The care

ELISEO
HOTEL TERME
Beauty & Wellness Spa

Thermal Mud-Balneotherapy

All our welcome guests should read the useful advice that has been made available to those who undergo mud-balneotherapy (MBT).

To have spa treatments, you are required to have a medical examination, during which the doctor will be able to customise your treatment and check for any contraindications. We recommend that you also bring the results of any recent tests previously carried out (ECG, X-rays, etc.) to the medical examination, as well as a list of any medicines you are currently taking.

For the MBT cycle, the Healthcare Management considers it necessary and indispensable to evaluate a recent electrocardiogram (ECG) for admission to treatments.

USEFUL INFORMATION

- Thermal crisis syndrome is a state of malaise that sometimes occurs in those who undergo spa treatments, usually on the fifth - sixth - eighth day. It is associated with fatigue, insomnia and sometimes a slight increase in body temperature. It has been proven that its possible appearance does not affect the results of treatments. It may last one or two days and does not usually require any special treatment.

- The level of humidity in some spa areas, even though appearing to be high, is an integral part of the treatment and is therefore essential and cannot be eliminated. For your own personal hygiene and for that of other patients, you are required to wear clean clothing (slippers, swimsuits, etc.) to be used exclusively for spa treatments.

- Silence must be observed in the spa area as a sign of respect for those undergoing treatments.

- Slippers must be left at the edge of the pool before getting into the water.

- For the treatment to be effective, it will be necessary to undergo at least 6-8 successive sessions (on a daily basis). The preventive **mud-balneotherapy cycle**, with **6 applications**, lasts 1 week on average; the **curative mud-balneotherapy cycle**, with **12 applications**, lasts 2 weeks on average.

USEFUL TIPS

We recommend not having treatments if you have fasted since the previous evening.
Patients with low blood pressure are advised to have breakfast 1.5 - 2 hours before treatment, consisting of tea or coffee and easily digestible food that can provide an adequate supply of energy such as toast with jam or honey.

It is better to avoid having milk and yoghurt, which take longer to digest, or to have them at least two hours before treatments.

Meals should be eaten about 5-6 hours before having mud-balneotherapy.

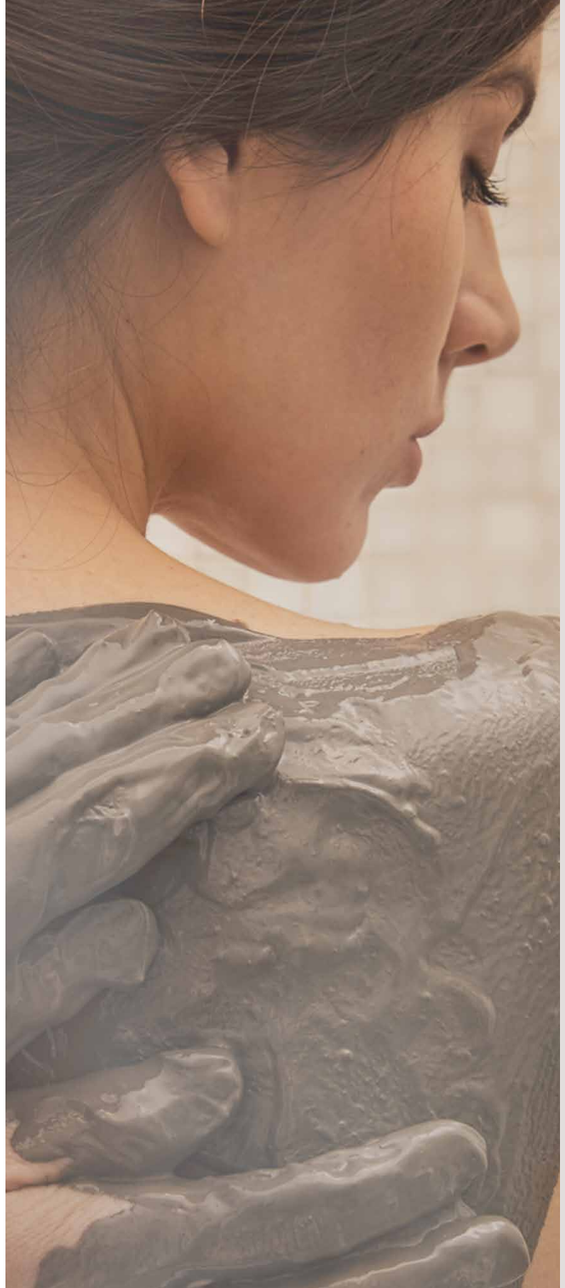
We recommend increasing your intake of liquids and mineral salts on the days of treatments: natural mineral water, tea, fruit juices, fresh fruit and raw vegetables.

