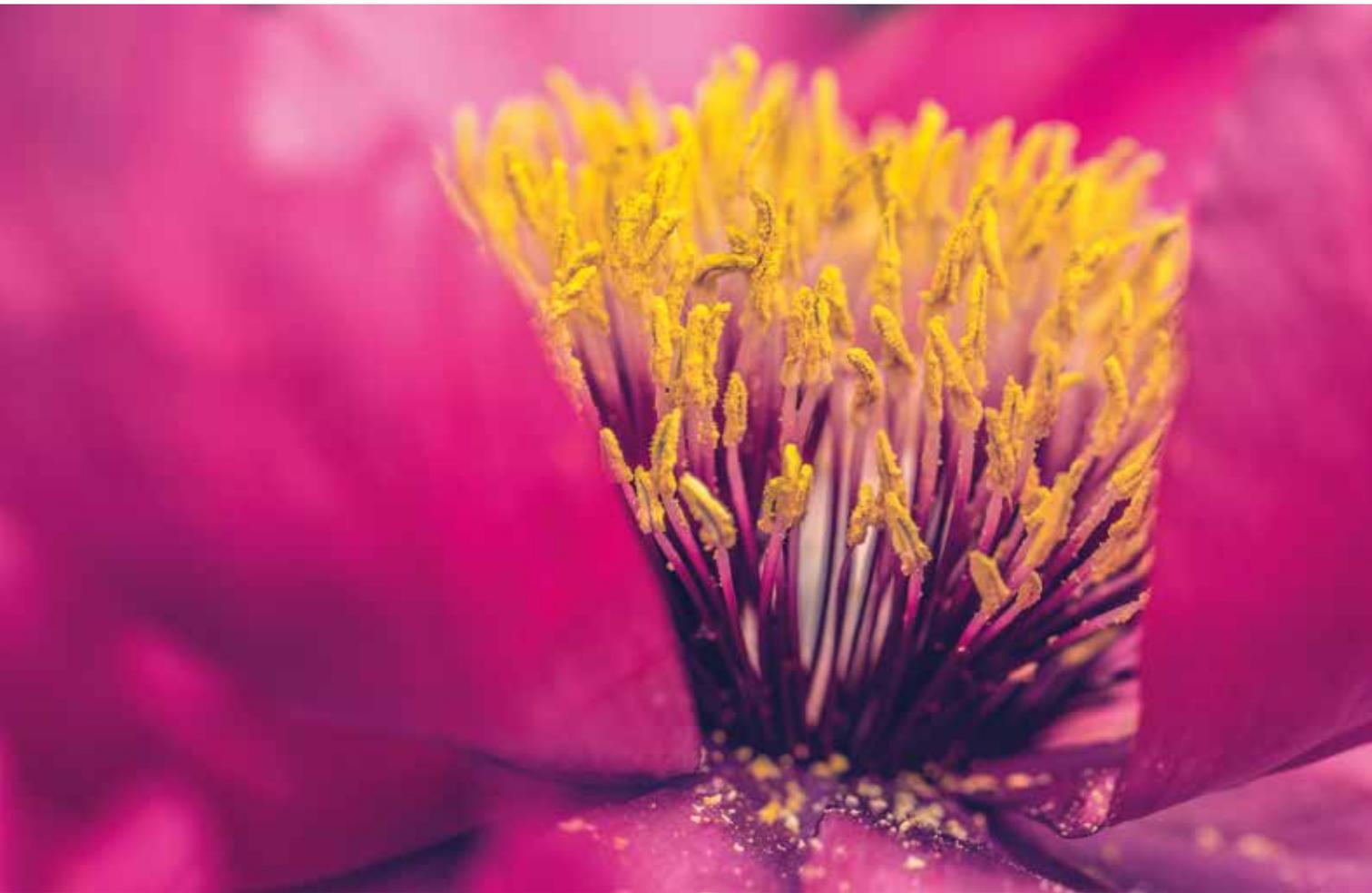


A close-up photograph of a purple flower, likely a lily, with numerous yellow stamens. The background is a soft, out-of-focus purple. A white rectangular box is centered over the image, containing text.

