

★★★★★
GRAND HOTEL
TERME & SPA
MONTEGROTTO TERME

Thermal Treatments, Beauty & Wellness

*Relax, restore yourself,
empty your mind,
let the world around you
fade into pure pleasure*





THERMAL THERAPEUTIC TREATMENTS

Mud treatment with shower and thermal ozone bath

A medical check-up, carried out by our doctor, is needed in order to undergo mud therapy. The functions of the heart and kidney are checked and, in the event of a negative result, the doctor prescribes the partial applications of mud so that the impact to the body will be less strong. Mud is applied on the skin at a temperature between 37° and 38° C for a period ranging from 12 to 18 minutes. After the mud application, the patient undergoes a warm thermal shower and enters the ozonized thermal bath at 37°-38° C for about 8 minutes. Then the patient gets dry with warm towels and goes to his/her room where he/she rests for about 30 minutes to allow the sweating reaction which naturally occurs after the mud application.

40 min

€ 42

Thermal ozone bath

Immersion of the body into a bathtub containing pure thermal water at about 37-38° C.

Water is an extraordinary element because it facilitates the activities of the body joints, the relaxation of the muscles, and a decrease in pain. Moreover, the bubbles created by ozone have an intense vasodilatory effect because they stimulate blood circulation.

12 min

€ 27

Inhalation/Aerosol

Thermal water nebulization. A method to prevent and treat diseases of the respiratory system.

€ 12

Reaction massage

Performed only for those who undergo mud therapy and it is carried out for 12 minutes in the patient's room after the sweating reaction.

12 min € 27

Therapeutic massage

This massage releases contractures at the points of the highest muscular tension. Consequently, blood circulation is improved and the proper joint balance is restored. Better if combined with the mud treatment.

25 min € 42

40 min € 63

55 min € 74

Body lymph drainage

Manual lymph drainage is a particular massage technique that allows the lymphatic drainage of tissues. The technique is made by specific circular movements with a different intensity of pressure to let the lymph circulate better and be drain more easily.

40 min € 64

55 min € 74

Medical check-up for undergoing treatments € 50

Additional medical check-ups, prescriptions and consulting € 15 to € 150





Plantar reflexology

The effects of this massage are very healthy. The foot sole mirrors our body. The massage helps restore the correct energy circulation of the internal organs and the endocrine system.

25 min	€ 49
55 min	€ 84

Physiokinesitherapy

Qualified physiotherapists carry out the physio-therapeutic treatment that aims at stretching and balancing the muscles and setting the joints free. The results include better mobility and a pleasant sensation of lightness. Suitable for treating neck pain, lower back pain, lumbosciatica, peri-arthritis, gonalgia and coxalgia.

25 min	€ 51
55 min	€ 92

Postural gymnastics

The physiotherapist uses specific exercises to study the patient's body and observes and corrects the posture. The postural therapy is not only suitable for those who suffer from some pain but for all who want to get or keep a psycho-physical status of well-being.

25 min	€ 49
55 min	€ 87

Rehabilitation gymnastics

A number of exercises and stretching movements that give elasticity and mobility to the muscles and joints. Suitable for those who underwent surgery.

25 min	€ 47
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55 min	€ 84
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Rehabilitation gymnastics in water

Thermal water is very useful to help carry out active exercises and passive movements to eliminate muscle contractures due to traumas and stress; stiff and painful joints restore their functionality.

25 min	€ 58
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55 min	€ 94
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Elettro-therapy

25 min	€ 39
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Magneto-therapy

25 min	€ 41
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Ionoforesi

25 min	€ 40
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FORFAIT PRICES FOR THERMAL TREATMENTS

In the forfaits the following treatments are included:

A. Mud, shower, thermal bad with ozone, reaction massage, bathrobe for the treatments, first compulsory medical examination.

B. Mud, shower, thermal bad with ozone, general massage (25 min.), bathrobe for the treatments, first compulsory medical examination.

