



# Cuddles



**ELISEO**  
HOTEL TERME  
Beauty & Wellness Spa



A close-up, side-profile photograph of a woman with dark hair tied back, receiving a mud mask treatment on her back. Her eyes are closed, and she has a serene expression. A person's hands, wearing grey gloves, are applying a thick, grey mud mask to her skin. The background is a light-colored, textured wall, possibly a spa or treatment room. The overall mood is calm and relaxing.

for your  
wellbeing





## THERMAL PACKAGES

### Temple of health

#### BASIC

- 1 Medical checkup
- 1 body scrub with Mar Morto's salts
- 6/10/12 Biothermal clay packs and thermal shower
- 6/10/12 Thermal baths with ozone hydro - massage
- 6/10/12 Partial massage or hydrokinesitherapy sessions in thermal water 25'

#### DELUXE

- 1 Medical checkup
- 1 body scrub with Mar Morto's salts
- 6/10/12 Biothermal clay packs and thermal shower
- 6/10/12 Thermal baths with ozone hydro - massage
- 6/10/12 full body massage 55'

#### VIP

- 1 Medical checkup
- 1 body scrub with Mar Morto's salts
- 6/10/12 Biothermal clay packs and thermal shower
- 6/10/12 Thermal baths with ozone hydro - massage
- 6/10/12 full body massage 55'
- 6/10/12 hydrokinesitherapy in thermal water



## Try the Thermal Bath!

For those who want to try an authentic Spa experience.

