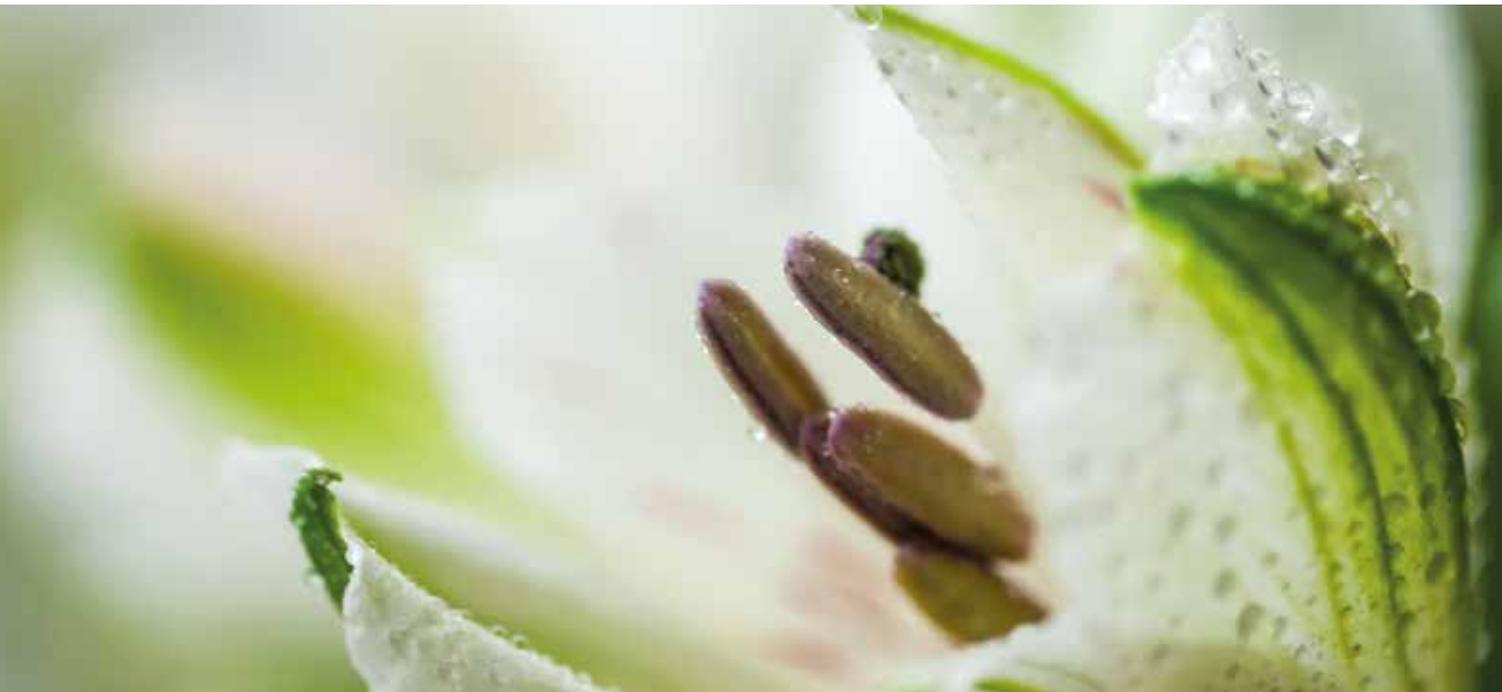


Active Thermal SPA
& Idrokinesis Center

Hotel La Residence
★★★★S

A B A N O T E R M E



Active Thermal Spa & Idrokinesis Center

Science, technology, specialist care and, by way of difference, spa water. Idrokinesis[®], a highly-specialized Center for recovery from trauma and other medical conditions. All in all, an elegant spa hotel with an Active Thermal Spa

Active Thermal Spa

The Active Thermal Spa is the ancient, venerable tradition of the spa treatment is combined with a new concept of fitness and well-being to create the best possible physical and psychological conditions in a modern, friendly environment, with three spa pools with hydro-massages/jacuzzis and hydro-paths set in a beautiful, peaceful, colorful garden, and two gyms with personal trainers that are highly-specialized in a number of activities which can even be performed in the pool, the spa water bath or in the open air, for an active, movement-filled vacation. Sports amateurs and professionals will find therapists here who are expert in athletic training and maintenance workouts. For guests who want to gain perfect well-being, form and beauty, there are GB Signature treatments, all of which have been created by the GB expert medical team, eager to meet the needs of today's Guests. There are effective, intensive programs to combat back pain or regain suppleness in the joints, courses and multi-sensory anti-stress courses for general well-being.

All this in a pleasant, elegant, 'great vacation' environment that even makes the well-being truly complete.

Idrokinesis Center

The Idrokinesis Center is the first spa water rehabilitation center in Italy, one of a kind in the world.

It was conceived and designed with a view to combining the quality of the spa water, charged with geothermal energy from the Euganean basin with the most up-to-date physiotherapeutic and medical recovery techniques.

The Idrokinesis Center is aimed at people with different disabilities, the recovery of athletes who have suffered accidents, to people who have been fitted with hip and knee prostheses, sprains in the joints, trauma and contusions, and is also extremely capable in treating cases of cerebrovascular or neurological disorders, such as strokes and Parkinson's disease.

Medical procedures provide rehab and recuperation therapies at an objectively state-of-the-art center in terms of facilities, care and environment, factors which, when they all come together, produce significantly greater results than those obtained through individual therapeutic methods, and predispose the procedures to full, speedy rehabilitation.

Before the patient's arrival

It is advisable for their GP to contact the specialists of the Idrokinesis Center to prepare a personalised programme of treatment.

Upon arrival

An expert will assess the patient, if necessary using instruments to perform detailed analyses. During their stay, the patient's progress will be constantly monitored by our team of doctors and therapists, also using biomechanical analytic means performed with the hi-tech instruments used in the Idrokinesis Center.

At the end of their stay

The patient will meet their doctor so that the results obtained can be evaluated and a series of activities to perform at home can be proposed with a view to maintaining the rediscovered wellbeing in the long-term.

The regime of Day Medical Spa is used, with a wide choice of programmes and services.

The GB Medical Team

A large number of specialists can create a well-being or rehab program to suit your requirements.

- Examination for admission to the Idrokinesis Center (this consists in registering the patient, assessing the results of any examinations or tests they may have brought with them and drafting the Idrokinesis programme. It also envisages a check-up and the examination performed before the patient is dismissed, with the assessment of the results obtained)
- General medical examination to personalise the Thermal programme
- Orthopaedic medical examination
- Physiotherapy medical examination
- Rheumatology medical examination
- Neurological consultation
- Sports Medicine medical examination
- Dietary consultation with diet to take home
- Natrix food intolerances test
- Dermatological check-up
- Vascular check-up
- Osteoporosis and ultrasonography
- The stabilometric footboard

~~Osteoporosis and ultrasonography~~

~~It is a complete exam as it is able not only to determine the density (calcium quantity) but also the quality (micro architecture) of the bone examined, thus allowing the patient to undertake it at a reasonable price and at no personal risk: an osteoporosis diagnosis, a forecast of the risk of future fractures and a monitoring of the effects on the bone of the pharmacological therapies used.~~

The stabilometric footboard

It is used to establish if a certain kind of posture is or not to be in the limits of normality. Very sophisticated software checks how the weight of the whole body is unloaded to earth, and consequently how our balance centre moves (barycentre). It helps diagnose problems of balance, to monitor the efficacy of the rehabilitative therapies, the legal medical evaluation of various secondary illnesses and cervical traumas.