	A	B
N. 6 TREATMENTS	€ 480	€ 570
N. 8 TREATMENTS	€ 618	€ 738
N. 10 TREATMENTS	€ 756	€ 906
N. 12 TREATMENTS	€ 894	€ 1.074
N. 15 TREATMENTS	€ 1.101	€ 1.326

Indications

Arthrosis, arthritis, rheumatism, myositis, neuralgia and neuritis (sciatica), occupational cramps, lithaemia, gout, after effects of fractures, sprains, dislocation, bruises and consequences, post-operational adhesions, after effects of phlebitis, cellulitis, after effects of adnexitis (non tubercular), rhinitis, sinusitis, pharyngitis, laryngitis, chronic bronchial catarrhs.



*Thermal and medical
manager:
DOTT. GIOVANNI CALABRESE*

*All the treatments are under-
taken actually and the premi-
ses by specialized staff.*

The European Patent Nr. 1571203 protects and guarantees the presence in the thermal water of many active principles naturally produced during the maturity process. The scientific research of Centro Studi Termali Pietro d'Abano, the patent owner, has allowed the identification and established the effectiveness in treatments of chronic inflammatory and degenerative pathologies in particular of osteoarticular source.



WELLNESS TREATMENTS



Body peel with thermal organic clay and thermal bath

Body peel with natural thermal mud to help the skin regenerate and have a toner and brighter appearance. Beauty mud is combined with scented natural essential oils. Recommended in combination with a relaxing massage to moisturize skin.

- Peel

30 min	€ 49
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- Peel + Relaxating massage

55 min	€ 91
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Peel with aromatized cream

The body peel helps remove the most superficial layer of the skin made mainly with dead cells and consequently returns the skin's elasticity and freshness; a peel is essential for treating the skin properly. Recommended in combination with a relaxing massage to moisturize the skin.

- Peel

30 min	€ 49
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- Peel + Relaxating massage

55 min	€ 91
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Fruit Massage

This treatment consists of applying a massaging gel that is left on the body for a while. The gel is enriched with phyto-endorphins, the happiness molecules. The following selection is available:

Blueberry Juice Massage – Refreshing Effect
Melon Juice Massage – Moisturizing Effect
Red Grape Juice Massage – Anti-oxidizing Effect
White Grape Juice Massage – Revitalizing Effect
Green Apple Juice Massage – Detoxifying Effect
Pineapple Juice Massage – Purifying Effect

40 min	€ 74
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Relaxing and antistress massage

The Holidays are the perfect time to treat yourself. An appealing offer is the anti-stress massage carried out with very soft movements that “send away” stress, freeing new energy and providing the body with well-being and harmony.

25 min	€ 42
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40 min	€ 63
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55 min	€ 74
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Drainage massage

Performed with light rhythmic movements along the lymphatic ways, it oxygenates the tissues and eliminates water retention. We recommend combining this treatment with a beauty mud application.

25 min	€ 46
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40 min	€ 74
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55 min	€ 84
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Firming massage

This treatment is active on the most superficial layer of the skin; it improves and increases the tissue elasticity.

25 min	€ 46
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40 min	€ 74
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55 min	€ 84
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Ayurveda (Abyangham)

This Indian origin massage is carried out with precious vegetable oils, which are slightly heated. It releases tension, relaxes and strengthens the immune system: energetic areas and specific body parts are treated with particular care.

55 min

€ 89

Californian massage

This massage consists of rhythmic, smooth and wrapping movements that cover the whole body, as well as gentle movements, pressure on the muscles and sweet stretches. It's a relaxing massage that tones and acts on the muscles, releasing contractures and making the joints more elastic.

Stimulates blood and lymphatic circulation, reactivates proper breathing and favours the elimination of toxins.

55 min

€ 89

Shiatsu massage

Shiatsu originates from the traditional oriental massaging techniques. It acts on the energetic system of the body and uses the network of meridians connected to the organs.

The technique consists of pressing and stretching specific body areas to let vital energy flow freely.

40 min

€ 68

55 min

€ 79

Yoga

Breathing exercises and movements of the body that affect the mind, body and spirit.

40 min € 48

Thai massage

This massage consists of stretching techniques that stretch the muscle chains, set the joints free and give a pleasant sensation of lightness and agility.

55 min € 89

Hawaiian massage

Ancient Hawaiian massage handed down through generations. Decreases stress and gives energy to the body, a very special experience to get deep relaxation.

55 min € 89

Anti-cellulite toning massage

The massage focuses on the legs where a specific anti-cellulite cream is applied.

