



REGIONE DEL VENETO

ITALIA

# ABANO TERME MONTEGROTTO TERME

GALZIGNANO TERME . BATTAGLIA TERME . TEOLO



## SPAS AND MORE

  
terme euganee  
abano montegrotto



**Veneto**  
From Earth to Sky

[www.veneto.to](http://www.veneto.to)



*terme euganee*  
*abano montegrotto*

THE LONG HISTORY  
OF THE ABANO,  
MONTEGROTTO,  
GALZIGNANO,  
BATTAGLIA  
AND TEOLO  
SPAS MERGES  
WITH THAT OF THE  
EUGANEAN PEOPLE  
AND WITH  
THE ANCIENT CULT  
OF APONUS,  
GOD OF THE THERMAL WATERS  
WITH SPECIAL HEALING VIRTUES.

# A LONG



# HISTORY

## MILLENNIAL THERMAL TRADITION

Today, like two thousand years ago,  
these sites of wellbeing, steeped  
in the regenerating greenery  
of the Euganean Hills,  
are the ideal location  
for health and relaxation.  
There are 240 thermal baths  
where you can relax, immersed  
in the warm waters.

**Each hotel has specialized treatment centers  
and modern, functional facilities equipped  
with every comfort.**





# WATER EARTH AIR

Terme Euganee: Abano · Montegrotto  
Galzignano · Battaglia · Teolo



## THE EUGANEAN SPAS ARE THE LARGEST THERMAL BATHS SPECIALIZED IN FANGO-BALNEOTHERAPY IN ALL OF EUROPE

**All establishments in the Euganean Spa region hold “I Super” classification from the Italian Ministry of Health** indicating the excellence of the product, both as therapeutic mud (mature mud DOC) and as an inhalation.

All this thanks to the ongoing commitment of the Centro Studi Termali Veneto “Pietro d’Abano” (Spa Study Center), which, through the study of water, algae, and muds, performs scientific research and monitors the effects of fangotherapy in order to guarantee the utmost quality.

Centro Studi’s primary research focuses on three scientific areas: clinical, biological and chemical-physical. Working in synergy with the most pretegiuous universities and research centers, Centro Studi, over the years, has ensured the scientific and therapeutic validity of the thermal treatments, now internationally recognized as a medical product.







# WATER

A UNIQUE TREASURE



## A EXTRAORDINARY VALUE

### **The waters of the Euganean basin**

derive from the uncontaminated basins of the Lessini Mountains in the foothills of the Alps.

The water passing through calcareous rock and into the subsoil at a depth of approximately 2000-3000 meters. They are held at high temperatures and under great pressure over the approximately 80 kilometer route that takes an average of 25/30 years. During this time, they take on mineral salts and they reach the Euganean Spas, where **they spring forth at a temperature of 87°C.**

The abundance of the dissolved substances makes this water a unique thermal resource, one of its kind in all the world. From the chemical point of view, these waters are classified as **hyperthermal sodiobromidiodic waters.**

The extraordinary therapeutic value of the waters and muds found in Abano and Montegrotto derive from the strict regulations governing thermal extraction, preventing the indiscriminate use and depletion of resources.





## BALNEOTHERAPY THE EXPERIENCE OF WELLBEING

### BALNEOTHERAPY

involves submerging the body in a tank containing hot, ozone-enriched thermal water.

WATER IS AN EXTRAORDINARY  
ELEMENT BECAUSE IT FACILITATES ALL  
ACTIVITIES OF THE BODY'S JOINTS:  
MOVEMENTS ARE LOOSER, THE  
MUSCLES RELAX, PAIN DECREASES.

Moreover, the bubbles developed by the ozone ensure an intense vasodilatation. Balneotherapy is performed in individual tubs, with or without a hydromassage, using 36-38°C sodiobromidiodic thermal waters. Treatments involve 15 minute cycles for a total of 12 baths (1 a day) and are nearly always followed by fangotherapy. Thermal baths are ideal for the joints, for the treatment of pain and muscular atrophy. **These treatments are extremely important in rehabilitation after traumas, fractures and surgery.**

Moreover, the chemical composition of the water helps cure chronic inflammatory processes





## HYDROKINETIC THERAPY NATURAL REHABILITATION

Hydrokinetics exploits the water's physical-chemical properties for therapeutic purposes. When submerged in the pool, the body weighs nearly 90% less, allowing the person to handle the rehabilitation exercises with significantly less effort, thus achieving excellent results more quickly.