Romantic & Detox SPA

Hotel Terme Due Torri
★★★★★

A B A N O T E R M E



Romantic & Detox SPA

What we have to offer at the Romantic & Detox Spa of Hotel Terme Due Torri is a new dimension of well-being experienced in a romantic, sophisticated atmosphere, where your body feels cleansed and both out of this world and grounded at the same time.

A magical place for couples, where their every experience is aimed at enhancing the effectiveness of the spa treatments and well-being programs with a loving, newfound intimacy, combining a romantic spirit with effective detoxication, and ridding the body of impurities and the mind from thoughts. The Romantic & Detox SPA is the ideal location for treatments, experiencing unforgettable moments and rekindling the desire to be together.

The GB Medical Team

Only excellence, to ensure 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.

- 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
- Natrix 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 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.

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 hyperthermal 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.

Detox Mature Thermal Mud

The crown-jewel of our Detox & Romantic Spa, this treatment is suitable for anyone wanting a fast detox while not missing out on any of the classic therapeutic effects of 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 through vaporization of acid tonic lotion vetyver.





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, anti-inflammatory and anti-oxidant 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!

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.

Thermal Natural Relax

50 mins

Deep relaxation in thermal water comes from the need to use and optimize the muscle relaxant properties of thermal water and the ability to interact with the water element, with its functions and its potential. It is thus one of the most profound and exciting treatments, experience unforgettable.



GYM

Keeping fit even on vacation can be a fun time for two of you to share. In the spacious Gym designed and equipped for full-body workouts and fitness, regaining body suppleness and spiritual harmony, are both possible and pleasurable.

Interludes of activity interspersing the serene, rhythmic pulses of the Romantic & Detox Spa's congenial activities.

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. 25 or 50-minute sessions are available.

ANALGESIC THERAPIES

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.

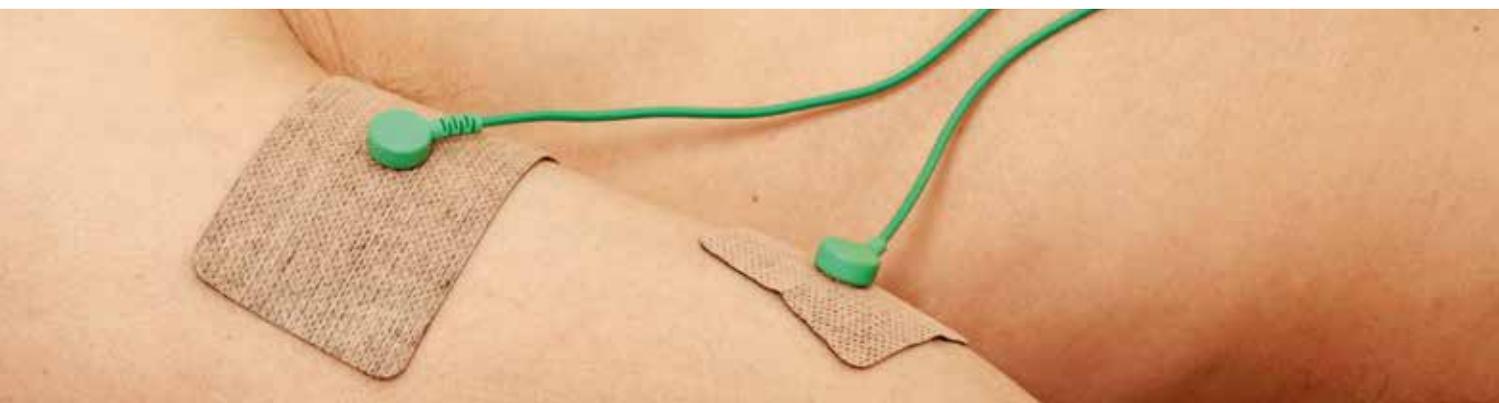
Ionophoresis

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.



BIOPTRON LIGHT THERAPY (LLLT) SYSTEM

Based on the interaction between materials and light energy, LLLT works by means of the ability of cells to absorb light, stimulating the increase or decrease of their activity. LLLT thus involves the irradiation of cells with particular light frequencies which have proven effects on these cells' activities.

Major effects include increasing the activity of fibroblasts, intensifying their ability to produce new dermal components (collagen and elastic fibers, hyaluronic acid) making the skin more toned and revitalised.

