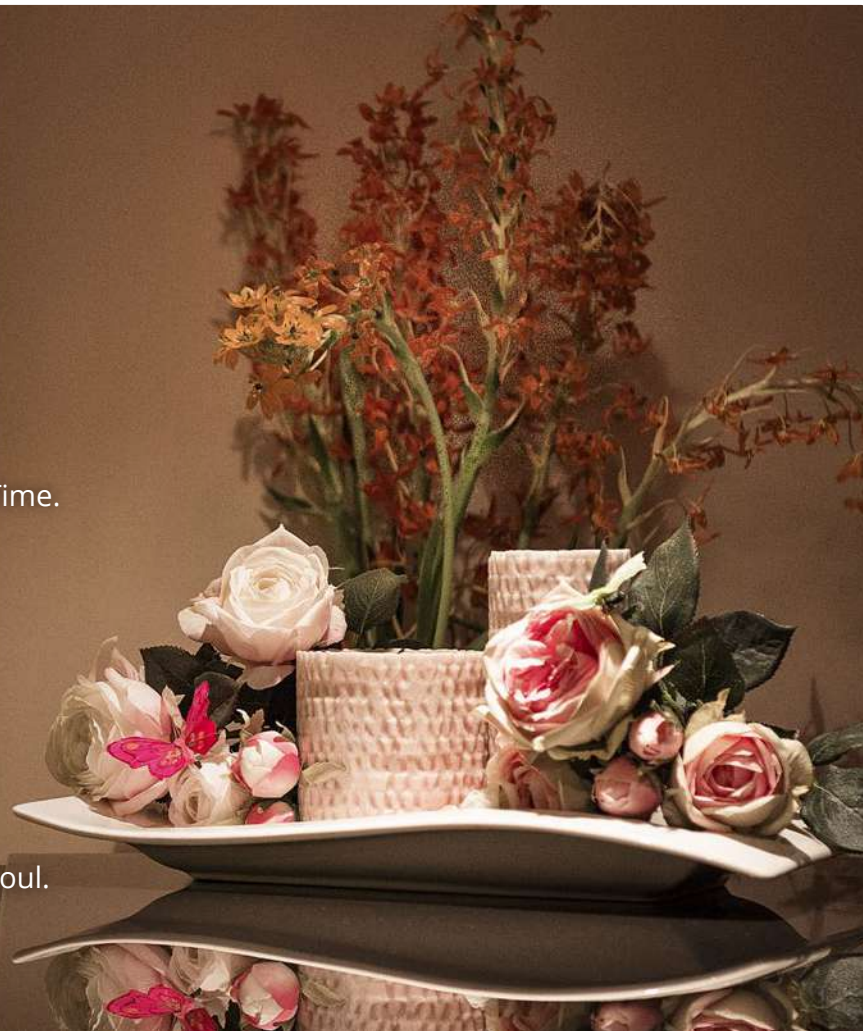
**The holiday is
the Time of Well-being.**

The Time that is devoted
to taking care of yourself.

At the Antoniano we want our guests
to rediscover the most fulfilling way of living Time.
In all of our departments,
in the conviviality of the restaurant,
in the beauties of nature.

Because Time is a precious gift.

In our Armonia Centre,
- area devoted to the Time of Well-being -,
you can find a wide selection of body
and face treatments,
specially "Designed for you", in order
to recreate the Harmony between body and soul.





THERMAL CENTRE

The saying of our Thermal Centre: **Time to prevent, Time to care about your body, Time to discover how to feel well in a natural way.**

Thanks to the mud therapy the Thermal Centre is dedicated to body wellness. **A 100 % and zero km natural therapy,** with the natural thermal mud from Arquà Petrarca's lake near the Euganean Hills and with the thermal water that gushes out directly from the springs in our park.

The mud therapy has beneficial effects, **as a treatment as well as a prevention.** It is anti-inflammatory and analgesic, purifies the body (the toxins are expelled by sweating) and makes the skin smoother. The mud of the Euganean thermal area contains an algae, called ETS-05 by the University of Padua, **growing only in our region.**

In 2005 the ripening **process was patented in Europe** (n. EP 05100038). It enables the production of active anti-inflammatory substances in the mud.

