

# Anti-Aging Thermal SPA

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Abano Grand Hotel  
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A B A N O T E R M E



## Anti-Aging Thermal SPA

Today science and medicine are both focused on discovering the ultimate recipe for living well and for a long time.

The conclusions reached to date point to a healthy lifestyle and a kind of wellness that embraces mind, body and spirit.

This is why we have decided to make this important theory our own and take advantage of its benefits, combining the precious essences of the Abano thermal waters and Mud and the scientific effectiveness of wellness packages, created especially for you.

Surrounded by the loving care of all the staff of our Anti-Aging Thermal Spa, each Guest will be able to rediscover the importance of setting aside some pampering time.

They will learn how to reactivate their interior dialogue and rediscover the peace and tranquillity within them.

## The GB Medical Team

*Only excellence, to ensure the food health, beauty and wellness of our Guests.*

The Medical Team of GB Thermæ Hotels is the jewel in the Group's crown. An added value that ensures the safety of every pathway to health and wellness experienced within the facilities and ensures that our guests achieve their desired results. A series of state-of-the-art diagnostic tests allows our team to identify any food intolerances and disorders related to nutrition. Our doctors can then launch a personalised detox therapy programme for each guest, which guarantees success, even when the Guest leaves the SPA.

The aesthetic programmes offered are based on, the very latest advanced techniques capable of measuring the level of oxidative stress of cells and certain important skin parameters. These allow our team to pinpoint the most suitable treatments and products for each guest's skin type. Our Team also has a long experience in the Orthopaedics, Physiotherapy and Sporting fields. A customised course of physiotherapy, hydrokinesitherapy and physical exercises will be devised for each Guest, designed to help them achieve the best possible results depending on the duration of their stay in our Spa. Last but not least, we offer holistic medical checkups, ayurvedic treatments and other solutions based on eastern disciplines with a view to creating a perfect homeostasis between body, mind and spirit that gives the person the harmony and strength required to combat anxiety, stress and psychosomatic disorders.

- General medical examination to personalise the Thermal programme
- Anti-Aging medical examination
- Orthopaedic medical examination
- Physiotherapy medical examination
- Rheumatology medical examination
- Sports Medicine medical examination
- Dietary consultation with diet to take home
- Matrix food intolerances test
- Oxidative stress test
- Analyses of the skin, hair and scalp
- Dermatological check-up
- Vascular check-up
- Holistic energy balance consultation

## 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.

## 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 microalghe, 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 microalghe. 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.

The thermal water of Abano Terme belongs to the category of deep underground 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.



## DESCRIPTION OF THE 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.

### Anti-Aging Mature Thermal Mud

*The exclusive therapy of the Anti-Aging Thermal Spa of the Abano Grand Hotel*

This is an exclusive treatment studied by the GB Medical Team. This particular therapy offers an intensive anti-aging effect on various levels. One single application can generate the following effects:

- The intensive care of the muscle and bone systems, thanks to the anti-inflammatory action of the natural high concentration natural substances contained in the mud.
- Detoxification of the skin, thanks to the presence of particular algae with a high metabolic ability capable of stimulating cellular regeneration, enhancing the microcirculation and revitalising the tissues.
- Ability to activate an anti-stress action, induced by the use of aromatic hydro-essences with fresh mint and green tea in the thermal bath.
- Reactivation of the metabolic processes, of the organism and of the drainage of the excess fluids which form as a result of drinking our Anti-Aging herbal infusion which completes the treatment.

This special Mud owes its properties to the use of algae (in particular diatoms and Cyanophyceae of the ETS03 and ETS05 family) cultivated and uplifted directly from the surface plant aggregates in the Thermal mud maturing tanks.





## Detox Mature Thermal Mud

An innovative treatment, consisting in three different applications of Thermal Bio Clay. The objective is to achieve three different effects in the same session. The first is a therapeutic effect on the joints produced by applying Thermal Bio Clay to the areas recommended by the doctor. The second effect is the deep cleansing of the epidermis thanks to detox active ingredients mixed with the Thermal Bio Clay. It is applied all over the body, in a thin layer. The third effect is that of detoxifying the liver with a compress of Detox Thermal Bio Clay on the area in question. Afterwards, the treatment continues by bathing in micro-dynamised hyperthermal spring water enriched with thermophile microalgae. Even more effective for draining fluid from the body and stimulating the metabolism of the organism. At the end, balance is restored to the skin with a vitamin-enriched oil that hydrates and tones.

## 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 that follows 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, antiinflammatory 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.

## Hydrobody Therapy

The precious virtues of the thermal water become a means for stimulating the body or reduce tensions. The pleasant beneficial effect also extends to the emotional dimension, in controlling anxiety and stress, helping stabilise the person’s psychosomatic 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.

