



TUSCANY'S HOT SPRINGS & SPAS



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VOGLIO VIVERE COSÌ

Thermal tourism in Tuscany

Close your eyes and free your mind: work, traffic, pollution, stress. The dream of many in a modern society overcome by an ever increasing pace of life and evermore pressing needs. A dream that Tuscany can make true and a well know fact for the more than 2 million tourists who every year choose this region to escape the anxieties and anguishes of everyday life and to spend a period of complete relaxation in one of the thermal spas present in our territory.

A land of natural wonders, artistic treasures and gastronomic delicacies, Tuscany has always been renowned for its many springs, rich in natural elements. Its waters, after having made their way through rocks, come to the surface creating wonderful natural pools which you can dive into, regenerate and regain a balance between physical form and inner happiness.

Spas are the tourism of the new millennium and Tuscany, in Italy, is one of the most sought out destinations, with the largest number of structures: 39 spas. In these new temples of health, from prestigious hotels to innovative and professional health centres, Tuscany can offer a wide range of treatments thought out in order to satisfy an increasingly demanding clientele.

These distinguishing traits have allowed Tuscan thermal baths to become, today, the cutting edge of Italian thermal tourism.

From traditional cures to treatments aimed at achieving a perfect psycho-physical balance in line with new tendencies.

Spas in Tuscany have always



been considered among the most famous worldwide for the prevention and treatment of many pathologies. Thermal muds are very useful for curing rheumatisms or for the treatment of pathologies resulting from traumas as well as for the prevention and treatment of liver diseases. Inhalation treatments can alleviate respiratory problems and are used to cure rhinogenous deafness. Thermal hydro massages are used to treat and prevent peripheral vascular pathologies, while hydroponic treatments cure gastro enteric problems and purify the liver.

But to choose Tuscany as your “wellness holiday” destination also means spending time in luxury accommodation situated close to world renowned cities of art (Florence, Pisa, Siena), to fashionable seaside resorts (Forte dei Marmi and Versilia) or immersed in one of the most beautiful countrysides in Italy (such as Val d’Orcia, UNESCO Heritage Site) which have, throughout the centuries, inspired the masterpieces of artists such Michelangelo or Leonardo da Vinci. Or it also means shopping in the most famous brand name shops (Prada, Ferragamo, Gucci and others) or relaxing on one of the many golf courses in this region. It will also be possible to sit at a table and enjoy delicious dishes accompanied by famous wines such as the Brunello di Montalcino, the Chianti or the Nobile di Montepulciano.

A unique offer which allows you to enjoy Tuscany in complete comfort and relax.



Travelling to the thermal

Tuscany: wellness begins with the journey

A “wellness holiday” must start off on the right foot. And which way could be better than to avoid a stressful journey which, especially on the way back home, may nullify the holiday’s beneficial effects?

Thanks to a modern and efficient transport network, spa destinations in Tuscany can be easily reached from anywhere. Our region, in fact, avails itself of excellent infrastructures (highways, railways, airports, ports) which connect it with the rest of the World. One reason more to choose Tuscany.

Highways: there are three of them and they connect Tuscany to the rest of Italy and Europe. the *A1 Milan-Naples*: links Northern and Southern Italy; it is the easiest route for those who come from Northern and Central European Countries. The *A12 Genoa-Leghorn*: follows the triennia coastline and becomes a freeway heading for Rome; it is the most direct connection with France, passing through Liguria. The A1 and the A12 join the *A11 Firenze Mare* highway and the Florence-Pisa-Leghorn Freeway allowing you to reach many other Tuscan cities.

Railways: Tuscany is crossed by the main Italian railway line which connects Naples and Rome with Bologna, Milan and Northern Europe. Furthermore, a second line allows you to reach the Tuscan coastline from Torino, Genoa, Rome and Naples.