The **5 steps of the mud treatment** are: medical visit, mud application, thermal bath, sweating reaction, therapeutic massage. To access to the mud therapy, the visit of our doctor is obligatory. After the prescription, you are ready to enter in our Thermal Centre. The therapist applies the mud as the doctor's prescription and after 15 minutes follows a hot shower. Then you plunge in the ozone's bath, and then the sweat reaction starts. As last step follows the therapeutic massage that tones the body, stimulates skin and muscles and increases the effect of our natural thermal mud.

The Thermal Water, **necessary for the mud ripening process,** is a big help for the breathing problems. In the Thermal Centre you can do **inhalations and aerosol** to prevent and cure problems of the respiratory system.

Natural thermal mud: precious for health and well-being.



MEDICAL ASSISTANCE

Medical check-up: first visit is mandatory before starting treatments	€ 32,00
Medical consultation	€ 25,00
Electrocardiogram.....	€ 35,00
Intra-articular infiltration	€ 50,00
injection	€ 10,00

THERMAL TREATMENTS

Mud pack with ozone bath	€ 30,00
Mud pack for the hands.....	€ 15,00
Thermal spa bath with ozone	€ 20,00
Massage with mud against sinusitis and headaches	€ 30,00
Bathrobe rental	€ 15,00
Change of bathrobe during the spa treatments	€ 7,00

INHALATION THERMAL THERAPIES

Inhalations/Aérosol	€ 8,50
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PHYSIOTHERAPY

Massage and Kinesi	- 25 min.	€ 35,00
	- 55 min.	€ 60,00
Therapeutic gymnastic	- 25 min.	€ 35,00
	- 55 min.	€ 60,00
Hydrokinesis therapy	- 25 min.	€ 35,00
	- 55 min.	€ 60,00

INSTRUMENTAL PHYSIOTHERAP

Tens - 25 min.	€ 35,00
Iontophoresis - 25 min.	€ 35,00
Immersion ultrasound - 25 min.	€ 35,00
Laser with handpiece - 25 min.	€ 60,00
Ultrasound with handpiece - 25 min.	€ 60,00



THERMAL PACKAGES FANGO DOC*

FANGO DOC 3 DAYS

- 1 Medical visit
- 3 Mud pack
- 3 Thermal spa bath with ozone
- 3 Therapeutic massage 25 min
- Bathrobe for the treatments **

€ 175,00



FANGO DOC 6 DAYS

- 1 Medical visit
- 6 Mud pack
- 6 Thermal spa bath with ozone
- 6 Therapeutic massage 25 min
- Bathrobe for the treatments **

€ 322,00

FANGO DOC 10 DAYS

- 1 Medical visit
- 10 Mud pack
- 10 Thermal spa bath with ozone
- 10 Therapeutic massage 25 min
- Bathrobe for the treatments **

€ 518,00

FANGO DOC 12 DAYS

- 1 Medical visit
- 12 Mud pack
- 12 Thermal spa bath with ozone
- 12 Therapeutic massage 25 min
- Bathrobe for the treatments **

€ 616,00

* As these are packages, all the treatments have to be sequentially. In case one or more than one treatments would not be done, there will not be any refund.

** A change of bathrobe for treatments is free for those who undergo at least 9 sessions of mud therapy and therapeutic massage.

THERAPEUTIC MASSAGES

Therapeutic massage after the mud

🕒 25' 🏷 € 25,00 🕒 55' 🏷 € 50,00

Especially indicated after mud application, stimulates the tissues and muscular bands by acting deeply

Decontracting deep tissue massage

🕒 25' 🏷 € 30,00 🕒 55' 🏷 € 55,00

A specific massage ideal for losing stiffness. Neck, shoulders, back, and legs will be treated on the need

Vodder lymphatic drainage

🕒 25' 🏷 € 30,00 🕒 55' 🏷 € 55,00

The manuality is slow and superficial to stimulate lymphatic circulation and motricity of lymphangions. Lymphatic drainage is indicated in case of swelling, edema of various nature, outcomes of operations, excellent for evacuating toxins after drug therapies.