Medical check up for admission to treatments

2 Biothermal clay treatments

2 Thermal baths with relaxing ozone hydromassage

2 Body massages (25')

2 Thermal inhalation or aerosol treatments

~~~~~ 164 €



|               | 6 treatments | 10 treatments | 12 treatments |
|---------------|--------------|---------------|---------------|
| <b>BASIC</b>  | 420 €        | 637 €         | 747 €         |
| <b>DELUXE</b> | 590 €        | 934 €         | 1.099 €       |
| <b>VIP</b>    | 800 €        | 1.275 €       | 1.505 €       |



# Thermal

## TREATMENTS

Medical check-up for admission to the treatments **30 €**

Biothermal Clay packs with thermal bath **34 €**

Thermal bath with ozone hydro-massage **20 €**

Inhalation therapy **9 €**

Addition of ozone in the thermal hydro-massage **5 €**

*(Only for treatments covered by the NHS, cost per session)*

### PARTIAL MASSAGE

Classic western massage, of Swedish origin, based on stroking and pressure, more or less intense, of skin and muscles: decontracting and muscle relaxant.

**25' | 34 €**

### CONNECTIVAL MASSAGE

Acts on state changes of the connective tissues at the base of the most common blemishes, such as cellulite and wrinkles, improving vascularity. Excellent combination with lymphatic drainage.

**25' | 34 €**

### DECONTRACTYL MASSAGE

Treatment dedicated to those suffering from tension muscles located especially on the back. Massage especially loved by men and by people who are sporty or forced for a long time to incorrect postures.

**25' | 34 €**

**55' | 59 €**

### BACKBONE MASSAGE

Excellent therapy for those suffering from neck pain. Gentle massage useful to prevent it and to cure it.

**25' | 34 €**

### PLANTAR REFLEXOLOGY

Foot acupressure ideal for stimulation the functionality of internal organs, excellent as a natural check-up of their state of health.

**25' | 34 €**

### HYDROKINESITHERAPY IN THERMAL WATERS

Kinesiological treatment and in synergy with hot water it gives real relief.

Hot water kinesis is aimed at pain relief for those suffering from rheumatological diseases neurological or orthopedic.

**40' | 35 €**

### PACKAGE HYDROKINESITHERAPY

**6 Hydrokinesitherapy treatments in thermal water (40')**

**180 €**

Enhance the benefits of thermal massages by requesting the exclusive **BODY LIMO MUD** pain-relieving mud

+ 5 € per treatment



# Physiotherapy

## TREATMENTS

### PHYSIOTHERAPY SESSION

Physiotherapy + kinetic massage.

**30' | 50 €**

### OSTEOPATHIC MANUAL THERAPY

Specifically for neck pain, lumbar pain, cervicalgia, lumbar sciatica, slipped discs.

*(recommended every 2 - 3 days)*

**30' | 65 €**

### CRANIOSACRAL TREATMENT

Anti-inflammatory and relaxing.

**40' | 65 €**

### DIACUTANEOUS MYOFIBROLYSIS

Manual therapy with fibrolysis hooks, special instruments for chronic back problems, stiffness and long-standing contractures, slipped discs, osteophytes, paresthesias, headaches and carpal tunnel syndrome.

*(Recommended every 3 - 4 days)*

**30' | 60 €**


### ADAMSKI ABDOMINAL MASSAGE AND ARTERY STRETCHING

Manipulation of the abdomen, femoral artery and safena vein, duodenum unblocking combined with plant wraps for a swollen abdomen, with constipation and heavy leg syndrome.

*(Recommended once a week)*

**20' | 40 €**





**ENJOY YOUR TREATMENT:**  
come **fifteen minutes**  
**before** your appointment,  
put on the robe and slippers,  
immediately indicate  
any allergies, diseases  
or pregnancy to personnel.

*Turn off your phone...  
it's your time!*

for your  
**wellness**





## Traditional cuddles

### MOISTURISING ANTI-STRESS MASSAGE

Relaxing body massage with moisturizing cream. It helps to release the tensions that build up at the muscle level.

**25' | 34 €**

**55' | 59 €**

### RELAXING MASSAGE WITH AROMATIC OILS

Body massage based on essential oils and aromatic extracts, the different essences restore vital energy, favoring the recovery of mind-body harmony.

**25' | 34 €**

**55' | 59 €**

### SPORTS MASSAGE

It is divided into two phases, preparatory to the sporting act or winding down after training. It prepares the body to have an optimal response to physical effort before activity and helps to gradually relax the muscles and to restore circulation once it is over.

**25' | 34 €**



## Cupid's cuddles

### COUPLE TREATMENT

4-hand massage aimed exclusively at couples. It serves to create and intensify the physical feeling and emotional towards your partner.

**PER PERSON 55' | 60 €**



## Gluttonous cuddles

### CHOCOTHERAPY

Chocolate holds the secret in itself of happiness. Its scent stimulates endorphins, the feel-good hormones. Cocoa butter nourishes the skin and moisturizes it in depth, moreover theobromine is effective in combating localized fat deposits.