25 min € 46

55 min € 84

Hot Stone Massage

It's an ancient massage technique performed with lava stones, from the heart of the nature. The massage releases muscle tension and reactivates meridian energy. It leaves a sensation of lightness and wellbeing.

55 min € 89

Relaxation massage with essential oils

The scents of nature have a suggestive power as they interact with the unconscious, awaken memories and arouse emotions. Treat yourself to a pleasant massage with natural essential oils.

40 min € 63

55 min € 79





Shea butter relaxation massage

Relaxing body massage with Shea butter, a real beauty elixir. It has protective and regenerating properties and is rich in vitamins that help soften and moisturize the skin.

40 min	€ 63
55 min	€ 79

Aloe vera revitalizing massage

Revitalizing massage that aims at relaxation by using manual techniques and utilizing the properties of aloe vera.

40 min	€ 63
55 min	€ 79

Toning massage with citrus fruit

This massage increases tissue tone from the superficial layer to the muscles and returns tissue energy and freshness.

40 min	€ 63
55 min	€ 79

Sweet-chocolate massage

Cocoa butter relaxing massage. As the cocoa butter deeply moisturizes the skin, its scent stimulates the endorphins.

40 min	€ 63
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55 min	€ 79
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Draining bandage

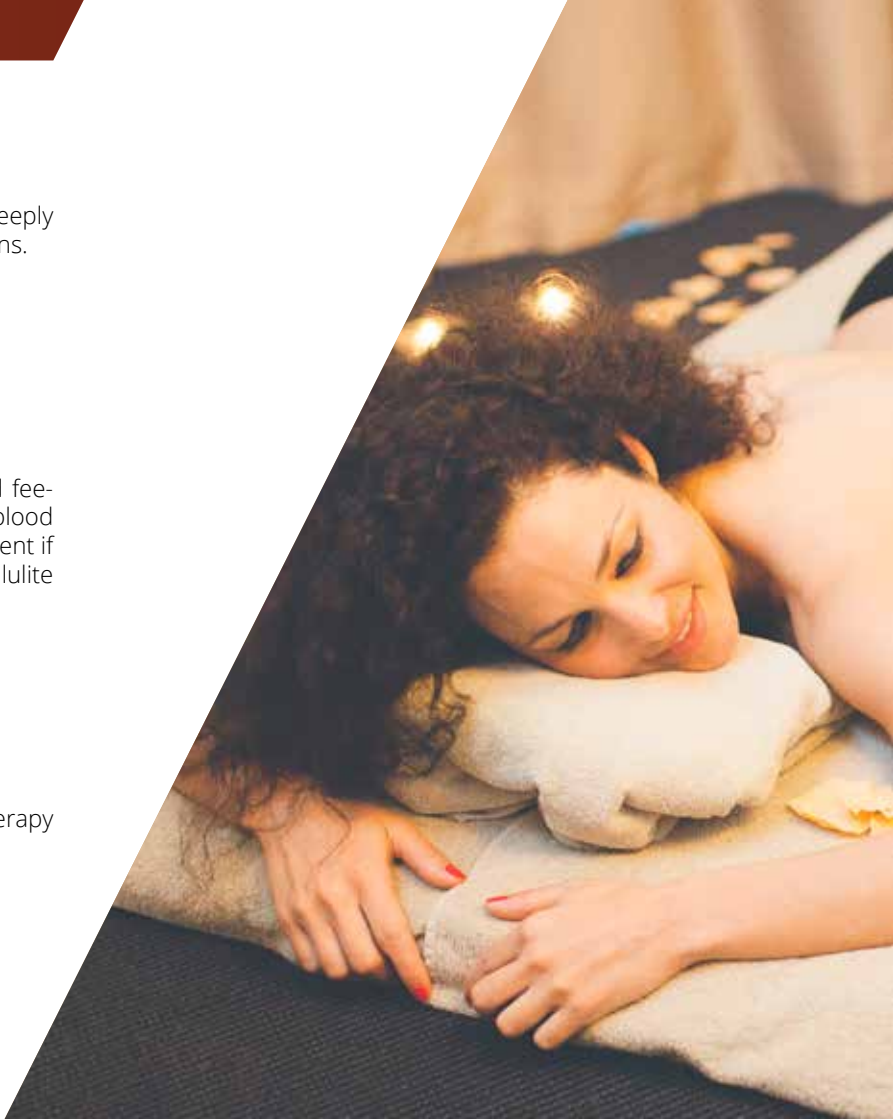
Cold bandage on the legs, reducing any swelling and feeling of heaviness to the lower limbs by improving the blood and lymphatic circulation. This treatment is more efficient if it is combined with a draining massage or an anti-cellulite massage.

