

## Health area

Water Pillo sauce, present at an establishment, It can be classified as water salt-iodine waters, with extraordinary organoleptic and chemical components. It can be classified as a mineral-clorurobicarbonato-sulphate-sodium-magnesian, rich in carbon dioxide free.

It is therefore suitable for the following pathologies that treat the respiratory system (inhalation) and gastrointestinal (hydroponic):

- Otitica sub-acute and chronic
- Inflammatory pharyngeal,
- laryngeal and pharyngeal

laryngeal acute, sub-acute and chronic:

- Nose-sinus acute, sub-acute and chronic
- Nose-sinus allergic
- gastritis
- constipation
- Colitis, were diarrhea
- Mild hepatic impairment,
- outcomes hepatitis,
- inflammation of the bile ducts,
- cholelithiasis
- Metabolic diseases, diabetes,
- hyperuricemia, conditions of acidosis
- hypotensive states

**Inhalation therapies and mineral water are affiliated with National health system.**



## TERME della VIA FRANCIGENA Gambassi Terme

**An essential step  
for your health  
in a wellness  
and beauty Holistic size**

Opening time:  
From 9 am to 9 pm  
Closed Tuesday

Piazza G. di Vittorio, 1  
50050 Gambassi Terme

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## A wellness trip

Terme della Via Francigena have an area Club, where you can enjoy a moment of complete relax, let yourself rocked by water and energy pleasure of heat and vapor. Within the area there is a waterfall of ice and the method of chilling with Swedish jets of water. To these areas are associated with the zone of rest and relaxation internal and external.

### Our offer for the "wellness trip"

This trip has jacuzzi swimming pool, swimming pool in the garden, steam and heat area (sauna, Turkish bath) cromoterapic shower, waterfall of ice, relax area and garden outside.

#### Entrances

•Wellness trip: jacuzzi swimming pool, outside swimming pool, sauna and Turkish bath, waterfall of ice, relax area and outside garden.

€ 27.00 per pax

*This price includes completely entrance to the pools all day and sauna and turkish bath in the following hours:*  
10.00- 12.30; 13.00-15.30; 16-18.30

We suggest to reserve.

Discounts for Gambassi terme residences

### Our offer for "Wellness water"

This trip has jacuzzi swimming pool and outside swimming pool

€ 15 from 10 am to 8 pm

€ 10 from 4 pm to 8 pm

Specific entrance for sauna and Turkish bath.

€ 10 by advance order.

Solarium € 10

Rental Kit (bath robe and towel) € 8

Bath robe € 5.00

Towel € 5.00

## Beauty area

Our spa offers the following service for the beauty. Expert people will take care of you with special treatments for slimming, relaxing, revitalizing, energizing and much more treatments.

### Our offer for the beauty area (We suggest a reservation)

Relaxing total body massages that can help you to relax and combat fatigue and tension.

Relaxing massage or Aromatherapy and localized 30 minutes	€ 38.00
Relaxing massage or Aromatherapy total body 50 minutes	€ 60,00
Massage with essential oils 30 minutes	€ 38,00
Massage with essential oils 50 minutes	€ 60,00
Massage for pregnant women 45 minutes	€ 45,00
Stone massage 50 minutes	€ 60,00

### Invigorating massage, draining , anti cellulite

Draining massage invigorating massage, anti cellulite I.A.M Total body 30 minutes	€ 45.00
Draining massage invigorating massage, anti cellulite I.A.M Total body 55 minutes	€ 65.00
Connective tissue massage (stimulating and firming) 50 minutes	€ 60.00
Bamboo massage 50 minutes	€ 60.00
Moxa and acupressure 35 minutes	€ 45.00
cold bandage draining firming 45 minutes	€ 48,00
Hot bandage anti cellulite 45 minutes	€ 48,00
Hot mud anti cellulite 45 minutes	€ 48,00
Anti-inflammatory mud	€ 48,00
Bandage with Himalaia salt 45 minutes	€ 55,00

### Visage area

Visage massage anti age 30 minute	€ 35.00
Anti stress massage for visage, scalp, decollete 40 minute	€ 35.00
Visage treatment with caviar for sensitive and impure skin 50 minutes	€ 50.00
Visage treatment Anti-age with caviar 50 minutes	€ 50.00

## Holistic and sensorial path

In our wellness center you can find a special “tana nel bosco”, a wrapped wood room with special scent of the Woods.

In this special “tana nel bosco” you can enjoy holistic massages by professionals.

### Our offer (We suggest a reservation)

#### Holistic massages

Hot oil poured on the body to stretch and relax muscles.

Thermal bodyaroma massage 50 minutes  
( for total relaxing and wellness in the Tana del bosco ) € 60.00

Californian massage 50 minutes (massage with light touches, pressures, and that stimulation, tone the skin and dissolve the tensions) € 65.00

Lymphatic holistic massage- specific body area 50 minutes  
(draining, detoxifier, diuretic massage, special for cellulite € 55.00

Reflexology 30 minutes ( specific acupressure that allow gradually dissolve energy blockages organs ) € 38.00

Reflexology 50 minuets € 60.00

Shiatzu 50 minutes (ancient Japanese massage technique using acupressure that restores energy flow) € 60.00

Massage “ Armonia Indiana dei 4 elementi” 50 minutes  
(ancient rite of their traditional Indian massage ayurveda, in as the four elements air, water, Earth and fire recreated during the massage, creating a cycle of forces in synergy with the cosmic life and restores the centrality to the subject and ability to regain its internal balance) € 70.00

Emotional massage anti stress 50 minutes

(Specially designed for a reactivation of the emotional control and the relationship between the different levels of self-knowledge, emotional massage allows a total body relaxation in a reactivation of warm and positive emotions)

€ 60.00

Thai stretching 50 minutes

€ 60.00



## Training Lab

The innovative and advanced the vision proposed by the Training lab is to give a specific reply to those who suffer from articular dysfunction and motor abilities. to illness or trauma, through a path custom intervention developed by an team formed by two different professional figures: the physiotherapist and doctor of sports science. The patient will be placed in a context of small groups – from a minimum of two to a maximum of five participants – in order to create a climate of sharing and make it faster functional recovery, but also to allow him to reduce its investment budget. Within this open space will be provided for even sitting posture and gymnastics eutonica, Yoga and physical activities that are specific to osteo-muscular disorders and the prevention of spinal pain.

### Offering functional rehabilitation: Training LAB

A training lab  
(rehabilitation activities, including analysis posture and functional Diagnostics) € 40,00

Cycle of 10 sessions (rehabilitative activities, including postural analysis and Diagnostics of the physiotherapist and doctor in sports science) € 350,00

Decontracting massage € 60,00

### Functional gymnastic course

Course frequency twice a week.

Prenatal gymnastic course (from the 4 months of pregnancy) preparatory gymnastic for childbirth with breathing exercises and stretching. € 55,00

Post partum gymnastic for 3 months) gymnastic to find a good balance between body and mind and abdominal tone. € 55,00

urogynecological gymnastic (for urinary incontinence) exercises for the abdominal wall € 55,00

facial gymnastic to maintain a good tone of the facial muscles and to prevent the facial wrinkles. € 35,00

Postuara training € 55,00

Soft gymnastic to relax body and mind € 45,00

Pilates € 55,00