THE SPECIFIC CHEMICAL COMPOSITION AND TEMPERATURE OF THE THERMAL WATERS ALSO FACILITATES THE SMOOTH, GRADUAL RECOVERY OF MUSCULAR EXERCISE.

Hydrokinetic therapy is the ideal treatment for patients with a deficiency in muscular strength; it improves, or maintains existing, muscular strength prior to surgery.

The treatment in the pool is fun and relaxing, joining the beneficial effects of the hot thermal waters with those of physical exercise. This leads to a significant improvement in joint mobility and deambulation, alleviating pain and muscle spasms.





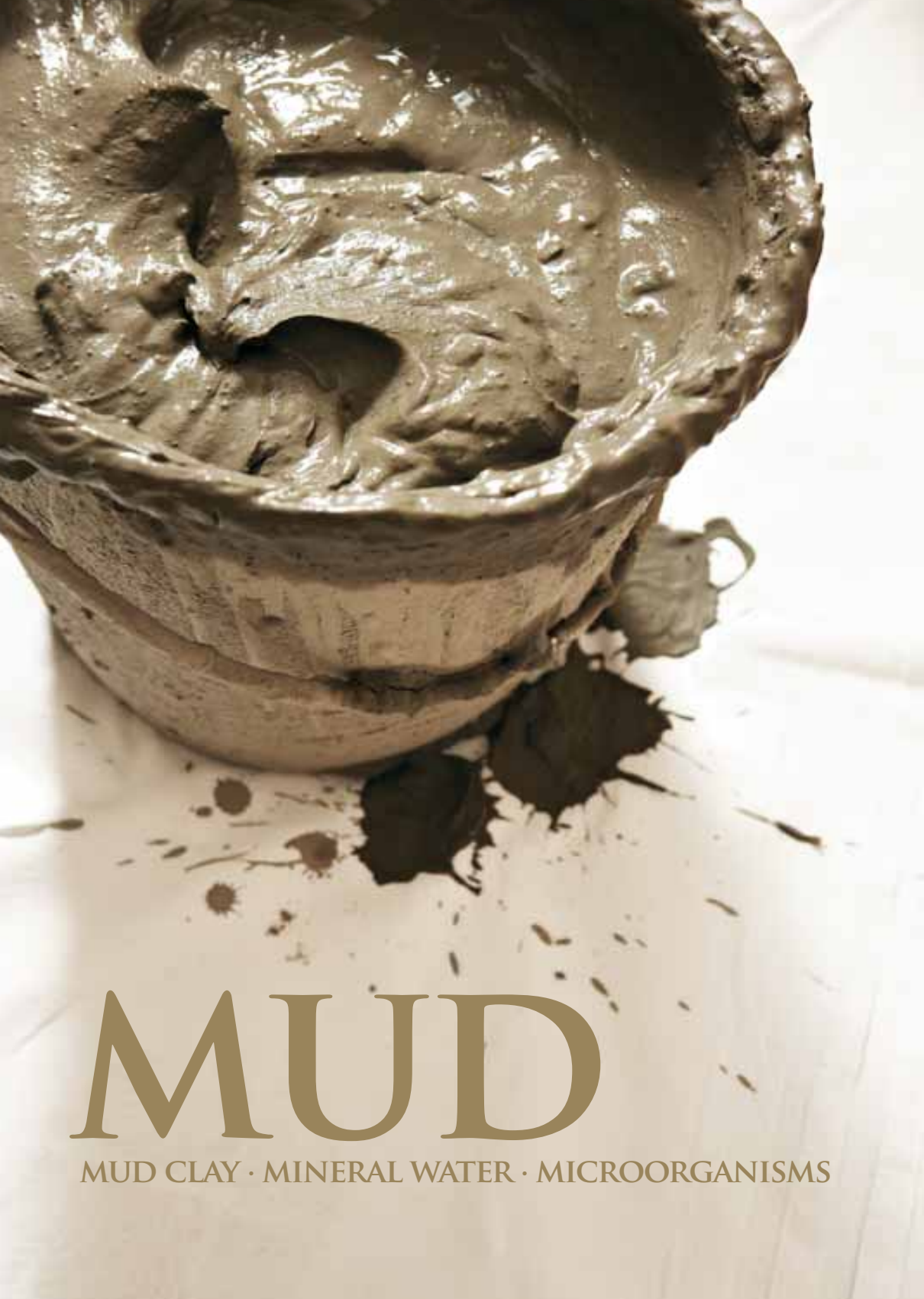




# EARTH

TREASURES OF NATURAL EXPERIENCE





# MUD

MUD CLAY · MINERAL WATER · MICROORGANISMS

## THE MUDS OF EUGANEAN SPAS

ARE THE RESULT  
OF A SPECIAL MIXTURE  
OF A SOLID (CLAY), A LIQUID  
(SODIOBROMIDIODIC WATER)  
AND A BIOLOGICAL COMPONENT  
(MICROORGANISM)

The ripening process takes place in special tanks for approximately 50-60 days. **During this time, the muds are kept in constant contact with a steady flow of thermal water.**

The temperature and chemical components in the thermal waters affect the development of particular strains of microbes, modifying the chemical and chemical-physical properties and **imparting the therapeutic properties that make these muds so unique**, much for boasting a European patent for its anti-inflammatory nature (mud D.O.C.).









## FANGOTHERAPY INVOLVES FOUR BASIC STEPS:

### THE APPLICATION OF THE MUD, THE THERMAL WATER BATH, THE SWEAT REACTION AND THE TONIFYING MASSAGE

The mud is applied directly to the skin while at a temperature between 38° C and 42° C and it is left in place for 15-20 minutes.

At the end of the application, the patient takes a hot shower and is then set in a thermal water bath at a temperature of 36-38° C for 8-15 minutes.

