Natural Wellness Spring

www.termemontecatini.it
For centuries, Montecatini Terme has been identified as the capital of wellness, beauty and rejuvenation thanks to an extraordinary natural gift: underground waters that, after making their way through millennia-long deposits of limestone, jaspers and clay, spout from the depths of the earth and spill into majestic thermal establishments immersed in beautiful parks. Their names evoke the magical atmosphere that surrounds them: Tettuccio, Regina, Excelsior, Leopoldine, Salute, Redi and Torretta. The purest of waters they are rich in precious minerals that are worldwide famous for their healing properties. Although hydropinic therapy, that is drinking the water, is the most well-known treatment, these thermal establishments also offer a complete range of healing and regenerative cares, such as massages, physical therapy, mud applications, sauna, ozonized baths, beauty treatments, holistic packages, inhalation therapies, anti-aging programs, as well as a full set of customized innovative solutions in beauty and well-being. Montecatini and its Spas therefore represent the best option to find the perfect balance between body and inner wellness.

- SPA relax
- Thermal and beauty facials
- Thermal and beauty body treatments
- Anti-cellulite and slimming treatments
- Beauty
- Wellness and relax massages
- Ayurvedic area
- Beauty Packages

- Thermal pool
- Physiotherapeutic rehabilitation and gym
- Instrumental physiotherapy
- Health and wellness through yoga and pilates
- The Therapeutic Thermae SPA
- Tourist Visits Thermae Tettuccio
- Cosmetic Line Terme di Montecatini
Excelsior Spa Wellness Centre

**THERMAL OASIS**
€ 13,00 / 50 min.
This treatment consists of a Swedish sauna, a Turkish bath with colour therapy, emotional thermal water showers and a relaxing area in thermal vapours.

**AQUALUX**
€ 30,00 / 20 min.
A special treatment consisting of a relaxing bath in the thermal water under the tanning effects of UVA infra-red lights.

**OZONE ENRICHED THERMAL BATH**
€ 26,00 / 20 min.
A relaxing soak in thermal waters enriched with ozone to reactivate blood circulation, reduce water retention and relieve muscular tension.

**THERMAL JACUZZI “SCENTED SENSATION”**
€ 30,00 / 20 min.
A relaxing soak in thermal spring waters enriched with essential oils, salts and flowers fragrances.

**RENT OF TERME DI MONTECATINI KIT**
€ 5,00
Comfortable kit with bathrobe and soft cotton towel, slippers, disposable briefs and cap. (Available at Excelsior Beauty Center only)
DERMO-RESTORING FACIAL MASK
€ 40,00 / 20 min.
Beauty mask rich in vitamins and minerals, the unique Aquathermal Complex® gives the face hydration and elasticity to slow the signs of aging.

RELAXING FACE MASSAGE MONTECATINI EXCLUSIVE
€ 40,00 / 20 min.
Relaxing face and neck massage.

“MONTECATINI EXCLUSIVE” MUD FACIAL
€ 55,00 / 50 min.
A purifying treatment to restores important minerals to the skin, includes exfoliation, mud mask, rinsing with thermal water, a face and neck massage with customized products.

AQUATHERMAL COMPLEX® FACIAL
€ 68,00 / 50 min.
Using the exclusive patented Aquathermal Complex® created from our spring waters, this treatment includes a deep cleansing, exfoliation and deep pore extraction as well as a mask specific to your skin type.

CUSTOMIZED FACIAL
€ 68,00 / 50 min.
Facial treatment customized according to your skin type, includes peel, skin specific products and mask to improve elasticity.

ANTIAGE AQUATHERMAL COMPLEX®
€ 68,00 / 50 min. [New]
Our most advanced rejuvenation treatment for face and eyes. A concentrate of ialuronic acid and vitamins gives a smooth and elastic skin, to target wrinkles and deep lines.

HYDRA SYSTEM AQUATHERMAL COMPLEX® FACIAL
€ 68,00 / 50 min.
This treatment is specific to hydrate dry skin, includes a vitamin mask to improve elasticity.

All treatments are executed using the patented AquaThermal Complex® Terme di Montecatini cosmetic line.
**FACE AND BODY EXFOLIATING TREATMENT**
€ 60,00 / 50 min. *New*
Exfoliating soft treatment with sugar followed by a bath in thermal water and a relaxing massage with argan oil, lavender and jasmine, that leave the skin soft and hydrated.