Foot reflexology

Foot reflexology

🕒 25' 🏷 € 30,00 🕒 55' 🏷 € 55,00

Plantar reflexology works on the principal energetically unbalances caused by stress or various tensions. It relaxes and tones the whole body through the feet. The treatment is also extremely efficient according to the energy rebalancing of the various functional and organic systems.

WELLNESS MASSAGES

"Magnolia": for your relaxation



55'



€ 55,00

A unique massage that will help you to let go of yourself and to be pampered by the hands of our experts with application of the most suitable essentials oils.

Firming and toning massage



55'



€ 60,00

Treatment designed to give volume to hypotonic tissues.

Massage Vitalis anticellulite



75'



€ 80,00

Various techniques are combined with the massage of cellulite imperfections, in order to tone your skin.

Massage Vitalis abdomen



55'



€ 65,00

This treatment consists in a complete program. It includes the use of harmonic movements and techniques, that work on the reduction of abdomen's circumference, at the same time toning up and eliminating toxins.

Vitalis dorsalis resonanz massage



55'



€ 68,00

A unique experience for the well-being of the back. Various techniques are combined with a massage that works on the tensions of the back.

ORIENTAL MASSAGES

Body massage Abhyanga

🕒 55' 🏷 € 60,00

This massage enhances the immune system giving a sensation of total wellness. Warm oils and a broad range of manual manipulations help to restore balance and harmony. The immune defence is strengthened, renal, digestive and hepatic function restored. This is pure wellness

Shiatsu

🕒 55' 🏷 € 60,00

It works on the body and the mind by pressure applied to special points. The meridians and energetic channels of the body are stimulated. After treatment, the body is regenerated, aligned and the blood circulation is more fluid.

Shiatsu



Body massage Abhyanga

Vital Stone Treatment

🕒 75' 💰 € 78,00

Treatment made with basaltic hot stones, according to the Vital methodology. Rhythmic massage, warm oil and stones give a new energy that spreads in the body and the mind.

Bamboo Massage

🕒 55' 💰 € 60,00

The bamboo cane helps to creating a relaxing massage. It loses stiffness and has a draining effect.



Bamboo Massage

Vitalis massage Vital-Boli

It is a massage performed with swabs of aromatic herbs combined with vegetable oil. It is enriched with pure essential oil and it is divided into:

Detox

🕒 55' 💰 € 65,00

Herbs and oil of Centella to promote detoxification.

Regeneration

🕒 55' 💰 € 65,00

Revitalizing, rebalancing and protective for the skin.



Vital Boli Vitalis

Sinergy

🕒 45' 💰 € 50,00

An exclusive treatment of our Centre Armonia that combines both oriental and occidental techniques. Particular attention is paid to breath, posture, emotions. By working on energetic blockages the treatment harmonizes the Energies of Body, Mind and Soul.

FACIAL TREATMENTS



"Vata" sensitive skin

Cleansing treatment

🕒 55' 🏷 € 55,00

Classic treatment, recommended at least 4 times in a year. The skin is deeply purified. Here the tradition melts with advanced technological products.

Facial lymphatic drainage

🕒 25' 🏷 € 30,00

Massage with slow movements for face and neck, helps to remove the toxins in a natural way.

"Vata" sensitive skin

🕒 55' 🏷 € 65,00

Dedicated to thin and sensitive skins, tending towards dehydration. Thanks to Breadfruit seeds extracts, Aloe and Argan oil, your skin will regain its natural elasticity.

Farmogal Cleansing treatment "Principi"

🕒 75' 🏷 € 85,00

Deep face cleansing with a treatment that respects the skin life cycles.

