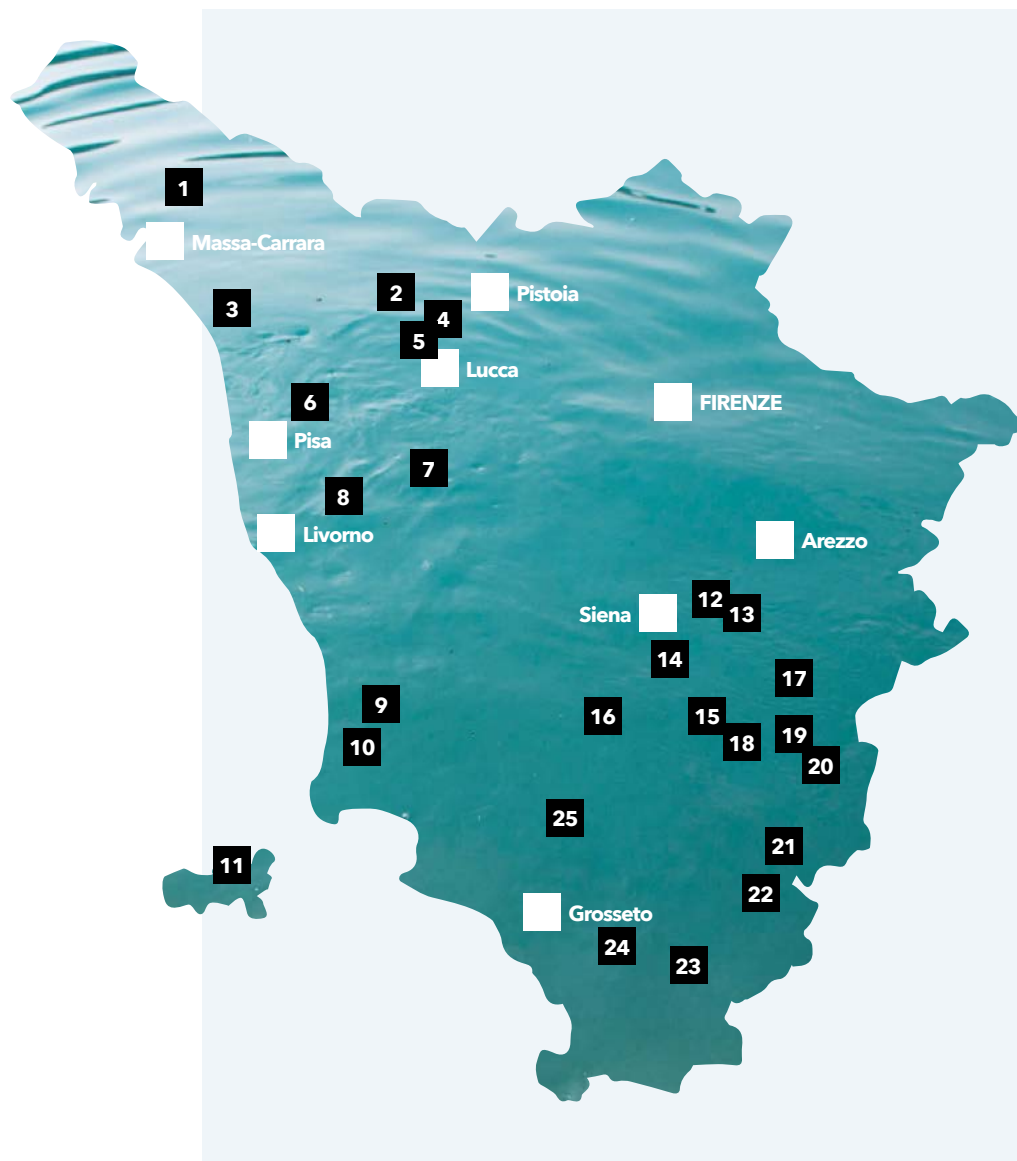


# Tuscany: the land of hot springs



*The land where  
science and ancient  
knowledge join  
together to make the  
most of the qualities  
of water and natural  
forces.*

**It has taken  
two millennia  
to create these  
unique moments  
of wellness.**



1. **Terme di Equi**  
(Equi Terme - MS)
2. **Hotel e Terme Bagni di Lucca**  
(Bagni di Lucca - LU)
3. **Terme della Versilia**  
(Montignoso - MS)
4. **Grotta Giusti**  
(Monsummano Terme - PT)
5. **Terme Tettuccio**  
(Montecatini Terme - PT)
6. **Bagni di Pisa**  
(San Giuliano Terme - PI)
7. **Terme della Via Francigena**  
(Gambassi Terme - FI)
8. **Terme di Casciana**  
(Casciana Terme - PI)
9. **Terme di Sassetta**  
(Sassetta - LI)
10. **Terme di Venturina**  
(Campiglia Marittima - LI)
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12. **San Giovanni Terme Rapolano**  
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15. **Terme di Montepulciano Spa**  
(Montepulciano - SI)
16. **Terme di Petriolo**  
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17. **Albergo Posta Marcucci**  
(Bagno Vignoni - SI)
18. **Adler Spa Resort Thermae**  
(Bagno Vignoni - SI)
19. **Terme Sensoriali**  
(Chianciano Terme - SI)
20. **Piscine Termali Theia**  
(Chianciano Terme - SI)
21. **Fonteverde**  
(San Casciano dei Bagni - SI)
22. **Terme di Sorano**  
(Sorano - GR)
23. **Terme di Saturnia Natural Spa & Golf Resort**  
(Saturnia - GR)
24. **Fonte Pura**  
(Saturnia - GR)
25. **Mercure Petriolo Siena Terme & Spa Hotel**  
(Civitella Paganico - GR)

# Terme di Equi

Piazzale Terme, 1  
54013 Equi Terme (MS)

+39 0585 949339  
info@termediequi.it

[www.termediequi.it](http://www.termediequi.it)

CONTACT Antonella Bertolini  
+39 393 9229566

Thermal water is certainly one of the most ancient systems of health care and the properties of the Equi's thermal waters were known since ancient Roman times. For centuries, rainwater has been collected by the imposing Apuan Alps, filtered underground, enriched with mineral salts and active ingredients that are valuable for health and then relocated to the surface, where they are collected and exploited; the heart of marble of the Apuan Alps is the origin of the healing waters that for centuries feed the Equi's hot springs.

The waters of the Equi Terme flow from the subsoil at a temperature between 22 and 27°C which includes them within the hypothermal sources; it is a so called mineral water, having a fixed residue higher than 1gr/l (4.8 gr/l) and for its specific chemical composition it is classified among the chlorinated sodium sulphate alkaline-earth waters and as such is characterized by the large amount of chlorides, sodium and sulphates and, for a small part, bicarbonate, calcium, potassium, magnesium, with traces of lithium, bromine and iron.



TERME  
DI EQUI

Terra e acqua  
della Lunigiana





# Hotel & Terme Bagni di Lucca

TERME Piazza San Martino, 11  
55022 Bagni di Lucca (LU)

+39 0583 87221 | Fax +39 0583 808224

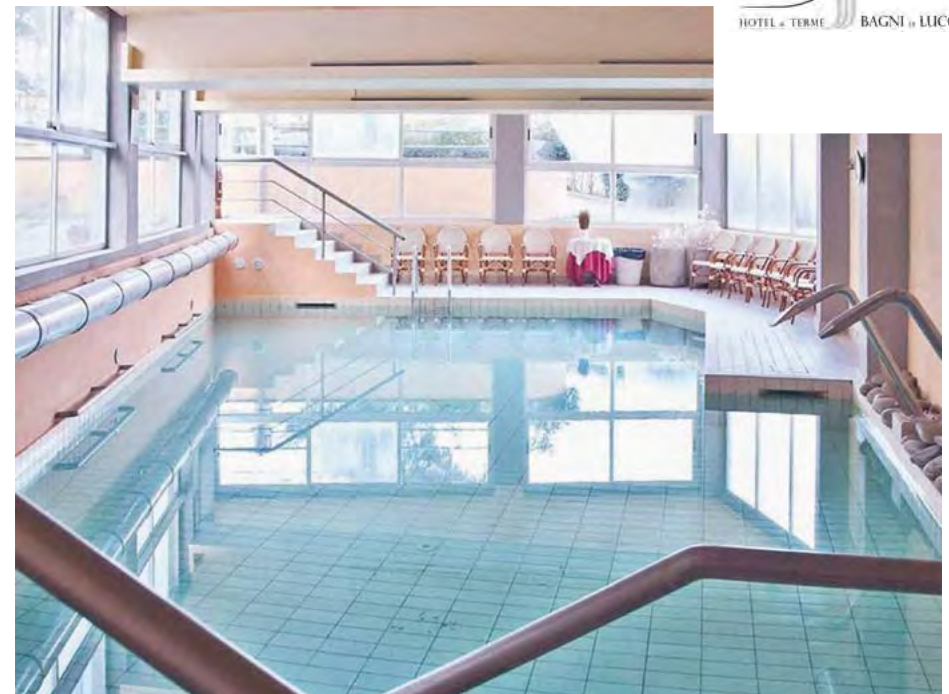
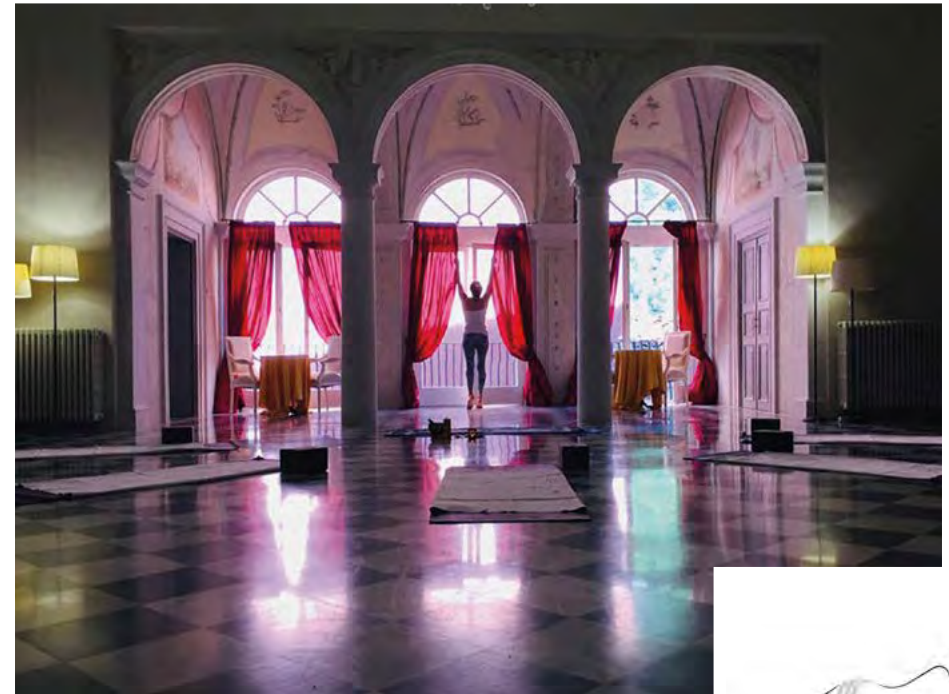
HOTEL Via del Parettaio, 1  
55100 Lucca