25 min	€ 43
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Calidarium Therapy

Private steam bath with chromotherapy and aromatherapy to enhance the 5 senses.

till 30 min	€ 35
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SPECIAL PACKAGES BEAUTY & WELLNESS



Grand Hotel

- 1 regeneration “Full Body” treatment with “Bio thermal clay” and essential oils (Peeling)
- 1 reflex-therapy with plantar massage (25 min.)
- 1 Hydra Face (45 min.)
- 1 solarium UV-A
- 1 drainage-massage (25 min.)
- 1 Ayurveda-massage (55 min.)
- 1 Calidarium Therapy (30 min.)

€ 309

American dream

- 1 regeneration “Full Body” treatment with “Bio thermal clay” and essential oils (Peeling)
- 1 custom facial cleansing (45 min.)
- 1 California massage (55 min.)
- 1 Hot Stone massage (55 min.)
- 1 Calidarium Therapy (30 min.)
- 1 solarium UV-A

€ 289

Beauty

- 1 regeneration "Full Body" treatment with "Bio thermal clay" and essential oils (Peeling)
- 1 relaxantistress massage (25 min.)
- 1 Hydra Face (45 min.)
- 1 manicure

€ 169

Green life

- 1 regeneration "Full Body" treatment with "Bio thermal clay" and essential oils (Peeling)
- 1 Hydra Face (45 min.)
- 1 solarium UV-A
- 1 massage with essentials-oils (40 min.)
- 1 Calidarium Therapy (30 min.)

€ 209

Remise en forme

- 1 regeneration "Full Body" treatment with "Bio thermal clay" and essential oils (Peeling)
- 1 reflex-therapy with plantar massage (25 min.)
- 1 body - lynfodrenage (40 min.)
- 1 face antistress massage (15 min.)
- 1 solarium UV-A

€ 179

Anti stress

- 1 regeneration "Full Body" treatment with "Bio thermal clay" and essential oils (Peeling)
- 1 Shiatsu massage (40 min.)
- 1 relax-antistress massage (25 min.)
- 1 face antistress massage (15 min.)

€ 169





Anti cellulitis

- 1 regeneration "Full Body" treatment with "Bio thermal clay" and essential oils (Peeling)
- 1 drainage bendage
- 1 anti-cellulitis-tonic massage (25 min.)
- 1 drainage massage (25 min.)
- 1 Calidarium Therapy (30 min.)

€ 189

Maison de Beauté

- 1 regeneration "Full Body" treatment with "Bio thermal clay" and essential oils (Peeling)
- 1 custom face mask (30 min.)
- 1 solarium UV-A
- 1 drainage face massage (20 min.)
- 1 massaggio Shiatsu (40 min.)
- 1 Calidarium Therapy (30 min.)

€ 249

Aesthetic relax

- 1 healthy pedicure
- 1 manicure
- 1 face antistress massage (15 min.)

€ 85

Hamмам therapy

- Harmony tea
- Vapour bath
- Aromatherapy
- Cromotherapy
- Body peeling
- Last shower
- Harmony tea
- Chaise Longue Relax
- Relaxing massage

70 min ca. € 90

Energizing

- 1 revitalizing massage with "Aloe Vera" (40 min.)
- 1 citrus fruit massage (40 min.)
- 1 reflex-therapy (25 min.)

€ 145

Super relax

- 1 Hammam (70 min. ca.)
- 1 revitalizing massage with "Aloe Vera" (40 min.)
- 1 face antistress massage (15 min.)

€ 150

Thalasso

- Harmony tea
- Vapour bath
- Aromatherapy
- Cromotherapy
- Thalasso
- Body peeling
- Last shower
- Harmony tea
- Chaise Longue Relax
- Relaxing massage

70 min ca. € 90





PRIVATE SUITE SPA “Maison de beauté”

A haven of pampering and wellbeing ... with your partner to get precious moments of relaxation. An emotional experience where the body and the mind can rediscover the delicate balance that we often lose because of today's hectic life. A universe of attention devoted to your pleasure and wellbeing.