LLLT can also improve blood flow and tissue oxygenisation, resulting in improved tropism of the skin and elasticity, and a healthier and more natural complexion.

It thus works exceptionally well on scar tissue, and improves the appearance of scars and stretch marks.

Ideal for counteracting loss of tone in abdominal, thigh and gluteous tissue due a reduced supply of oxygen resulting from changes in the vascular plexus, LLLT is thus an excellent way of improving one's shape.

Briefly, the reported effects of this innovativa method area as follows:

- Increasing the amount of collagen in the skin, which has the effect of lifting and improving the texture of the skin.
- Depigmentation of skin spots and lightening of the overall colour of the skin.
- Improved healing of fresh wounds.
- Improvement and smoothing out of old scars and stretch marks.
- Treatment of unsightly cellulite and sagging skin.
- Anti-inflammatory action.



BIOPTRON LLLT FOR FACE AND BODY

Anti-Aging LLLT

50 mins

Skin aging is observed in the appearance of relatively deep wrinkles, loss of suppleness and tone as the result of the physiological degeneration of elastic and collagen fiber. LLLT is designed to make the skin visibly younger and reduce signs of aging. The remarkable restorative power of Bioptron is used to rejuvenate, tone and smooth the skin, giving it a fresh glow.

LLLT - Aging (skin spots)

50 mins

Light-aging is related to the action of ultraviolet rays from the sun and light. Changes in skin color are one of the effects of light-induced aging and determine the appearance of unsightly dark spots on the face, hands and exposed areas. With Light-Aging LLLT, due to the action of Bioptron, a visible improvement in the spots can be achieved, which gradually clear up and become less noticeable.

LLLT Treatment for Couperose

25 mins

Couperose is a skin condition where the skin appears to be a rather intense shade of red and is chronic in the area of the cheeks or the ala of the nose, and generally affects sensitive skin the most. However, the causes for the appearance of couperose are many and varied. LLLT makes it possible to treat the affected areas, resulting in considerable improvement in the skin, which then becomes less inflamed and appears to clear up.



LLLT in the Treatment of Acne

15 mins

Acne is a pathological skin disease. The GB Hotels medical team has developed a special procedure using Bioptron LLLT to treat this dermatological condition. Treatment for acne, administered directly by the physician, acts particularly effectively against inflammation and stimulates tissue repair processes.

LLLT in the Treatment of Cellulite

50 mins

Bioptron may be used in the treatment of unsightly cellulite, as LLLT reworks lipid substances found in areas most susceptible to the physiological build-up of fat, initiating the tricarboxylic acid (TCA) cycle. It can also reduce venous and lymphatic stasis in the lower limbs and other affected areas by reducing the characteristic inflammatory condition of cellulite.



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 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 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 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.



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 ultracomfortable 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 Massage Body

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 vitaminenriched 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.



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 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

Wellness Massage

50 mins or 25 mins

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

Deep Tissue Method® Massage

50 mins or 25 mins

The 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

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.



Hot Stone Therapy

80 mins or 50 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.

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.