+39 327 1491222  
hotel@termebagnidilucca.it

—  
[www.termebagnidilucca.it](http://www.termebagnidilucca.it)

—  
CONTACT Mila Schiopetto | Francesca Simonini  
+39 058386034

Where the water is magical, the thermal baths of Bagni di Lucca are an oasis of calm and peace in the north of Tuscany along the valley of Lima river. We do our best to promote a warm and homely atmosphere also full of history the extraordinary curative properties make us highly specialised in curing rheumatic and respiratory diseases.



HOTEL & TERME BAGNI di LUCCA

# Terme della Versilia

Via Gramsci, 2  
54038 Montignoso (MS)

[www.termedellaversilia.com](http://www.termedellaversilia.com)

CONTACT Laura Natali  
natali@termedellaversilia.com

+39 0585 807788 | +39 0585 807791  
spa@termedellaversilia.com

An oasis of wellness with a therapeutic spa between the Alps and the Sea.

People can find their inner balance and wellness at Hotel Villa Undulna\*\*\*\* Terme della Versilia, a comfortable hotel located between the spiky Apuan Alps, rich in marble, and the beaches of the Mediterranean Sea. The resort, with 5 acres of peaceful gardens, faces the seafront. And it is only 3 km (2 mi) away from Forte dei Marmi, with its fascinating villas and fashion boutiques, 150 m from the tourist airport and 200 m from the marina.

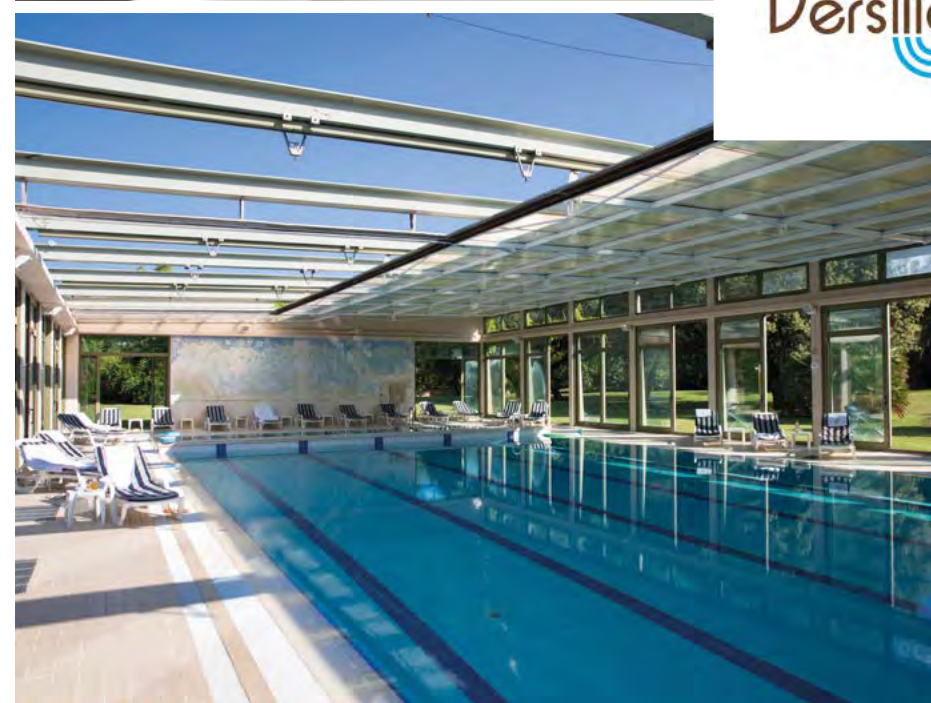
In this wonderful environment, visitors will be able to enjoy treatments based on our thermal water, rich in bromine and iodine salts, that springs from the underground, and therapeutic peat of Massaciuccoli Lake. These precious natural elements are used to cure and prevent arthro-rheumatic, vascular and dermatological diseases. They are also excellent for beauty treatments, to contrast cellulite and water retention.

Our team of professionals is capable of performing all sorts of massages: from the traditional relaxing, decontracting and invigorating ones, to the oriental Shiatsu, Watsu and Ayurvedic massages. Some more peculiar are also available, like the Hawaiian and Hot (lava) Stone treatments.

Coherently with the healthy lifestyle that our hotel promotes, we also offer a delightful cuisine. Prepared by our high-end chef that will provide the option of exquisite dietary and healthy menus, that will enhance local products for a truly restorative and relaxing stay.



Terme  
della  
Versilia





# Grotta Giusti

Via Grotta Giusti, 1411  
51015 Monsummano Terme (PT)

+39 0572 90771  
info@grottagiustispa.com

[www.grottagiustispa.com](http://www.grottagiustispa.com)

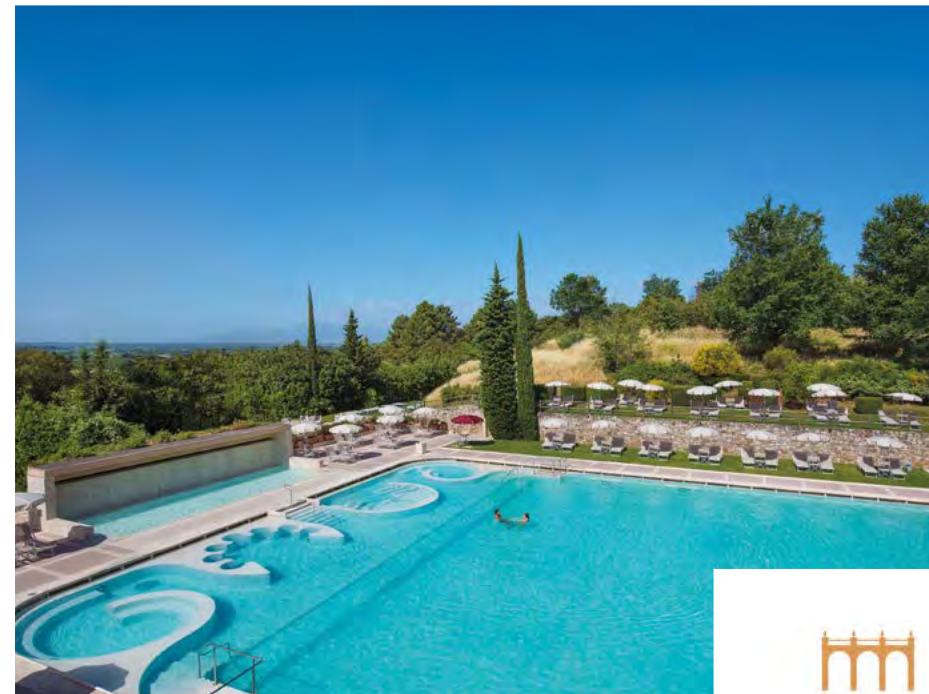
CONTACT Andrea Petri  
andrea.petri@ihchotels.it | +39 366 1571576

A nineteenth-century villa completely restored and brought back to its original splendor with meticulous care and attention to every detail. Today it greets guests with inlaid wood floors, refurbished rooms, parquet flooring, new lighting, new colours that enhance the rooms and the spirit, and all the comforts of a beautiful hotel. It is elegantly furnished, decorated with frescoes, surrounded by an ancient park, and has a unique thermal spa.