**AQUATHERMAL COMPLEX® RITUAL** *New*
€ 65,00 / 50 min.
The exclusive Aquathermal Complex®, together with aloe and camomile essence, exfoils and hydrates the skin. The termic airbed and the cromotherapy give full relax to the entire body.

**FACE AND BODY THERMAL MUD AND WATER TREATMENT** *New*
€ 120,00 / 110 min.
Including exfoliation, Jacuzzi thermal bath, mud wrap of body and face with detox essences.

**SLIMMING ANTICELLULITE THERMAL MUD TREATMENT FOR THE BODY** *New*
€ 65 / 50 min.
Thermal mud wrap with lemon, orange and geranium essence; Jacuzzi thermal bath.

**DRAIN BODY** *New*
€ 75,00 / 50 min.
Specific draining and tonic leg bandage, that gives lightness to the legs, improves microcirculation and tones tissue.

**ENDERMOLOGIE**
€ 65,00 / 35 min.
Using the latest equipment to work on cellulite at deeper levels, this treatment guarantees improvement in elasticity of the skin and helps eliminate the unappealing “orange peel” effect of cellulite. A truly effective treatment, which won’t fail to leave you pleased with the results.

**SLIM FIT**
€ 12,00 / 20 min.
Special workout to keep in shape. Uses infrared light to melt body fat.

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**BEAUTY**

Excelsior Spa Wellness Centre

- Face UVA Tanning € 8,00
- Body UVA Tanning € 8,00
- Nail polish application or french manicure € 10,00
- Manicure € 35,00
- Pedicure € 40,00
- Complete waxing € 45,00
- Partial waxing € 30,00
- Small areas waxing (eyebrow / upper lip) € 15,00
- Sensitive areas sugar waxing € 15,00 to € 50,00 (according to the area)
WELLNESS AND RELAX MASSAGES

Excelsior Spa Wellness Centre

RELAXING BACK MASSAGE
€ 40,00 / 20 min.
Localized massage to combat tensions on back muscles.

THAI PARTIAL MASSAGE - BACK OR LEGS
€ 40,00 / 20 min.
The Thai massage combines yoga-like stretching and Traditional Chinese Medicine’s acupressure. Localized on the back or legs area it is suitable for stress relief. We suggest you have the massage in comfortable wear.

ORANGE AND TANGERINE CANDLE MASSAGE
€ 40,00 / 20 min.
A special candle is burned to release Shea butter and almond oil on your body followed by a gentle massage. Hydrates and nourishes skin.

WELLNESS MASSAGE • New
€ 40,00 / 20 min.
Relaxing body massage with sweet almonds oil and vetiver (for him) or rose wood (for her), for a complete wellness sensation.

VICHY AND HYDRO MASSAGE
€ 67,00 / 40 min.
Special massage done under a shower of our natural thermal water. The treatment has a cleansing and stimulating effect.

TONING MASSAGE FOR LEGS AND ABDOMEN
€ 40,00 / 20 min.
This massage helps reducing fat deposits and water retention shaping and toning your body.

REFLEXOLOGY
€ 62,00 / 40 min.
Oriental traditional massage that stimulates the pressure point on the feet plant to rebalance the full body’s energy.

MONTECATINI RELAX MASSAGE • New
€ 67,00 / 50 min.
Antistress massage with lavender and camomile scented oil, giving relax and wellness to the body.

LYMPHATIC DRAINING MASSAGE
€ 67,00 / 50 min.
A delicate massage which works on the lymphatic system to encourage circulation, reduce water retention and improve the take up of oxygen in cells.

VOLCANIC HOT STONES MASSAGE
€ 72,00 / 50 min.
Heated volcanic stones are used to massage the body, face and scalp to induce relaxation, restoring energy and revitalizing the whole body.
LOMI LOMI MASSAGE
€ 72.00 / 50 min.
Traditional Hawaiian massage that uses long rhythmic movements to stretch the muscles and give a relaxing and energizing effect. It grants serenity and a sweet sense of physical and mental equilibrium.

THAI MASSAGE
€ 72.00 / 50 min.
The Thai massage combines yoga-like stretching and Traditional Chinese Medicine’s acupressure. Thai massage techniques improve blood circulation and help to detoxify cells, relaxing body and mind and increasing muscular flexibility.

CALIFORNIAN MASSAGE
€ 80.00 / 50 min.
Californian massage is known for its sensitivity and for its extremely relaxing effect. Acts on the tensions of the muscular system, stimulates the circulation of blood and lymphatic, activates the vitality of breathing and of internal organs. This massage gives an extraordinary wellness experience.