## Get Back into Shape in Total Relaxation

Getting back into shape by relaxing is possible thanks to the rehabilitation programmes created by our Medical team and administered by our highly experienced Physiotherapists. All kinds of problems, whether related to physical injuries, posture, rheumatology, orthopaedics and the nervous system can all be treated in a personalised manner. To recover motor skills or help relieve pain, our team use various manual methods, such as deep massage and joint mobilisation, but also rely on state-of-the-art technologies and instruments such as ultrasound and ionophoresis. They may also prescribe specific exercises which must be carried out using special fitness equipment.

## Discover the Benefits of Movement in Thermal Water!

AQUA SPACe is the area set aside for our thermal water activities. Equipped with a large swimming pool of just the right depth for physical activities in the water, it is the ideal environment in which to cater for all kinds of rehabilitation and wellness requirements, always under the watchful eyes of our specialised staff. Vascular Fitness: in the Kneipp path, exercises and pathways leading Guests against the current suitable for combating circulation problems and counteract pain caused by bad posture. Metabolic Fitness: medium to high intensity cardio-vascular training, ideal for burning those excess calories and stimulating the basal metabolism.

### Hydrokinesitherapy

*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.

### Kinesitherapy

*25 mins or 50 mins*

Kinesitherapy or movement therapy is a process for re-training the motor skills designed to restore the correct functioning of the muscles in the face and body, the joints and to coordinate the movement of one or more limbs, or, in general the whole body. It takes place in a session that lasts 25 or 50 minutes depending on the medical prescription.

## ANALGESIC THERAPIES

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### 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.

### Ionophoresis

*from 10 to 25 mins*

Ionophoresis 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.

### 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.

### 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.

## THE GYMS

*Keeping fit in style*

Two splendid gyms for getting into shape or keeping fit, where Guests can train together, or participate in sessions with a Personal Trainer.

### Arke' Core Centric Training™ Gym

An area fully dedicated to the patented Arkè Technogym Core Centric Training™ method, which is designed to improve the physical efficiency as well as the cardiovascular and respiratory capacity of the person in training. It consists of functional training designed to enhance the body's stability, balance, flexibility and agility and is free from side effects on bones, joints or muscles. 25 or 50-minute sessions are available.

### Technogym® Fitness Center

The Technogym® Fitness Center is located in the charming setting of the Park and Thermal Swimming Pools of the Abano Grand Hotel. A fully-equipped gym with a cardio-fitness circuit where guests can complete full training sessions in an elegant, refined environment offering a full range of comforts. Music, gym equipment, weights, benches and everything you need to go about getting back into shape or beginning a programme to restore your fitness and energy levels.

### Personal Trainers

Training sessions with our Personal Trainers allow our Guests to reap maximum benefits from their Programme 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, Pilates, Thai-Chi, Do-In. 25 or 50-minute sessions are available.



## 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.

## Myolifting by dr. Benatouil

50 mins

Pleasantly relaxing and painless, it leaves the skin feeling relaxed, toned and firmed. It reduces the annoying dark circles that form under the eyes, soothes the eyelid, and tightens the pores, improving the texture of the skin. It restores definition to the shape of the face, with an incredible rejuvenating effect. Ideal 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

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### 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 programme.

### Fruit Gel Peeling

50 mins

Ideal for beginning any programme, 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.

## Slim Toning

25 mins

A remodelling treatment which combines ionophoresis (a particular electrotherapy technique) with passive gymnastics, to tone, firm and slim the figure. Excellent as a detoxifying and slimming treatment.

## Peristaltic Pressotherapy for Legs

25 mins

Peristaltic pressotherapy is performed with sophisticated equipment that creates a true “wave of pressure” by discharging the peripheral circulation physiologically and eliminating any edema. A pleasant face massage is also performed during the treatment.

## Peristaltic Pressotherapy for the Body

50 mins

It involves a treatment for legs and arms and an excellent therapy which helps care for fragile veins, in lymphatic conditions, cellulite and all cases of vascular disorders caused by a sedentary lifestyle. During the treatment the therapist provides a relaxing facial massage.