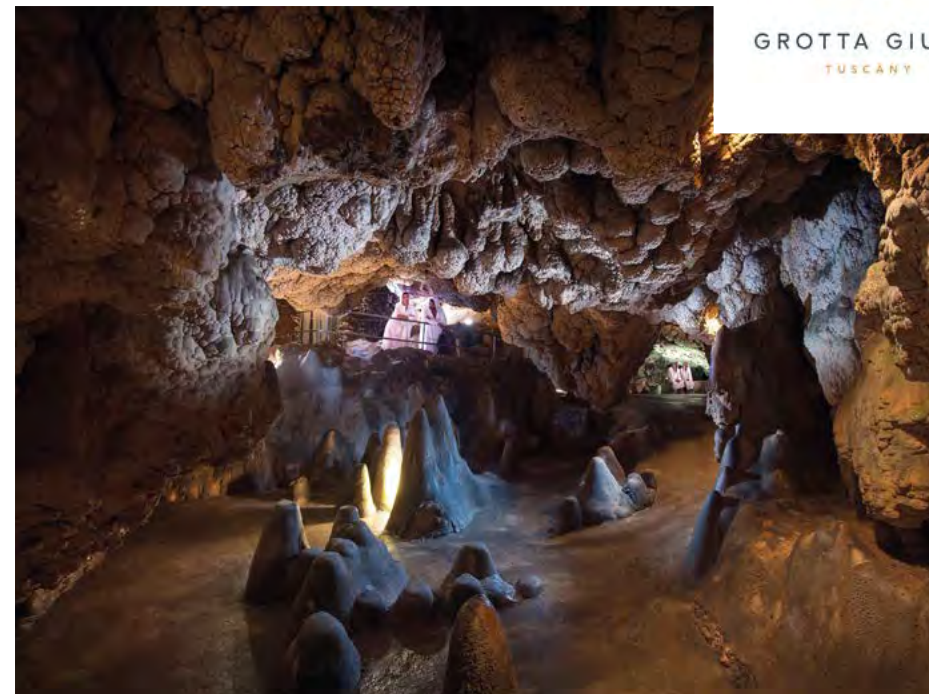
Inside unexpected treasures await: a unique and wonderful grotto, a thermal spring, a deep, warm underground lake and spectacular chambers, where the temperature is set as if it were a living and breathing organism.

The villa over the grotto is now a place where you can experience a kind of new harmony, with the Equilibrium method. Water, stone, heat, art and history all make it a place that heals and comforts.

Divided into three distinct areas called Heaven, Purgatory and Hell, the cave offers visitors a chance to experience a unique environment with temperatures ranging from 28° to 34° C, and natural steam with healing and therapeutic properties. The interiors of the cave are decorated with stalactite and stalagmite formations, and feature several underground labyrinths with spacious caverns where you can relax in total peace and quiet. The large vaults in the rock are natural formations which can be the perfect place to sit and enjoy the detoxifying steam that surrounds you. The bottom of the cave is known as 'The Limbo' - here the temperature always remains at a pleasant 36°C, regardless of the weather outside, and offers wellness seekers a sparkling pool of water to soak in during winter and summer.



GROTTA GIUSTI  
TUSCANY



# Terme Tettuccio

Via Verdi, 71  
51016 Montecatini Terme (PT)

+39 0572 778501  
direzione@termemontecatini.it

[www.termemontecatini.it](http://www.termemontecatini.it)

CONTACT Massimo Giovanetti  
massimo.giovanetti@termemontecatini.it | +39 339 7516551

Open from May to October for the hydroponic cure and sightseeing tours, the thermal building «Tettuccio» was designed by the architect Ugo Giovanozzi around 1918 and it replaced the old building made in 1782 by the Grand Duke Leopold. Its official inauguration took place in 1928, after the gradual construction of the various areas which constitute the whole extraordinary complex.

In 1919, the park was enlarged by incorporating the building and the garden of the ancient Terme Regina. The grand facade at the entrance, made on travertine, is dominated by four statues symbolizing the Source, Medicine, Hygiene and Health.

The interior rooms of the Café and Historical Writing Room (Sala di Scrittura), the Gallery of shops and the Entrance are nicely decorated and frescoed. The Sala Portoghesi, besides, is characterized by its majestic columns which magically arise like forest trees; it was designed by the famous Italian architect Paolo Portoghesi, in 1986.

In 1927, along the hall of waterspring, the charming pottery of Basilio Cascella was added and it represents the Source, the Strength and the Beauty, but also the four stages of life, which are Childhood, Adolescence, Maturity and Old Age.

Finally, the Music Pavillon and the Dome handsomely frescoed by Ezio Giovanozzi complete the interesting monumental and artistic aspects of Tettuccio.

The four thermal waters of Montecatini (Tettuccio, Regina, Leopoldina and Rinfresco) arise at a 18-34° C. from deep limestone deposits and they belong to the alkaline-saline-sulfate group. They are mainly used for hydroponic cure, bathings, muds, inhalations, ventilations, insufflations and hydromassages. Besides, they cure hepatobiliary and gastrointestinal pathologies and musculoskeletal, vascular and otorhinolaryngology disorders.





# Bagni di Pisa

Largo Shelley, 18  
56017 San Giuliano Terme (PI)

+39 050 88501 Fax: +39 050 8850401  
info@bagnidipisa.com

[www.bagnidipisa.com](http://www.bagnidipisa.com)

CONTACT Barbara Fantelli, *Sales Manager*  
barbara.fantelli@ihchotels.it | +39 050/8850403 mob. +39 342/7596527

For centuries, the thermal waters flowing from the depths of San Giuliano Terme have been appreciated for their healing properties. The hot springs of Bagni di Pisa rose to fame in 1743 when the Grand Duke of Tuscany, Francis Stephen of Lorraine, decided to build his summer spa residence here.

Over the years, Bagni di Pisa has regained its glamour and splendor, due to a series of renovations and restorations that brought to new life architecture, frescoes, vaults and marbles, which make up an integral part of wellness treatments.

Guests can enjoy a refreshing variety of thermal spa services, as well as health and weight-loss programs, beauty treatments and relaxation therapies. Thanks to the Equilibrium philosophy, Bagni di Pisa offers the perfect experience to refresh your mind, body and soul and for implementing a healthier lifestyle. Authentic Tuscan cuisine meets the innovation and creativity of Chef Umberto Toscano.

The views through the stylish Suite windows, with their 18<sup>th</sup> century vaults frescoed in pastel colors, capture the true beauty of the Tuscan countryside as well as the shape of the Leaning Tower of Pisa, a global icon and the town's most popular tourist attraction.

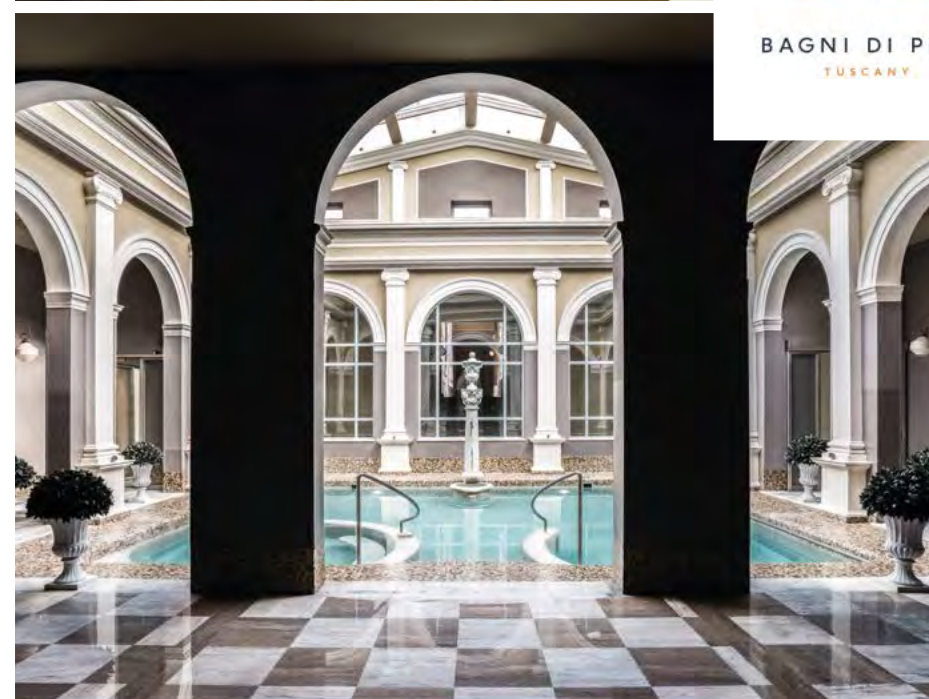
Bagni di Pisa is an architectural gem that offers a unique journey into history, traditions and wellness.

Bagni di Pisa is member of The Leading Hotels of the World and Traveller Made.

Rooms: 61 rooms & Suites  
Grand Suite (75 mq)  
Suite (70 mq)  
Junior Suite Exclusive (50 mq)  
Junior Suite Prestige (45 mq)  
Deluxe (30 mq)  
Superior (20 mq)  
Comfort (20 mq)  
Exclusive services:  
Thermal pools with hydro massages  
Talaquam pool with saline solution  
Minerva Bath with hydro massages  
Natural Granduke's Cave  
Turkish bath and Thermarium Area  
Sauna  
Fitness center  
Total Spa & Thermal Pools Area: 2.000 sqm  
Fitness walk  
Restaurant and American BAR  
3 Conferences rooms up to 100 people



BAGNI DI PISA  
TUSCANY





# Terme della via Francigena

Piazza di Vittorio, 1  
50050 Gambassi Terme (FI)

+39 0571 638863  
info@termeviafrancigena.it

[www.termeviafrancigena.it](http://www.termeviafrancigena.it)

CONTACT Stefano De Luca

**P**illo Salty water springing in the establishment and can be classified as salt-iodine water, with extraordinary organoleptic and chemical components. It is therefore suitable to treat the pathologies of the respiratory system (inhalation) and of the gastrointestinal system (hydropinic).

Our spa offers several beauty services. Our experts will take care of your body. You can choose many types of massages, healing muds, relax and anti-age treatments.



# Terme di Casciana

■■■■■ Piazza Garibaldi, 9  
56035 Casciana Terme Lari (PI)

— [www.termedicasciana.com](http://www.termedicasciana.com)

— CONTACT Miria Franchi  
+39 0587 644609

+39 0587 644608 | fax +39 0587 644673  
info@termedicasciana.it

■■■■■ **T**he Baths of Casciana have been known since the times of the ancient Romans, and became famous with the Countess Matilde di Canossa with the first thermal establishment and successive modernizations up to our days.

The current layout of the Casciana thermal establishment dates back to 1968 even if the old structures are still visible, starting from the imposing neoclassical façade dating back to 1870, to the golds, and to the original frescoes of the ancient Casino and the Gran Caffè delle Terme.