After drying off with warm towels, the patient returns to his room where he should remain in bed, well-covered for 30-40 minutes during which the sweating reaction continues the biological effects of the mud therapy.

The fango-balneotherapy ends with a massage that reactivates the circulation of the skin.



## FANGOTHERAPY AND OSTEOARTHRITIS

Osteoarthritis tends to appear later in life and is closely related to the limitation of independent function: agility, tolerance to physical exercise, personal hygiene, daily chores.

### THE SYMPTOMS

involve the objective limitation in movement, independence and thus the quality of life and it can be divided into different categories:

- pain and muscle spasms in and around the involved joints, accompanied by spasticity and stiffness of the periarticular muscle groups;
- limitation in movement due to pain, poor distribution of the load and inconsistencies between the articular heads;
- hypotrophy of the muscle groups for the joints involved in the arthritic process, owing to the research for both static and dynamic antalgic positions;
- functional limitations or incapacity that may even impede all movement, particularly during acute inflammation.

## THE APPLICATION OF THERMAL MUD IS PARTICULARLY EFFECTIVE IN RELIEVING PAIN AND LIMITING INFLAMMATION:

The fango-balneotherapy cycle significantly lowers the circulating levels of those substances that accelerate and aggravate inflammatory and degenerative damage of the involved cartilage.

## OSTEOARTHRITIS PREVENTION

Mud therapy may have a protective role concerning articular cartilage, preventing degradative damage.

Particular substances from micro-organisms that colonize the “mature” mud have been seen reacting in a positive manner with the chondrocyte metabolism, or rather the cell of the articular cartilage.