Airports: there are two major airports in Tuscany which connect the region with the rest of the world: the *Galileo Galilei* in Pisa, linked to the most important Italian (Cagliari, Milan, Palermo, Rome), European (Barcelona, Brussels, London, Madrid, Munich, Paris) and International airports (New York); The *Amerigo Vespucci* in Florence, connected to both Italian (Bologna, Catania, Milan, Palermo, Rome) and European airports (Amsterdam, Barcelona, Basle, Frankfurt, London, Munich, Nice, Paris, Timisoara, Vienna, Zurich). There are also a few small airports in Grosseto, Siena, Versilia and on the Island of Elba.

Ports: there are four major ports in Leghorn, Piombino, Porto Santo Stefano and Portoferraio. The one in Leghorn, apart from being an important freight terminal, is also a cruise destination and is connected to other important Italian and International ports.



Accommodation in Tuscany

Luxury accomodation facilities

The secret to well-being: to sleep well! In Tuscany we are aware of this and it is why luxury accommodation facilities are present in our region's spa destinations and are capable of satisfying the needs – also financial - of all those who choose to come here to relax.

Tuscany has always been committed to hospitality and the accommodation facilities offered by the region are continually evolving with the aim to achieve an increasingly high quality. It is enough to think that in the last few years the number of low level category structures has greatly decreased, while standard and first class facilities have nearly doubled.

There are more than a thousand accommodation facilities in our region's spa destinations. An offer which includes both hotels – more than 400 of which 70% have 3,4 and 5 stars – and other types of luxury accommodation, in particular Agritourism facilities (32%).

Agritourism is a true ambassador of the Tuscan rural world; a showcase for its enogastronomic culture; each structure acts, in fact, as a haven for local flavours; a haven for quality, tradition and genuineness. There are 3800 agritourism facilities in Tuscany – approximately a quarter of the National's total – distributed throughout the entire regional territory, both in rural and mountain areas. Approximately 40% of them have different types of activities on offer such as cooking courses, lessons on the beneficial effects of medicinal plants, laboratories for learning ancient professions, guided tours and excursions to the most beautiful surroundings, in addition to the many sports on offer such as horse riding or trekking.



Tuscan thermal complexes

Well-being and relaxation for all tastes

To feel well, to feel fit, in harmony with yourself. Thermalism in Tuscany is a full immersion, a journey within yourself to recover your lost well-being. Distributed throughout the entire regional territory, Tuscan spas are the ideal place for a physical and spiritual recovery, with gyms, pools and massages. An island to relax on surrounded by artistic treasures, amazing coastlines, undulated hills, an enchanted nature, performances and village festivals. Discover with us some of Tuscany's most famous spa resorts.





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Terme Bagni di Lucca



Nestled amid the Tuscan Apennine Mountains and situated in a privileged geographical position, Bagni di Lucca rises at the confluence of the Lima stream and the Serchio River. Half an hour away from the Abetone skiing resort, from Viareggio and Versilia and only 25 km from Lucca, it provides both a mountain and marine climate as well as the range of different attractions which these areas have on offer.

In time it has been frequented by famous people such as Byron, Shelley and Montale, Dumas, Heine, Lamartine and Ouida, the great Paganini and Napoleon with his sister Paolina. Its sulphate, bicarbonate and calcium waters, flowing at a temperature of 54°C, possess an extraordinary curative and regenerative power. The two spas,

Jean Varraud and Casa Boccella, specialized in the treatment of arthro-rheumatic, vascular, bronco-pneumatic, gynaecological and dermatological pathologies, feature two Caves with natural vapours which have a beneficial anti-stress effect and act on the skin smoothing it and making it velvety and shiny.

The complex also includes a thermal pool inside the Hotel and the "Ouida" Health Centre.