**55' | 64 €**

### MASSAGE WITH FRESH FRUIT

Anti-stress massage performed on everything the body, no creams or oils are used, but fruit fresh centrifuged and massaged directly on the body.

Excellent antiaging for the skin, real recharge of vitamins.

**55' | 64 €**



## Baby and teen cuddles

|                                                          |                   |
|----------------------------------------------------------|-------------------|
| Ayurvedic baby massage                                   | <b>25'   34 €</b> |
| Boys and Girls massage with scented oil                  | <b>25'   34 €</b> |
| Cool facial cleansing                                    | <b>25'   34 €</b> |
| Package "princess":<br>manicure with varnish             | <b>25'   30 €</b> |
| Happy SPA day: baby massage<br>and cool facial cleansing | <b>55'   59 €</b> |



## Cuddles for new mom

|                                                                            |                   |
|----------------------------------------------------------------------------|-------------------|
| Prenatal aquatics<br>in thermal water                                      | <b>25'   30 €</b> |
| Maternity massage<br>destressing for the legs<br>and relaxing for the back | <b>25'   34 €</b> |
| Light body peeling                                                         | <b>25'   34 €</b> |
| Maternity facial cleansing                                                 | <b>55'   64 €</b> |



for your  
**spirit**

## Ayurveda

### **AYURVEDA TRIDOSHA MASSAGE**

Body massage with warm and relaxing oils, ideal for rebalancing the “3 energies” that make up the physical and mental part of each person.

**55' | 69 €**

### **AYURVEDA + PADABHYANGA MASSAGE**

Ayurveda body massage combined with traditional ablution and foot massage.

**55' | 74 €**

### **AYUR-MAMY MASSAGE**

Ayurveda massage specifically for pregnant women: relaxing, beneficial, to teach mother and child to communicate deeply.

**55' | 69 €**

### **SHIRODHARA**

It is a very special and intense treatment. While a delicate thread of warm oil runs over the third eye area, the mind is freed from fatigue and worries. It strengthens the nervous system and rebalances the hormonal system.

**55' | 85 €**

### **PINDASWEDA MASSAGE**

A deeply relaxing full-body massage using tampons and lukewarm oils to aim towards achieving a deep state of wellbeing.

**55' | 60 €**



### SHIATSU

With pressure exerted along the meridians distributed throughout the body, it balances energy blocks and eliminates joint and muscle pain.

**25' | 39 € o 55' | 69 €**

### EMOTIONAL MASSAGE

This type of massage gives the body a sensorial "spring". The synchronous movements of the massage lead to a state of mind of complete relaxation and feeling of well-being.

**55' | 59 €**

### LOMI-LOMI-NUI HAWAIIAN MASSAGE

Anti-stress massage, similar to a dance, made with very delicate movements that eliminate stress by giving well-being, joy and harmony. Lomi-Lomi-Nui is a relaxing and invigorating massage. The operator uses mainly the hands and forearms. Through a series of long and rhythmic movements, it relaxes the muscles and loosens the joints.

**55' | 59 €**

### CALIFORNIAN MASSAGE

Ascending and descending circulatory movements all over the body they are made to the rhythm of music, while the skin is sprinkled with essential oils. Ideal for promoting oxygenation of the whole body.

**55' | 59 €**

### HOT STONE THERAPY

It is a relaxation technique that has a purpose to stimulate the energy points of our body, eliminating anxiety and stress. With the application hot and cold stones accelerate circulation which affects the elimination of toxins. The feeling of warmth on the skin contributes to relax the muscles and help to loosen the contractures.

**55' | 59 €**

### CANDLE MASSAGE

Pleasant relaxing massage with use of shea butter candles and perfume oils.

The body and mind relax and the skin is deeply nourished.

**55' | 64 €**

### FIREY MASSAGE

Its main effects concern stimulation blood and lymphatic. It follows an anti-cellulite and haemolympathic massage able to slow down processes senescence and to detoxify the organism.

**55' | 62 €**



### TRY OUR SENSORY PATHS

Sugar scrub and relaxing body massage with the addition of sensual Butter.

**55' | 59 €**

Choose your fragrance:

- Milk and Vanilla
- Orange and Vanilla
- Oriental Flowers
- Lily of the Valley
- Tropical
- Lime



for the  
**beauty**  
of your face



THREE LEVELS:  
**ABANO TERME COSMETICS,  
ALTACOSMESI  
AND LUXURY**  
TO MEET EVERYONE'S NEEDS.