## GB MUD WELLNESS TREATMENTS

GB Thermæ Hotels Signature Treatments

## Intensive Thigh, Buttocks and Abdomen GB Thermal Mud Treatment

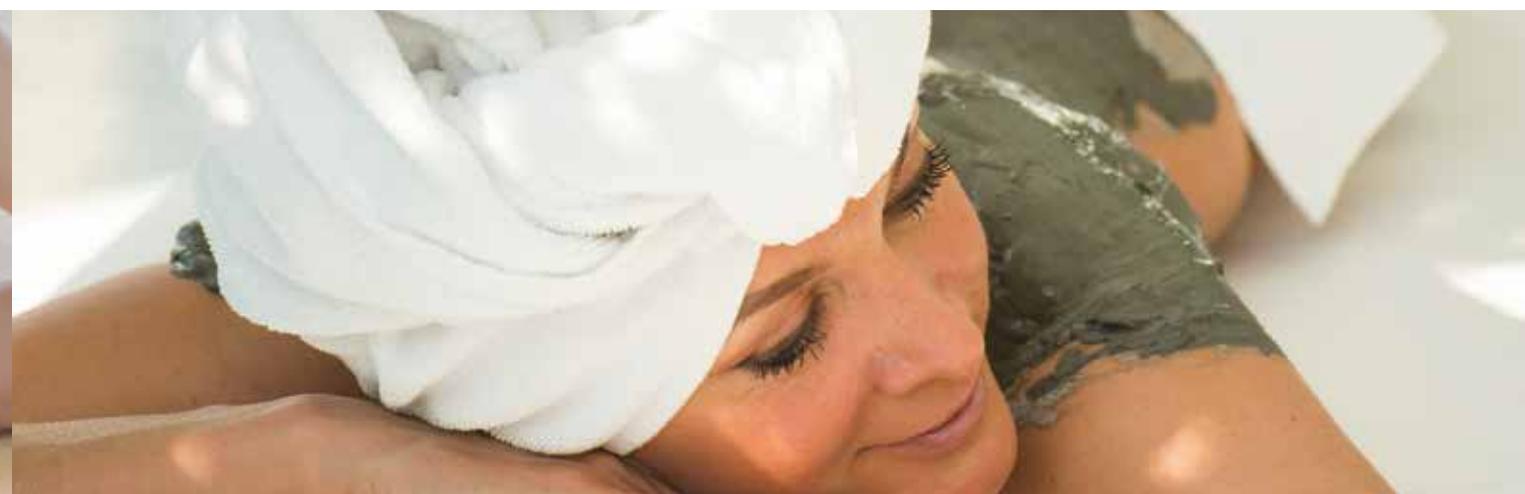
80 mins

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*

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### GB Emotional Plus Thermal Mud Treatment Draining GB

*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.



## OUR MASSAGES

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### Wellness Massage

*50 mins or 25 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 toning, beneficial effect on both mind and body.

### Massage Deep Tissue Method®

*50 mins or 25 mins*

The Massage Deep Tissue Method® 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

This particular massage is known for its specific manual technique, performed by applying different levels of pressure which vary considerably depending on the various areas of the body or in the presence of edema. The beneficial action of this massage favour the dispersion or removal of fluids and toxins, improving the blood supply to the skin. The movements are rhythmic to ensure that the physiological parameters of the lymphatic flow are respected.

## 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

80 mins

The incredible energy of hot lava stones reawakens the body and calms the mind. Nature, with its precious elements is restored to life, flowing smoothly over the body thanks to pleasant manual movements. A new energy sweeps over the body, combined with heat, which soothes all tensions, providing a sensation of ultra-pampering 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 programmes and for restoring the connection between mind, body and spirit.



## BEAUTY FOR HANDS AND FEET

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### 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.

## MAGIC MOMENTS AT THE ABANO GRAND HOTEL

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### AQUA SPACe

600 square metres of thermal water in an intimate, welcoming environment. You can choose how to use this space, which we can sign over to you for your private use. Perhaps you fancy an hour of hydrokinesitherapy or a day of relaxation, or you may want to organise a party with friends or a romantic weekend.

### AQUA SPACe for Active Wellness

Rehabilitation, fitness, slimming, relaxation, muscle reinforcement, stretching: depending on your set objectives, your personal therapist will guide you in completing a full programme of activities. Together, immersed in the thermal water, he or she will accompany your every movement with the care and attention of a professional totally dedicated to your wellness.

### AQUA SPACe for Relaxation

Do you want to surprise your partner? Do you have an event to celebrate? Are you looking for somewhere reserved where you can meet up with your best friends for a magical weekend away? Here is an original idea that is just what the doctor ordered! The AQUA SPACe can become your personal spa pool for a few hours or an entire day. A luxury you simply can't afford to miss, far from prying eyes, in total privacy.





## VENEZIA SPA

*The architectural style of the Venezia SPA is a reference to the splendour of Venice and, in a delicately relaxing atmosphere, it offers Guests both warm and dry facilities, ensuring that they make the most of every single moment of wellness and relaxation.*

### Clay Field - Campo d'Argilla

To make the most of your visit to the Venezia Spa, we always recommend that you begin with a ritual in the Clay Field. Here a steam bath of 113°F with 98% humidity and a dry Roman bath of 104°F with 20% humidity await you. Alternating between the different temperatures of the two environments generates ideal conditions for detoxifying the body and skin. The warm temperature helps you to relax and getting a decent night's sleep helps improve your circulation.

## THE THREE RITUALS OF THE CLAY FIELD

### Ritual with White Musk Aromatic Salt

*25 mins*

To make the most of your visit to the Venezia Spa, we always recommend that you begin with a ritual in the Clay Field. Here a steam bath of 113°F with 98% humidity and a dry Roman bath of 104°F with 20% humidity await you. Alternating between the different temperatures of the two environments generates ideal conditions for detoxifying the body and skin. The warm temperature helps you to relax and getting a decent night's sleep helps improve your circulation.