Terme Bagni di Lucca

Piazza San Martino, 11
55021 Bagni di Lucca - LU

Tel: +39 0583 87221

Fax: +39 0583 808224

e-mail: terme@termebagnidilucca.it

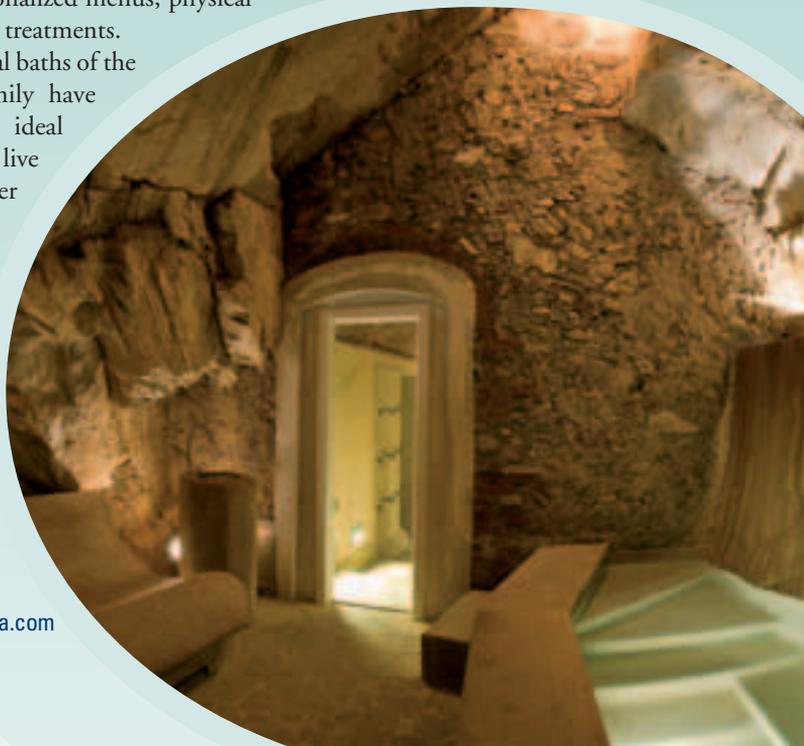
www.termebagnidilucca.it



Bagni di Pisa Natural Spa Resort

A glorious 18th century residence restored to its former splendour through careful renovation: frescoed ceilings, antique cotto floors, marble, granite, just a few kilometres away from Pisa, Lucca and Versilia. Rooms, suites, a restaurant with a view on the most famous tower in the world: the precious Sala Bar Shelley and the familiar Byron court. It also includes meeting-rooms for conferences and events. The Medical Spa features two thermal baths, indoor and outdoor, fed by sulphate, calcium and alkaline waters which flow out at a temperature of 38°C and the Granduchi thermal cave for a thermal-vapour bath. There is a wide range of treatments with traditional and Indian massages, face and body thermal aesthetic treatments as well as an exclusive dermocosmetological line, Sensai Kanebo. Special treatments for couples and Day Spa packages for single-day entries. Three and seven day circuits aimed at weight-loss and detoxing, thanks to the combination of personalized menus, physical activities and specific treatments.

The splendid Thermal baths of the Apsburg Lorena family have become today the ideal place to forget stress, live history and rediscover nature trails.



Bagni di Pisa Natural Spa Resort

Largo Shelley, 18
56017 San Giuliano
Terme - PI
Tel: +39 050 88501
Fax: +39 050 8850401
e-mail: info@bagnidipisa.com
www.bagnidipisa.com

Bagni di Petriolo



The thermal spas of Petriolo, already well known since Roman times, are immersed in the green Maremma hills where it is possible to be in step with nature making long excursions, trekking and visiting the natural oasis of Val di Merse.

The thermal waters flow out at a temperature of +43 °C along a stretch of the Farma River and are characterized by the presence of hydrogen and sulphur with a concentration of 21 milligrams per litre. Free carbon dioxide, calcium, fluorine, chloride, sulphate and hydrogen carbonate ions are also present.

The spa complex of Bagni di Petriolo will open again in June 2010 after important renovation works and will offer services such as therapeutic thermal swimming pools, a modern Wellness Centre and cures agreed upon with the National Health Service using thermal muds, baths and inhalations.