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

Luxury Manicure

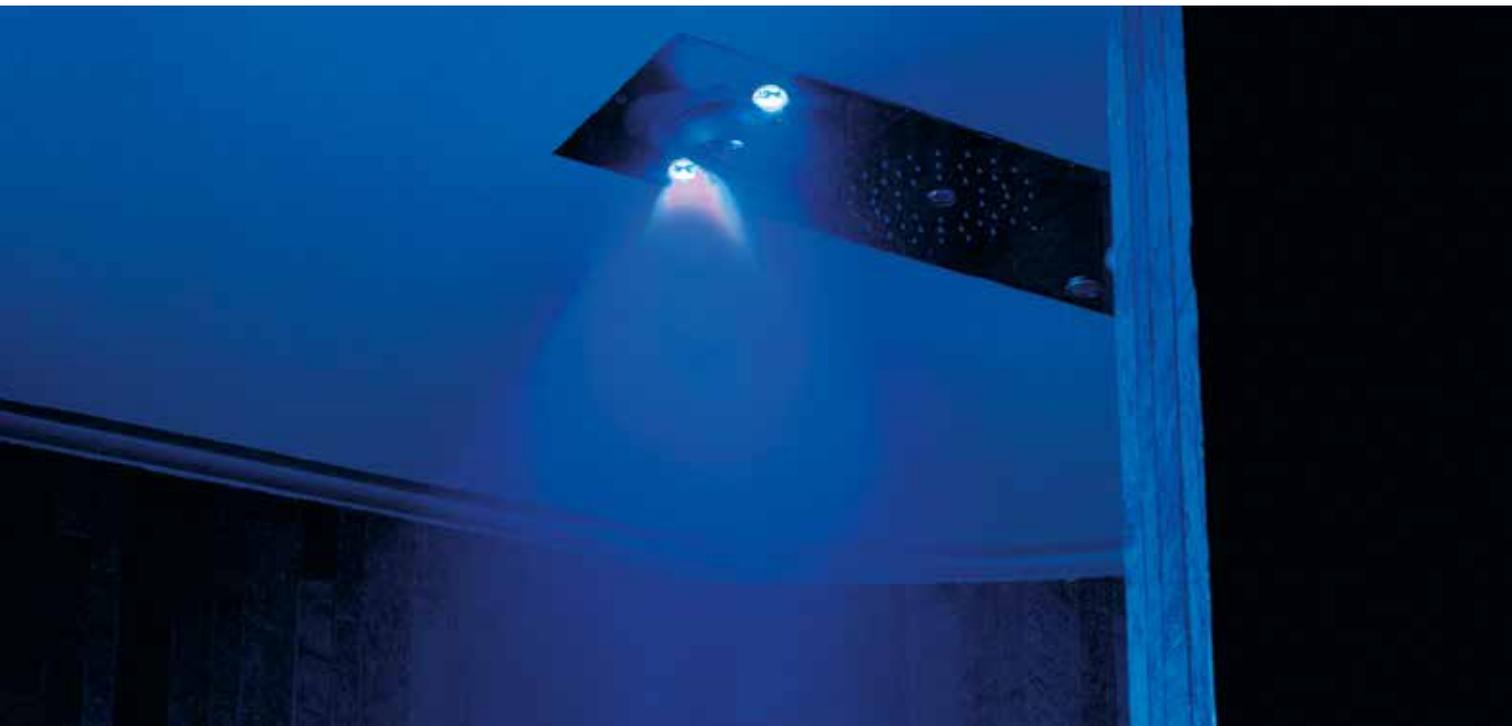
50 mins

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.



HOT - COLD WELLBEING

Steam Bath

Immersing yourself in the magic atmosphere of the Steam Bath means reliving the experience of the baths of ancient Rome combined the beauty and the modernity of our wellness areas. The 98% humidity creates a 113°F mist, which is perfect for relaxing the body muscles and releasing tension, and its cleansing effect softens and brightens the skin.

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 Effect

Relax in the ice room 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.

Waterfall Emotion

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 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.



GB'S GENTLEMEN'S EXPERIENCES

Cosmetology for Men

The following programs are designed and created for the man of today, who takes care of his appearance and his mind-body balance:

'GB's gentlemen's experiences' represent the new frontier in wellness: three different experiences to suit three different needs.

Taylor-Made Experiences for the sporty, dynamic man, for the man who loves to take care of his appearance and always look his best, or for the businessman used to life in the fast lane, needing total relaxation. Each experience is available in two different lengths: long, for those who want lasting, visible results; short, for those with little time, but still want to enjoy a spa break.

All this is contained in the beautiful setting of your Due Torri Hotel's magnificent park, under the care and attention of all, as well as the wonderful benefits of the priceless Spa Waters.

Men's Peel & Relax Body Treatment

50 mins

Skin-cleansing action created by mixing peloid and clay with exfoliating salt crystals and nourishing argan oil, wheat germ and sweet almond scented with energising, aromatic, rosemary, cypress and lavender fragrances.

GB Intensive Treatments: Legs, Stomach and Glutes

80 mins

Firming and reducing action using a seaweed-based reducing solution rich in cellular metabolic stimulants essential for counteracting the formation and accumulation of localised fat tissue.

GB Emotional Plus Thermal Mud

50 mins

Four different types of treatment to choose from based on your needs. The Thermal Mud and presence of natural active ingredients offer a choice between a muscle-relaxing, energising, draining and detox action.