### Ritual with Savonage and Pack - Almond Butter Scrub

*25 mins*

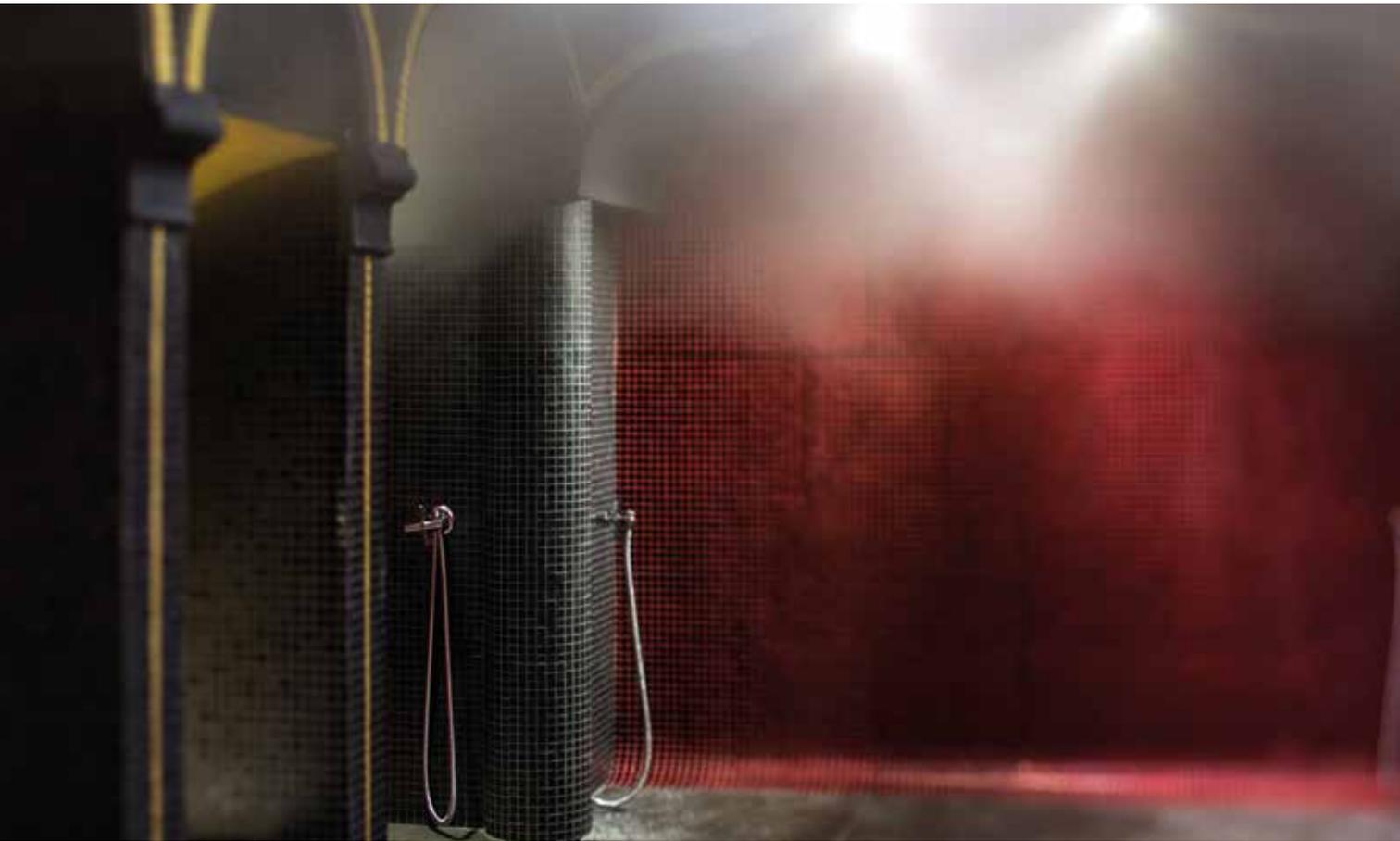
The Ritual comprises a brief savonage carried out with the special soap of the Thermal Shine cosmetic line, made with thermal mud and water. The soap purifies the skin and enhances the effectiveness of the next step: an almond butter scrub applied to the face and body in the steam bath. At the end, a cool shower and a mini gourmet refreshment served in the relaxation area of the splendid Spa Swimming pool.

### Pampering Ritual with Pack - Almond Butter Scrub

*25 mins*

This luxurious Ritual begins with a shower to prepare the skin, and continues in the steam bath with the all-over application of a body pack – specifically an almond butter scrub. A warm shower precedes the steam bath, where you can lie back and allow the beneficial substances to penetrate your skin. The Ritual ends with a cool shower and a mini gourmet refreshment served in the Spa Swimming pool area.





## THE SAUNAS

### Steam Courtyard - Turkish Bath

In the Steam Courtyard you can relive the experience of the ancient Roman spas, combined with the magic of the Arab hammam, where the 98% humidity forms a mist of 113 °F, excellent for relaxing the body muscles and soothing tensions. Its purifying effect helps the skin become soft and bright.