It is advisable to reduce physical exercise and exposure to the sun during the treatment period.

It is better to avoid having treatments during menstrual flow. If menstruation should begin when you have already started treatment, it is advisable to suspend treatment for two or three days.

Once MBT is over, patients are required to remain at least 30-40 minutes in a suitable environment to allow the adequate development of the "reaction phase", which is an integral part of the treatment.

Patients who are having only mud-balneotherapy must have a shower in the changing rooms before entering the pool. Once the treatments are over, before going outdoors, it is advisable to stay inside the spa facility for a while, especially during the cooler months of the year.
Taking this precaution will allow your body to gradually adapt to the external environment, avoiding exposure to sudden changes in temperature.



INDICATIONS

- OSTEOARTHROSIS
- WIDESPREAD ARTHROSIS
- CERVICAL ARTHROSIS
- LUMBAR ARTHROSIS
- ARTHROSIS OF THE LIMBS
- DISCOPATHY without herniation and without symptoms of irritation or nerve compression
- EFFECTS OF HERNIATED DISC OPERATIONS
- RHEUMATIC NECK PAIN
- PERIARTHRITIS OF THE SHOULDER BLADE AND UPPER ARM (excluding acute forms)
- DORMANT RHEUMATOID ARTHRITIS
- ARTHROSIS, POLYARTHROSIS, OSTEOARTHRITIS (with generalised or localised osteoporosis)
- EFFECTS OF RHEUMATISM IN THE JOINTS
- PERIARTHRITIS
- ANKYLOSING SPONDYLITIS
- SPONDYLOARTHRITIS
- SPONDYLOARTHRITIS AND SPONDYLOLISTHESIS
- OSTEOPOROSIS

CONTRAINDICATIONS

The application of mud requires the substantial integrity of cardiovascular and renal functions. Partial mud applications are available as an alternative so that the body is exposed to a lower impact.
Mud-balneotherapy is, however, excluded for people suffering from heart failure, ischemic heart disease, severe cerebral and peripheral vascular disease, and nephropathies with renal failure.
Other contraindications include TB, in the acute inflammatory phase of the illness, epilepsy, hyperthyroidism and malignant tumours.
Mud application must also be avoided if you have varicose veins in the lower limbs, especially when aggravated by complications such as phlebitis and ulcers, during pregnancy and in the first few days of menstrual flow.

Mud-balneotherapy procedure: the session in 5 steps.

1 APPLICATION OF THERMAL MUD

The mud is applied to the surface of the body joints according to the health director's guidelines, at a temperature ranging from 39-42°C, for about 15-20 minutes (30 minutes for partial applications).

Benefits

The heat of the mud produces beneficial vasodilatation of the parts of the musculoskeletal system. Moreover, it also generates changes on a cellular level, in the excretory function of the skin, especially with regard to uric acid, increasing its elimination by encouraging detoxification.

2 THERMAL BATH

After taking a shower with thermal water to remove the mud, the patient is immersed in a tub with thermal water at a temperature of about 37°C with hydromassage and ozone therapy, for about 10 minutes.

Benefits

Mud-balneotherapy encourages blood circulation, muscle relaxation and relieves pain, thanks to the chemical composition of the water, it encourages specific hormonal, biochemical and neurovegetative stimuli that lead to full recovery of wellness.

3 SWEAT REACTION

It is time for the body to rest and react to treatment. At this point, the tissues release the warmth accumulated with the mud and thermal bath: after the thermal bath, patients enter the room for the sweat reaction due to the increase in body temperature and vasodilation of the blood vessels.

4 HYDROKINESIS

A kinesiological treatment involving hot water provides real relief.
Kinesis treatment in hot water is intended to reduce pain in those who suffer from rheumatological, neurological or orthopaedic diseases.
It is also an excellent rehabilitation treatment.

5 THERAPEUTIC MASSAGE

Massage therapy: massage, the last phase of the daily spa treatment, is toning, therapeutic and relaxing.

Benefits

A short massage has a decontracting and toning effect. It stimulates the skin and the muscles and complements the spa treatment.

Thermal cave

The cave with thermal vapours is a place where you can regenerate and find psycho-physical balance and wellbeing.