The Suite SPA Maison de Beauté is equipped with heated water beds with aromatherapy and chromotherapy.

Sensual pleasure for two

Emotional Massage in a water bed (Massage for two)

40 min

€ 74

per person

Ritual program for the couple (Peel, shower, emotional massage in a water bed with essential oils)

80 min

€ 120

per person





FACIAL TREATMENTS

Facial cleansing

Application of warm steam to prepare the skin, manual removal of blackheads, cleansing, toning, application of a customized mask, facial massage with serum and cream. The skin will be cleansed and free from impurities.

45 min

€ 67

Hydra face

Facial treatment aimed at moisturizing and integrating water. Suitable for all ages.

The treatment helps the skin get back its fresh and young appearance.

45 min

€ 73

Anti-Ageing treatment

Specific anti-ageing treatment to mitigate ageing marks. It gives back a fresh and young appearance.

45 min

€ 71

“Couperose” treatment

Precious treatment to mitigate tension and redness of the skin, a synergy of products moisturizes and decreases the presence of enlarged capillaries.

45 min

€ 71

Luxury around eye treatment

Specific treatment for the eye region to fight lines, blue circles and tiredness marks.

45 min

€ 73

Detox treatment

Facial treatment that increases cellular metabolism and allows the skin to recover its glow and elasticity from the very first treatment.

45 min

€ 73

Gold 24-kt

A luxurious anti-ageing intensive beauty treatment to get radiant 24-carat skin.

The specks of 24-carat gold in the mask give the skin vitality and firmness, stimulate the production of collagen and reduce already existing lines.

55 min

€ 100

Pink Mask treatment

Innovative facial ritual with a very rich mask that has both a peeling and regenerating action.

A complete treatment that combines the advantages of chromotherapy with the proprieties of the latest functional ingredients. It is the ideal for getting an immediate beauty effect before an important event or after a tiring day

55 min

€ 120





Facial mask with thermal organic clay

It is an ideal treatment for purifying, oxygenating, toning and revitalizing the skin thanks to the application of organic thermal clay rich in anti-oxidants.

30 min

€ 61

Customized facial mask

Precious facial mask for the health and beauty of the facial skin. Customized treatment studied in accordance with the skin type.

30 min

€ 61

Facial lymph drainage massage

Carried out with rhythmic slight movements along the lymphatic ways, it oxygenates the tissues and fights water retention. Draining effect, makes the face radiant.

20 min

€ 57

Facial antistress massage

Facial massage to relax and prevent ageing marks.

15 min

€ 32

Eyebrow adjustment

€ 15





ACUPUNCTURE

What is acupuncture?

Acupuncture is a kind of medical therapy which uses the stimulation of specific cutaneous areas by means of thin metal needles, and which aim is to restore a balance altered by any cause.

As far as pain is concerned, the stimulation of the points of acupuncture would facilitate the production of endorphins, substances similar to morphine, produced by the body and able to reduce pain transmission in the peripheral and central nervous system.

The anti-inflammatory effect would be attributable, at a general level, to an increase of cortisone produced by the body and, at a local level, to the skill of decreasing the release of chemical compounds that cause inflammation.

The treatments that we offer are for patients with:

- Muscle-skeletal and neurological diseases: arthrosis, arthritis, bursitis, sciatica, tendinitis, migraines, trigeminal neuralgia
- Respiratory diseases: sinusitis, chronic pharyngitis
- Mental and emotional disorders: anxiety, stress, depression, insomnia

What happens during an acupuncture session?