The thermal water of Casciana Terme, called Acqua Mathelda, in memory of the Countess Matilde di Canossa, bicarbonate sulphate calcium with a temperature of 35.7 ° at the source, used since ancient times, is now used in modern motor rehabilitation therapies, in cardiovascular care, in inhalation, in improving the digestive function and in using it for treatments since, with its relaxing and natural action, it restores its balance.

Casciana thermal water has always been used to combat arthrosis, rheumatism and sciatica, in cardiovascular treatments, skin diseases and inhalatory diseases.

The therapeutic mud immersed in the thermal water for about six months acquires its qualities and its contents.

The composition of the water, particularly rich in salts and carbon dioxide, stimulates the

dilation of blood vessels causing an increase in venous rhythm and a general improvement in circulation. However, if used by inhalation, it improves breathing and is particularly effective in treating pathologies of the oropharyngeal cavity, namely sinusitis, rhinosinusitis, pharyngitis, laryngitis, tracheitis. In children, it then leads to an increase in immune defenses.

The water use cycle is completed with oral use, it helps the activity of the gastrointestinal system, ie the intestine, fighting liver poisoning and improving the digestive function.

The Wellness Center offers different types of massages and treatments, from facial treatments to mud and peeling masks, shiatsu techniques, beauty massages, sauna etc.

The Rehabilitation Center is instead equipped with 4 gymnasiums, an infirmary, a medical clinic, as well as health management, where motor rehabilitation services are provided for the osteoarticular apparatus, in particular for hip prosthesis operations.

The Terme di Casciana also have two large swimming pools. One of these is covered, with vascular routes with heat exchange and the other outdoors, with 500 square meters including water games, waterfalls, whirlpool and counter-current swimming path.

The Terme di Casciana are today the ideal place for a holiday dedicated to health.





# Terme di Sassetta

Via della Cerreta, 7  
57020 Sassetta (LI)

+39 0565 764352  
info@termedisassetta.it

[www.termedisassetta.it](http://www.termedisassetta.it)

CONTACT Serena Magnanensi | Francesco Venturini  
+39 0565 794352

Terme di Sassetta are part of a scattered wellness path, a tile of a mosaic made of self listening, research of a person's identity and relation with the surrounding nature in the great system of earth and cosmic energies.

The action of a unique thermal water mixes to olistic paths and treatments that use only the fresh products of our farm, combined through techniques and manual skills of ancient eastern and western traditions. This syntony of elements and knowledge follows the natural rhythm of seasons and donates deep benefits to body and mind.

The water of Terme di Sassetta is rich in sulfates, calcium, minerals and oligoelements. It naturally flows from the ground with a temperature of 51° C and powers the whole thermal area, inspired to etruscan and roma architeecting tradition. Thanks to its particular composition with Sulfate-Calcium water (Aut. D.M. n° 3927 del 21/10/09) gives its main therapeutic effetes to the respiratory system, skin and osteo-muscular system.

You can experience the Terme by staying in La Cerreta- biodynamic farm surrounded by woods.

Cerreta is not an holiday in a farmhouse but it is a lifestyle.

It's getting rid of stress and noises, of tv and internet, meeting and ringing telephones in order to recover the contact with stillness and nature.

It's a regenerating stay made of simple things: stone buildings surrounded by woods, prodeuts that come from our farm served in our restaurant and calm and silent pauses.



La Cerreta  
Terme di Sassetta

# Terme di Venturina

Via delle Terme, 36/40  
57021 Venturina Terme  
Fraz. di Campiglia Marittima (LI)

[www.termediventurina.it](http://www.termediventurina.it)

CONTACT Stefano Cartei

+39 0565 855759  
info@htherme.it

Hotel Terme, an authentic 4-star relaxation spot, is located in Maremma, Venturina Terme, at the southernmost point of the province of Livorno, between San Vincenzo and Follonica. Nestled between the sea and the Tuscan hills, Hotel Terme is surrounded by breathtaking scenery and beautiful landscapes.

Hotel Terme offers its guests professional and attentive service, two swimming pools fed by natural hot water, spa treatments, and thermal cures.

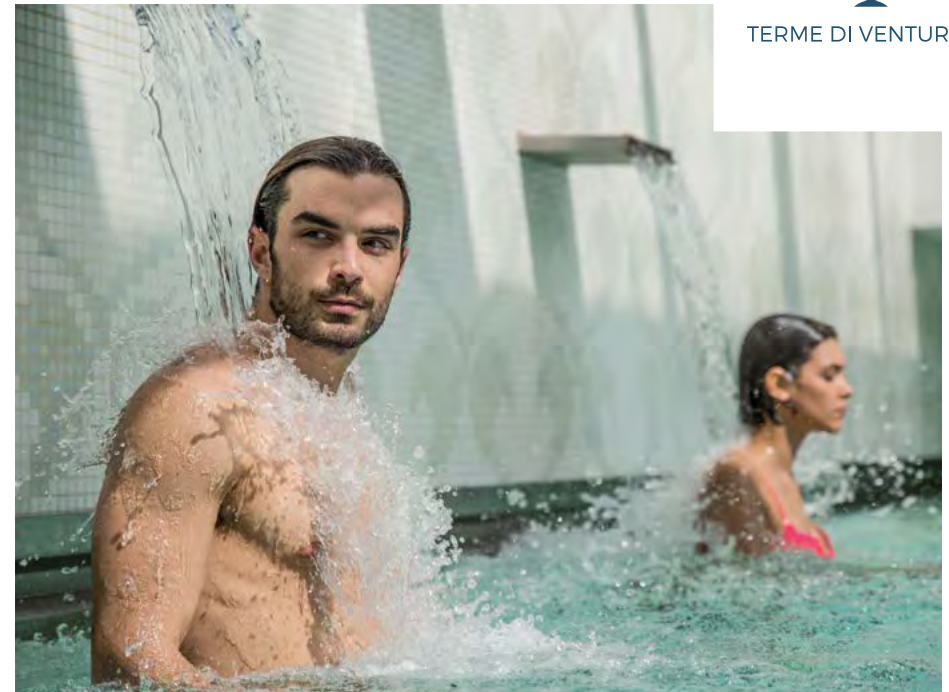
## Rooms

Hotel Terme has 44 rooms on two floors, all spacious, comfortable and bright. Each room is designed to offer a refined and comfortable environment. Bright colors and stylish details are added to many services: LCD TV, safe, mini bar, direct dial telephone, Wi-Fi, air conditioning, and hairdryer. These ample 22-24 square meter rooms all have travertine bathrooms with a spacious walk-in shower.

## Thermal Treatments

The facility offers mineral water cures, mud baths, hydrotherapy and inhalation treatments by arrangement with the National Health Service, and classic spa treatments, which combine wellness and beauty, with standard or customized packages. Terme di Venturina thus offers a complete range of natural therapies that address the desire to feel good and stay healthy.

The entire facility, located on one floor, is accessible to the disabled and elderly.



TERME DI VENTURINA



# Terme Isola d'Elba

Loc. San Giovanni  
57037 Portoferraio (LI)

+39 0565 914680 | +39 0565 918791  
info@termeisoladelba.it

[www.termeisoladelba.it](http://www.termeisoladelba.it)

CONTACT Dott.ssa Eliana Gabrel  
+39 0565 914680

The historic Terme Isola d'Elba arises in a splendid location with a wonderful panorama facing the Darsena Medicea in Portoferraio. The spa is surrounded by a large park overlooking the sea and is shaded by eucalyptus trees, palm trees and tamarisks, where guests can stroll and relax both before and after treatments. Algae and marine plants grow spontaneously on the seabed of the thermal basin have proven to be particularly beneficial for the enrichment of the baths and salsiodieci whirlpools, offering the possibility to broaden the range of treatments: not only to complement arthrosis and rheumatism therapies, but also whirlpools to combat cellulite and eliminate the lactic acid present in the muscles of athletes.

## Thermal Treatments

Terme Isola d'Elba avail themselves as having a high therapeutic potential which represents a unicum (one of a kind) in the Italian and European thermal scene. Thalaso-therapy is practiced at the Terme which gathers all the benefits that the sea can offer through water, mud, algae and marine plants.

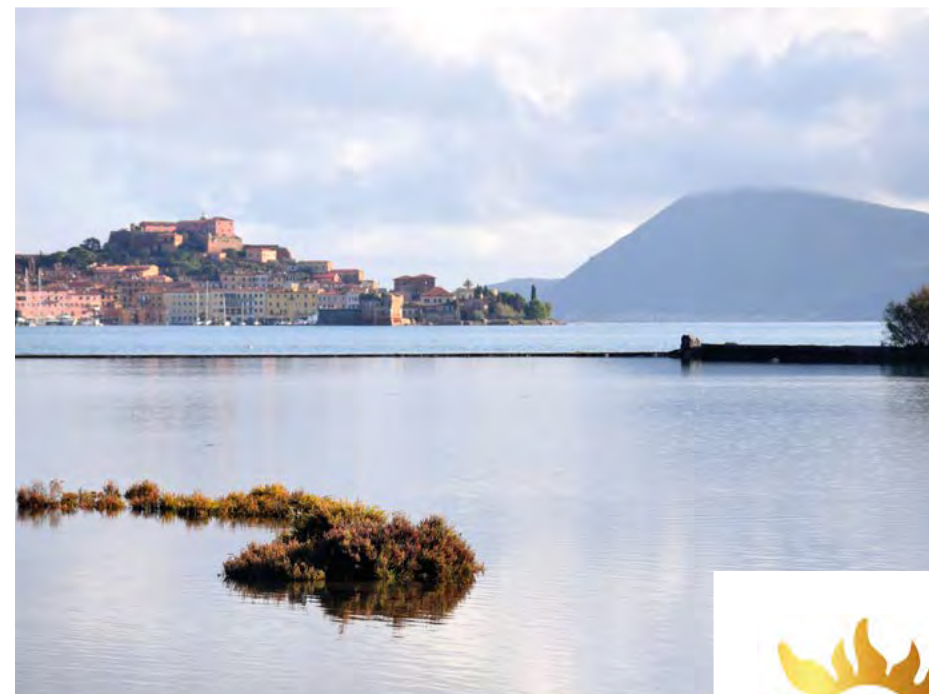
The Terme uses qualified operators for the mud, baths, inhalation treatments, which may also be made through the National Health Service.