AYURVEDIC AREA
Excelsior Spa Wellness Centre

SHIROBHANGAM, head-face-neck-shoulders massage
€ 72.00 / 50 min.
Using warm oil this massage is localized on head, face, neck and shoulders and helps reinforce the nervous system and all internal organs.

THANDABHYANGAM, back massage
€ 72.00 / 50 min.
Another ayurvedic discipline, this massage focuses on the back and works on both the muscular and the skeletal system at once, relaxing and reinforcing the entire spine and its associated functions. Ideal for alleviating aches, pains and tension it also generates a general feeling of renewal, both physical and mental.

PADABHYANGAM, feet and legs massage
€ 72.00 / 50 min.
An Ayurvedic massage of the feet and legs, this treatment stimulates all the organs of the body and induces a state of total relaxation. It is particularly effective against insomnia and nervous disorders and improves circulation in the lower limbs.

ABHYANGAM, full body massage
€ 80.00 / 50 min.
Traditional Ayurvedic massage that relaxes and restores inner balance, this treatment uses special oils, customized according to your needs, and works to calm the nervous system while removing toxins and increasing flexibility of the muscles, it also has a rejuvenating effect.

SHIRODHARA
€ 90.00 / 50 min.
This massage uses warm and consistent flow of sesame oil on the forehead, specifically on the third eye. This treatment has a balancing effect on the brain and stimulates the endocrine system, leaves you extremely relaxed and with a long-lasting sense of peace.
SPA PACKAGES

Excelsior Spa Wellness Centre

THERMAL OASIS & LIGHT LUNCH
€ 25,00
Turkish bath and sauna with sensory changing lights, thermal water showers and relaxing area followed by a light lunch at our Excelsior or Tettuccio Café.

CHOCOLATE, GINGER AND CINNAMON EXPERIENCE • New ♥
€ 75,00 / 80 min.
Includes turkish bath and sauna with sensory changing lights, thermal water showers, followed by a gentle massage scented with chocolate, ginger and cinnamon.

STRAWBERRY AND CHAMPAGNE EXPERIENCE • New ♥
€ 80,00 / 110 min.
Includes turkish bath and sauna with sensory changing lights, thermal water showers, followed by a face massage scented with strawberry and a body massage scented with champagne.

RELAXING SPA TREATMENT
€ 80,00 / 100 min.
Includes entrance to thermal oasis, a sweet orange scented jacuzzi thermal bath and a relaxing back massage.

COUPLES RELAX ♥
€80,00 per person / 110 min.
Includes entrance to thermal oasis and a 50 minutes candle massage scented with orange and tangerine.

SPECIAL FOR HIM • New
€ 140,00 / 130 min.
Includes a jacuzzi thermal bath, abhyangam massage, facial thermal mud treatment.

LEISURE BREAK • New
€ 160,00 / 160 min.
Includes face and body exfoliation with sugar, argan oil, lavender and jasmine, Jacuzzi thermal bath, full body relaxing massage and hydra system Aquathermal Complex® facial.

3 DAYS DETOX PROGRAMME • New
€ 350,00
Includes medical check-up, slim fit, drain body, endermologie, 2 thermal oasis, 2 anticellulite body wraps, 2 toning massages, 3 Rinfresco diuretic thermal water drinking. We can organize also 5 or 7 days detox programmes.

Wish to celebrate your special event at Terme di Montecatini? Ask how we can help making your birthday / bachelor party unique!
Prices are per person, tax included.

• New: new treatment ♥ treatment also available in couple.
THERMAL POOL

Thermae Redi

ENTRANCE TO THE THERMAL POOL
€ 13,00 / 60 min.
A relaxing bath in the thermal pool, fed with Leopoldina thermal water at 33°C, excellent for rheumatic troubles and vascular disease.

AQUAGYM IN THE THERMAL POOL
€ 15,00 / 45 min.
Keep-fit with our program of exercises all carried out in the thermal pool.

HYDROBIKE
€ 10,00 / 20 min
€ 8,00 / together with entrance to the pool or aquagym
Spinning exercise bike in thermal water. It helps lower limbs rehabilitation.

THERMAL AQUARELAX
€ 50,00 / 80 min.
Entrance to the swimming pool and relaxing body massage (20 min)

MULTIPLE ENTRANCES TO THERMAL POOL
€ 100,00 / 10 entrances
€ 240,00 / 25 entrances
€ 420,00 / 50 entrances
€ 720,00 / 100 entrances

Discounts
10% off buying 6 or more treatments of the same type.