### Sauna Island - Finnish Sauna

Thanks to its special walls in rock salt, the atmosphere of this sauna is truly unique. The scent of pinewood and aromatic oils instantly provide a sensation of relaxation. The typical Finnish sauna with a high temperature, between 176°F and 212°F and a low 10% humidity level offer the organism an effective way to stimulate the metabolism, improving cellular regeneration and removing toxins.

## Cold Alley and Icefall

A trip to the Cold Alley at the temperature of 60°F accompanied by the icefall are the ideal combination for stimulating blood flow and providing a pleasant sensation of coolness after a sauna or warm bath. To revitalise the limbs, rub some ice on to the arms and legs.

## Mist of the Lagoon and Winter Rain

The cool, emotional showers are an excellent way to pass from the warm experiences:

- Cool nebulised water associated with the colour blue and the scent of fresh mint for a cooling effect.
- Cool nebulised water associated with the colour green and the scent of ice lemon for a firming effect.
- Cool nebulised water associated with the colour red and the scent of orange for an energising effect.

## Relaxation after completing the Programme

A wellness programme, if planned correctly, must envisage short or long stopovers in the relaxation areas of the Thermal Swimming Pools, where the comfortable chaise longues and the warmth of the environment make your visit even more comfortable.





## OUR PREMIUM PROPOSALS

*A range of offers by GB Thermæ Hotels, combining different treatments in a full package, tailored to meet your specific requirements.*

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### Lifestyle Anti-Aging

*The Lifestyle Anti-Aging programme is designed to create the optimum conditions for restoring your psychological and physical balance and allowing you to maintain the benefits obtained even after your stay. Each phase of the programme is a milestone leading you along the path to total wellness:*

The medical examination is performed to evaluate the state of the guest's health and identify any potential risk factors. A personalised plan is then devised and the most suitable treatments for the individual's needs are selected.

- Oxidative stress test

A simple blood test, which measures the concentration of free radicals and anti-oxidants in the blood, to prevent and help slow down the aging processes

- Facial Skin Test

By carefully analysing the main skin parameters, this test measures the condition of the skin, defines the individual's needs and the correct procedures to follow to ensure healthy, vibrant skin.

- 6 sessions of Anti-Aging Thermal Mud with a detoxifying, anti-oxidising and nourishing action

- 6 Anti-Aging Thermal baths to complete the action of the mud and offer a unique sensation of relaxation.

- 6 fifty minute Massages. Choose between: Deep Tissue Method®, Wellness, Ayurveda, Hot Stone Therapy, Reflexology.

- 1 delicate or thermal Facial Cleansing

- 1 Body Peeling. Choose between: Fruit Jelly Peeling, Volcanic Peeling, Peel & Relax Treatment for Men.

- 2 Face Treatments. Choose between: Desensitising Face Treatment, Anti-stress Face Treatment, Detoxifying Face Treatment, Intensive Age Face Treatment for Men.

- 1 Emotional Thermal Mud Plus, recommended by our medical team based on the results of your check-up to drain, detoxify, energise or relax the muscles.

- 1 Luxury Treatment. Choose between our Luxury Hematite, Luxury Silver face and Belle Epoque Rituals.



## Acqua Thermal Fit Back Programme

*This programme was designed by our Medical Team to help you find your way back to an excellent level of wellness and movement. Ideal for those who suffer from backache, those who wish to prevent it and those who want to get back into shape, perhaps also slimming down the figure and toning the muscles. It is always customised to suit each individual's requirements and can even be tailored for professional or amateur sportsmen and women. Everyone will find the FITNESS activity offered in thermal water ideal for their needs, as well as fun to do. Recommended for those with tired muscles, and also for athletes and sportsmen who want to maintain the results obtained during intense physical activity.*

The medical check-up is compulsory for establishing the number and type of the various activities to be planned and ensuring that they work safely and effectively.

- 6 Applications of Mature Thermal Mud (Bio-Thermal Clay)
- 6 Baths in thermal water, energised and enriched with water-soluble aromatic oils
- 6 Massage Deep Tissue Method® 50 mins
- 6 sessions of Hydrokinesitherapy in the AQUA SPACe area 50 mins
- 6 Sessions of activities in the "Fitness Center Technogym" or in the Arké Core Centric Training area 25 mins
- Health-restoring herbal infusion
- Group water gym activities in the spa pool from Monday to Saturday



## Antistress & Detox Programme

*The programme 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: second medical prescription: 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 of 25 minutes or 6 sessions with a Personal Trainer: "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.