This exam is a fundamental for correct diagnosis, and in establishing the most suitable therapy for many pathologies, that cause instability.

THE THERAPEUTIC AREAS OF THE IDROKINESIS CENTER

There are various therapeutic and rehabilitation areas clustered in the Idrokinesis area of Hotel La Residence. Here, the guest is, to all effects, a "patient" of a highly specialised centre, monitored by an interdisciplinary team of experts and assisted by a personal trainer.

But at the same time, they are also the Guest of an ultra-modern spa hotel, non unlike those used for traditional spa holidays.





THE IDROKINESIS® AREA

It is equipped with a large thermal swimming pool for rehabilitation, featuring three different depths. Also accessible to those who have difficulty in walking and various kinds of disabilities, its range of depths enables all requirements in relation to rehabilitation, sport and wellbeing to be met. Physiotherapists, personal trainers and graduates in sports science are highly specialised in the use of this underwater gym, using it to achieve extraordinary results in a short time.

Additionally, two smaller, therapeutic pools are reserved for one-to-one therapist to customer treatments. These are designed to meet the needs of patients whose particular conditions require treatment to be carried out in private. They are essential when the therapist finds himself dealing with extremely difficult illnesses or in cases where the utmost privacy must be ensured.

Each treatment is monitored using a custom-designed video recording system located in particular areas of the pools which enables the patient to correct their own movements in the water, so effectively following the prescribed therapy.

- Mobilisation of all the areas of the body
- Functional recovery and retraining
- Muscle reinforcement
- Retraining the vertebrae
- Muscle lengthening exercises
- Proprioceptive exercises and biofeedback
- Muscle relaxation techniques
- Spinal tractions
- Gait training
- Gymnastics and vascular treatments

The Kneipp path

The treatment performed to restore circulation and lymphatic efficiency in the lower limbs is performed using a particular walk through spa water in a series of pools, of various different depths and temperatures. Indeed, in the Kneipp path, exercises are performed and the patient walks against the flow to counteract circulation problems.





KINESITHERAPY AND FUNCTIONAL RECOVERY AREA

An entire area dedicated to Kinesitherapy and functional recovery.

The Kinetic gym, hosts treatments of kinesiotherapeutic passive and active mobilisation, functional and postural retraining and muscular reinforcement performed using hi-tech equipment. The staff is also specialised in rehabilitating patients with neurological problems and lymphoedema. Under the guidance of a personal trainer, the patient performs preventative gymnastics for the cervical and lumbar spine, shoulders and upper and lower limbs.

- Passive and active mobilisation
- Functional retraining
- Postural retraining and back school
- Muscular reinforcement
- Kinetec CPM device
- Muscle relaxation techniques
- Muscle lengthening exercises
- Proprioceptive and retraining exercises with stabilometric platform



PHYSICAL THERAPY AREA

One department of Idrokinesis is set aside for physical therapy. The antalgic treatment of many inflammatory and painful illnesses is an integral part of the Idrokinesis rehabilitation protocol.

- Magnet therapy
- Ultrasound therapy
- Antalgic electrotherapy
- TENS
- Laser therapy
- Muscular electro stimulation
- Iontophoresis
- Hyperthermia therapy

Spa water

A unique resource around which all the Idrokinesis programmes are centred

The thermal water of Abano Terme belongs to the category of hyperthermal waters. It comes from the bays of the Lessini Mountains in the Pre-alps and is considered to be unique thanks indeed to the long journey it makes to reach as far as the Euganean Hills. This trip, which takes approximately 25/30 years in the limestone rock at depths exceeding 10.000 ft below ground level, enables the water to enrich itself with precious mineral salts. Held for a long time in the depths of the subsoil, having turned into hyper-thermal bromide and iodide salts, it spouts forth in the Euganean hills at a temperature of about 187° F. Its mineral salts content gives it the uniqueness which distinguishes it and its great therapeutic value, the heritage of Abano Terme.

The Spa Water used here springs up from a source over 4,000 ft deep, at a constant temperature of 187° F, rich in highly-concentrated mineral salts. The fixed residue is 5.050 grams of salt per liter, resulting in a thermal water bromine-iodine salt that is unique in the world for its physical, chemical and energy characteristics. This water is used, as it springs up from its source, to mature the thermal mud while it appropriately cooled before being fed into the various thermal pools in the building. The special properties of this spa water have proved to be ideal when used for muscle relaxation and for the relieving of pain, which is quite noticeable even after being immersed in the water for a short time.



How mud becomes “D.O.C. Mud” or “Bio-Thermal Clay”

Mud and thermal water: two allies for beauty and health provided by nature

Mud brings with it the ancient history written long ago against the splendid backdrop of the Euganean Hills whose ancient lakes provide the clay which is transported to our Spas and placed in contact with the thermal water for a period of at least two months. In this way, the clay is transformed into Mature Mud which, thanks to the generation of microalgae, hosts the production of active ingredients with strong anti-inflammatory properties. This particular maturing process takes place gradually thanks to the clay immersed in the thermal water that bubbles up at a temperature of 187°F and is cooled to 104°/113°F for 60 days, so encouraging the growth of the precious microalgae. The D.O.C. Mature Thermal Mud (or Bio-Thermal Clay) which is produced, with its anti-inflammatory and anti-oxidising properties, which are comparable to those of certain drugs but free from side effects, is a precious ally of health and beauty and certified at European level.





IDROKINESIS® PREMIUM PROPOSALS

A series of proposals created by GB Thermæ Hotels combining various treatments in a course of therapy designed to meet your specific requirements

Idrokinesis® Program

The program provides the first specialist Idrokinesis consultation on admission, monitoring and assistance during your stay, consultation on discharge and three daily sections for physical and spa therapy.