EACH HOTEL HAS SPECIALIZED  
TREATMENT CENTERS



# FANGOTHERAPY AND OSTEOPOROSIS

IT HAS BEEN SCIENTIFICALLY PROVEN THAT, IN FACT, FANGO-BALENOTHERAPY FACILITATES THE RECOVERY OF NUMEROUS TYPES OF CELLS THAT CONTRIBUTE TO THE BONE TISSUE METABOLISM, ACTING ON SOME OF THE SUBSTANCES AFFECTING THE TREND

After the age of forty, the bone mass begins to shrink, due to a paraphysiological imbalance between reabsorption and deposition.

This process can be further aggravated after menopause, facilitating the development of osteoporosis.

# PREVENTING OSTEOPOROSIS

DURING A PERSON'S STAY AT THE SPA,  
PHYSICAL ACTIVITY IS AN ESSENTIAL  
PART OF EACH DAY.

THE TREATMENT CYCLE IS A  
MATCHLESS SOURCE THROUGH  
WHICH TO RECOVER PSYCHOPHYSICAL  
WELLBEING AND TO IMPROVE ONE'S  
QUALITY OF LIFE

Physical activity is now regarded as one  
of the principle means of prevention  
and therapy for one's health.

It influences the aging process and/or chronic  
disease, slowing it down and preventing  
the onset of complications.







**Fangotherapy** is excluded for patients with cardiac disorders, such as ischemic cardiopathy, severe cerebral and peripheral vasculopathy and nephropathies with kidney failure, acute phases of inflammatory diseases, epilepsy, hyperthyroidism and malignant tumors.

Moreover, the thermal mud must not be applied on the varicose veins of the lower limbs, particularly if aggravated by complications such as phlebitis and ulcers, nor to those who are pregnant or experiencing their first few days of the menstrual cycle.

There are no side effects for the application of mud in cases of metal articular prostheses nor for screwed osteosynthesis plates.



# AIR

THE BENEFITS OF INHALATION THERAPY









## THE BENEFITS OF INHALATION THERAPY

**All the hotels in the Euganean Spas area are equipped with inhalation balneotherapy.**

Special instruments break up the particles of mineral water, atomizing them and transforming them into an effective treatment for pathologies of the upper and lower airways as well as for the prevention and treatment of chronic pathologies.

In recent years, deteriorating environmental conditions, smog, pollution, and both first-hand and second-hand smoking have led to a rise in the number of persons with respiratory disorders. Thermal inhalation therapy is traditionally used and scientifically recognized in the treatment of respiratory diseases and in the prevention of the reinflammation processes.

Inhalation therapy focuses on numerous therapeutic objectives:

- Antiseptic action
- Ciliary apparatus stimulation
- Secretion fluidification
- Respiratory mucous normalization
- Reduction of microbiological component



# THERMAL TREATMENT PRESCRIPTION.

The Italian Ministry of Health recognizes the therapeutic role of thermal therapy in the treatment and rehabilitation of numerous pathologies. In fact, it has drawn up a detailed outline of all diseases that can be treated in this way. Treatments are prescribed by the person's family physician, filling out the special National Health Service forms that must report the pathology, therapeutic indications and number of treatments.

## **LIST OF PATHOLOGIES THAT CAN BE TREATED AT THE EUGANEAN SPAS AND THE SUGGESTED TREATMENT CYCLES.**

(ex Italian Ministerial Decree 15/12/1994 and subsequent revisions).

Ex M. D. Diagnostic Category 15/12/94 and following modifications  
(DGR Veneto 5/5/98)

## **E.N.T. AND AIRWAYS DISORDERS:**

- 1) simple or obstructive chronic bronchitis (with the exception of asthma or advanced emphysema complicated by severe respiratory failure or chronic pulmonary heart disease)
- 2) vasomotory rhinopathy
- 3) chronic pharyngolaryngitis
- 4) chronic sinusitis or chronic nasosinusitic syndrome
- 5) chronic nasosinusitic-bronchial syndromes.

### **CURE CYCLE**

12 inhalation treatments + 12 aerosol treatments in 12 sessions

## TREATMENT CYCLE FOR RHINOGENOUS DEAFNESS:

- 1) tubal stenosis
- 2) chronic catarrhal otitis
- 3) chronic purulent otitis.