**Abano Terme Cosmetics:** EcoBio thermal cosmetics, 99% natural, for those who love to remain tied to the territory and benefit from the exclusivity of the Serums and Complexes.

**Aesthetic Project** for those who want to try the most cuttingedge treatments.



# Abano Terme Cosmetics

## FACE TREATMENTS

### COMPLETE FACIAL CLEANSING ELISEO

Includes: peeling, ozone vapours, aesthetic massage, clarifying or mud-wellness mask.

45' | 59 €

### FACIAL LYMPH DRAINAGE • 25' | 34 €

### MEN FACIAL PROGRAMME • 45' | 59 €

*Excellent novelty*

## SUPREME BEAUTY

An innovative way of conceiving professional aesthetic treatment, thanks to products unique cosmetics with **exclusive thermal active ingredients**. **Anti-aging and illuminating**, the *Abano Terme Cosmetics Serum* allows you to restore the skin's balance and its defensive capabilities, increase skin hydration, stimulating the production of collagen and renewal of cells with excellent and visible results.

45' | 64 €

### ANTI-AGE PROGRAMME

For the prevention and reduction of wrinkles and marked expression lines.

*Products used:* Bio Cleansing Milk, Bio Re-balancing Tonic, Biomimetic Scrub, Bio Anti-Wrinkle Intensive Lifting Serum, Hyperthermal Facial Mud, Bio Anti-Wrinkle Cream, Bio Multipurpose Mask, Bio "Perfect Eyes Extreme Lift" Intensive Serum, Hyperthermal Water.

45' | 64 €

### ANTI-AGING BOTOX PROGRAMME

Peptide that mimics the action of viper serum, for mature, toneless or wrinkled skin.

*Products used:* Power complex of essential oils, Bio Cleansing Milk, Bio Re-balancing Tonic, Biomimetic Scrub, Botox Serum, Basic Carrier + Power complex of essential oils, Hyperthermal Water.

45' | 64 €

### ILLUMINATING PROGRAMME

Lightens and eliminates marks caused by hyperpigmentation of the skin and lack of tone, with an anti-age effect, lightening and firming up the skin.

*Products used:* Bio Cleansing Milk, Bio Re-balancing Tonic, Biomimetic Scrub, Lightening-Depigmenting Serum, Hyperthermal Mud, Basic Carrier + Power complex of essential oils, Hyperthermal Water.

45' | 64 €

### SOOTHING AND CALMING PROGRAMME

Ideal in the presence of redness and couperose, stressed or particularly sensitive skin.

*Products used:* Bio Cleansing Milk, Bio Re-balancing Tonic, Biomimetic Scrub, Power complex of essential oils, Bio Soothing and Calming Intensive Serum, Bio Soothing and Calming Cream, Bio Multipurpose Mask, "Perfect Eyes" Bio Intensive Serum, Hyperthermal Water.

45' | 64 €

### MAKE UP

- Eyebrow shaping and design **15 €**
- Cosmetic consultation with make-up artist **30 €**
- Eyelash and eyebrow colouring **40 €**
- Facial Hair Removal **7 €**



## AESTETIC PROJECT<sup>®</sup> C O S M E T I C S

**HOTEL ELISEO USES  
AESTETIC PROJECT,  
AN INNOVATIVE, NATURAL  
COSMETIC RANGE TO ENSURE  
SPECIALISED AND QUALIFIED  
CONSULTANCY, RESPECTING  
THE SKIN'S HEALTH.**

### **NO PRESERVATIVES**

*AESTETIC PROJECT has chosen to use a patented "preservation system" consisting of natural, functional ingredients with self-preserving power, to avoid applying impurities and toxins to the skin.*

### **SILICONE-FREE**

*To respect physio-cutaneous respiration. In addition, thanks to continuous research in skin-compatible functional ingredients, AESTETIC PROJECT has chosen not to add organic silicon derivatives, preventing occlusive effects and deep dehydration.*

### **NO PROPYLENE GLYCOL**

*Propylene glycol is a compound resulting from potentially irritating petroleum, which is currently under dispute. AESTETIC PROJECT has chosen not to add it, minimising skin irritations.*



# Altacosmesi

## FACE TREATMENTS

*Excellent novelty*

### FLORA

Facial treatment with *prebiotic*, *postbiotic* and *probiotic active ingredients* that support the balance of the skin flora.

With exclusive massage with *Cristal Ball*.

45' | 69 €

### EVERGREEN TREATMENT

EverGreen is the first **range of anti-ageing facial products** that combines effectiveness and environmental sustainability.

This professional treatment consists of 4 steps: exfoliation and cleansing to soothe the skin; toning to promote the penetration of active ingredients, such as **Organic Hempseed Oil**, **Hemp Extract** and **SUGARDERM® AGE**; a final step that nourishes and moisturises while enhancing elasticity and preventing photoageing and free radicals.

This treatment is based on **fully vegan** formulations with organic active ingredients, such as Hempseed Oil, which has powerful redensifying and elasticising properties that help prevent skin ageing and wrinkles.

45' | 74 €

### STAMINAL METHOD

Anti-ageing **treatment for mature**, devitalised, matte skin lacking compactness.

Also suitable for eye and lip contour.

This range results from state-of-the-art bio-technology and contains a mix of **Plant Stem Cells** with strong regenerating power.