## Physical Therapy and Rehabilitation

At the Terme Isola d'Elba you have access to the physical therapy and rehabilitation center with equipment and high-level professionals. Moreover specialist visits are available (cardiology, orthopedics, aesthetic medicine and nutritionist).

## Also available at the Spa:

- facial and body treatments
- massages
- beauty treatments and beauty rituals
- purifying and draining treatments
- Aesthetic Medicine treatments



# San Giovanni Terme Rapolano

Via Terme San Giovanni, 52  
53040 Rapolano Terme (SI)

+39 0577 724030  
info@termesangiovanni.it

[termesangiovanni.it](http://termesangiovanni.it)

CONTACT Massimiliano Lessi  
marketing@termesangiovanni.it

Hot springs are one of Italy's natural resources, and they bring wellbeing and beauty to adventure-loving travellers. San Giovanni Terme Rapolano is a spa resort overlooking the area of Crete Senesi, just a few kilometres away from the Chianti region, Siena, Arezzo, and Florence.

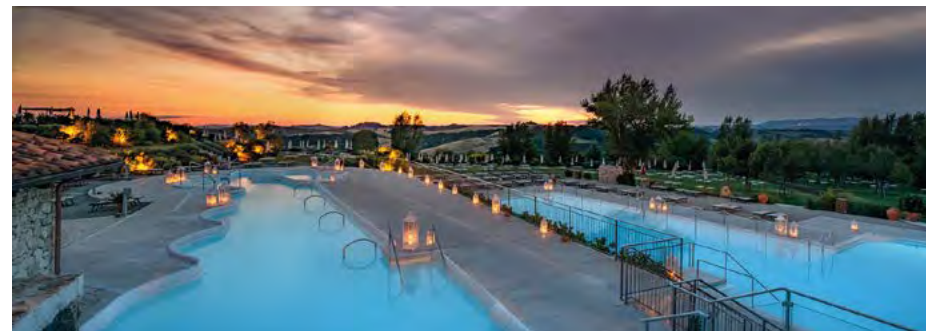
It is immersed within a wonderful and well-looked after park covering 1,000 square metres, which features natural wonders such as the "Groppa dell'Elefante" (Elephant's Back) and "Reef delle Crete" (Crete Reef), the very embodiment of the charm of this part of Tuscany. The hotel offers 58 rooms; although there are various different types, they are all decorated with a fresh and elegant style. It has a Spa Wellness Centre dedicated to fitness and stress relief, with a selection of treatments that benefit from the unique ingredients offered by our region, such as oil, wine, and sulphurous mud.

Five thermal baths are available to guests, each of which has a different natural water temperature ranging from 39°C to 30°C. Two are exclusively available for hotel guests, whereas the others, inside the Thermal Pool Park, can also be used by day visitors. There is also a saltwater counter-current swimming

pool available for guests to use, however it needs to be booked in advance.

At the very heart of the catering provided by San Giovanni Terme Rapolano is its restaurant L'Olivo. Here, the chef and their team enhance local products and traditional recipes from this part of Tuscany with research and creativity, offering dishes that satisfy all palates and requirements. There is also Coffee Relax, a restaurant facing out onto the thermal pool park. Here, during the weekends, there's a mix of tasting dinners and themed dishes served amidst an informal and spell-binding atmosphere.

These are also accompanied by the sunset bar during the summer months, which offers amazing aperitifs whilst you enjoy our beautiful sunsets, or spend your evenings beneath the moonlight with our fabulous cocktail bar.



**SR**  
SANGIOVANNI  
TERME RAPOLANO





# Terme Antica Querciolaia Spa

Via Trieste, 22  
53040 Rapolano Terme (SI)

+39 0577 725491  
infoterme@termeaq.it

[www.termeaq.it](http://www.termeaq.it)

CONTACT Alessandro Fabbrini  
+39 335 6741496

**A** Tuscan spring: between art, history and nature.

Known since antiquity and used for its beneficial properties, the Antica Querciolaia spring is located in the province of Siena, a territory where art, history and nature wonderfully merge.

Its location is the ideal place to regenerate body and mind. Near Siena, the thermal spas turn wellness into a style of life.

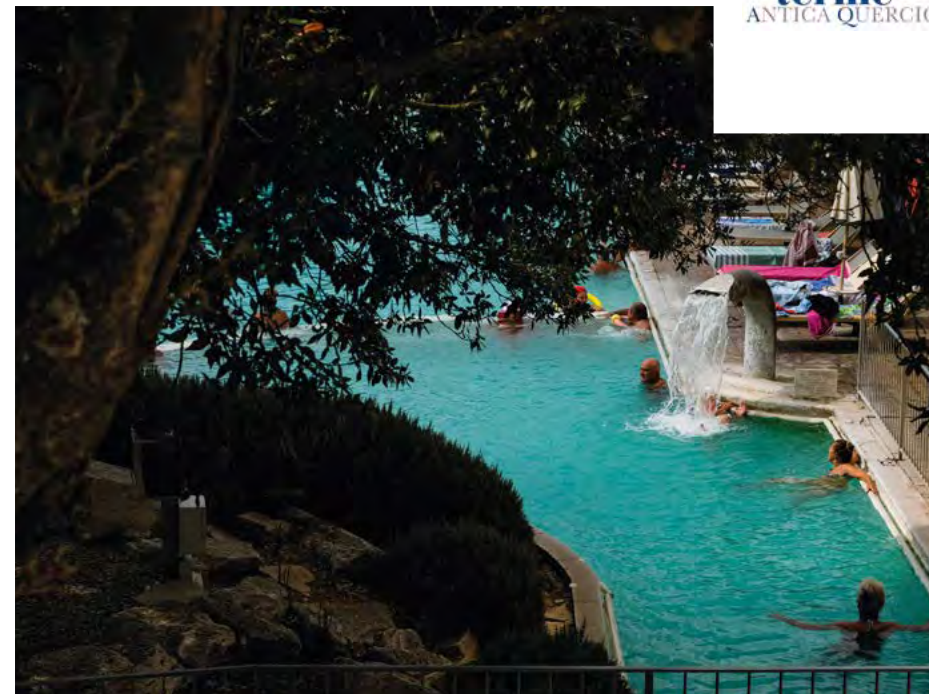
In Rapolano and its echoes of the atmosphere of Siena, the beneficial virtues of water combine with the knowledge of expert hands, the pleasure of a treatment, the authenticity of a visit.

Siena, Siena and more Siena, a dream destination. A city that combines a vision of the future with a rich historical tradition. A name that evokes scenarios of human warmth, delicacies for the palate, art at its absolute level.

Feel like visiting Siena? Discover our thermal spa!



terme  
ANTICA QUERCIOLAIA



# Buddha Spa by Clarins

## La Bagnaia Golf & Spa Resort Siena, Curio Collection by Hilton

Strada Statale 223 km 56 Loc. Bagnaia  
53016 Murlo (SI)

+39 0577 813000  
saylb\_mkt@hilton.com

[curiolabagnaia.com](http://curiolabagnaia.com)

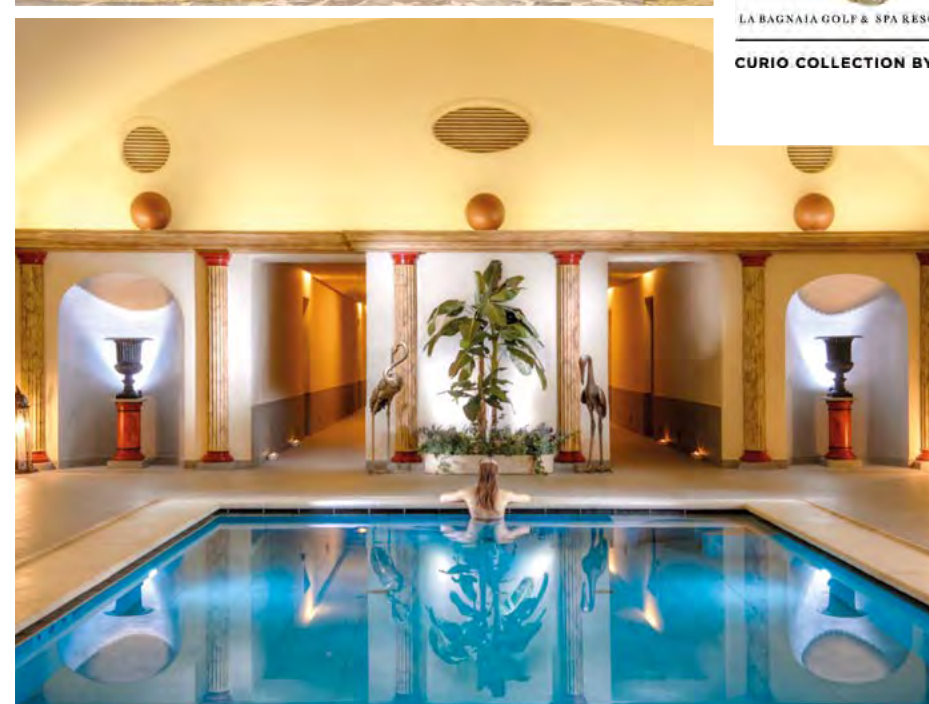
CONTACT Barbara Fidati, *referente Buddha Spa by Clarins*  
barbara.fidati@hilton.com | +39 0577 8187698  
Jelena Uljarevic, *referente Marketing*  
jelena.uljarevic@hilton.com | +39 334 630 3221

Nestled in the enchanting Tuscan countryside, La Bagnaia Golf & Spa Resort Siena, Curio Collection by Hilton is an authentic medieval village turned into a Resort with 101 rooms & suites, a spa with thermal waters, Tuscan bars & restaurants and an 18-hole golf course.