### CURE CYCLE

12 endotympanic + 12 inhalation treatments in 12 sessions

## PATHOLOGIES THAT CAN BE TREATED AT THE SPA

- Osteoarthritis.
- Osteoporosis and other degenerative processes.
- Widespread arthrosis.
- Cervicoarthrosis.
- Lomboarthrosis.
- Arthrosis of the limbs.
- Discopathy without herniation and without symptoms of nerve irritation or compression.
- Post slipped-disk surgery.
- Trachelodynia of rheumatic origin.
- Scapulohumeral periarthritis (not including acute forms).
- Quiescent rheumatoid arthritis.
- Arthroses, poliartroses, osteartroses (with widespread or localized osteoporosis).
- articular rheumatism.
- Periarthritis.
- Ankylopoietic spondylitis.
- Spondyloarthrosis.
- Spondyloarthrosis and spondyolsthesis.
- Extra-articular rheumatism.

### SUGGESTED TREATMENTS CYCLE

- Fangotherapy  
(12 mud treatments and 12 baths in 12 sessions)







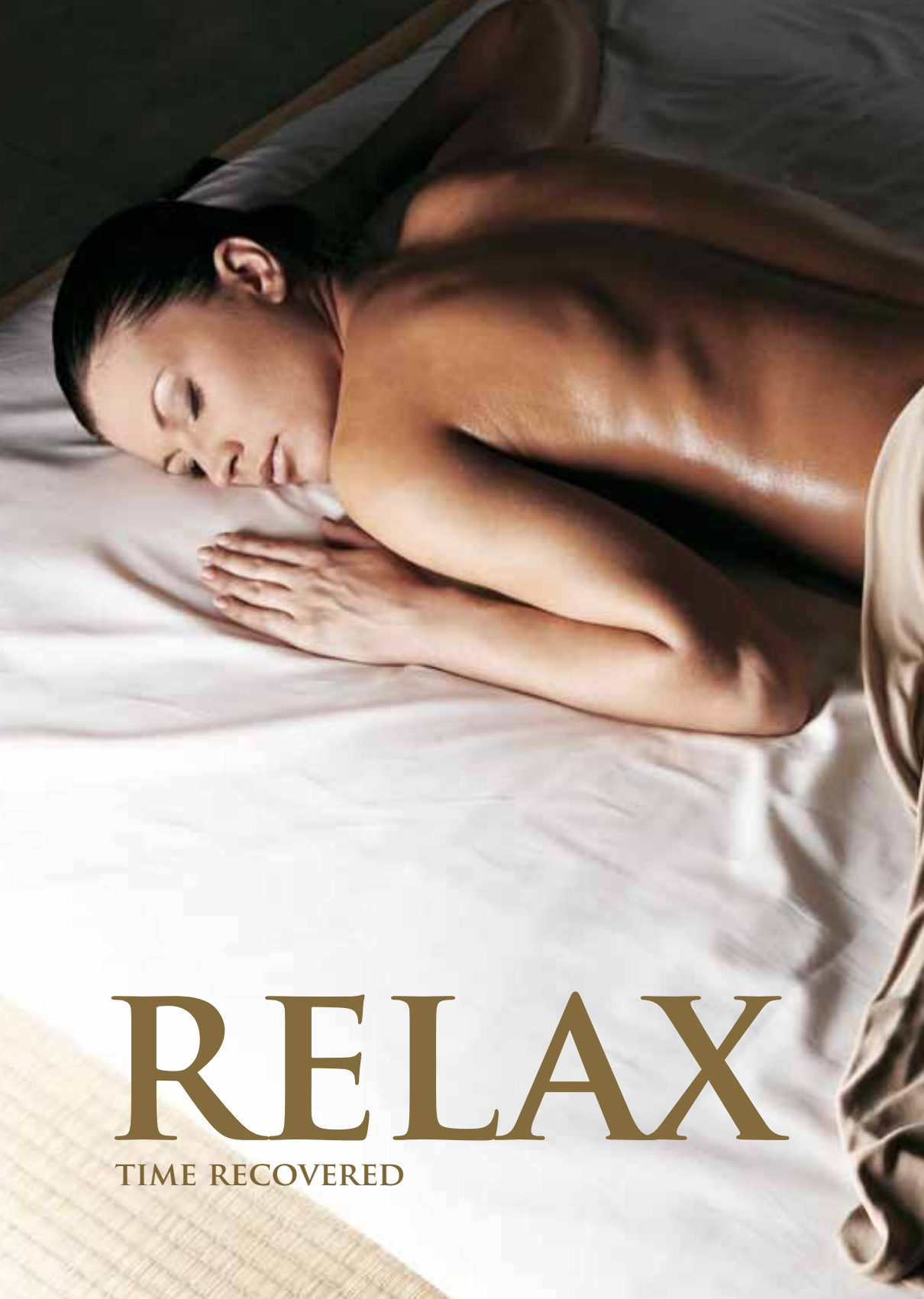
# WATER ANALYSIS

## AVERAGE VALUES

**Fixed residue of 5-6 grams of dissolved salts  
per liter of water at 180°C.**

Air temperature	12°
Water temperature	77°
PH	7,1
Electrical conductivity at 18°	7042 micro-simens
Fixed residue at 180°	5,050g/l
Fixed residue at 550°	4,340 g/l
Sodium ions	1,239 g/l
Potassium ions	0,088 g/l
Calcium ions	0,366 g/l
Magnesium ions	0,080 g/l
Ammonium ions	0,0027 g/l
Iron ions	< 0,05 p.p.m
Nitrate ions	absent
Sulfate ions	0,980 g/l
Chloride ions	2,176 g/l
Sodium bicarbonate ions	0,169 g/l
Bromide ions	13.6 mg/l
Iodide ions	0.82 mg/l
Sulfuric acid	1,67 mg/l
Silica	0,051 g
Alkalinity	27,7
Total hardness	120°F
Oxidizability	7,40 mg/l
Organic substances	0,3310 g/l
Cryoscopic Delta	-0,23 C°
Osmotic pressure	3,10 atm.





# RELAX

TIME RECOVERED









# HEALTH, WELLBEING AND PLEASURE

A HOLIDAY AT OUR SPAS  
MEANS DEDICATING  
SOME TIME TO YOURSELF,  
FORGETTING EVERYDAY STRESS  
IN AN OASIS OF PEACE