- 6 Sessions of individual Idrokinesis in the rehab pool (25 mins)
- 6 Physiotherapy or movement therapy with the therapist in the gym (25 mins)
- 6 Physical therapies (current, ultrasound, magnetic, tension, etc.) (15 mins)
- 6 Thermal Mud Applications (enriched Bio-Thermal Clay)
- 6 Thermal ozone baths
- 6 Full well-being massages (25 mins)





Idrokinesis® & Back Program

- Spa specialist and physiotherapeutic consultation with assessment of posture (podoscopy)
- Assessment of diet (nutritional status and food faults)
- Assessment of balance (electronic stabilometric board/force platform)
- Assessment of bone mass (ultrasound)
- 6 Thermal Mud Applications (enriched Bio-Thermal Clay)
- 6 Dynamized, aromatically hydro-essence-enriched spa water baths
- 6 Hydrotherapy sessions (25 mins)
- 6 Kinetic postural re-education sessions in the gym (25 mins)
- 6 Deep Tissue Method® Massages (25 mins)

Active Linea® Program

- Special assessment for admission to the diet and spa program
- Personalized nutritional program
- 6 Health Plus Mud Spa Applications (Bio-Thermal Clay)
- 6 Aromatic hydro-essence ozone thermal baths
- 6 Personalized massages (50 mins) with a choice between the Deep Tissue Method® and lymphatic drainage
- 6 Sessions with your personal trainer in the gym or in the pool (25 mins)

Psoriasis Project

Psoriasis is the skin disorder that is most commonly treated with notable results in the spa environment, especially as a complementary method when the patient suspends therapeutic practices or as support for specific pharmacological therapies. Associating thermal balneotherapy with UVB ray phototherapy (thermal balneo-phototherapy) is proving to be an innovative technique. The results of this particular combination of natural treatments lead to a significant improvement of the subjectivity of the skin, which often even leads in turn to the damage disappearing for extended periods.

Our Idrokinesis program associates balneotherapy in spa water from the Idrokinesis spring (particularly rich in selenium and bromides) with phototherapy (UVA and narrow band UVB stand-up solarium). The skin's active absorption of the minerals with anti-inflammatory and anti-oxidising characteristics on the level of the cellular infiltrate is therefore associated with the active remission of the plaque psoriasis induced by the narrow band UVBs. Physical activity in Idrokinesis pool, therapeutic body massages with softening products and if necessary associated with mud therapy for illnesses involving problems with the bones and joints.

Psoriasis Program

- 1 Medical examination to personalise the programme
- 12 Thermal baths enriched with minerals and ozone (in the morning)
- 12 Phototherapy sessions
- 12 Thermal baths enriched with iodised salt (in the afternoon)
- 12 Fifty-minute treatments with a choice of: massages with softening and moisturising products, peeling, localised body treatments with spa water and/or the use of anti-psoriasis products



OUR TREATMENTS

Health Plus Thermal Mud

This treatment consists in applying Mature Thermal Mud, rich in natural anti-inflammatory substances to specific areas of the body with the purpose of creating notable benefits to the bones, joints and muscles. The “Health Plus” Thermal Mud treatment is finished off with a bath in ozonated thermal water designed to enhance the effects of the treatment and offer the organism greater benefits. The range of special hydro-essences added to the water is a luxurious finishing touch.

Mature Thermal Mud Fango & Fit

The treatment begins by sipping a lukewarm draining herb tea. Afterwards, in a particular relaxing area a mature fango compress will be applied at temperature and in the areas indicated by the doctor and about 15 minutes after will followed by a revitalizing thermal shower. The thermal bath is an essential part of treatment, with a complete immersion in the mineral water, to which is added a fragrant green-marine essence, the “relaxing hydro bath” and essential oils (white musk and lemon flowers) whose function is to amplify the therapeutic effect of the thermal water together with the relaxing one of aromatherapy. After the thermal bath, having dried the skin is vaporized on the whole body a nice cloud of fragrance, the “Esprit of Abano” with a moisturizing and rebalancing action of the skin pH. Follows the application of “refreshing gel for legs” for a refreshing action or “firming gel” for a firming action. The “Mud Fango & Fit” provides several benefits: regenerate the tissues, tone the muscles, loosens the stiffness, relaxes the spinal column using the detoxifying, anti-inflammatory and antioxidant properties of the fango therapy.

Thermal Bath

Balneotherapy consists in immersing the body in an individual bath containing energised thermal water rich in bromide and iodide salts at a temperature of 96°-100°F. The important effects of balneotherapy target the muscles and bones and in particular the joints, which move more freely, improving activity levels and the muscles, freeing them from tension and favouring the reduction of pain. The heat generated intensively dilates the blood vessels, benefiting the passage of blood. Balneotherapy is therefore an all-round remedy for the relief of pain and muscular atrophy, for helping the body to heal after fractures and surgical operations, and for improving chronic inflammatory processes and skin conditions.

Inhalation Therapy - Aerosol

The particular chemical composition of the thermal water with bromide and iodide salts performs a direct anti-inflammatory and action on and stimulates the action of immune system of the mucous membrane of the respiratory system. The most common chronic illnesses treated with inhalation and aerosol therapies are: rhinitis, pharyngitis, laryngitis, sinusitis, catarrhal otitis and bronchitis. Inhalation therapy is also suitable for children. A medical examination must always be performed before inhalation therapy and/or aerosol treatment.

Mud Therapy for treating Sinusitis

This treatment consists in applying Mature Thermal Mud to the forehead and the sides of the nose, to naturally combat chronic sinusitis, combined with inhalation therapies.

Hydrokinesitherapy

25 mins or 50 mins

Hydrokinesitherapy is a complete treatment performed in thermal water together with the therapist. In this way the traditional mobilisation techniques can be associated with the muscle-relaxing and analgesic properties of the thermal water. Recovery is quicker, safer and more stable, guaranteeing long-lasting results. (See detailed information from pg. 5 “Idrokinesis Center”).

KINESIS THERAPY

Motorial re-education

25 mins or 50 mins

The manual mobilization, of a blocked articular area, carried out by the therapist and prescribed by the physiatrist, is an integral part of our rehabilitation protocols and is essential for full recovery.

Functional re-education

25 mins or 50 mins

It is a very important phase of a rehabilitation protocol, especially after a joint trauma, that foresees complex work both on the recovery of muscle strength and joint mobility range, but mainly dependent on the proprioceptive system to control the stability during the movement: the aim is to fully restore the functionality of the area affected by the trauma.

Postural re-education

25 mins or 50 mins

Postural re-education is a unique method of global musculoskeletal rehabilitation, working on the recovery of balance and elasticity through strengthening and stretching of specific muscular ranges with active and progressive postures.

Proprioceptive training on stabilometric platform

28 mins 25 mins

The proprioceptive stimulation of a damaged joint is geared to creating a situation of progressive and controlled instability that helps reactivate and recover the efficiency of the specialised control mechanisms in the neuro-muscular response (the proprioceptors), of which a high number is present in the capsular and ligament structures, and which are often damaged by the damaging event and its consequences (edema, difficulty in moving, pain...). Used in motor rehabilitation to re-store full efficiency and functionality to the damaged area as quickly as possible. This method enables the patient to perceive the results obtained and change how they act to bring it into line with their intentions.

Biofeedback

Biofeedback is a piece of equipment used by the therapist, in synergy with traditional techniques, in cases in which the objective is to obtain full, effective motor rehabilitation.