## Remise en Forme Programme

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

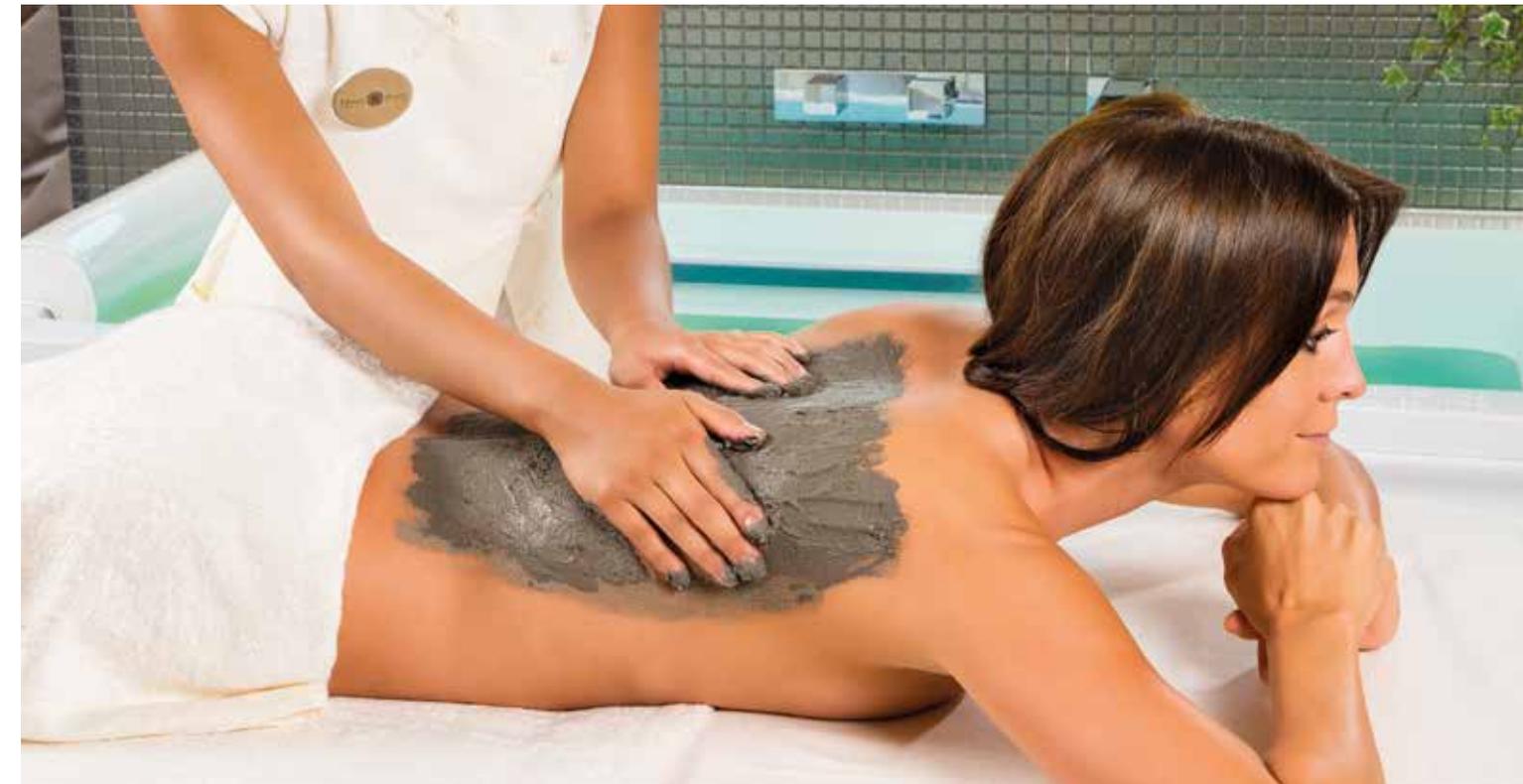
- 6 Applications of Mature Thermal Mud (Bio-Thermal Clay)
- 6 Baths in thermal water, energised and enriched with water-soluble aromatic oils
- 4 Massage Deep Tissue Method® 25 mins
- 2 Massages: Shiatsu, Ayurvedic Massage 50 mins
- 4 Treatments. Choose between: Volcanic body Peeling, Peel & Relax ritual 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

## Trip around the World Programme

*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 Emotional Plus Thermal Mud Treatment 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



## Health Plus Programme

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

*For years, this programme 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 programme 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
- Massage Deep Tissue Method® 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.

## Face Luxury

*Natural rejuvenation is possible. Relax and enjoy one of the most innovative, effective programmes designed for those who want to constantly remain in tip top condition.*

- Belle Epoque Ritual 110 mins
- 1 Luxury Hematite 80 mins
- 1 Luxury Silver Face 50 mins
- 1 Eye and Lip Contour treatment 25 mins