The fact that the spa facilities are right in the hotels means that, in a soft bathrobe, you can go to any of the treatment areas and all the other facilities, including the park, swimming pool, gym, and solarium, totally relaxed and in full privacy.

The Euganean Spas also mean beauty: specialized centers use thermal dermo-cosmetology not only to recover a new sense of wellbeing, but also to impart a feeling of greater beauty and greater inner peace.





# LANDSC

TO DISCOVER



A scenic view of a golf course. In the foreground, a stone-lined pond reflects the sky and the surrounding greenery. Two golfers, a man and a woman, are walking across a lush green fairway. The man is wearing a white shirt and dark pants, and the woman is wearing a white shirt and light-colored pants. They are both carrying golf bags. A large, leafy tree stands prominently on the right side of the frame. In the background, rolling hills are visible under a blue sky with some clouds. The word "APES" is overlaid in a large, serif font on the left side of the image.

# APES







## VILLAS, CASTLES AND MEDIEVAL TOWNS WALKING IN THE PAST

Castles, walled cities: the Euganean Hills offer a landscape still permeated by the mystery and charm of ladies, lords and knights of the Middle Ages and the Renaissance. Places like Montagnana with the extraordinary unfolding of the Carraresi walls: a curtain over 2000 meters long, 17 meters high, broken up by 24 hexagonal towers. Or the Cini Castle in Monselice, which is now a Medieval museum.

## THE EUGANEAN HILLS FROM WHICH TO ADMIRE THE VENETIAN VILLAS

Here, architects like Andrea Palladio, Gian Maria Falconetto and Andrea della Valle designed the retreats of the most powerful Venetian families of their times: Villa Emo Capodilista La Montecchia, Villa Selvatico, Villa Mocenigo Mainardi, Villa Barbarigo, Villa dei Vescovi and the Catajo Castle, true and proper architectural gems with imposing facades and enchanting gardens.