Plant stem cells have anti-ageing properties because they protect, stimulate and smooth the skin.

45' | 85 €



# Luxury

## FACE TREATMENTS

### ROYAL EXPERIENCE

A facial treatment and a **customised experience** based on cosmetic innovation for an in-depth action against ageing to tone, stimulate and replenish the skin.

Active precursors and collagen stimulants contrast eyelid drooping and periorbital wrinkles, supporting the eyes and lips contours, face and neck.

Next-generation, **“botox-like”, anti-ageing peptides smooth out expression lines and wrinkle folds.**

A journey that starts from the skin to regenerate, redefine and replenish the face.

- TONING >> *“champagne” mask with a golden nuance*
- BOTOX >> *pearl dust mask*

45' | 100 €

### BELOOK TREATMENT

**BeLook is specific for the eye contour area.**

It helps reduce wrinkles, expression lines, bags and dark circles for brighter, more vibrant eyes.

Specific products with innovative formulations are used in various treatment steps to moisturise, protect, smooth, and tone the delicate tissues of the periorbital region.

Highly effective functional ingredients with multiple effects deliver visible results.

The skin appears more elastic, smooth and deeply hydrated.

**For radiant eyes.**

25' | 45 €





for the  
**beauty**  
of your body



# Basic

## BODY TREATMENTS

### HAEMOLYMPHATIC TREATMENTS

|                         |     |      |
|-------------------------|-----|------|
| Complete lymph-draining | 55' | 59 € |
| Lymph-draining for legs | 25' | 34 € |
| Haemolympathic massage  | 55' | 59 € |

### EXFOLIATING TREATMENTS

|                                        |     |      |
|----------------------------------------|-----|------|
| Salt peeling<br>with hydrating massage | 55' | 64 € |
| Peeling for body                       | 25' | 34 € |

### CONTOURING TREATMENTS

|                          |     |      |
|--------------------------|-----|------|
| "Bottom firming" massage | 25' | 34 € |
| Anti-cellulite massage   | 55' | 59 € |

### BEAUTY TREATMENTS

|                                                                         |     |      |
|-------------------------------------------------------------------------|-----|------|
| Manicure                                                                | 25' | 35 € |
| Aesthetic pedicure                                                      | 25' | 35 € |
| Complete pedicure                                                       | 55' | 60 € |
| Depilation 25'                                                          |     | 30 € |
| Depilation 55'                                                          |     | 45 € |
| Semi-permanent nail polish<br>for hands or feet                         | 30' | 40 € |
| Nail polish remover<br>semi-permanent hands or feet                     | 20' | 20 € |
| SPA pedicure<br>(complete pedicure + deflating salts<br>+ foot massage) | 90' | 90 € |





# Abano Terme Cosmetics

## BODY TREATMENTS

*Excellent novelty*

### HARMONIA BODY

A method that integrates beauty with the health of the skin thanks to **expert manual skills, innovative technologies and exclusive molecules of plant origin** from extraction with hyperfermentation. New solutions that respond to different aesthetic needs to counteract the various blemishes of the body.

*This new methodology of integrated treatments, supported by long experience in the field of global well-being, can be customized in a personalized way based on specific needs.*

**55' | 69 €**

### DRAINING AND REDUCING PROGRAMME

For draining and minimising the unsightly effects of cellulite.

*Products used:* Delicate Bio Scrub, Intensive Draining and Reducing Bio Serum, Hyperthermal Mud, Bio Modelling Cream, Hyperthermal Water.

**55' | 64 €**

### SPA SHOCK TREATMENT PROGRAMME

For particularly firm cellulite with orange peel skin.

*Products used:* Saline Massage, Intensive Draining and Reducing Bio Serum, Seaweed, Draining Treatment Oil (Edematose Cellulite), Power complex of essential oils, Hyperthermal Water.

**55' | 64 €**

### FIRMING AND TONIFYING PROGRAMME

To firm up and redefine the figure.

*Products used:* Saline Massage, Bio Intensive Firming and Tonifying Serum, Hyperthermal Mud, Bio Firming and Tonifying Cream, Hyperthermal Water.

**55' | 64 €**

### EXTREME RELAX TREATMENT

Total wellness treatment.

*Products used:* Biomimetic Scrub, Power complex of essential oils, Hyperthermal Mud, Pure Vegetable Oil, Hyperthermal Water.

**55' | 64 €**

### HAIR PROGRAMME

For oil hair, dandruff, treated and coloured hair.

*Products used:* Hyperthermal Water, Special Bio Serum, Hyperthermal Mud.