Feeling time treatment

🕒 55' 🏷 € 70,00

The action of hyaluronic acid optimizes the degree of hydration and increases the tone and elasticity of the epidermis. The treatment involves a pneumomassage whose gommage action fights the aging of a hypotonic skin that is not reactive and needs to be stimulated deeply.

Treatment for sensitive skin "Iris"

🕒 55' 🏷 € 65,00

Calming and relieving, for hypersensitive skin and skin hyper-reactivity. Stimulates and maintains the natural defences of the skin and protects skin against free radicals: reduces diffuse redness and the temporary redness is less frequent.

Lakshmi anti age

🕒 55' 💰 € 70,00

A unique programme against skin ageing thanks to the powerful active natural principles, the purest essential oils and the plant extracts of new generation that activate the ability of the skin to auto-regenerate. Redefines the facial contours. Gives a proper and deep hydration to the skin and has a progressive restructuring action. The outcome: a radiant and a visibly younger aspect.

Lakshmi "Vata-Pitta-Kapha"

🕒 55' 💰 € 70,00

Three specific treatments for different skin types, really unique, combining the natural Biologic Certificate cosmetology with a line of efficacious and sensational products. The highly effective (and patented) components, the scent of essential oils and the incredible power of gems and precious stones strengthen the effectiveness of these face lines. All this is enhanced by an oil massage, personalised according to skin type, on face, shoulders and head, aimed to totally relax the muscles and giving you a "magical" moment.

"Pitta" combination sensitive skin

🕒 55' 💰 € 65,00

Dedicated to combination skins, subject to blemishes, easily congested or tending towards couperose. We utilize substances having a soothing effect, wheat germ extracts, brewer's yeast, Lotus flower, Solidago (goldenrod) and Damask rose. Skin will appear more relaxed, fresh and small wrinkles visibly reduced.

"Kapha" normal combination skin

🕒 55' 💰 € 65,00

Dedicated to normal skins, smooth but more oily and shiny in the T-zone nose, chin and forehead. The secret of this treatment: Argan oil, sesame, curcuma and ginger. The treatment will leave you with smoother skin and brighter complexion.

Facial mask with mud and essential oils

🕒 55' 💰 € 65,00

The combination between natural cold mud and specific essential oils, chosen according to the type of the skin, helps to get a relaxed, tonic and hydrated skin.



BODY TREATMENTS

For a shining body skin...

Body scrub with massage



55'



€ 60,00

Thanks to specific products and to the massage with a nourishing cream, your skin will be bright and polished. Recommended before starting spa treatments to make the active ingredients of the mud penetrate better.

Mud poultice and back massage



55'



€ 60,00

The different ways to feel good with mud: cold natural mud applied on the back helps relax the muscles and hydrate the back skin; a specific massage completes the treatment.



Detoxifying body treatment



75'



€ 80,00

This natural treatment consists of a steam bath, scrub and massage with natural oils and emulsions. To detoxify and give a new tone to your body.

Armonia treatment



55'



€ 65,00

It is the exclusive treatment of our Wellness Centre. The mud, combined with biological emulsions, is applied to the body with a slow massage. It stimulates the muscles and eliminates contractures and tensions. Your body will be more relaxed, the skin will look brighter.



Bagno Vitalis

BATH VITALIS

Our Vitalis bathtub will give you a unique experience, thanks of micro particles of steam with herbs and essences, the foot bath, the massage and the herbal tea. To enjoy a very complete treatment.

ESSENCES:

ARNICA AND ST JOHN'S WORT



55'



€ 65,00

To give your body new vitality thanks to the presence of these two sun loving plants. Also appropriate after exercise to reshape muscles and tired joints.

APPLE AND DOG-ROSE



55'



€ 65,00

Recommended for dry and mature skin. The combination of these two elements will make the skin more elastic and polish.

GRAPE SEEDS AND SEA BUCKTHORN



55'



€ 65,00

This cocktails of natural agents, rich in polyphenols and vitamins, protects and regenerates the skin.