## UNFORGETTABLE LANDSCAPES

IT IS IMPOSSIBLE NOT TO FALL IN LOVE WITH THE TIMELESS CHARM OF THE EUGANEAN HILLS, WHERE LIFE'S PACE SEEMS TO SLOW DOWN, GIVING NEW HARMONY TO THE SOUL

Centuries-old oaks and chestnut forests alternate with Mediterranean vegetation, terraced hillsides covered with vineyards and orchards.

**The Regional Park of the Euganean Hills** offers 19 thousand hectares of volcanic hills that **you can explore by car, on foot or by bicycle**, choosing from the various scenic routes and more than 20 paths that climb the slopes.

Ancient towns, hermitages and refined architecture of the Venetian Villas tell the story of centuries of history, art and tradition.

The tranquility of the Euganean Hills and the magic of the vistas have offered inspiration and refuge to such poets as Petrarch, Foscolo, Byron and Shelley.







## THE PLEASURE OF THE TABLE IS AN ANCIENT TRADITION IN THE EUGANEAN HILLS

The fertile land produces a wealth of genuine, natural products, ranging from peas to asparagus, from the renowned red chicory to mushrooms and then there are the peaches, apples, cherries, Galzignano strawberries and sweet potatoes.

It is impossible to resist the typical Euganean produce, such as its olive oil, honey, the “Montagnana Prosciutto” ham and the typical dishes, such as the risottos, “risi e bisi” rice and pea soup. And we must not forget the meat dishes, such as “fruited duck”, pigeon, Paduan hen, and guinea fowl. And all of this obviously accompanied with polenta.

## THE LAND OF WINES

In the Euganean Hills, producing wine has always been an art. Today, the production of the prestigious Colli Euganei wines has been institutionalized by the Consortium for the safeguard of Denomination of Controlled Origin. The Consortium focuses on protecting the “Colli Euganei” Denomination of Controlled Origin (D.O.C.), guaranteeing the origin, tradition and quality of the vineyards throughout the territory. Following the “Strada del vino” (wine trail), you can visit these vineyards.



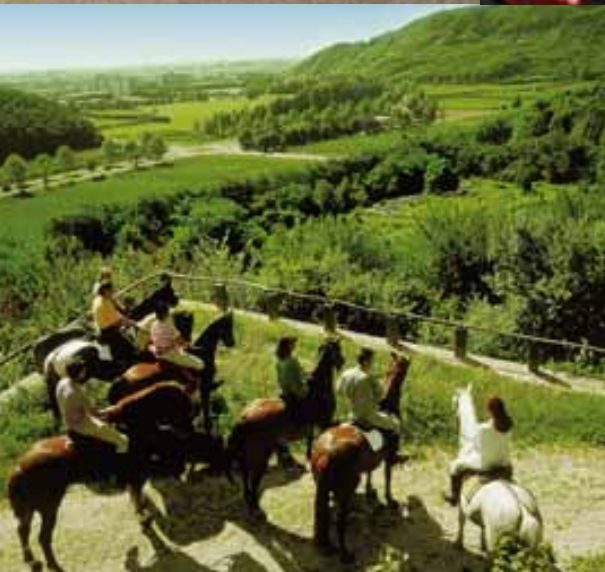




# SPORT

ACTIVE HOLIDAYS  
KEEP FIT WHILST  
HAVING FUN







## WELLBEING & SPORTS

A stay at the Abano and Montegrotto Spas is the ideal holiday for sports lovers. All the hotels offer modern, fully equipped gyms, tennis courts set in the surrounding greenery, elegant thermal swimming pools totaling more than a thousand square meters, hydro-massage baths, parks for jogging, mini-golf courses and bicycle rental, bike and nordic walking trails.

You can even take excursions on horseback or by foot, following the ancient lowland roads or the more than twenty paths that run through the Regional park of the Euganean Hills.