## His and Hers Luxury Touch

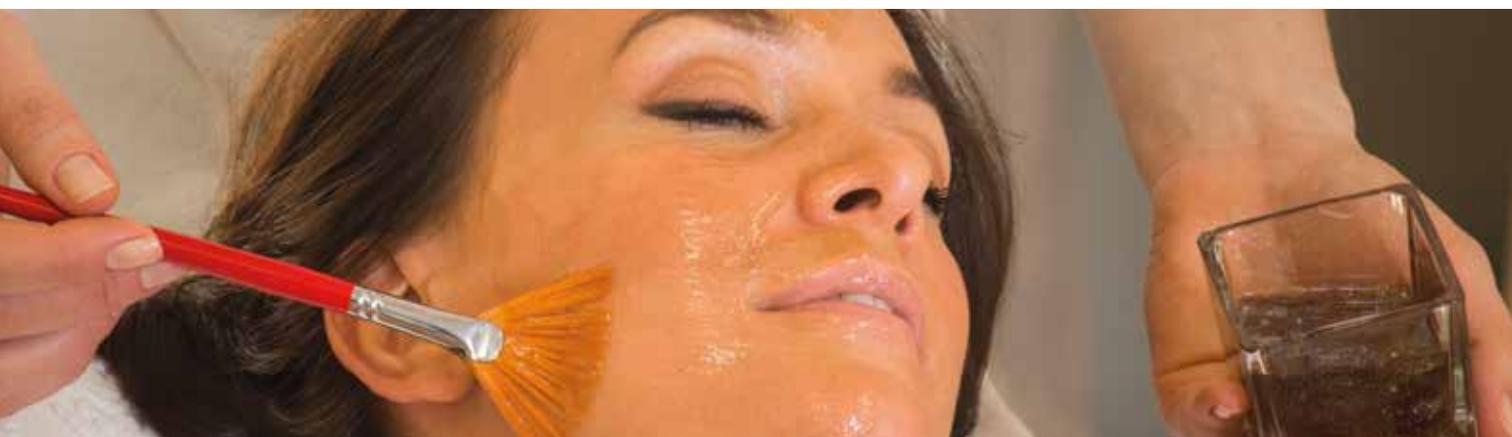
*A touch of beauty for her, a moment of relaxation and wellness for him. Pamper the body and relax the mind to maintain a healthy balance of energy.*

- 1 Volcanic Body Peeling for Her 50 mins
- 1 Luxury Thermal Shine for Her 50 mins
- 1 Peel & Relax Treatment for Him 50 mins
- 1 Intensive Age Face Treatment for Him 50 mins

## Just You

*Finally some “you” time: a mixture of beauty and wellness that helps you kiss goodbye to the stress of everyday life!*

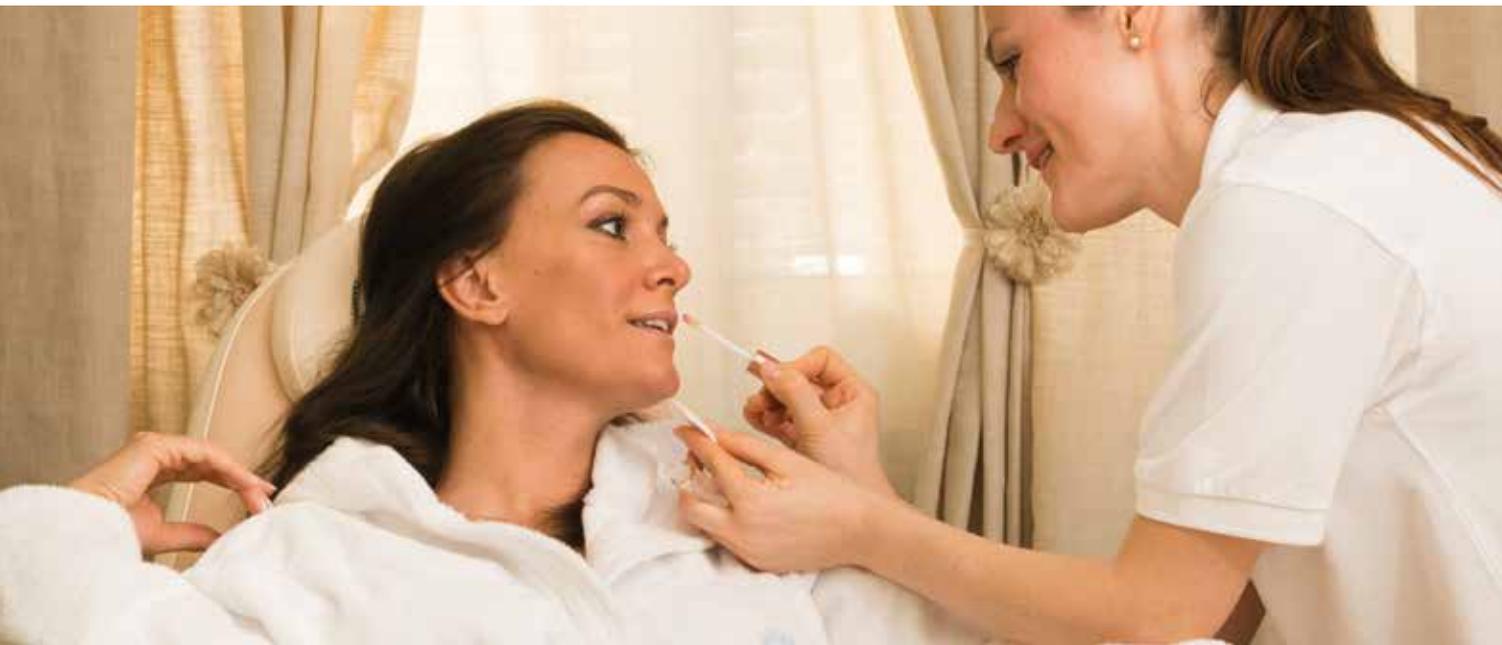
- 1 Peeling Ritual and Olive Oil Treatment 110 mins
- 1 Anti-stress Face Treatment 50 mins
- 1 Jasmine Therapy Massage Experience 80 mins