The Buddha Spa by Clarins is a wellness oasis dedicated to those who want to live a regenerating experience in the green hills of Tuscany. The location has been known since the XIII century as the spring of Santa Caterina, and has been frequented by Popes, cardinals, and aristocrats attracted by the prodigious properties of its natural thermal waters. Uniting the healing effects to those dedicated to the conquest of harmony and tranquility of the senses, these two souls now live in a modern wellness center, finely renovated in the name of comfort.

The indoor wellness path offers a heated indoor pool with whirlpool, sauna, a gym with Technogym equipment, Turkish bath and treatment rooms where guests can benefit from beauty and wellness treatments enriched by Clarins products and a wide selection of massages.

Outside, immersed in silence, is the spectacular thermal pool immersed in nature dominated by the scenic 4-meter waterfall, among the stones that generate natural jets at a water temperature of 28.5 °C.



LA BAGNAIA GOLF & SPA RESORT SIENA  
CURIO COLLECTION BY HILTON



# Terme di Montepulciano Spa

Via delle Terme, 46  
53045 Fraz. S. Albino, Montepulciano (SI)

+39 0578 7911 | +39 0578 799149  
info@termemontepulciano.it

[www.termedimontepulciano.it](http://www.termedimontepulciano.it)

CONTACT Dr.ssa Rosanna Cresti Turchi  
+39 0578 7911

The unique landscapes and the ancient cultural roots: it is within this special context that the Montepulciano Spa's health centre for prevention and well being has been created by the exclusive underground thermal waters.

## Ear, nose and throat diseases

Inhalations with sulphuric sodium-bromide bicarbonate-alkaline waters, rich in carbon dioxide are particularly recommended for the prevention and cure of many high and low afflictions via sprays. Therapeutic cycles appropriate for the inflammation of the pharynx, rhinitis, sinusitis, laryngitis, tracheitis and tonsillitis.

## Rheological deafness

The thermal rehabilitative therapy is specific for the stenosis tubes and the chronically catarrh area.

## Bronchial Pneumonia

It is unquestioned the therapeutic capacity of the thermal waters in the case of asthma, bronchitis and pulmonary emphysema.

## Physiotherapy and rehabilitative medicine

The orthopaedic Physiotherapy at the Montepulciano Spa includes a thermal swimming pool, vascular paths and a gym with avant-garde equipment.

### Vascular Rehabilitation

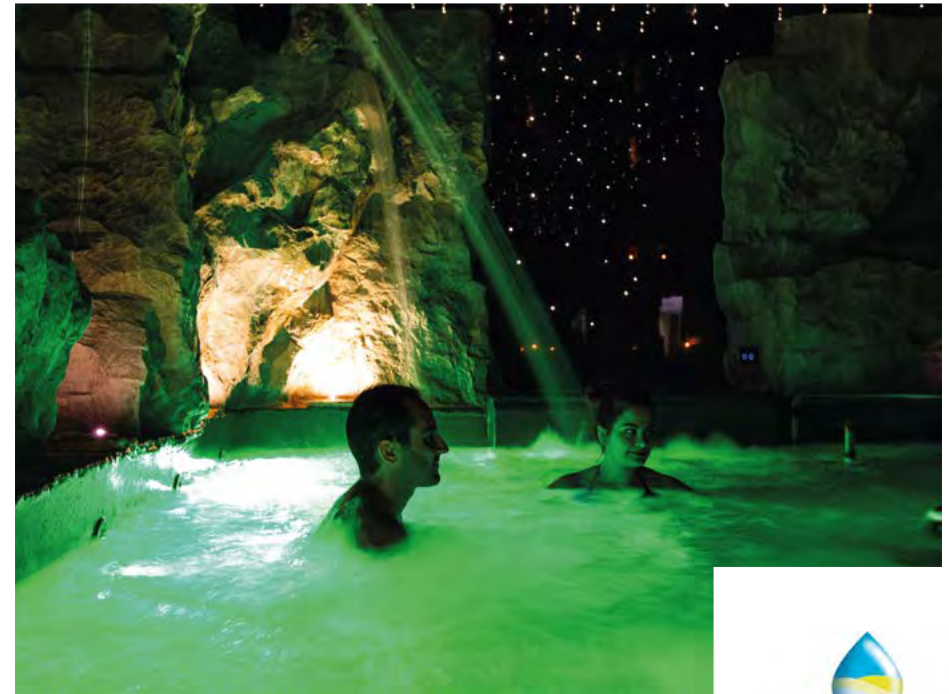
Indicated for varicose veins of the lower limbs, insufficient vein and arterial blood flow, under foot/heel pain.

### Rheumatology

The bath and the mud therapy has a positive effect in the course of many rheumatic illnesses such as: rheumatism, osteoporosis, osteoarthritis, fibromyalgia and joint rheumatism.

### Thermal wellness

The wellness centre and the saline swimming pool of the Montepulciano Spa are the ideal places for all of those who desire to relax and find the perfect harmony between body and mind.



# Terme di Petriolo

Loc. Bagni di Petriolo  
53015 Monticiano (SI)

+39 0577 757104  
info@termepetriolo.it

[www.termepetriolo.it](http://www.termepetriolo.it)

CONTACT Dott. Alessandro Fabbrini, *Direttore Generale*  
+39 0577 724091

In the land of Siena, in a landscape of amazing beauty, a thousand-year-old source of health springs.

From the spring located on the bank of the farma stream gushes at the temperature of 43 degrees a water rich in salts, with the multiple therapeutic properties already known by the Romans and kept intact until today.

The ideal place to find harmony, in an atmosphere of absolute relaxation taking advantage of the extraordinary properties of the thermal waters of Petriolo.

- Spa baths
- Inhalatory center
- Sludge/bathroom department
- Spa



TERME DI  
PETRIOLO





# Albergo Posta Marcucci

Ara Urcea, 43  
53027 Bagno Vignoni, Siena

+39 0577 877112  
albergo@postamarcucci.it

[www.postamarcucci.it](http://www.postamarcucci.it)

CONTACT Chiara Pieri  
chiara@postamarcucci.it

The Posta Marcucci in Bagno Vignoni is nestled in the Val d'Orcia, a natural treasure of unique beauty in the heart of Tuscany.

Guests walking across the hotel's threshold will stop to admire the halls, furnished to create a welcoming ambience while exploring the hotel's three floors and its thirty-seven recently refurbished rooms is an exercise in hospitality. Step outside to be greeted by two pools framed by a lush garden. Even passers-by can dip their feet in the unfiltered beneficial waters, a balm for mind and soul since time immemorial.

The first pool's temperature ranges between 35 °C and 38 °C, while the second flits between 28 °C and 32 °C. The wellbeing rooms are reserved for hotel guests only and represent a prelude to a world of wellbeing marked by a hot tub, a Finnish and a biosaline sauna, and a Turkish bath. We do not offer a catalogue filled with treatments, our focus is to interpret guests' needs and help them regenerate using a method we called Health, Pleasure, Harmony. Dry yourself off and head to the dining room to revel in Tuscan dishes, prepared using local produce as well as carefully selected Italian ingredients.

The wine menu is a Tuscan extravaganza but leaves plenty of room for other noteworthy Italian bottles.

Last but not least, our bejewelled garden. This lush, green oasis is cared for by the best green thumbs in town, as seen by its healthy, centuries-old maritime pines, rose bushes, a tennis court, a bowls green and a kiosk. Albergo Posta Marcucci: where learning how to take it slow is a walk in the park.



POSTA MARCUCCI

BAGNO VIGNONI



# Adler Spa Resort Thermae

Strada di Bagno Vignon, 1  
53027 San Quirico d'Orcia (SI)

+39 0577 889000  
info@adler-thermae.com

[www.adler-resorts.com/thermae](http://www.adler-resorts.com/thermae)

CONTACT Claudia Zancolli  
claudia.zancolli@adler-thermae.com

ADLER Spa Resort THERMAE is set between the wine regions of Montepulciano and Montalcino, in the Val D'Orcia in Tuscany. The valley, with its rolling hills, lines of Cypress trees and medieval towns is a UNESCO World Heritage site and has been used as background for many award-winning films including The English Patient, Stealing Beauty and A Midsummer Night's Dream.

The ground-breaking five-star property, with 1,000 square metres of thermal pools and baths, offers 90 luxury rooms and suites, each with a balcony overlooking the valley. The thermal pools are supplied by a local thermal source rich in minerals and sulphur compounds - 36 degrees of healing water from the depths of the earth.

The spa at ADLER Spa Resort THERMAE has a full range of more than 120 treatments which combine high-quality products with state-of-the-art equipment. The spa doesn't only offer beauty and relaxation treatments, it provides modern western medicine services and alternative healing methods. And for guests who simply want to relax and unwind,

there are many quiet corners in the baths, saunas and indoor - outdoor pools to feel the thermal water's restorative powers and let stress slip away.

ADLER Spa Resort THERMAE is also home to ADLER MED health and medical centre. Following an initial medical consultation, the doctors and therapists of ADLER MED tailor a program which might include the diagnosis and treatment of health conditions including thyroid function, food intolerance or osteoporosis. They also specialize in stress management, weight loss, physical therapy and light cosmetic interventions.

A 40-strong team of experienced doctors, nurses and therapists is available round the clock for the care of guests.

Cuisine is a strong focus at the resort. Chef Gaetano Vaccaro only uses regional ingredients sourced from local farmers and suppliers which include high-quality olive oil, freshly-milled flour, tender cuts of meat from Tuscany's Chianina cattle breed, sun-ripened vegetables. He also uses herbs from the hotel's own garden.