It can be used in various ways:

- to evaluate the degree of muscular activity;
- to obtain a localised muscular reinforcement, in orthopaedic and neurological problems;
- as a deep relaxation technique for controlling anxiety.



Prevention, re-education, rehabilitation for athletes

One of the main aims of professional athletes is keeping the body in shape even in the breaks between competitions, both at the beginning of the season so as to be ready for the seasons appointments, and also at the end in order to eliminate the fatigue of an intense period of activity.

Active prevention of sport traumas is advised by sports medicine specialists to all those who believe regular physical activity prolongs health and well-being. Today, keeping in shape is possible using a correct recovery program, safe and personalized according to needs.

Young sportspeople and the not so young with muscular lesions, knee and shoulder, ankle traumas, with initial degenerative forms to the cartilage or post-operative surgery will find Idrokinesis® the ideal place to follow personalized rehabilitative treatment, athletic movement and sports activity recovery. Rehabilitation programs which can be carried out a few days after traumas or surgery are readily available.

ANALGESIC THERAPIES

Hyperthermia

from 10 to 25 mins

In the mud-water therapies used in treatments for osteoarticular illnesses for example, thermic energy applied in cyclic phases on the whole body by mature mud compresses or by a bath in spring water, activates stimulating mechanisms on the cellular metabolism and participates, in an important way, in the therapeutic final action. In some cases though a more localized heat action is necessary, particularly when limited local areas are to be treated intensively.

The application of heat through the innovative technique of 'hyperthermia' is more strict and effective; it uses two sources of heat (one to heat deep tissues, the other to cool the external skin layers), allowing a more selective and effective action, above all in post-traumatic pathologies in a subacute phase.

Ultrasound therapy

from 10 to 25 mins

Ideal for its pain-relieving effect, it is used in all the disorders of the locomotive apparatus or to complete a physiotherapy session.

Electrotherapy

from 10 to 25 mins

The continuous currents enable certain pharmaceuticals to be directly carried to the areas to be treated, while the variable currents can have a motor-stimulating (Compex), pain-relieving (Tens, Diadynamics) or thermal effect.

Ionthoporesis

from 10 to 25 mins

Ionthoporesis can be used to carry a medicinal substance within the skin straight to the area to be treated thanks to a particular continuous current applied directly to the treatment area with specific electrodes of different polarities.

Magnet Therapy

from 10 to 25 mins

Ideal for improving the metabolic functions, increasing the microcirculation and the cellular regeneration mechanisms. Used for a wide range of therapeutic purposes, in particular in traumas of bones and joints, in the treatment of bone fractures and in treating osteoporosis.

Super-pulsed Lasertherapy

from 10 to 25 mins

Unlike other methods, laser therapy does not base its therapeutic effect on the development of heat but on the action of photochemical and photobiological stimulation induced in tissues by the luminous impulse. Cells damaged by inflammatory, traumatic or degenerative causes, when stimulated by the laser tend to recharge their energy and resettle back to the primary physiological function. Treatment should be as early as possible and has to be personalized by the doctor, in the treatment of a wide range of diseases, in sports traumatology, in arthro-rheumatic diseases and articular motor rehabilitation.

Kinesio Taping

Kinesio Taping® Method has revolutionised the world of rehabilitation and sports medicine. This method uses Kinesio Tex® Gold™, an elastic tape with specific characteristics in terms of flexibility, thickness, tension, elasticity, weight and texture. Kinesio Tex® can be combined with other rehabilitative techniques such as manual therapy, therapeutic exercise, hydrotherapy, deep massage and physical therapy for perfect results.

Kinetec

The apparatus for mobilization permits passive movement of the knee and hip articulations; its use is an effective and important part of therapeutic medical treatment. Its aim is, above all, to avoid lesions during immobilization, to regain mobility quickly and painlessly for the articulation and thus favour a swift healing process accompanied by good functional results.

GYM

Physio Gym Kinetic

An environment fully dedicated to physiotherapy, reserved for guests on the integrated rehab program, and designed for motor, functional and postural rehab, where course of spa exercise and treatment are essential for complete recovery. Personal trainers and physiotherapists work in a team under the watchful eye of a physiatrist. Therapists are constantly updating their skills and have the best equipment to ensure that the treatment guests receive is intensive and effective. Sessions can be either 25 or 50 minutes in length.

Pancasix Evolution

Equipment used under the guidance of experienced staff for the prevention and treatment of musculo-skeletal imbalances related to poor posture or musculo-tendinous retractions. The principal mechanism underlying this technique is the general, non-analytical lengthening of muscle chains through correct posture, thus avoiding 'compensation' i.e. activating those defense mechanisms our body uses to reduce pain and muscle spasms. Pancasix has proven to be highly effective in issues to do with posture, cervical pain, lumbago or back pain, slipped or herniated disks, disorders in the temporomandibular joint (TMJ), osteoarthritis of the hip, knee and spine, and shoulder pain. The integral use of this method in combination with mud bath therapy, thermal spa exercise and treatment, and functional rehab, makes it possible for our guests, in a short space of time, to achieve and continue to experience the benefits, over a long period of time, of treatment for all degenerative issues to do with joints (arthritis) or functional issues (postural defects, dysmorphism, and pain in general).



Personal Trainers

Training sessions with our Personal Trainers allow our Guests to reap maximum benefits from their Program or tailor it to suit their personal training goals. An infinite range of activities is on offer, each one tailored to suit the individual's requirements: muscle toning, fitness circuit, aqua fitness, aerobic circuit in the gym, stretching, postural gymnastics and exercises for the back. 25 or 50-minute sessions are available.



OUR MASSAGES

Wellness Massage

25 mins or 50 mins

Excellent when combined with Treatments of Thermal Mud Therapy, the Wellness Massage acts on the muscles, providing a sensation of comfort and relaxation. It has a beneficial effect on both mind and body.

Deep Tissue Method® Massage

25 mins or 50 mins

The technique of Deep Tissue Method® Massage consists of a particular type of body massage, extremely effective, recognized scientifically, which focuses on the deep muscles fascia. This technique is particularly indicated to relieve the body tension by relaxing the muscles; it is useful to treat a variety of diseases. Among the main effects, this massage improves the posture and flexibility, reducing inflammation that causes pain, and makes connective tissue more elastic.

GB Method Hemolymphatic Draining Massage

50 mins

Created by the GB experts, this massage technique is designed to favour the circulation of both the blood and the lymph at the same time. The massage is performed slowly, with rhythmic movements and a medium depth which also allows the muscles to extend as much as possible. Excess toxins and fluids are removed, while elasticity and softness is restored to the skin.