**55' | 64 €**

### ANTI-AGE BODY TREATMENT

Moisturises and restructures the skin of the body.

*Products used:* Biomimetic Scrub, Power complex of essential oils, Hyperthermal Mud, Deep Moisturising Body Milk and Sublime Oil, Hyperthermal Water.

**55' | 64 €**

### LEG FATIGUE PROGRAMME

Immediately produces a pleasurable sensation of wellbeing for tired legs, reducing swelling and improving the circulation.

*Products used:* Biomimetic Scrub, Power complex of essential oils, Cold Lotion, Ice Gel.

**55' | 64 €**



# Altacosmesi

## BODY TREATMENTS

### B FIT TREATMENT

Professional treatment. **No rinsing required.**

**It sculpts and gently drains** the whole body.

This treatment consists of six stages that stimulate, activate, and sculpt the tissues.

The skin is visibly firmer and tighter.

**55' | 74 €**

### ROLL SHAPE TREATMENT

Arm and breast bandage treatment, for tissue atony and lack of elasticity.

The effective combination of spray enhancers and hyperactive bandages guarantees visible results from the first applications. 3 bandages combined with spray enhancers allow

for 3 complete **reshaping** treatments **against cellulite blemishes, water retention, localised fat deposits** and tissue atony.

**55' | 74 €**

### I SALINI TREATMENT

By selecting unique, precious and highly effective active ingredients, Aesthetic Project has created *I Salini Thalassotherapy*, a treatment that has always been used in for its extraordinary **draining** properties.

The main ingredients of this innovative range are

**Dead Sea salt** (known for its high osmotic power),

**Himalaya salt** (containing many trace elements),

extracts of **Laminaria algae** (known for its excellent

draining properties) and **Bladderwrack**, an alga known

for its lipolytic properties) to ensure reoxygenating, draining, and mineralising effects.

**55' | 84 €**



# Luxury

## BODY TREATMENTS

*Excellent novelties*

### BODY SHAPE

**Shaping, draining** and **anti-cellulite** treatment, performed with the exclusive *Body Sugar* pneumatic massage.

**55' | 74 €**

### BODY SHAPE AGE

**Breast-neck-décolleté** treatment with **bandage** and *Body Sugar* massage.

**55' | 74 €**

## WHITE SCULPTURING TREATMENT

The *White Sculpturing* treatment contains **Garcinia Cambogia**, a plant rich in Hydroxycitric acid, which stimulates lipolysis. Moreover, it contains **polypeptides extracted from whey**, precious elements that act on tissue metabolism and help increase the connective structure.

**Marine Collagen, Marin Elastin, Shea Butter** and **Argan Oil** stimulate the plumping action. Results are visible after just a few weeks.

A three-step treatment that reshapes and defines the body while combating and reducing cellulite blemishes and stretch marks.

**55' | 100 €**



## NEW

# A list of our cosmetic surgery treatments



- 1 | **FREE AESTHETIC MEDICAL ADVICE**
- 2 | **BIOSTIMULATION** with the first innovative **TEOSYAL PEN** electronic device for hyaluronic acid injections: face, neck and décolleté, hands and feet, an innovative treatment for better hydration, luminosity, elasticity and the elimination of wrinkles.  
*from 200 €*
- 3 | **WRINKLE CORRECTION,** volume, non-surgical lifting with absorbable fillers of hyaluronic acid with the first innovative electronic device **TEOSYAL PEN.**  
*from 350 €*
- 4 | **SCALP BIOSTIMULATION:** innovative peptide complex specific for hair regrowth and scalp reconstruction.  
*from 150 €*
- 5 | **BOTOX:** for wrinkle correction on the side of the eyelids, forehead lift for forehead wrinkle correction, eyebrow lift for raising the lateral part of the eyebrow. Hyperhidrosis (excessive sweating in the underarm area).  
*from 250 €*
- 6 | **NON-SURGICAL FACE AND BODY LIFTING** with absorbable threads.  
*from 350 €*
- 7 | **DRAINING MESOTHERAPY**  
*from 100 €*
- 8 | **PEELING:** the most advanced technology for topical treatment. No longer just a peeling but a complete aesthetic medical treatment suitable for every area of the body.  
*from 150 €*
- 9 | **REMOVAL OF SKIN TAGS**  
*from 100 €*
- 10 | **REDUCTION OF LOCALIZED FAT DEPOSITS:** double chin, abdomen, under arms, outer and inner thighs.  
*from 150 €*

## OUR packages for you



### SPA & RELAX | 50 €

- 1 Stress relief massage with moisturising cream (25')
- 1 Spa bath with hydro-massage with ozone

### UNWIND | 89 €

- 1 Body peeling with sea salt (25')
- 1 Regenerating bath with pure thermal water and ozone hydromassage
- 1 Total body relaxing aroma massage (25')

### RELAX IN EDEN | 119 €

- 1 Ayurveda tridosha massage (55')
- 1 Partial shiatsu (25')
- 1 Oriental massage with hot oils (25')

### PARADISE OF MESSAGES | 129 €

- 1 Lymph draining for legs  