Of the treatments provided, the thermal cave is especially therapeutic. Comprising artificial geological cavities, the cave has a mineral spa water source with a high temperature that fills the environment with water vapour.
The thermal cave is a rare privilege of hotels in Abano and Montegrotto Terme: an attractive environment saturated with hot humid air, idea for the vasodilatory process, for relaxing muscles and for purifying the skin.

The desired effect in the application of this treatment is intense sweating, which encourages the elimination of metabolic waste, provides a detoxifying action, encourages blood circulation and tones the whole body.
When the vapour content of an environment exceeds the quantity of water in the epidermis, a layer of moisture forms on the skin that brings heat to the body.
The simultaneous action of vapour and controlled heat helps lymphatic blood circulation, dissolving toxins and encouraging their elimination.
The thermal cave, like the Finnish sauna, belongs to the same ancient tradition of purifying baths.
The patient is immersed in the vapour baths, where a special microclimate facilitates the treatment of certain illnesses of the respiratory system, metabolic diseases, certain forms of neuroarthritis and rehabilitation after an injury.

USEFUL INFORMATION

- For your own personal hygiene and for that of other patients, you are required to wear clean clothing (slippers, swimsuits, etc.) to be used exclusively for spa treatments.
- Silence must be observed in the spa area as a sign of respect for those undergoing treatments.
- Slippers must be left outside the Cave.

Benefits

*Thanks to its toning and relaxing properties, the thermal cave is one of the best treatments for combatting everyday stress and tension.
It is also a pleasant way to improve your physical appearance and pursue greater efficiency.
The dilation of pores caused by the heat, encourages the penetration of vapour, allowing the epidermis to eliminate impurities and acquire luminosity, elasticity and softness.
Ideal for all ages, it is an excellent way to regulate blood pressure and is an essential therapeutic and preventive tool for respiratory tract disorders.*

USEFUL TIPS

We recommend not having treatments if you have fasted since the previous evening. Patients who have low blood pressure are advised to have breakfast 1.5 - 2 hours before treatment, comprising tea or coffee and easily digestible food that can provide an adequate supply of energy such as toast with jam or honey.

It is better to avoid having milk and yoghurt, which take longer to digest, or have them at least two hours before treatments.

Meals should be eaten about 2-3 hours before entering the thermal Caves.

We recommend increasing your intake of liquids and mineral salts on the days of treatments: natural mineral water, tea, fruit juices, fresh fruit and raw vegetables.

It is advisable to reduce physical exercise and exposure to the sun during the treatment period.

It is better not to have treatments during menstrual flow. If menstruation should begin when you have already started treatment, it is advisable to suspend treatment for two or three days.

Once the Thermal Cave session is over, patients are required to remain at least 30-40 minutes in a suitable environment to allow the adequate development of the "reaction phase", which is an integral part of the treatment.

It is advisable for patients who are only having mud-balneotherapy to have a shower in the changing rooms before entering the Thermal Cave.
Once the treatments are over, before going outdoors, it is advisable to stay inside the spa facility for a while, especially during the cooler months of the year.
Taking this precaution will allow your body to gradually adapt to the external environment, avoiding being exposed to sudden changes in temperature.