BEAUTY

Manicure	€ 28,00
Pedicure	€ 42,00
Depilation	from € 10,00 to € 55,00

Touch-up polish	€ 5,00
Make-Up	€ 12,00

HAIRDRESSER

Wash, setting lotion, styling with curlers or hair drying ...	€ 22,00
Wash, setting lotion, styling with curlers or hair drying long hair	€ 25,00
Cut	€ 20,00
Colour	€ 30,00

Permanent	€ 35,00
Styling	€ 12,00
Styling long hairs.....	€ 15,00
Streaks.....	€ 35,00
Compress	€ 5,00

Every Wednesdays, Cristina dedicates the hole day to the hair care with specific packs based on thermal mud combined with fluid solutions, lotions and natural essential oils.

First of all she will analyze and find out what your hair type is to make the correct/fitting/suitable treatment:

Super moisturizing

 45'  € 40,00

For dry hair. The treatment consists of: mud pack with nourishing solution, super moisturizing shampoo and styling.

Volumizing

 45'  € 40,00

For thin and dull hair. The treatment consists of: mud with volumizing solution, volumizing shampoo and styling.

Anti-dandruff

 45'  € 40,00

The treatment consists of: mud with mint essential oil, shampoo and styling.

Anti hair fall

 45'  € 40,00


The treatment consists of: mud with specific lotion, hair loss shampoo.

ALL PRODUCTS ARE NATURAL, PARABEN FREE AND SLES (SURFACTANT) FREE.

DESIGNED FOR YOU

our goal is to make you feel good in a natural way with our best proposal "Designed for you" studied only for you. You will have the opportunity to speak with Isabella and she will advise you about the most suitable treatments for your face and/or body: you will have "a tailor made program for your skin, your body and your spirit".

Back Well Being

 € 165,00


- 1 Vitalis dorsalis resonanz massage, 55 min
- 1 Decontracting deep tissue massage, 55 min
 - 1 Shiatsu, 55 min

Real Relax

 € 135,00

- 1 Bath Vitalis , 55 min
- 1 Magnolia Massage , 55 min
- 1 Facial lymphatic drainage, 25 min

Body & soul

 € 170,00

- 1 Vital Stone, 75 min
- 1 Bamboo Massage, 55 min • 1 Sinergy, 55 min

From head to toe

 € 180,00

- 1 Body scrub Vitalis with massage, 55 min
- 1 Facial cleansing treatment "Principi", 75 min
 - 1 Pedicure
 - 1 Manicure
- 1 Hair brushing&styling

Sweet waiting

 € 140,00

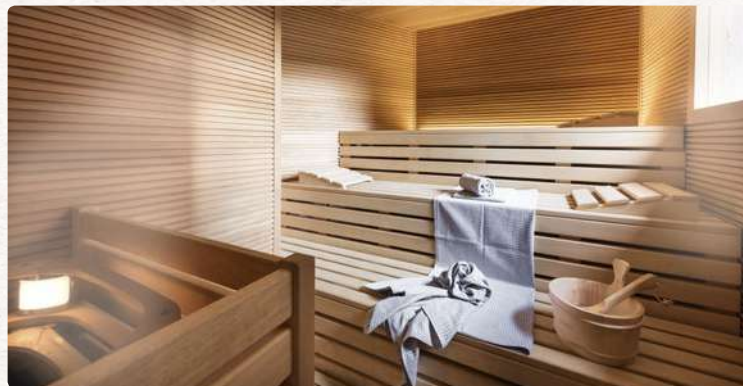
- 1 Facial cleansing treatment "Principi" , 75 min
 - 1 Pedicure
- 1 Leg lymph drainage, 25 min

GYM

Physical activities with advanced equipment.

A real wellness holiday includes also physical activities: in our gym you will find everything you need.







★★★★

hotel **ANTONIANO** terme
Montegrotto Terme



Via G. Fasolo, 12 - 35036 Montegrotto Terme (PD)
Tel. 049.794177 - Fax 049.794257

antoniano@termeantoniano.it
www.termeantoniano.it