or 1 anti-stress massage (25')
- 1 Moisturising massage with natural almond oil (25')
- 1 Facial massage with moisturising cream (25')
- 1 Relaxing massage with aromatic oils (25')

### BEAUTY VIP | 129 €

(FOR HER BUT ALSO FOR HIM)

- 1 Facial treatment of your choice with Ikonskin or Argan oil
- 1 Relaxing massage with moisturizing cream or drainage massage (25')
- 1 Manicure or pedicure

### SLIM & LIFT | 139 €

- 1 Body peeling with anti-cellulite sea salt (25')
- 1 Anti-cellulite massage with toning cream (25')
- 1 Cellulite reducing phyto-mud treatment (sweat inducing) (55')

### I LOVE YOU | 139 € (per person)

- 1 Prosecco and fresh fruit in the room
- 1 Romantic couple's massage (55')
- 1 Body peeling with sea salt (25')
- 1 Silk-like massage for Her (25')  
and energizing massage for him (25')

### AYURVEDA & RELAX | 179 €

- 1 Ayurvedic massage  
with padabhyanga (55')
- 1 Shirodhara (55')
- 1 Warm oil massage (25')

### THE WORLD IN 4 MESSAGES | 239 €

- 1 Lomi-Lomi Nui (Hawaiian) massage (55')
- 1 Hot Stone massage (55')
- 1 Ayurvedic massage + padabhyanga (55')
- 1 Relaxing massage with warm oils (25')



for your  
**relax**

*We present our SPA:  
a dream suspended  
between elegance and bubbles!*



## Incanto Pool

Be embraced by warm water in an elegant pool room with many hydromassage points.

Set in an environment featuring fine architectural elements, the Incanto pool is sanitized with liquid oxygen: this special system allows guests to enter fresh, odour-free water, which is devoid of harmful chlorine byproducts and more gentle on the eyes and skin.



## Attiva Pool

Directly accessed in the lift and connected to the Allegra pool, it is our covered pool dedicated to water activities: water fitness, hydrokinesis and hydrobike help with rehabilitation and remise-en-forme in a gentle and relaxing manner.



## Allegra Pool

Set among the greenery in our garden with water features and hydromassage, the Allegra pool brings serenity and happiness thanks to its sunny position and its sinuous contours.





## La Fonte Eliseo 1956

*The first and only therapeutic source of thermal water for bathing with pure unfiltered and chlorine-free thermal water, at the Terme di Abano and Montegrotto.*

Built over our first thermal water table discovered in 1956, “La Fonte - Eliseo, 1956” pool boasts a constant flow of thermal water that naturally springs from the depths of the ground after being enriched with precious minerals for thousands of years.

It differs from all the other pools due to the absence of any chemical agents that would alter its beneficial properties. Therefore, **it is the only pool that can now be considered therapeutic.**

This ancient water source brings together nature, history and health.

### THE PROPERTIES OF THE WATERS

The waters of this spring belong to the category of deep underground waters. The uniqueness of these thermal waters arises from the long journey the waters have to get to the Euganean Spas. Water comes from the Pre-Alps and flows underground through limestone, arriving at a depth of 3,000 metres.

The water has been kept at a high temperature and under high pressure for a distance of about 80 kilometres over a period of several thousand years. Along the route, the water is enriched with mineral salts and then reaches two wells in the spa garden of Hotel Eliseo, where it springs out at a temperature of 87 °C.

The abundance of dissolved substances makes our thermal water **unique in the world:** it is chemically classified as **hyperthermal saline-bromine-iodine water** with a fixed residue at 180° of 5-6 grammes of dissolved salts per litre.

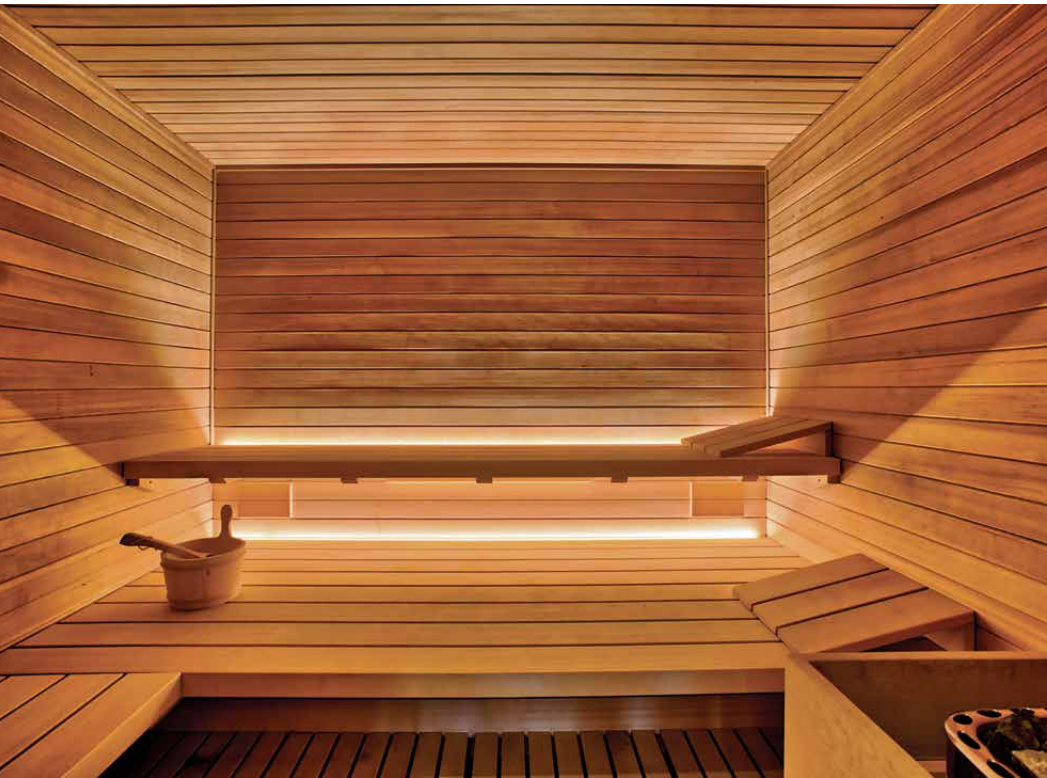
### VIRTUE OF WATER THERAPEUTIC:

The waters of “La Fonte” facilitate the activities of the joints, loosen the movements, relax the muscles and reduce pain.

The intense vasodilator action it also stimulates the action of the blood.

It is especially indicated for pain syndromes, chronic inflammatory processes and dermatoses.





## FINNISH SAUNA

In natural spruce wood for your detox, the Scottish shower and the emotional shower bring your body temperature back to the right balance.

## EMOTIONAL SHOWER

With warm rain and cold steam, ideal before and after the Finnish sauna.

## SCOTTISH SHOWER

With cold water for a burst of energy.

## KNEIPP CIRCUIT

This is a circuit with alternating hot and cold water. It offers hydrotherapy treatment for real vascular exercise.

## ELEGANT RELAXATION AREA

A 200-square metre area with chaise longues, deckchairs, rocking chairs and loungers that will allow you to completely forget your day-to-day routine.