Facial Cleansing - Gentle or Spa

50 mins

Two different types of cleansing created to meet the different needs of the individual: the first, for sensitive or reactive skin particularly suitable for the man who likes to shave every day, the second, Thermal Mud treatment for all skin types requiring deep detox.

Men's Intensive Age Facial Treatment

50 mins

Hydrolysed firming soy protein and oxygenating Visnaga Major, combined with the moisturising and plumping out properties of Hyaluronic Acid make this treatment, formulated men's skin, ideal for rejuvenating and giving freshness to the face.

Fitness Coach Gym and Water Session

50 mins or 25 mins

Our personal trainers know how to adapt physical activity to each guest's need for movement. Varied and fun, guests can train both in the gym and in the heated swimming pool in the park. Lots of simple training tips which can even be followed at home help guests relax muscles and achieve their set goals.

FOR THE DYNAMIC GENTLEMEN

The active, sporty, dynamic gentleman loves to be, and to feel, in good shape, which is why GB has created this program enhanced with personalised gym-based and water-based Fitness Coaching sessions, massages to dispel muscle tension and special treatments to maintain a toned, sculpted physique. The Personalised Medical Nutritional Program is a long course culminating in a pleasurable anti-stress session. For those people who do not have much time or for a physical fitness hit-and-run session, the short-stay offers treatments, massages and personalised Fitness Coaching sessions so guests do not miss the opportunity to stay in shape even though they are a long way from home.

LONG STAY

- 2 Fitness Coach Gym Sessions 50 mins
- 2 Fitness Coach Water Sessions 50 mins
- 3 Deep-Tissue Method® Massages 50 mins
- 2 GB Intensive Treatments: Legs, Stomach and Glutes 80 mins
- 1 Peel & Relax Men's Body Treatment 50 mins
- 1 Anti-stress Massage 50 mins

SHORT STAY

- 1 Fitness Coach Gym Session 50 mins
- 1 Fitness Coach Water Session 50 mins
- 2 Deep-Tissue Method® Massages 50 mins
- 1 GB Intensive Treatment: Legs, Stomach and Glutes 80 mins

FOR A BUSINESS GENTLEMEN

A busy man never has much time for himself, but it is now possible for him to carve out an oasis of peace and well-being for himself, even if it is just for a weekend. On the other hand, if you are looking for a real energy recharge, a week is perfect for achieving deep relaxation of both body and mind.

LONG STAY

- 1 Thermal Medical Consultation
- 4 Detox Mud Treatments
- 3 Pilates Private Coach Session 50 mins
- 2 Intensive Age Facial Treatment 50 mins
- 2 Anti-Stress Massages 50 mins
- 2 Deep-Tissue Method® Massages 50 mins
- 2 Reflexology Massages 50 mins
- 1 Luxury Manicure 50 mins

SHORT STAY

- 1 Deep-Tissue Method® Massage 50 mins
- 1 Anti-Stress Massage 50 mins
- 1 GB Emotional Plus Relaxing Mud Treatment 50 mins
- 1 Pilates Private Coach Session 50 mins



FOR THE VAIN GENTLEMAN

Designed for the discerning man who values his appearance, skincare and physical fitness. The course offers facial and body treatments designed to restore the glow to the face and vital well-being to the body.

LONG STAY

- 2 Intensive Age Facial Treatments 50 mins
- 1 Facial Cleansing - Gentle or Spa 50 mins
- 1 Peel & Relax Body Treatment 50 mins
- 3 GB Emotional Plus Mud Treatments 50 mins
- 1 Luxury Manicure 50 mins
- 1 Luxury Pedicure 80 mins
- 1 Cosmetic Home Care Kit B Special comprising: Eye and Lip Outline, Anti-Aging Lift Special Facial Cream

SHORT STAY

- 1 Facial Cleansing - Gentle or Spa 50 mins
- 1 GB Emotional Mud Treatment 50 mins
- 1 Luxury Manicure 50 mins
- 1 Luxury Pedicure 80 mins
- 1 Intensive Age Facial Treatment 50 mins
- 1 Peel & Relax Body Treatment 50 mins



ROMANTIC SPA

Luxury for Two

Looking into each other's eyes, holding hands, experiencing emotion that brings you closer together: anything is possible in the magical atmosphere of the Luxury for Two, the Therapy Room given over exclusively to couples. The soft candlelight highlights the tenuous colours of the environment, enhanced by the wonderful hydromassage tub for couples, evoking emotions of well-being to share with the person you love. In the Luxury for Two, every ritual becomes a unique, unforgettable experience, cherishing the feelings experienced and the joy of sharing.