~~Lymphatic Drainage for the Body~~

~~50 mins~~

~~Lymphatic Drainage is a massage technique that generates extraordinary draining effects. The massage itself is slow and delicate, specifically designed to counteract edema, swelling, lymphatic build-up and all other situations in which excess fluids need to be drained from the body. Also excellent for headaches and dark circles under the eyes, it combines perfectly with all the GB aesthetic treatments, Thermal Mud treatments and controlled diet regimes.~~

~~Lymphatic Drainage for Face and Body~~

~~80 mins~~

~~During this massage, face and body are treated together in the same session for a complete, overall result.~~

Vodder Method Lymphatic Drainage - 50 mins

The Vodder manual lymph drainage technique is ideal to fight edema and fluid retention in the tissues. It is also great to treat cellulite, post-surgery scars and in case of stress and PMS. This technique began in the thirties and was created by the physiotherapist Emil Vodder who had been for years studying the lymphatic system. The Vodder manual technique is carried out with slow and superficial movements and with a light massage, enveloping and rhythmic, characterized by backwards pumping maneuvers. The lightness of the massage is in fact the main characteristic of this treatment and is almost imperceptible, since its effect is directed to the superficial tissues and not to the muscles which instead require different, faster and decidedly deeper massages. The pressure is thus usually very light and is varied depending on the various areas of the body or in presence of edemas, for this reason it is increased in the presence of lymphedema. The slowness is due to the need to adapt the massage to the speed of the lymphatic circulation, which is not as fast as blood circulation, while the "feather-light" pressure is used to avoid compressing the lymphatic vessels and to transport the lymph to the lymph nodes correctly. The lymph node discharge maneuvers are deeper, since the goal of this technique is to empty our body from fluids, so the Vodder lymphatic drainage always starts from the neck. At the end of the treatment the swelling, due to fluid retention, diminishes visibly and you can feel a sensation of lightness in the areas treated and in general over the entire body. If the light pressure and the slowness of the treatment do not fit the taste or needs of the person, this technique can be replaced with the haemolymphatic draining massage technique, more dynamic and faster, intended for both lymphatic and blood circulation.

Reflexology

50 mins

This is designed to help rebalance the energy in the body by stimulating certain areas of the foot. It has a beneficial action designed to reduce stress, tension and various types of problems, which may also cause pain.

Anti-Stress Massage

50 mins

Tension is dispersed, the mind relaxes and the body is reinvigorated. Its relaxing action, especially on the cervical and lumbosacral regions of the body, makes it particularly suitable also for those whose work means they must adopt a particular type of posture. The anti-stress massage favours deep relaxation, activating the production of natural “painkillers”, “anxiety suppressants” and “anti-depressants” and developing our ability to listen to the natural requirements of your mind and body.

Ayurvedic Massage

50 mins

Warm oil and an embracing massage are the essential components of this wonderful treatment. The most ancient Indian tradition, Ayurveda or the Science of Life, brings this technique into our age. It is designed to rebalance the person’s doshas and is therefore personalised to generate a calming (Vata), draining (Pitta), toning (Kapha) effect or act on all three doshas (tridosha) to nourish and rebalance the energy levels.

Hot Stone Therapy

~~50 mins or 80 mins~~

“A magical experience of original and relaxing wellbeing.”

The hot and cold stone technique combines the pleasant sensation of heat to the fresh sensation of cold marble stone.

The relaxing effect generated from the vasodilation due to the heat combines to the stimulating and vasoconstricting effect caused by the cold stones, providing an efficient and pleasant vascular workout.

The movements are slow and rhythmic to emphasize the sensations given by the stroking of the stones on the body. It is an experience to be tried both in the summer and in the winter for all those who wish to fight stress and worries, and wish to be transported to an extraordinary immersion of the deepest kind of relaxation.

Shiatsu

50 mins

Using pressotherapy and manual movements, the body rediscovers its natural harmony. Ideal for treating headaches, back pain and loosening up the joints, Shiatsu is an excellent accompaniment in remise en forme programs and for restoring the connection between mind, body and spirit.



THE BORILE EXPERIENCE COSMETICS LINE

Nature and science combine to generate an extraordinary result in terms of beauty

The experience and the research performed by the GB Group have generated an exceptional resource designed to enhance each Guest’s beauty and wellness: the Borile Experience Cosmetic Lines. These are not simple products, but rather a rare concentrate of precious elements donated by Nature. The Thermal Mud and Water of Abano, Olive Oil, extracts of Hematite and precious plant-based substances are only some of the rich treasures they contain.

FACE BEAUTY

GB Thermæ Hotels Signature Treatment

A series of proposals dedicated to the wellbeing of the face for a fresh, bright, youthful skin. A calm, relaxing atmosphere is the perfect backdrop to host these pleasant treatments and make your stay even more enjoyable

Luxury Thermal Shine

50 mins

Luxury Thermal Shine is the brand new precious GB Thermæ Hotels Signature Treatment designed to enhance the beauty of the skin, restoring vitality and moisture. Mud, Thermal water, Olive Oil, the precious gifts of the earth, make this splendid treatment a rich source of beauty and wellness. Caressed by the pleasant, stimulating motions of a massage, the face relaxes and the skin, rejuvenated and nourished, lights up with a new splendour, sourced from the vitamins and plant extracts comprised in the formula.

Luxury Silver Face

50 mins

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. Snail Mucin is sourced from the natural secretion of mature snails and in its natural form, it is rich in glycolic acid, collagen, elastin, vitamins A, C and E and allantoin, for a regenerating, moisturising effect. Barley Malt Extract is a product full of polyphenols and Ferulic Acid with anti-oxidising properties, which protects the skin from the damage caused by free radicals. A soft exfoliating scrub with jojoba micro-beads and a peel-off mask with Mineral extracts and Thermal water enrich the beauty ritual, immediately leaving the skin smooth and silky. It is therefore recommended for counteracting wrinkles, pock marks, scars, dark spots, red marks, irritations and stretch marks.

Luxury Hematite

80 mins

The Luxury Hematite Ritual is as precious as hematite crystals and an effective fruit of the thermal research carried out by GB, completely dedicated to the face, neck and décolleté. It is the ultimate anti-aging treatment for the more demanding men and women among us. Thermal spring water, active plant-based oxygen extracted from bean sprouts and precious iridescent black crystals of natural hematite, make this treatment a unique combination of beneficial substances designed to remove the marks of time. It works on the tone and elasticity of the skin, making it bright, nourished and moisturised, and preserving your youthful appearance with visible results from the very first application. The synergy of the various massage techniques and the unique multisensory activation help relieve stress and tension, deeply relaxing the features.

De-Sensitising, Lightening Treatment

50 mins

Suitable for skins that are particularly sensitive or stressed by the pollution of our environment, it has a soothing, de-sensitising effect. The extracts of Cardoon, the repairing effects of Centella and Calendula, with its nourishing, soothing properties, are the main ingredients of this pleasant, relaxing treatment.

Thermal Detoxifying Face Treatment

50 mins

Purpose of the treatment: to free the skin on the face from toxins and impurities and make it bright. Purified, thanks to the action of the Mature Mud of with its extraordinary properties, the skin breathes and returns to its former glory. Vitamin A, Hyaluronic acid and Iris extract moisturise, rejuvenate and tone the skin.