Discount applies only to single treatments, does not apply to passes or memberships.
PHYSIOTHERAPEUTIC REHABILITATION AND GYM

Thermae Redi

SINGLE ENTRANCE TO THE GYM
€ 15,00 / 60 min
Workout in the gym to keep fit.

INDIVIDUAL FUNCTIONAL REHABILITATION IN THE POOL
€ 45,00 / 30 min.
Rehabilitation in the thermal water assisted by a professional therapist.

INDIVIDUAL NEUROMUSCULAR REHABILITATION IN THE GYM
€ 25,00 / 30 min.

POSTURAL ANALYSIS
€ 50,00 / 30 min.

OSTEOPATHIC ANALYSIS
€ 45,00 / 20 min.

POSTURAL TREATMENT “SILVER”
€ 146,00 / 5 sessions

POSTURAL TREATMENT “GOLD”
€ 270,00 / 10 sessions

GROWTH PROGRAM
€ 200,00 / 10 sessions

POSTURAL TREATMENTS PASS

Platinum: € 1,290,00 / 1 year

Gold: € 749,00 / 6 months

Silver: € 449,00 / 3 months
**INSTRUMENTAL PHYSIOTHERAPY**

**Termae Redi**

Instrumental physiotherapy programs in the rehabilitative treatment

- Physiatrical Medical Visit  € 20,00
- Shock Wave  € 50,00
- Diadynamic  € 15,00
- Hydro-Galvanic  € 15,00
- Ionophoresis  € 15,00
- Paraffin Wax Therapy  € 15,00
- Tens  € 15,00
- Ultrasound  € 15,00
- Magneto-Therapy  € 15,00
- Ems Compex  € 15,00
- Laser Therapy  € 27,00
- Tecar  € 28,00

**IFT TREATMENT NEW**
€ 12,00  1 session
€ 90,00  10 sessions
Advanced level training, to loose weight, keep fit and improve sport performance, with medium metabolic impact exercises, also using thermal water.

**SCIENTIFIC WEIGHT CONTROL PROGRAM**
€ 550,00 / 3 months
Includes a study of the base metabolism and a monitored individual training. Medical advice by appointment.

**POSTURAL TRAINING**
€ 60,00
Includes the standard postural analysis and two lessons of postural exercise to continue at home.

**THREE-DIMENSIONAL DYNAMIC POSTURAL TRAINING**
€ 100,00
Full postural analysis using three-dimensional image with body asymmetry and walk dynamic analysis.

**TO BE FIT PROGRAM**
€ 60,00
Includes measuring of body fat (BIA), medical consultation, positioning of armband and 1 lesson of postural exercise in the gym.

**SPORT PROGRAM**
€ 160,00 / 1 month
Includes functional training and custom test, postural and osteopathic consult. Medical advice by appointment.

**BICYCLES RIDERS BODY TEST**
€ 100,00

**BACKSCHOOL**
€ 10,00 / 1 lesson
€ 80,00 / 10 lessons

**PANCAFIT GROUP**
€ 10,00 / 1 lesson
€ 80,00 / 10 lessons

**PILATES**
€ 10,00 / 1 lesson
€ 80,00 / 10 lessons
THE CLASSIC THERMAE SPA

MEDICAL VISIT
€ 60,00
Targeted for undertaking spa treatments.

WATER DRINKING THERAPY
Taking the waters of Montecatini will stimulate the proper functioning of the body and is especially recommended for those suffering from illnesses related to the liver, the digestive system and metabolism.

Thermae Tettuccio
Morning and afternoon entrance € 15,00
Afternoon only entrance € 6,00
12 days entrance € 162,00
Annual pass for water drinking therapy € 240,00

RESPIRATORY CURES
Breathing in our thermal vapours helps combat a range of disorders from inflammation of the respiratory tract to chronic nasal disorders and asthma.

Thermae Redi
Medical check-up with ORL Specialist € 80,00
Inhalation € 13,00
Nebulization € 13,00
Aerosol € 13,00
Medicated aerosol € 16,00
Nasal douche € 13,00
Ear treatment € 32,00
Thermal Politzer € 20,00
Pulmonary Ventilation € 20,00

THERMAL BATH
Soaking yourself in the thermal waters of Montecatini will cure and prevent a variety of ailments related to joints, limb movement and muscles. We can add ozone to our waters to treat vascular problems.