## RELAXATION AREA *Adult only* & GARDEN LOUNGE

Inside the Thermal Wellness Park you will find a Relaxation Area *Adult only* immersed in silence and stillness, where you can devote yourself to reading for deep regeneration. And in the Garden Lounge you can enjoy the delicacies of the Bistrot comfortably lying outdoors.

## OTHER SERVICES

- **“Gentle embrace” set** 15 €  
Includes our bathrobe and pool slippers.
- **Spa Kit** 15 €  
Including a second bathrobe for the swimming pool for the spa and wellness center, a towel and an exfoliating glove.
- **Change of bathrobe** 6 €
- **Small pets** 15 €  
The price is per pet per day. We can accept just pet of small size. Animals can not stay in the common area of the hotel, including swimming pools. Insurance obligation.

## LATE CHECK OUT

Would you like to stop the whole day of departure? Available:

### Lunch

**Double room available until 19.00**

**Single room available until 19.00**

### Wellness Pass

Indoor and outdoor communicating spa pool admission 35°C open daily from 7 am to 7 pm, whirlpool, fountains and water park, steam grotto, group Acquagym lessons, lounge chair and umbrella, fitness Corner with cardio fitness equipment. For prices ask at the reception.

## SPORT

**Equipped bike house**, changing rooms and lockers, bike washing area using compressed air, workshop and bench for ordinary repairs, hiking routes and road book for bikes, on paper or portable GPS navigator.

- **Laundry service** on demand.
- **City bike hire** 5 €
- **Packed lunch** 10 €

## OTHER INFORMATION

Check in 13.00 h.

Check out 10.00 h.

Major credit cards accepted: Mastercard, Visa, Bancomat (debit card or cheque card).

## RESERVATIONS

In order to finalize reservations we require written confirmation by e-mail, post or fax. Credit card details are sufficient to secure a reservation. We set up a secure, SSL-certified 128-bit link for safe transmission of your credit card information.

## TERMS AND CONDITIONS

- Reservations can be modified or cancelled free of charge within 3 days prior to arrival.
- The first night and any services booked will be charged for cancellations 2 days before arrival. Services not used are not refundable.
- At Ferragosto (August 15<sup>th</sup>), New Year, holidays and long holiday weekends, cancellations can be made free of charge up to 15 days before arrival. We will charge 30% of your total reservation to your credit card for cancellations on the 14<sup>th</sup> day before arrival.
- In the case of early departure the night of the day of departure and the following one will be charged.
- In the case of a “no show”, early departure or late arrival the entire amount will be charged.
- In the case of pre-paid rates the reservation cannot be modified or cancelled and there is no reimbursement.

## DEPOSIT

Those without a credit card can send a deposit equal to 30% of the total reservation by means of bank transfer:

- Intesa San Paolo, Montegrotto Terme branch, IBAN: IT 20 5030 6962 6820 7400 0812 910 BIC: BCITITMM
- In the case of cancellation within 3 days before arrival the deposit can be used to guarantee a future stay in the next 365 days. If the reservation is cancelled within 2 days prior to arrival, the deposit is lost.

## MEALS

- Any extra meals will be calculated separately.
- If you book a full-board reservation, be advised that your lunch is included on the date of arrival and not on the date of departure.
- Half-board includes only breakfast and dinner.
- You will be charged separately for any additional meals, if they are not included in your room rate.

## SWIMMING POOLS

In all swimming pools, for hygiene reasons, it is mandatory to keep your hair tied up and it is recommended use swimming caps. All children must be accompanied by an adult.

## TREATMENTS

- To guarantee the availability of staff, any packages or treatments must be booked in writing via e-mail, post or fax at least 48 hours before your arrival.
- Treatments booked by the Spa and Beauty & Wellness centre can be cancelled without penalty up to 24 hours before the appointment, any later and the full price will be charged.
- Late arrival to an appointment means a reduced treatment time.

## TOURIST TAX

- City tax is not included in offers and quotations and it must be paid in hotel upon check-out.
- The tax is not apply to children under 13 years old, the disabled, the bus drivers and tour guides (respectively one and one for at least 20 people in the group), residents in the town of Abano Terme, members of Civil Protection, Red Cross, Green Cross, Police and Fire Brigade during the discharge of their functions and service.





**ELISEO**  
HOTEL TERME  
Beauty & Wellness Spa

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