Anti-Stress Face Treatment

50 mins

This treatment acts on the effects of stress and time, leaving the skin bright, toned, moisturised and nourished. Rose, lavender and amber essences relax the features, hyaluronic acid reduces wrinkles and laughter lines, the repairing properties of Cardoon and the anti-oxidising extracts of Oak complete this magnificent moment of pure self-indulgence.

Eye and Lip Contour Treatment

25 mins

A gel mask made with Hyaluronic acid moisturises and fills, plumping the lips. A complex active concentrate made with Centella and Escina extracts, to reduce swelling and Caffeine to reactivate the micro-circulation, lighten the eye area, rejuvenating the gaze. This treatment is excellent when combined with all the GB face treatments.

Lymphatic Drainage for the Face

25 mins

This is a massage technique which is one of the most valid, effective solutions for removing excess fluids and toxins from the face. It favours cellular regeneration, visibly eliminating edema to leave the features more relaxed. Ideal for those who prefer a delicate touch.

Anti-Stress Face Massage

25 mins

Ideal for regenerating, toning and relaxing the skin, the anti-stress face massage offers excellent results which reduce the marks left by time and relax the face muscles. Deeply relaxing, it is ideal when combined with face or body treatments.

Thermal Facial Cleansing

50 mins

Thermal facial cleansing is an effective, deep-cleansing treatment ideal for combination skins and those with impurities: a plant-based exfoliant combined with steam and rounded off with a mask of Mature Abano Mud, activated by an innovative cosmetic product which moisturises and purifies the skin deep beneath the surface. An essential step before all face treatments.

Delicate Facial Cleansing

50 mins

Especially created for all sensitive skin types that need extra attention, the delicate face cleansing procedure leaves the face cleansed and free from impurities, ready to undergo any kind of face treatment. The repairing effect of the cardoon and the soothing action of the calendula guarantee that this treatment is as delicate on your skin as you are.

SPECIALS FOR MEN

Intensive Age Face Treatment for Men

50 mins

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.

Body Peel & Relax Treatment for Men

50 mins

This treatment especially created for men eliminates skin impurities and detoxifies the body thanks to the action of the salt and mud, and soothes tensions by massaging the back with relaxing movements. The fresh, revitalising notes of rosemary, cypress and lavender create an incredible breath of freshness. The nourishing oils of Argan, sweet almonds and wheat germ leave the skin feeling extraordinarily soft and moisturised.



RITUALS

GB Thermæ Hotels Signature Rituals

Rediscovering wellness, surrounded by inebriating fragrances, the soft textures of luxurious creams and face packs, pampered by the pleasant rhythms of relaxing massages. This is what we hope to offer with our Rituals, because true luxury is abandoning oneself, and losing all sense of time, in the harmony of the mind, body and spirit.

Bacchus Face and Body Ritual

110 mins

A multisensory Ritual with a distinctive anti-oxidising action due to the presence of Resveratrol, combined with the natural minerals of the Mature Thermal Mud of Abano. An exfoliating phase for the face and body with red grape gel, after which a layer of Abano Mature Thermal Mud is applied to the skin; a face treatment with a special gel mask made of red grape must with a high concentration of polyphenols; an inebriating Bacchus bath scented with fruity red wine. The sensations of wellness that this magical Ritual creates are concluded with a relaxing massage.

Belle Epoque Ritual

110 mins

Embraced by the magical scent of amber, elegant and sensual, in an atmosphere of ultra-comfortable relaxation, the Belle Epoque Ritual takes the mind and the body back to the luxury and splendour of thermal treatments from the end of the 1800s.

A fine shower of jojoba wax beads massaged on to the body rejuvenate the skin, leaving it silky and smooth, ready to receive the application of Mature Thermal Mud and soft Vitamin-enriched mousse. 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.

Cacao Face & Body Immersion

110 mins

The anti-oxidising and stimulating action of theobromine contained in cocoa is the core element of this delicious Ritual which leaves the face and body looking younger and more toned. It begins with a pleasant exfoliation using cocoa beans which have been ground to a fine dust, designed to remove any impurities from the skin and to prepare it to receive the precious active ingredients of the nourishing chocolate mask applied afterwards. The Ritual is completed with a face treatment enhanced by the soft, anti-oxidising, illuminating mask and ends with a relaxing massage, followed by an aromatic chocolate bath in the warmth of the thermal water. A Ritual created to pamper the senses, boost and revitalise the skin.

Olive Oil Peeling and Treatment Ritual

80 mins

An exfoliating massage with warm, precious nourishing olive oil enriched with vitamin E, skilfully drizzled on to the body and worked with walnut dust, is the prelude to this treatment. A rich Mask with an anti-oxidising action provided by green Olives, removes impurities from the skin and deeply nourishes it, leaving the active ingredients to penetrate and prepare the surface for the final massage, which concludes this magnificent wellness experience.



Jasmin Therapy

Considered the king of flowers, the jasmine is a symbol of love and affection. 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. Its soothing action combines with that of the soft shea butter, nourishing the skin deeply and activating a powerful action which repairs the tissues.

Jasmin Therapy Ritual

110 mins

The face and body massage are enhanced and completed by the pleasure of the thermal bath with jasmine oil to provide body and spirit with everything it needs to restore its balance. The warm embrace of the thermal water heats the body and disperses tensions, providing a sensation of tranquillity, optimism and a pinch of euphoria.

Jasmin Therapy Massage Experience

80 mins

A unique sensorial experience dedicated to the face and body. Under the skilled hands of our masseuse, the body relaxes, the muscles lose their rigidity and the features of the face relax.

Jasmin Therapy Body Massage

50 mins

An all-over relaxing massage designed to remove tensions from and enhance the wellness of the body. It activates all the calming and relaxing properties of jasmin.



BODY BEAUTY

GB Thermæ Hotels Signature Treatments

To regain a slim, firm silhouette, detoxify and purify the body, lighten the legs or, more simply, treat yourself to some pampering time and moments of pure wellness are the goals of this program.

Fruit Gel Peeling

50 mins

Ideal for beginning any program, this relaxing, delicate treatment has a smoothing, moisturising, illuminating action. The skin is exfoliated with a pleasant massage using warm towels. It is rounded off by a body massage performed using a special vitamin-enriched oil with a nourishing, protective action.

Volcanic Peeling

50 mins

A blend of pumice dust and vegetable granules of different sizes combined with a nourishing, elasticising synergy of plant oils and Vitamin E, are the ingredients used in this luxurious exfoliating treatment for the body. The final massage is unforgettable, energising and wrapping the skin in a special volcanic cream with the scent of faraway lands.



GB MUD WELLNESS TREATMENTS

GB Thermæ Hotels Signature Treatments

Intensive Thigh, Buttocks and Abdomen GB Thermal Mud Treatment

80 mins

To sculpt, slim and reduce. These are the objectives of the Intensive GB Thermal Mud Treatment dedicated to the thigh, buttock and abdomen areas. Eighty minutes to define, tone and improve these important areas of the body. Wrapping the skin with a special draining lotion, an application of thermal mud and reducing active ingredients derived from algae and a modelling massage, enhanced with the action of the caffeine-based fat-reducing cream. An exceptional, high-performance intensive treatment which offers the maximum results.