Thermae Redi
Thermal bath € 22,00
Ozone enriched bath € 26,00
Thermal Jacuzzi € 26,00

MUD TREATMENTS
Thermal mud has long been recognized as extraordinary treatment for skeletal and muscular related disorders, especially chronic rheumatic and osteopathic ailments.

Thermae Redi
Mud treatment, includes therapeutic bath € 40,00
Partial mud treatment (feet or hands) € 25,00
Hepatic mud € 25,00
(additional to the drinking water therapy, used in the biliary motion diseases)

Additional charge for ozone enriched bath after the mud treatment € 8,00

THERAPEUTIC MASSAGES
Relieves muscular aches and pains and prevents dysfunction of muscles and tendons.

Thermae Redi
Therapeutic full massage € 40,00 / 20 min.
Therapeutic partial massage € 20,00 / 10 min.

DISCOUNT
10% off if you purchase 6 or more treatments of the same type.

Thermae Montecatini Spa is accredited by the Italian National Health Service (SSN)
TOURIST VISITS
THERMAE TETTUCCIO

SINGLE ENTRANCE € 6,00
(after 11.00 am)

GROUP ENTRANCE € 4,00
(minimum 20 people after 11 a.m.)

GROUP ENTRANCE WITH TOUR GUIDE € 6,00
(minimum 20 people after 11 a.m.; advance booking required)
A COSMETIC PRODIGY FROM THE THERMAL WATERS

Available at any Montecatini Spa.

The essence of cosmetic products “Terme Montecatini” is an exclusive patent Montecatini Aquathermal Complex ® born from combining our four thermal waters: Tettuccio, Regina, Leopoldina and Rinfresco. Within this complex, waters act in synergy to supply precious substances for moisturizing, cleansing and balancing the skin.

MONTECATINI AQUATHERMAL COMPLEX ®
Montecatini SPA’s thermal treatments are finally enclosed in a cutting edge cosmetic line. Innovative formulas combine the benefits of thermal water and natural ingredients, typical of Tuscan tradition, full of precious substances for skin care. Rituals to regenerate body and soul, recreate the atmosphere and effectiveness of Montecatini thermal treatments at home.

ACTIVE PRINCIPLES OF THE TERME DI MONTECATINI’S COSMETIC LINE
Cosmetic research selects plants and ingredients more effective for skin care in whole Tuscan countryside. Thanks to sophisticated processes, the botanical extracts, rich of precious substances, remain pure and unchanged in the cosmetic products.

- nourishing Olive Oil
- antioxidant Grape Seeds
- purifying Thermal Algae
- moisturizing malva
- regenerating Olive Stones and Poppy Seeds
- toning Chestnut Extract
- balancing Mineral Elements
COSMETIC LINE
TERME DI MONTECATINI

FACE AND EYES CLEANSING MILK • New
Purifying – moisturising – nourishing
200 ml € 19,00

EYE CONTOUR CREAM • New
Shaping – filler effect
15 ml € 26,00

24 HOURS MOISTURISING CREAM
Revitalising – nourishing – protective
50 ml € 34,00

ANTI AGING CREAM
Shaping – filler effect
50 ml € 45,00

REBALANCING CREAM
Purifying – moisturising – energising
50 ml € 31,00

HAND CREAM • New
Nourishing – protective – antiaging
100 ml € 16,00

SUPERNOURISHING BODY BALM
Toning – moisturising – firming
200 ml € 29,00

BATH AND SHOWER GEL
Moisturising – softening
200 ml € 17,00

THERMAL MUD FACE AND BODY
Purifying – toning – firming
500 ml € 40,00

THERMAL MUD BODY
Anti cellulite – shaping
500 ml € 42,00

THERMAL WATER SPRAY
Soothing – moisturising
200 ml € 16,00

This price list is valid until December 31st, 2016. It cancels and replaces previous rates. Rates may change without notice.
• WELLNESS CENTRE THERMAE EXCELSIOR +39 0572 778518
• THERMAL POOL THERMAE REDI +39 0572 778547
  Thermal pool, Physiotherapy and Gym
• CLASSIC THERMAE REDI +39 0572 778533
  Mud and bath therapy, respiratory cures
• THERMAE TETTUCCIO +39 0572 778501
  Water drinking therapy and visits (seasonal opening)
• THERMAE EXCELSIOR +39 0572 778511
  Water drinking therapy (winter season)