INDICATIONS

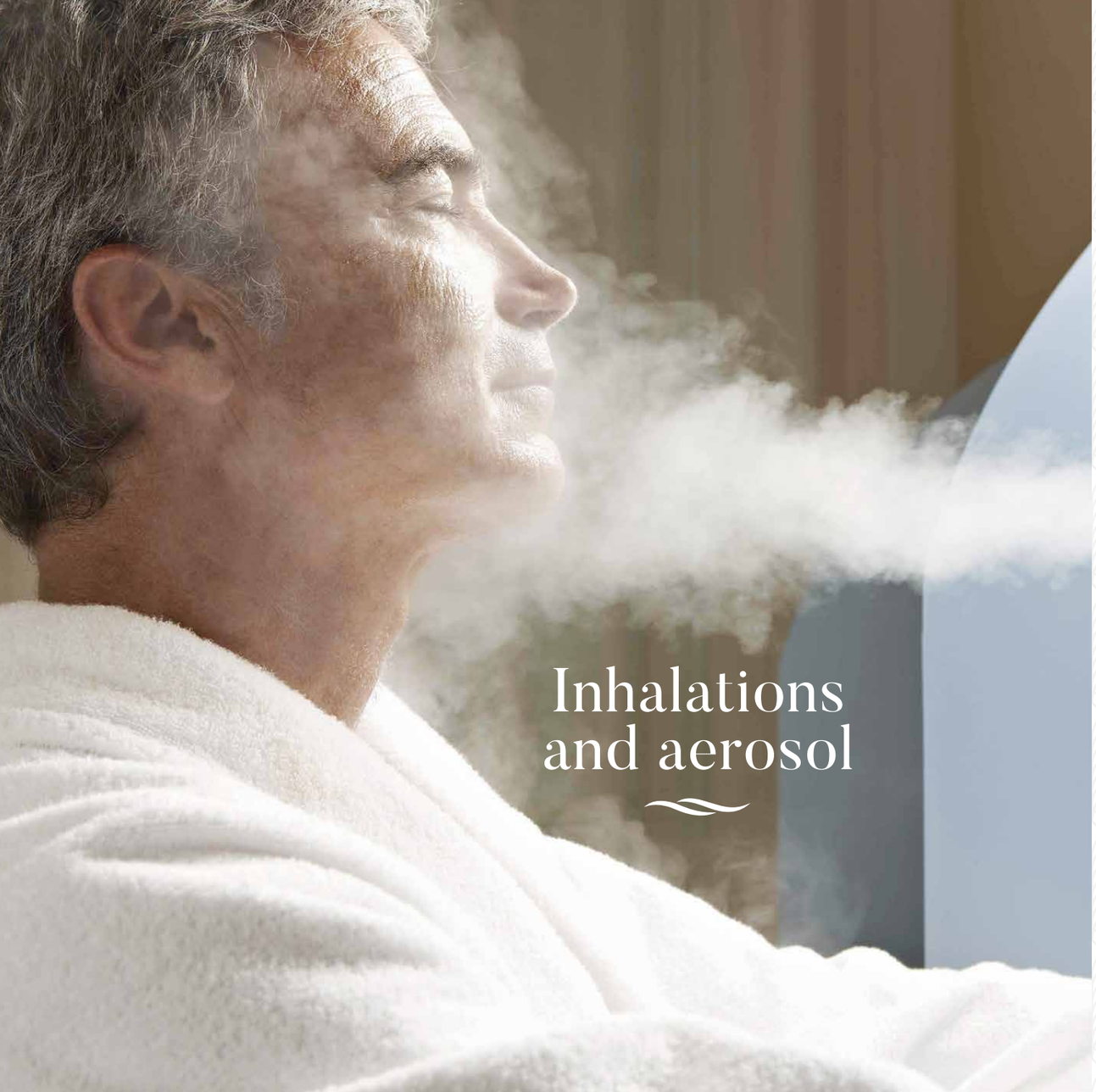
- DEGENERATIVE ARTHROPATHIES
- CHRONIC INFLAMMATORY RHEUMATISM
- DYSMETABOLIC ARTHROPATHIES (GOUT)
- CHRONIC INFLAMMATORY DISEASES OF THE UPPER AND LOWER RESPIRATORY TRACT including those of an allergic nature
- SKIN DISEASES (chronic eczema, seborrheic dermatitis, psoriasis)

Sweating encourages an intense purifying and detoxifying process which, combined with an immediate sense of wellbeing, makes it a unique treatment for the total recovery of one's psycho-physical balance.

The thermal Cave must not be used on the same morning as having Mud-Balneotherapy, and not before 6-8 hours after MBT.
Patients must observe the rest periods between the various spa treatments.
The time spent in the thermal Caves must not exceed 15 minutes per session.

CONTRAINDICATIONS

Acute inflammation of any part of the respiratory tract. Bronchial asthma and severe emphysema, in the cases of TB.
Acute conjunctivitis in progress, glaucoma and dental abscesses in progress.
Cardiovascular diseases. In the acute inflammatory phase of illnesses, epilepsy and malignant tumours.
The application of mud should also be avoided if you have varicose veins in the lower limbs, especially when aggravated by complications such as phlebitis and ulcers.
Children under the age of 12, during pregnancy and breastfeeding, and with menstrual flow in progress.
The Cave may cause rapid changes in blood pressure also in people with physiological hypotension. People with a major illness should receive medical advice before treatment.
A doctor is always available for any explanation and further information.



Inhalations and aerosol

Hot-humid inhalations

This method uses devices capable of fragmenting mineral water into particles, forming a jet of vapour that is inhaled by the patient.

With direct jet inhalation, the pressure of hot vapour on the mineral water leads to the formation of water particles of about 100 μ in dimension.
The vapour jet is conveyed against filters or plates that allow the elimination of the largest particles resulting in a relatively uniform mist.
This leads to the partial cooling of the vapour jet, which reaches an optimum temperature of 37-38°C.
The vapour jet contains gases that are released in the inhaler during the thermal water fragmentation process.