## Luxury SPA Suite

*The Luxury SPA Suite provides an exclusive, magical environment. Chromotherapy to “illuminate” your body and rebalance your spirit. Music therapy to accompany the rituals with rhythms derived from the sweet sounds of nature. Images designed to relax and enrapture you. The Ritual ends with a cool mini gourmet refreshment.*

- 1 Bacchus Face and Body Ritual for wellness and beauty 110 mins
- 1 Belle Epoque Ritual 110 mins
- 1 Jasmin Therapy Ritual 110 mins



## AVEDA ANTI-AGING CONCEPT HAIR SALON

*Treat yourself to a pampering session, take a break and relax or allow yourself to be taken care of by expert hands to renew your look.*

*Especially for you, we have chosen a Hair Care line in harmony with our idea of rediscovering Wellness in contact with Nature: Aveda. The holistic philosophy which relies on principles of Aveda and the use of certified, natural ingredients, a careful approach to our planet and to environmental sustainability have made our choice any easy one.*

### Hair SPA Rituals

80 mins

The Hair SPA Rituals are personalised, intensive hair programmes designed to meet specific requirements essential for the regeneration and reconstruction of the hair. They are boosted by special manual massages which favour the dispersion of the stress and tension generated by everyday life. Suitable for all types of hair, the Aveda Hair SPA Rituals are the perfect finishing touch to all spa programmes. They are designed to:

- detoxify
- soothe and relax the scalp
- restore colour brilliance and shine to colour-treated hair

The Hair Spa Rituals include a personalised consultation, shampoo and styling on dry or wet hair.

### Color Sunshine

60 mins

Color Sunshine is the personalised hair colour treatment. Thinking of having some new highlights or a change of look? Our expert Hair Stylists will be ready to devise the right solution to meet all your requirements and ensure they make your dreams come true with a beautiful look. Color Sunshine includes: personalised consultation, shampoo and styling on dry or wet hair.

### SPA Men Ritual

60 mins

Especially for men, this Ritual has been specifically devised to strengthen and revitalise men's hair. A specific line with liquorice root for a soothing effect, nourishing, protective Plai Oil and marine algae, makes this ritual a pleasant, relaxing moment in which all that matters is you. The Ritual includes shampoo and styling.

### Special Baby and Teens Hair Treatments

30 mins

The prettiest hairstyles, extra-special pleats and braids and fresh, trendy looks complete the range of options on offer to our youngest Guests, ensuring that each age can express itself in all its beauty. A personalised consultation is an essential part of all the treatments and rituals of our Salon and our little princesses are no exception!

### Hair Analysis

Hair analysis is a fundamental step in the process that allows us to become familiar with the unique characteristics of your hair and scalp. Before each treatment, ritual or change of look, our expert Hair Stylists can analyse the main characteristics in terms of lengths and skin type, in order to recommend the best treatments, rituals, colouring processes and looks to suit your requirements.

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## Styling & Cosmetic Treatments

30 mins or 50 mins

Thanks to the experience of Aveda and the expert hands of our GB professionals, the shampoo and styling processes become something more, with treatments designed specifically to suit your unique requirements. The Aveda Cosmetic Treatments are true personalised treatments for all kinds of hair lengths and skin types, skilfully formulated to:

- Detoxify the skin
- Make hair healthy and full of life
- Remove dryness and strengthen hair
- Normalise and rebalance skin, including ultra-sensitive skin
- Counteract dandruff and hyperhidrosis
- Nourish the hair and scalp

The result: healthy skin, shiny, glossy hair which is easy to comb and holds its shape when styled.

The Cosmetic Treatments include: personalised consultation, shampoo and styling on dry or wet hair.

## Botanical Therapy Hair Repair Rituals

60 mins

Here we like to treat hair care as a true Ritual. Each treatment is specifically chosen for each Guest and tailored to achieve the desired result, perfectly in line with his or her needs.

Quinoa, Coconut and Babassu proteins and precious Oils such as Tamanu and Olive Oils, are the main ingredients used in these treatments which are designed to:

- Offer balance
- Reconstruct damaged hair
- Restore the oil and protein components of the hair
- Repair and revitalise colour-treated, oxidised hair

The result: deeply moisturised, silky, strong, shiny hair.

All the Rituals include a personalised consultation, shampoo and styling on dry or wet hair.

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## GENERAL RULES

We would like to accompany you as you visit the magical world of our SPAs 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 areas.
- 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, a bag and slippers 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 and in the Venezia SPA.

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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Abano Grand Hotel

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