Couples Spa Suite

The elegant combination of a captivating environment and a relaxing atmosphere is the ideal blend option, making every treatment an endless, intimate pampering. The wonderful Couples Spa Suite, for couples who like to have their relaxation treatments in privacy, gives you the option of having all your massages and treatments on the abundant SPA Menu with the person you care for. A facial treatment, a body treatment or a massage then become special occasions for sharing, pampering yourselves, relaxing and having fun together.

Program Happiness for Couples

Happiness is made up of moments, and is something indescribable that fills the heart with joy. Sharing joy with those we love is one of life's greatest pleasures, which is why we decided to create an interlude of happiness for two.

- The course starts when you meet the doctor
- 6 Serotonin-stimulated bio-thermal Mud Immersions
- 6 Thermal baths essences
- 1 Fruit jelly Peeling or Peel & Relax Treatments 50 mins
- 1 Jasmine Therapy Ritual for a couple: 110 mins
- 2 Deep-Tissue Method® Massages 50 mins
- 1 Life-Force Ritual for two: 120 mins
- 1 Bacchus Experience for two: 110 mins
- 2 hour Night Private Spa and Private Dinner

Life-Force Ritual

120 mins

Dedicated to the love and well-being of the couple, this magical Ritual is designed to reactivate the couple's energy, that is to say, the balance and interaction, in various ways, of the two people's energy.

The pleasurable dexterity of the emotional massage techniques, the use of quality essences, the vibrant energy of the stones and specific pure plant extracts for finding harmony and spirituality are the very components that afford couples a luscious 'spa-flavoured' sensory experience.

The Emotional Energy Program is activated by Chakra energy, through which the couple may simultaneously experience a complete psychophysical rebalancing activated in three phases: the Meeting Phase, the Energy Frequency Phase and the Balance and Energy Joining Phase.

Special Thermal Mud Treatments for Couples

The special Detox Mud treatment is the crowning-glory of the Terme Due Torri Hotel's Romantic & Detox Spa. Perfect for detoxing and feeling the beneficial effects on the skin and body, this is a wonderful to have any time of the year, just like Thermal Mud-based traditional cures and hydrotherapy, as well as in couples, in a specially-assigned cabin.



OUR PREMIUM PROPOSALS

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

HI Detox Programme

Detoxing and cleansing the body using healthy methods such as Thermal Mud, and other effective methods of treatment for this, has never been this pleasurable. The Romantic & Detox Spa, committed to cleansing the body and bringing joy to the soul, makes this all possible due to the powerful action of the special, exclusive Mud Detox, especially designed by the GB Medical Team to rid the body of toxins and give it form and well-being. The skin glows, the eyes light up and the body becomes harmonious, supple and light. A high-impact detox course to give the body an energy boost, ease the mind of its worries and improve physican appearance

- Medical consulting to personalize the program
- Oxidant stress measurement
- 6 Applications of Detox mud
- 6 Detox Thermal Bath which improve the detox effect of the Mud
- 6 Photobiomodulation Medical Bioptron Detox sessions
- 6 Inhalation sessions with thermal water
- 6 Aerosol sessions with thermal water
- 3 Deep Tissue Method® Massages (50 mins)
- 3 GB Haemolymphatic draining massages (50 mins)
- 1 Treatment Abdomen, Buttocks, Thighs (80 mins)
- 1 Ritual Olive Oil Body Peeling (80 mins)

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



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 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



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 antioxidising 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
- 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.

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 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 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.

FREE SERVICES:

- 1 Indoor thermal pool (at 97°F) with relax area
- 1 Outdoor pool with various whirlpools (from 95°F to 97°F)
- 1 Swimming pool with cooled water (at 80°F)
- Kneipp Path
- Thermal Grotto
- Steam bath
- Sauna
- Ice Room
- Waterfall Emotion
- Gym
- Free use of bicycles
- Collective physical exercise in the thermal pool from Monday to Saturday
- 108.000 ft² park - garden
- Bathrobe, towel and slippers

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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