# Terme Sensoriali

Piazza Martiri Perugini  
53042 Chianciano Terme (SI)

+39 0578 68501 | fax +39 0578 60622  
prenotazione@termechianciano.it

[www.termesensoriali.it](http://www.termesensoriali.it)

CONTACT Mauro Della Lena  
m.dellalena@termechianciano.it | +39 334 6803712

**T**erme di Chianciano is an international top destination for spa tourism in Tuscany thanks to the completeness and excellence of the offer, made even more attractive by an extraordinary geographical location between the Valdichiana and the Val d'Orcia, rich in history, culture, nature and local food and wine.

The Sensory Spa is a cocoon to restore body and soul through thermal waters which proprieties have been renowned since ancient times. Here traditional thermal treatments embrace the wisdom of eastern philosophies and naturopathy to make you rediscover your senses and find inner balance again. The Spa is nestled in the Acquasanta Park, surrounded by centuries-old trees; the ideal spot to enjoy silence, fresh air and nature's scent in every season.

The Sensory Spa is home to twenty wonders, twenty different treatment rooms containing a different holistic experience. It is equipped with steam room, whirlpools, underwater music, saunas, sludges, music therapy, chromotherapy, salt room, aromatherapy, relaxation corner with herbal infusion, garden, energy pyramid, ice shower.

Naturopaths have designed 4 different paths to follow, with different effects: relaxing, energizing, depurative, balancing. Highly qualified massage therapists will help you in the journey toward physical balance and mental harmony. You will only have to choose the treatment you prefer; they will do the rest.



  
TERME DI CHIANCIANO

# Piscine Termali Theia

Piazza Marconi  
53042 Chianciano Terme (SI)

+39 0578 68501 | fax +39 0578 60622  
prenotazione@termechianciano.it

[www.piscinetermalitheia.it](http://www.piscinetermalitheia.it)

CONTACT Mauro Della Lena  
m.dellalena@termechianciano.it | +39 334 6803712

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Founded in 2013, the Theia Thermal Pools, fed by the Sillene spring, have a temperature between 33 and 36 degrees, outdoor and indoor pools all connected for a total area of 600 square meters. They are the ideal destination for families with children from zero to 12 years old. The only ones in Italy where children can enjoy a wellness experience in a dry cave, in a wet cave, in emotional showers and in pools completely dedicated to them.

With water jets and whirlpools, they are equipped with umbrellas and sunbeds, free Wi-Fi connection. On reservation it's possible to use the wellness center with sauna, turkish bath, rasul, relaxation area, emotional showers and cold shower.

The bar restaurant offers a wide variety of cold and hot dishes, also inspired by the typical Tuscan cuisine.



 TERME DI CHIANCIANO





# Fonteverde

Loc. Terme, 1  
53040 San Casciano dei Bagni (SI)

+39 0578 57241  
info@fonteverdespa.com

[www.fonteverdespa.com](http://www.fonteverdespa.com)

CONTACT Cristina Morellini, Sales Manager  
cristina.morellini@ihchotels.it

**A**rt, Culture and Emotions: Discover the ultimate Resort and Spa in Tuscany. Fonteverde is truly one of the most outstanding destinations in Italy. Originally built as a renaissance palace for the Grand Duke Ferdinando I de' Medici, the resort overlooks the majestic rolling hills of Val d'Orcia, and is set atop the natural hot springs to fully utilise the healing power of the thermal waters. With its collection of panoramic pools, hot tubs and treatment facilities, Fonteverde is destination where mind, body and soul meet in harmony, and restore the natural balance of life. Discover a resort and spa in Tuscany where Italian hospitality meets absolute wellness. The aura of Fonteverde is waiting for you at the magnificent Medici Palace in San Casciano dei Bagni, a precious medieval village nestled in the rolling hills of Siena. Commissioned in 1607 by the Grand Duke Ferdinand I, this beautiful residence is a fitting tribute to the Italian Renaissance. Walk along century-old cobblestones, look out onto the beauty of Val d'Orcia, enjoy the hot springs for a journey of rejuvenation. At the Fonteverde Spa Resort in Tuscany, Italy, every simple gesture takes on a magical significance.

Fonteverde is member of: The Leading Hotels of the World, Virtuoso and Traveller Made

#### Rooms:

78 Rooms & Suites  
Grand Suite (70 smq)  
Suite Val d'Orcia 60 sqm)  
Junior Suite (35 sqm)  
Deluxe (30 sqm)  
Privilege Valley View (25 sqm)  
Privilege (25 sqm)  
Queen (18 sqm)

#### Exclusive Services:

7 Thermal pools with waterfall and hydro massages  
Walking Water Circuit Fitness Walk, Thermal Pool for Pets Fitness Room, Etruscan Circuit  
Total Spa & Thermal Pools Area: 5.000 sqm  
Summer Swimming Pool  
2 Restaurants  
Bioaquam café by the thermal pool  
American Bar  
4 Conference Rooms up to 80 people  
Private 11<sup>th</sup>-Century Chapel and Helipad



# Terme di Sorano

Loc. Filetta  
58010 Sorano (GR)

+39 0564 633306 | Fax +39 0564 632028  
info@termedisorano.it

[www.termedisorano.it](http://www.termedisorano.it)

CONTACT Giulia | Jessica | Sabrina  
info@termedisorano.it

Terme di Sorano is a beautiful vacation residence and spa located right in the heart of Tuscany, in the Maremma countryside. Built around an old parish church and its own hot springs, as well as a large 7-hectare park, Terme di Sorano is the perfect destination for a relaxing spa holiday in Tuscany. Take your pick from 30 apartments and 10 detached villas, all beautifully furnished in Tuscan style and equipped with every comfort from a private entrance to a fully equipped kitchen, spacious living room, satellite TV, external loggia with garden (ground floor residences) or large covered balcony (first floor ones).

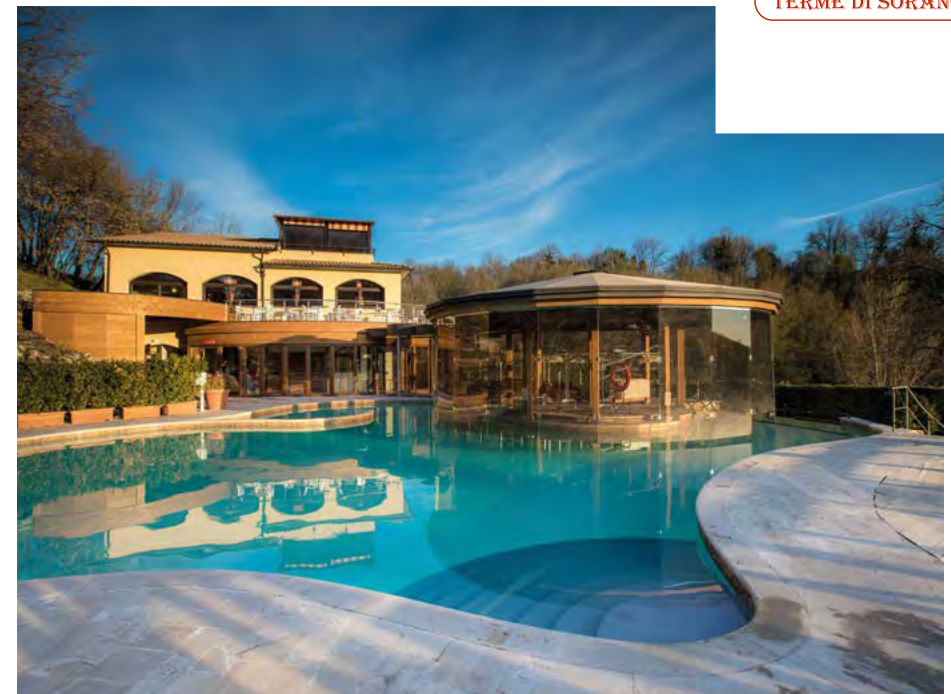
During your stay, you can relax in the large spa pool with its natural hot waters that flow at a constant temperature of 37°C while the kids enjoy their own special pool area. We also have a sports pool, a solarium with sun beds and umbrellas, a relaxation path through the woods, areas for picnics, a regulation-sized tennis court and a bar and restaurant where you can enjoy a traditional Maremman menu made with locally sourced organic products.

We also have a spa where you can enjoy massages and treatments at the hands of our qualified and expert staff.

A meeting room that seats up to 100 people, perfect for work functions and events, completes our residence. THERAPEUTIC CARE After years of activity, in collaboration with the School of Specialization of Thermal Medicine of the University of Pavia, we carried out a trial on a fair number of patients suffering from dermatological pathologies, in particular we did a study on psoriasis patients who were evaluated by the Ministry of Health which confirmed the effectiveness of baths in our waters rich in Magnesium-Calcio-Solfati by issuing us a Ministerial Decree psoriasis treatment.



TERME DI SORANO





# Terme di Saturnia Natural Spa & Golf Resort

Loc. Follonata  
58014 Saturnia (GR)

+39 0564 600111  
prenotazioni@termedisaturnia.it

[www.termedisaturnia.it](http://www.termedisaturnia.it)

CONTACT Luisa Franci  
lufranci@termedisaturnia.it

Legend has it that one day Saturn flew into a temper because men were always fighting against each other. He took a flash of lightning and threw it down onto the Earth, causing sulfurous and warm water to gush out from the crater of a volcano, water which wrapped and calmed everything.

The setting of this legend is Saturnia, in the heart of the Tuscan Maremma, where water gushes at a rate of 500 litres /200 gallons per second, with a constant temperature of 37°c (98.6°F).