GB Refreshing Thermal Mud Treatment for the Legs

50 mins

The ideal solution for preventing and counteracting problems linked to fragile veins and fluid retention, A synergy of plant-based active ingredients derived from ginkgo biloba, centella, escin and butcher's-broom, combined with Vitamin C, with an anti-oxidising power, guarantee an excellent result. The treatment involves applying mature mud enriched with the active ingredients, followed by a refreshing skin wrap and reactivating massage, designed to relieve swelling and heaviness in the legs.

GB EMOTIONAL PLUS THERMAL MUD TREATMENTS

GB Thermæ Hotels Signature Treatments

GB Emotional Plus Thermal Mud Treatment Draining

50 mins

A cool mud pack with added cosmeceuticals, formulated with stem cells of the oak tree and phytosomes of centella that boost the draining action of the Matured Mud. The treatment ends with an aromatic bath in energised thermal water and caressing massage to make the legs feel notably lighter.

GB Emotional Plus Thermal Mud Treatment Detoxifying

50 mins

A treatment which consists in an application of mud with added cosmeceuticals formulated with phytosomes of bisnaga, the slimming liposomes of caffeine and the theophylline extracted from sweet clover and marian thistle. A thermal bath follows then the skin is massaged with nourishing vitamin oil. This treatment results in the complete elimination of toxins.

GB Emotional Plus Thermal Mud Treatment Energizing

50 mins

The treatment begins with the application of thermal mud enriched with milk proteins and cosmeceuticals formulated with the stem cells of the oak tree, essential amino acids polypeptides in combination with pure vitamins (E-A-C-B5) for cell regeneration. A thermal bath, followed by a brief energizing massage conclude the experience, making you feel rejuvenated.

GB Emotional Plus Thermal Mud Treatment Muscle Relaxing

50 mins

Based on the unique relaxing properties of the Mature mud in Abano, applied in a lukewarm layer to the back. The pure essential oils of camphor, melissa, lavender, rose and lemon added to the pack boost the muscle relaxing effect of the matured mud. An aromatic thermal bath follows and the experience ends with a caressing massage as vitamin-enriched oil is applied to the skin.



BEAUTY FOR HANDS AND FEET

Luxury Manicure

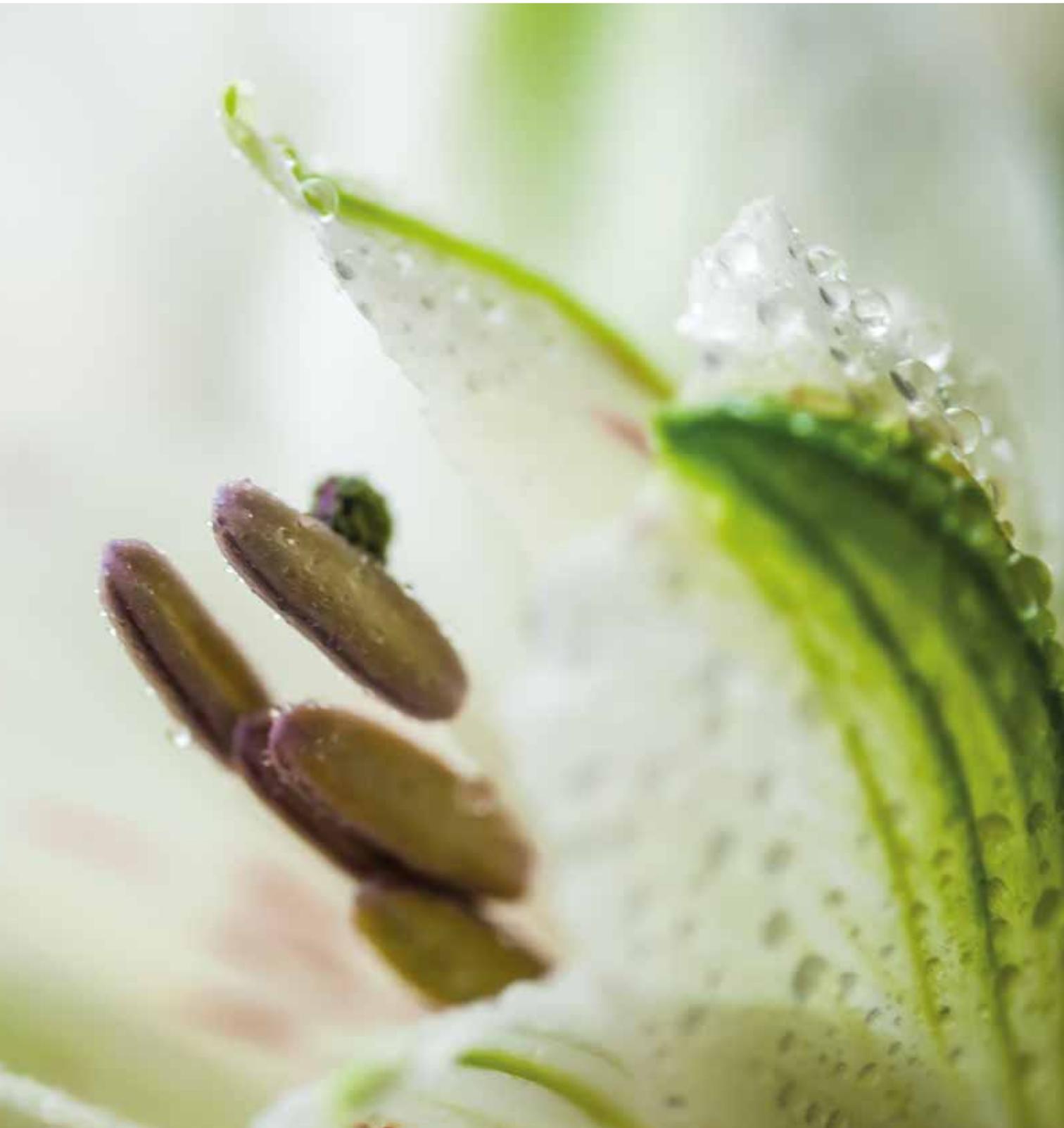
50 mins

Our hands tell our story. This treatment makes them soft, moisturised and bright. A touch of colour or the soft nuances of delicate shades of nail polish complete and enhance this touch of beauty.

Luxury Pedicure

80 mins

A moment designed to enhance your wellbeing, leaving your feet feeling lightweight and soothed. The skin becomes smooth and bright thanks to the delicate exfoliating process and the moisturising, nourishing pack. The final massage removes fatigue, restoring wellness and energy to the feet.



THERMAL AND WELLBEING PREMIUM PROPOSALS

Health Plus Program

Mature Thermal Mud (Bio Thermal Clay) of the GB Hotels in Abano Terme.