At your pleasure, you can add to the therapeutic value by applying the dual concept of “spa and sports”:

**BALNEOTHERAPY PLUS PHYSICAL ACTIVITY. TOGETHER, THEY HELP RESTORE YOUR JOINTS, HELP YOU RECOVER MUSCLE TONE** and enhance your psychophysical wellbeing.





## A GOLFER'S PARADISE

For golf lovers, there are as many as four golf courses in the vicinity of the Euganean Spas: the Golf Club Padova, the Golf Club Frassanelle, the Golf Club Montecchia, the Golf Club Terme Galzignano, as many as 150 greens at only a few kilometers from each other.

Open all year long.  
Guests can enjoy a refined combination of sports, relaxation at the spa, nature, culture and entertainment.

ALL ARE REFINED  
MODERN FACILITIES  
SET IN THE REGENERATING  
GREENERY OF THE EUGANEAN  
HILLS, RICH IN NATURE  
AND CULTURE







# ART

A CROSSROADS BETWEEN  
SOME OF THE MOST BEAUTIFUL  
CITIES IN NORTHERN ITALY







The Euganean Spas enjoy a unique, privileged location, a crossroads between some of the most beautiful cities in Northern Italy.

**VENICE**, a unique city, magically suspended on the water.

**PADUA**, “the city of the Saint” with its 14th century Basilica of St. Anthony, boasts a medieval historic center with a wealth of piazzas including the 18th century Prato della Valle and the superb Scrovegni Chapel that houses noteworthy frescoes by Giotto.

**VERONA**, the symbol of love, the setting for Shakespeare’s Romeo and Juliet, reveals the signs of Roman grandeur in the Arena, which hosts one of the most prestigious international opera festivals.

**VICENZA**, at the foot of the magnificent Berici Hills, joins grandiose Palladian architecture with Gothic grace.

**FERRARA**, the Renaissance art center with the refined Palazzo dei Diamanti.

And finally, there is **MANTUA**, an accommodating gem of a city, seat of the historic Gonzaga family.



## HOW TO GET THERE:

### BY PLANE:

Venice, “Marco Polo” Airport (about 50 km)

Treviso, “Sant’Angelo” Airport (about 70 km)

Verona, “Catullo” Airport (about 90 km)

Bologna, “G. Marconi” Airport (about 110 km)

The airports are linked to the Spas

by regular bus service, train and taxi, also by reservation.

By request Venice and Treviso airports

are connected with every hotel by a shuttle service.

### BY TRAIN:

Padua railway station (about 12 km)

At the exit scheduled busses every 20 minutes

Terme Euganee railway station in the centre of Montegrotto Terme

### BY CAR:

Motorway A13 Padua-Bologna, exit “Terme Euganee”

Motorway A4 Milan-Venice, exit “Padova ovest”

Abano and Montegrotto are linked by regular bus service  
to the main European towns





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Created from the union of **ABANO SPA®**'s oldest tradition in thermal therapy and the most advanced research in esthetic treatments we introduce **Thermal5Colours®**, our new thermal COMSECEUTIC line. Five products made exclusively with natural extracts and enriched by the unique quality of Euganean Spas's mud combined with the flavors of our surrounding hills. Five unique and certified coloured clay compounds that will be available exclusively at Euganean Spas's establishments.

**WHITE** · MICROSCRUB  
**YELLOW** · BODY SLIM  
**GREEN** · BODY TONIC  
**RED** · ANTI-AGE PROTECTION  
**BLUE** · ANTI-AGE INTENSIVE



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Galzignano Terme



ASSOCIAZIONE ALBERGATORI TERMALI  
ABANO MONTEGROTTO



CONSORZIO TERME EUGANEE



Archivio Consorzio Terme Euganee L. Maserà, F. Moro · Archivio Turismo Padova Terme Euganee M. Danesin, L. Zilli, Studio 23,  
L. Tommasin, A. Mazzetti, Ottica La Fotografica, A. Campanile, Getuli · Archivio Parco Regione dei Colli Euganei · Archivio Regione  
Veneto · Archivio Golf Club Padova · Archivio Nordic Competence Italia Drausio Tuzzolo