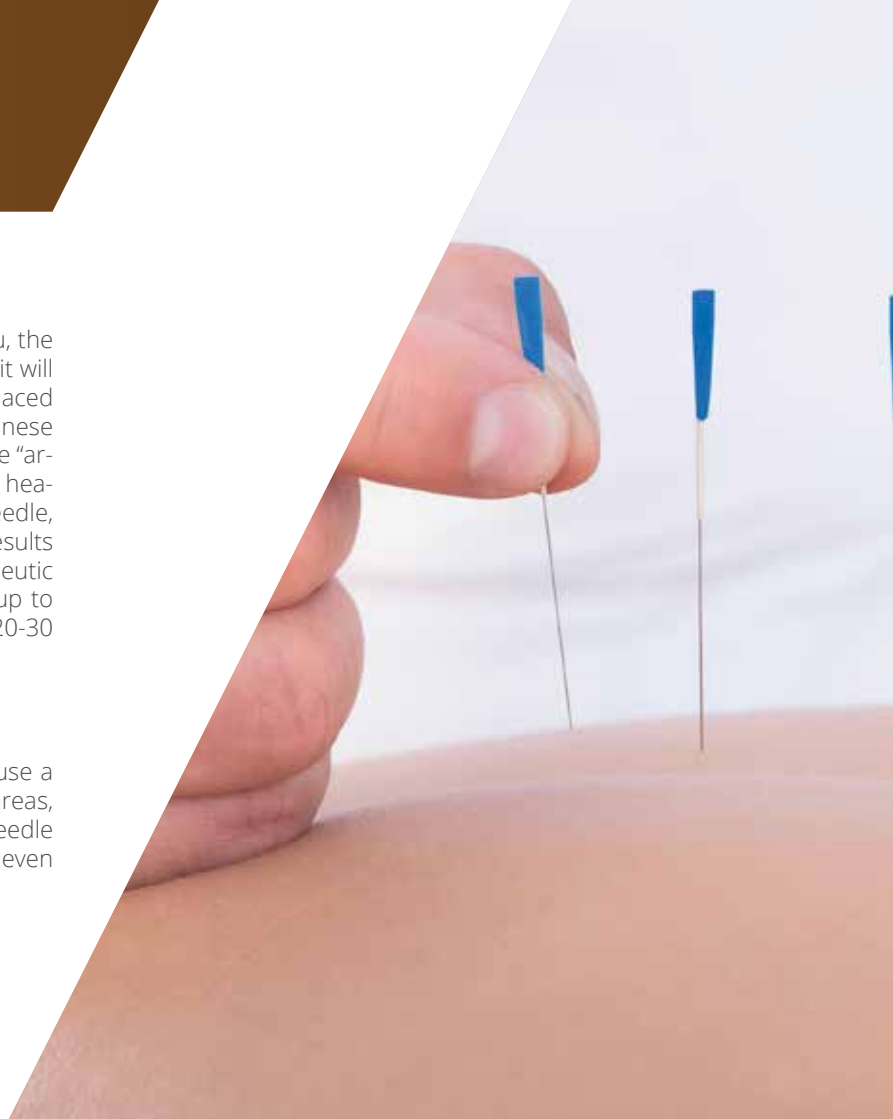
Once decided that acupuncture can be helpful for you, the acupuncturist will proceed with the session. Normally it will be used from 6 up to 12 needles, some of which are placed symmetrically, some others not. According to the Chinese experience, the needle should be manipulated until the "arrival of qi", consisting of a feeling of skin tightness or heaviness. Many acupuncturists barely manipulate the needle, without causing this feeling, and they obtain great results anyway. Depending on the points used and the therapeutic purposes, the session may last from a few seconds up to 45 minutes. Generally the needles are removed after 20-30 minutes.

Are the sessions painful?

The needle insertion is essentially painless. It may cause a slight annoyance in the more inflamed or innervated areas, or in the ones with less subcutaneous tissue. If the needle causes pain, please inform the acupuncturist, because even a slight needle shift will eliminate it.

First treatment € 128

Following € 76





MAISON DE BEAUTÉ BEAUTY

Manicure

Standard manicure

€ 32

Beauty pedicure

Standard pedicure with application of nail polish.

€ 34

Healthy pedicure

Complete pedicure with application of nail polish.

€ 49

Partial depilation

€ 34

Total depilation

€ 53

Solarium UVA

€ 15

GENERAL INFORMATION

- To guarantee that our staff is available, packages and treatment must be booked by e-mail or telephone at least 48 hours before your arrival.
- The treatment booked with La Maison de Beauté can be cancelled without sanctions up to 24 hours before the appointment; after they will be charged completely.
- Showing up late to an appointment will imply the reduction of the treatment duration.
- Please be ready to undergo the treatment by wearing a bathrobe, slippers and bathing suit. Before every treatment, you will be given disposable thongs. For undergoing treatments of Shiatzu, Tai and Yoga, we recommend that you to wear comfortable clothes.





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