For years, this program has been chosen for its effectiveness on the musculoskeletal system. And indeed, it has been proved that a cycle of mud applications helps increase the body's anti-oxidising defence mechanisms and protects the cellular metabolism.

Each session of the Health Plus program includes 3 individual treatments per day and 1 hour of group activity.

- Application of Mature Thermal Mud (Bio-Thermal Clay)
- Bath in thermal water, energised and enriched with water-soluble aromatic oils
- Deep Tissue Method® Massage (25 mins)
- Health-restoring herbal infusion
- Group aquagym activities in the spa pool from Monday to Saturday

The medical check-up is compulsory for establishing the number and type of application of the treatments and ensuring that they work as effectively as possible.

Remise En Forme Program

Suitable for those with stress-related disorders, or who lead a sedentary lifestyle, and need to recharge their energy levels.

- 6 Applications of Mature Thermal Mud (Bio-Thermal Clay)
- 6 Baths in thermal water, energised and enriched with water-soluble aromatic oils
- 4 Deep Tissue Method® Massages (25 mins)
- 2 Massages: Shiatsu, Ayurvedic Massage (50 mins)
- 4 Treatments. Choose between: Volcanic body Peeling, Peel & Relax Ritual for Men, delicate or thermal Facial Cleansing, Intensive Age Face Treatment for Men, GB Leg Refreshing Thermal Mud Treatment, Anti-stress Face Treatment
- Health-restoring herbal infusion
- Group aquagym activities in the spa pool from Monday to Saturday

The medical check-up is compulsory for establishing the number and type of application of the treatments and ensuring that they work as effectively as possible



Antistress & Detox Program

The program is based on the synergic effect between the purifying action caused by the detox diet and the way the metabolism is stimulated by the application of the mud and the thermal bath. One week of a rational diet generates rapid results both for the body weight and on the overall caloric consumption. Meeting with an expert in food science, who will devise a diet, monitoring during the stay and take-home diet for when you leave the hotel.

- 7 days of detox menu
- 6 Sessions of Emotional Thermal Mud Plus with thermal bath (detoxifying, energising or draining)
- 6 Treatments in line with our doctors' prescription. Choose between: delicate or thermal Facial Cleansing, Hemolymphatic Drainage Massage, Volcanic or Fruit Jelly Peeling or Peel & Relax Ritual for Men, Pressotherapy, Lymphatic Drainage for the body, Detoxifying Spa treatment for the face, Intensive Age Face Treatment for Men.
- 6 Wellness massages or 6 sessions with a Personal Trainer (25 mins): "body-toning", firming gymnastics, aerobics and stretching.
- Group aquagym activities in the spa pool from Monday to Saturday

The medical check-up is compulsory for establishing the number and type of application of the treatments and ensuring that they work as effectively as possible.

Trip Around the World Program

For those who love travelling, trying out new experiences, getting to know their body better and discovering a new vital energy within themselves.

- 1 GB Thermal Mud Plus Muscle-relaxing Treatment with thermal bath (Abano Terme) 50 mins
- 1 Exfoliating Fruit Jelly Peeling (Italy) 50 mins
- 1 Ayurvedic Massage (India) 50 mins
- 1 Shiatsu (Japan) 50 mins
- 1 Jasmine Therapy Massage Experience (Egypt) 80 mins
- 1 Hot Stone Therapy (USA) 80 mins

Back Weekend

The spa exercise and treatment center is open every day and is perfect for anyone with a limited time and who want to relieve their back pain over the weekend. If you book a program in advance you will meet the center doctor, who will prescribe some treatments for you.

- 1 Postural functional rehabilitation and pain therapy session (50 mins)
- 1 Deep Tissue Method® Massage (50 mins)
- 1 Spa exercise treatment session in spa water (25 mins)
- Group gymnastics in spa water from Monday to Saturday

Spa & Idrokinesis

Deep skin cleansing hydrates, making the skin glow, firming the muscles and relaxing the mind, due to the beneficial, soothing effect of the spa water, brought about by the low, constant movements of your attending therapist lulling you into a deep state of relaxation.

- 1 Fruit-jelly Peeling or Volcanic Peeling (50 mins)
- 1 Well-being massage (50 mins)
- 1 Spa exercise treatment session in spa water (25 mins)
- Group gymnastics in spa water from Monday to Saturday



FREE SERVICES

- 1 Indoor thermal pool (96°F) with relaxation area
- 2 Outdoor thermal pools with hydro-massage/Jacuzzi (87°F to 95°F)
- Group gymnastics in the thermal pool
- Thermal Grotto
- Gym
- Bike hire
- 24,000 sq yd garden park
- Bath robe, towel

Fitness Gym “Gymnasium”

A gym equipped for full workouts, set in a stylish, elegant environment with all creature comforts. Music, equipment, weights, benches, and everything else you need to restore your own healthy habits or to put yourself on the path to regaining your form and regenerating your energy.

Thermal Grotto

Relaxation in the thermal grotto, immersed in the particular microclimate created by the heat and the chemical and physical characteristics of the vaporised thermal spring water, activates circulatory phenomena and heat dispersion mechanisms in the organism, dilating the blood vessels, causing capillarization of the tissues and intense perspiration. It is an extremely useful spa treatment for toning the muscular system and generally purifying and detoxing the organism, by ridding it of metabolic waste through the skin. This ancient natural treatment has recently been re-evaluated and is today offered, in association with mud balneotherapy, in the treatment of arthro-rheumatic illnesses, as part of wellness stays and dietetic programs and to those seeking psychological and physical respite from chronic stress.

GENERAL RULES

We would like to accompany you as you visit the magical world of our SPA and are pleased to provide you with some information that will make your stay more pleasant and relaxing:

- Please try to arrive at the SPA at least 10 minutes before your treatment is scheduled to begin.
- Using your mobile phone prevents you from relaxing and disturbs the other Guests. For this reason, we do not allow you to use any kind of electronic device in the SPA area.
- To ensure the best results, gentlemen should shave before undergoing beauty treatments.

SPA DRESS CODE

Bathrobes (white and light blue), light blue towels for the pool to be worn in the pool and inside the SPA are provided for your use in the rooms.

White bathrobe: this should be worn in all the SPA areas, medical examinations and treatments.

Light blue bathrobe: this should be worn in the pools.

Shiatsu and fitness activities: please wear a comfortable tracksuit and training shoes.

Hydrokinesitherapy and water activities: please wear a bathing costume and cap.

CANCELLING TREATMENTS

Treatments you have booked can be cancelled up to 4 hours before they are scheduled to begin. To cancel mud or other treatments, or other services scheduled from 7am to 10am, please contact us the day before, before the SPA closes.

You will be charged for any treatments and therapies booked and not cancelled within the times indicated.

DAMAGE AND LOST OBJECTS

We advise you not to leave your belongings unattended. Jewellery should not be worn during treatments and when using the wet areas. Each room is fitted with a safe. Lost and found objects are handed into the Hotel Reception by all staff.



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