Today Terme di Saturnia Spa & Golf Resort is a stunning thermal retreat in Tuscan Maremma. The resort combines its ancient mineral-rich thermal springs with elegant accommodation, exclusive treatments in an award-winning spa and an 18-hole championship golf course designed by the American architect Ronald Fream.

Inimitable charm, a passion for the finest cuisine and innovative Spa programs put the finishing touches to this retreat, which is just a one and a half hour drive from Rome.

Terme di Saturnia Natural Spa & Golf resort is member of The Leading Hotels of the World and Virtuoso.

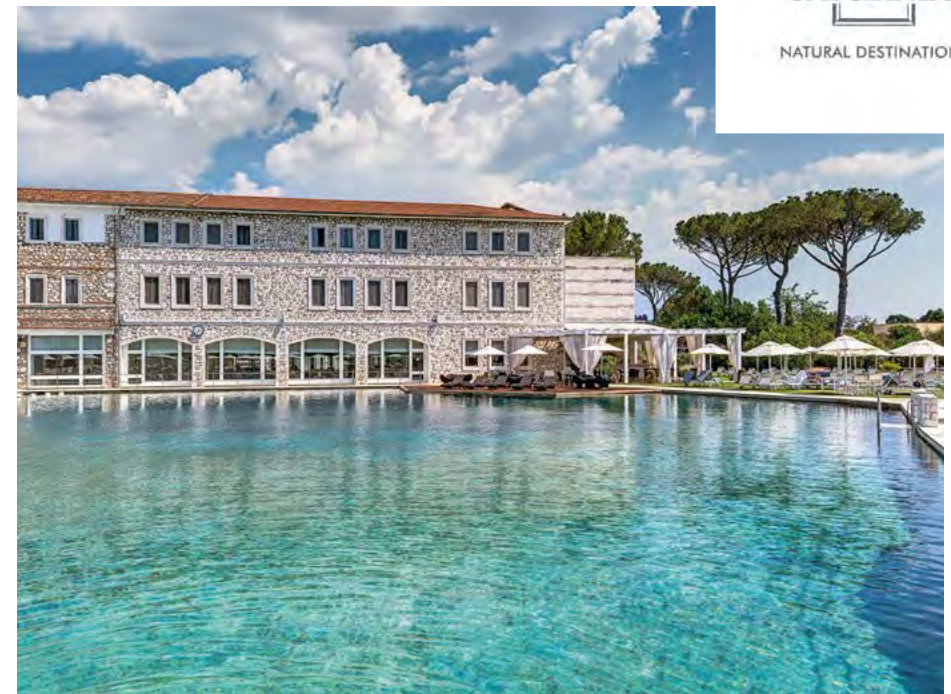
## Highlights:

- Natural Thermal Spring gushing out at constant body temperature in millenary volcanic crater
- Thermal Park with 4 pools and hydro-massage tubs
- Located in Maremma, one of the most uncontaminated corners of Tuscany
- 250 acres of secular park and golf course
- Majestic travertine stone building with 130 rooms and suites, including 2 Grand Suites
- Multi-award winning Spa with 50 treatment rooms offering more than a hundred treatments
- Inside and Outside Fine Dining
- 18-hole Championship Golf Course



terme di  
**SATURNIA**

NATURAL DESTINATION



# Fonte Pura

Strada Provinciale La Croce  
58014 Saturnia (GR)

+39 0564 601 313 | +39 0564 601 111  
saturnofontepura@gmail.com

[www.hotelsaturnofontepura.com](http://www.hotelsaturnofontepura.com)

CONTACT Giancarlo Ghezzi

Hotel Saturno Fonte Pura is a countryside hotel with 25 rooms, a thermal water pool, breakfast and restaurant service, a sauna and a small center for wellness treatments. The main thermal water pool connects to two basins with waterfalls and a whirlpool. Against the background of a small Tuscan village, the Hotel's buildings blend harmoniously into a pristine hilly landscape.

## Thermal Treatments

Sulphurous thermal water flows into the main pool at a constant temperature of about 37.5 degrees Celsius throughout the entire year. This water has important beneficial health effects, as officially certified by the Italian Ministry of Health, principally for those suffering from arthro-rheumatic diseases but also for gynaecological and dermatological problems, in particular psoriasis. Additionally, the effectiveness of this water against skin aging has been widely demonstrated and a natural cosmetic line for face and body care has been created with the thermal water as its base.

## Rooms

The rooms have external and independent entrances and are divided into three categories: basic comfort, classic comfort and comfort supreme. All rooms and the common areas are furnished in typical rustic Tuscan style.

## Restaurant

The Hotel's culinary service offers its guests a menu with a variety of dishes cooked in the local tradition and with the highest quality ingredients.





# Mercure Petriolo Siena Terme & Spa Hotel

Località Petriolo, 74  
Civitella Paganico (GR)

+39 0564 9091  
mercurepetriolosienahotel@gmail.com

[www.petriolotermespa.it](http://www.petriolotermespa.it)

CONTACT Luca Tucciarone

The Hotel Petriolo Terme Spa is right on the spa of Petriolo, whose hyper thermal water at 43 degrees Celcius directly fills the swimming pools of its spa.

## Nature & Spa

Located in the uncontaminated nature reserve of Farma Valley, the hotel has an unequalled view over the pleasant landscape of the hills of Tuscan countryside and maremma.

## Rooms

Antique and modern furniture are combined in all rooms, every detail is studied to offer the best comfort to guests. Fine elegance, style, furniture, curtains and ornaments surround you to make your stay a unique experience.

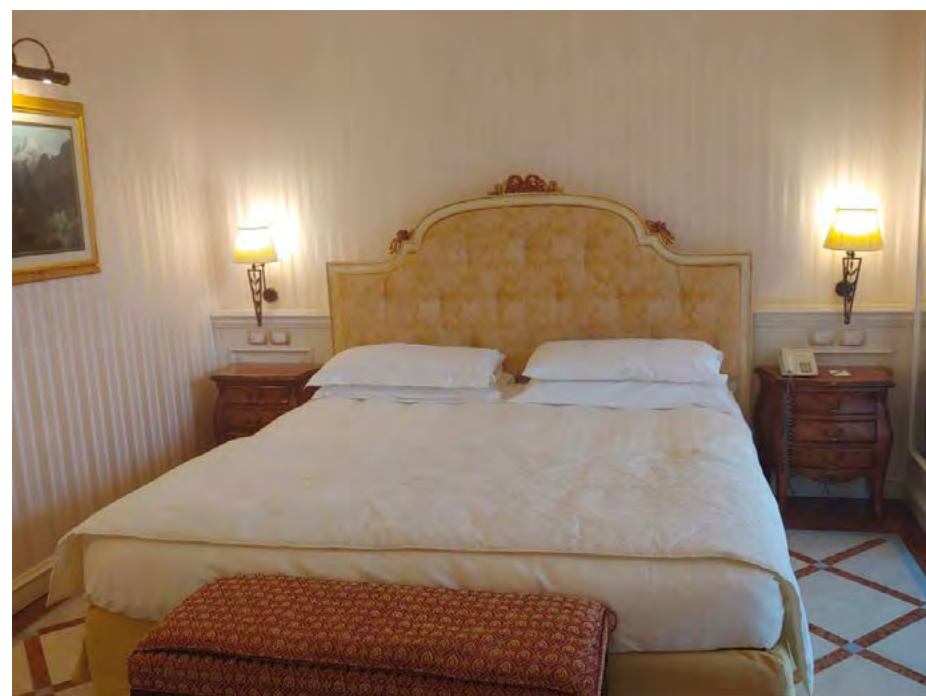
## Restaurant

At Restaurant Petriolo your eyes and your sense of taste will be astonished by the dramatic view and an assortment of dishes combining the traditional Tuscan cuisine and the creative vision of our Chef. The Restaurant Brigante Toscano, located by the swimming pool, will delight you with its traditional Tuscan cuisine and its rich buffet.

## Business Center

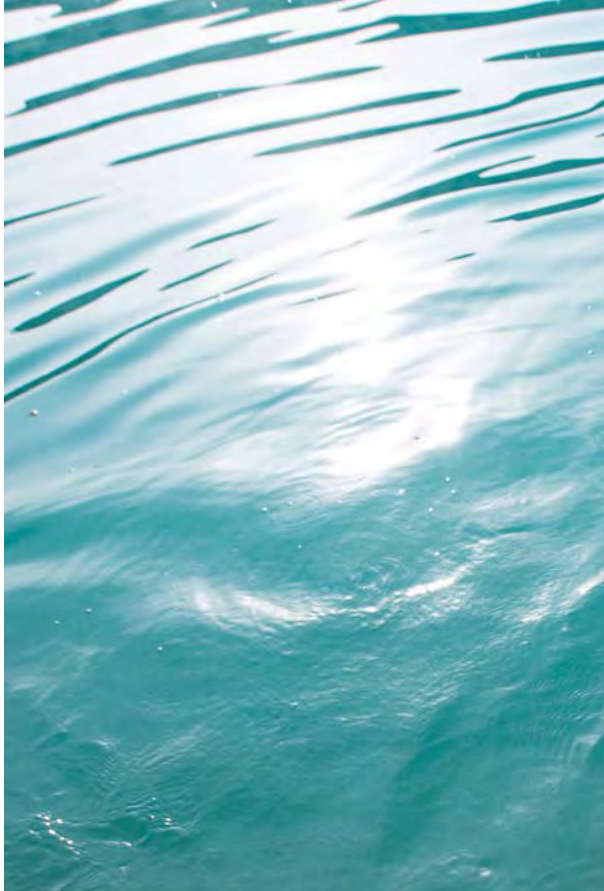
The Business Center has a hall which can accommodate up to 120 people and two smaller meeting rooms.

It is the ideal venue for your company events, surrounded by the unique landscape of the Tuscan countryside, offering relax and charm during and after work sessions.









[visittuscany.com](http://visittuscany.com)



Regione Toscana

