

SUMMER AT ABANO GRAND HOTEL

Belle Epoque Ritual Euro 110 min – Euro 250,00

A fine shower of jojoba wax beads massaged on to the body rejuvenate the skin, ready to receive the application of Mature Thermal Mud.

This splendid Ritual is completed by a face treatment with Vegetable Collagen, Hyaluronic acid and anti-aging Honey essences and a stimulating sensorial massage. An aromatic bath concludes this wellness experience, leaving in the notes of amber and honey, a bright, nourished and scented skin and the memory of an unforgettable experience.

Jasmin Therapy Massage Experience 80 min – Euro 140,00

A unique sensorial experience dedicated to the face and body. An extremely precious ally to the skin, essential jasmine oil, combined with warm shea butter enhances the beauty of the skin, toning and relaxing it.

Olive Oil Peeling and Treatment Ritual 80 min – Euro 120,00

An exfoliating massage with warm, precious nourishing olive oil enriched with vitamin E, skillfully drizzled on to the body and worked with walnut dust, is the prelude to this treatment. A rich Mask with an anti-oxidizing action provided by green Olives, removes impurities from the skin and deeply nourishes it.

Intensive Age Face Treatment for Men 50 min – Euro 80

A special treatment formulated specifically for men's skin which needs vitality and moisture. Intensive Age for man offers, long-lasting, visible results thanks to the effect of the anti-aging concentrated active ingredients such as malt extract, soy protein, Hyaluronic acid and Jojoba oil. A special face massage, designed to relax the face muscles and the area around the eyes, adds value to this pleasant experience for men.

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MONDAY

At 03:30pm *Gymnastic in thermal water*

From 5:00pm to 6:30pm at HOTEL LA RESIDENCE & IDROKINESIS Abano Terme:

Art experience studio (writing and painting)

1 hour and a half of free expression through painting and writing.

A creative experience to discover new inner potential in front of a piece of paper or canvas.

The sessions of Art Therapy conducted by the psychologist Dr. Sofia Valiani will help the participants to express spontaneously their hidden emotions and thoughts through painting and writing. For info and booking, please contact the reception. Euro 35 per person.

At 09:15pm *Live Music at James Bond Bar*

TUESDAY

At 03:30pm *Gymnastic in thermal water*

At 05:00pm *Cocktail Lesson:*

1 hour full immersion into the fascinating world of cocktails at the James Bond Bar –

Euro 20 per person with 1 cocktail included (maximum 5 people).

WEDNESDAY

From 8:00 to 12:00am *Abano Terme market*

At 03:30pm *Gymnastic in thermal water*

Nordic Walking from 5:00pm to 7:00pm an active and total body walk with a GB Personal Trainer. Departure from GH Trieste & Victoria. Booking at the reception – Euro 15 per person.

At 09:15pm *Live Music at James Bond Bar*

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THURSDAY

From 8:00am to 12:00am *Montegrotto Terme Market*

At 5:00pm Departure from Hotel La Residence & Idrokinesis Abano Terme:

Citybike tour on the Euganean Hills with a GB Personal trainer GB.

Tourists and amateurs of cycling tours have at their disposal a 64 km itinerary immersed in the midst of the nature of the National Park of the Euganean Hills. Guided by our Personal Trainer GB you will have the chance to experience the small part of this extraordinary itinerary with breath taking landscape views. This itinerary fits any need and includes a stop at Villa Bembiana where in 1918 was hosted the Press Office of Supreme Commander of the Armed Forces. From the grove of Monterosso we'll arrive at Praglia Abbey, the most important cultural and spiritual centre of the area. Then we will take the route to Montegrotto alongside wine yards, lakes and groves to enjoy fresh air and natural beauties of the Hills. Euro 25 per person.

At 07:00pm *"I Love Wine": Wine Tasting of the Euganean Hills'wineries*

FRIDAY

Enjoy all the benefits of thermal water by visiting our Romanae Spa. Do not hesitate to contact our Spa consultants to reserve your moment of well-being and relaxation.

At 03:30pm *Gymnastic in thermal water*

SATURDAY

From 8:00am to 6:00pm *local market at Prato della Valle Square in Padova* only a few km from Abano Terme away.

At 03:30pm *Gymnastic in thermal water*

From 07:00pm *Candle Light Dinner & live piano* (included in Full and Half Board reservations, beverage excl.). Euro 59 per person.

At 09:15pm *Live Music at James Bond Bar*

SUNDAY

From 07:00pm we look forward to welcoming you to the **James Bond Bar with our selection of elegant and refined aperitifs.**

From 7:30 pm **our Chef will wait for you you at the Pietro D'Abano Restaurant** with his daily special menu and delight you with the à la carte menu.

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SHOPPING

At the Shop Tempio del Benessere a wide range of skincare products, room fragrances, accessories for SPA and much more.

Do not miss refreshing gel for legs and spray with thermal water of Abano to tone and refresh your skin during hot summer days!

10% Discount provided to the guests of GB Thermae Hotels

SIGHTSEEING IN THE SURROUNDINGS

Our concierge will advise the most beautiful attractions of the area to be visited during your stay at GB Hotels. Here are some ideas:

Padova: Scrovegni Chapel with Giotto frescoes, Botanical Garden, University and historic squares

Burchiello: a boat tour in Burchiello visiting the Villas of the Riviera del Brenta

Verona: discover Opera Sumer Festival at Arena di Verona.

GOLF: Golf Frassanelle, Golf Montecchia , Golf Padova , three golf courses a few km from Abano Terme. Our concierge service at your disposal to book green fee and transfer.

Venice: besides visiting cultural and architectural heritage of this unique city you could also attend International Art Exhibition Biennale d'arte open till November 2022.

RECOMMENDED TREATMENTS FOR SUMMER TIME (discover our SPA menu)

GB Refreshing Thermal Mud Treatment for the Legs 50 min – 80,00

The ideal solution for preventing and counteracting problems linked to fragile veins and fluid retention using a synergy of plant-based active ingredients.

Luxury Silver Face 50 min – Euro 190,00

Recommended for all skin types, to counteract premature aging and the stress of inner city smog, the "Luxury Silver Face" treatment has two precious active ingredients: Snail Mucin and Barley Malt Extract for a regenerating, moisturizing effect.

Fruit Gel Peeling 50 min – Euro 80,00

Ideal for beginning any program, this relaxing, delicate treatment has a smoothing, Moisturizing, illuminating action.

Stress&mind Regenerating Massage 80 min – Euro 170,00

This massage has an immediate global regenerating action because it involves areas sensitized by the effects of stress; it makes the stress-generating impulse travel backwards from the body to the mind, generating a profound feeling of well-being.