The patient is seated in front of the appliance, at a distance of about 20-25 cm from the dispenser nozzle, and inhales the dispensed vapour through the nose and/or mouth.
A prior medical examination is mandatory.

Aerosol

Thermal aerosol therapy involves fine particles of mineral water which, according to their dimensions, can also reach the most distant areas of the respiratory tract.
Various appliances are available for providing this treatment, which differ in the way the mineral water is fragmented and in the dimensions of the water particles created.
The most common appliances use compressed air, at a pressure of 0.5-1 atmosphere to obtain water particles of varying diameter; those larger than 3-5 μ remain in the upper part of the respiratory tract, whereas those smaller than 3 μ reach the lower part of the respiratory tract.

The application method of aerosols is similar to that described for inhalations, although it has several specific features.
The inhaled aerosol has a temperature corresponding to that of water at the source and does not involve any thermalisation process.
Depending on the condition to be treated and on the discretion of the doctor, the patient uses a mask, a nasal fork or a mouthpiece connected to a dispenser through a rubber connector.
The choice is made in relation to the main area that requires treatment (nasal cavities, pharynx, etc.)

Each session lasts about 10-15 minutes, during which the patient inhales about one litre of mineral water.

Micronised nasal showers

These nasal showers are for pathologies of the first respiratory tract (nose, paranasal sinuses, nasopharyngitis, Eustachian tube) and allergic rhinitis.
The treatments irrigate the nostrils. The mist consists of micro-aqueous particles.
The gentle cleansing of the nasal and paranasal cavities frees the nasal mucosa from stagnant secretions and decongests, improving free passage of the upper airways.

This type of treatment is especially indicated for children because their air and hearing passages have reduced diameters and they are often obstructed by mucous secretions.
The treatments are useful to prepare the respiratory system to better assimilate Spa treatments such as inhalation and aerosol.

USEFUL INFORMATION

The level of humidity in some spa areas, even though appearing to be high, is an integral part of the treatment and is therefore essential and cannot be eliminated.

For your own personal hygiene and for that of other patients, you are required to wear clean clothing (slippers, swimsuits, etc.) to be used exclusively for spa treatments.

Silence must be observed in the spa area as a sign of respect for those undergoing treatments.

USEFUL TIPS

Once the treatments are over, before going outdoors, it is advisable to stay inside the spa facility for about 30-40', especially during the cooler months of the year. Taking this precaution will allow the body to gradually adapt to the external environment, avoiding exposure to sudden changes in temperature.

It is advisable to reduce physical exercise and exposure to the sun during the treatment period.

Therapeutic results

With regard to therapeutic results, a distinction is made between short and medium-long term effects.

The main effects in the short term include: an antiseptic action, the effects of hydration and mucolysis on secretions, which are thus drained more easily; anti-inflammatory effect, trophic and cleansing effects of the mucous membranes that are induced to recover their normal mucociliary function.

The medium-long term effects include: anti-allergic desensitization, particularly useful for types of rhinitis, the reinforcement of the immune system, primarily due to the increase in secretory IgA of the mucous membranes treated, which makes seasonal aggravation less frequent for the ear, nose and throat area and the bronchopulmonary tract.

DISEASES OF THE RESPIRATORY TRACT

- SIMPLE CHRONIC BRONCHITIS
- COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE)
- ASTHMATIC OR SPASTIC BRONCHITIS
- RECURRENT CHRONIC BRONCHITIS

DISEASES OF THE UPPER RESPIRATORY TRACT [NOSE, THROAT]

- VASOMOTOR / ALLERGIC RHINITIS
- RHINOSINUSITIS
- RHINO/SINUS/BRONCHIAL SYNDROMES
- CHRONIC PHARYNGITIS
- ADENOTONSILLAR HYPERTROPHY
- CHRONIC LARYNGITIS

CONTRAINDICATIONS

First of all, contraindications include acute inflammation of the respiratory tract, of any nature, and malignant tumours of the same tract, which exclude this treatment.
Bronchial asthma and emphysema are also to be considered contraindications.
Special care must be taken with people who have been affected by forms of pulmonary TB in the past, even if they have been diagnosed as clinically recovered.
Finally, precautions must be made regarding the use of hot-humid inhalations in cases of acute conjunctivitis in progress, glaucoma and dental abscesses in progress.

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