Complesso Termale bagni di Petriolo

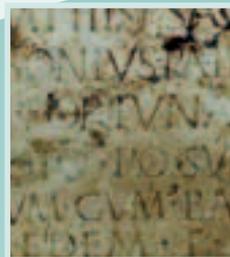
Tel: +39 0577 757104

Monticiano - SI

direttore@termesaluteambiente.com

www.termesaluteambiente.com

Terme di Santa Caterina in Bagno Vignoni



per gentile concessione di Paolo Naldi

The evocative village right in the centre of the Val d’Orcia Park (cultural landscape listed among UNESCO’s World Heritage Sites since July 2004), a small hamlet within the S. Quirico d’Orcia municipality, it developed around the large pool from which miraculous warm waters flow, well known since the early ages. The Etruscans first and then the Romans would consecrate the waters to the gods, to the sacred “nymphs protectors of the pool” as testified by the Roman inscription placed inside the complex by Lucio Trebonio Paterno as an ex voto and on which you can read – “Ninphis sacrum L. Trebonium patern(us) Lib. Fortunatus voto posuit signum cum Basim ed aedem F. Cur.”.

An extensive literature offers reliable and documented information on “Bagno di Vignone”, the area’s importance and the therapeutic use of its waters for balneo and mud treatments since 1170 when the Emperor Federico II granted the “feud”.

Lorenzo dei Medici (The Magnificent) used them to cure his arthritis in 1490. Caterina Benincasa, Patron Saint of Italy, who the spa resort was named after, sojourned here between 1362 and 1367.

Also Michele de Montaigne passed by on the 14th of September 1581 and mentions it in his diary of his journey to Italy.

The waters of Bagno Vignoni, containing bicarbonate, sulphate, alkaline, terrene, hyper-thermal waters which flow out at a temperature of about 50/52 degrees, are still used today to cure arthro-rheumatic pathologies through balneo and mud treatments and otorinolaringoiatric diseases by means of inhalatory therapies. The cures are completed by relaxing, curative, lymphodraining, shiatsu massotherapy treatments. “Wellness” packages also allow one-day entries to the complex.



Per gentile concessione di Andrea Marzulli

Terme di Santa Caterina in Bagno Vignoni

Piazza del Moretto, 12
53027 Bagno Vignoni - San Quirico d’Orcia - SI
Tel: +39 0577 887365
Fax: +39 0577 887365
e-mail: info@termebagnovignoni.it
www.termebagnovignoni.it

Comune di San Quirico d’Orcia

Piazza Chigi, 2
53027 San Quirico d’Orcia - SI
Tel: +39 0577 899711
Fax: +39 0577 889721
e-mail: info@comunesanquirico.it
www.comunesanquirico.it

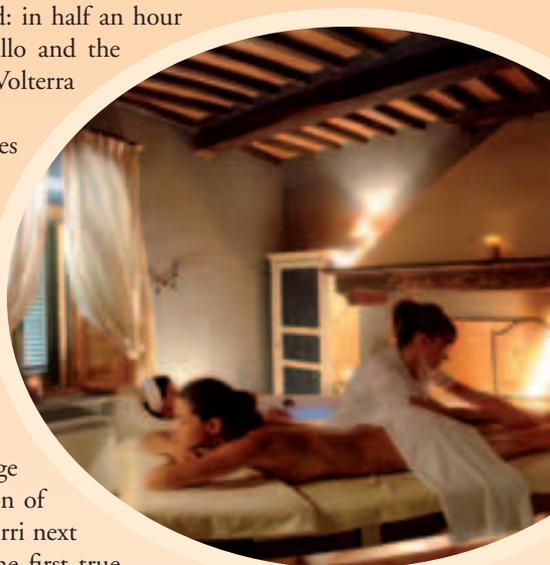
Casciana Terme



Upon the undulated Pisan hills sits an unexpected masterpiece. A small hamlet in a green and serene setting with old-fashioned sunlit houses. The waters of Casciana, containing calcium, sulphate and bicarbonate, flow out at a temperature of 35,7 C° and have therapeutic effects on vascular dysfunctions, rheumatisms, arthritis, high cholesterol, rhinitis, pharyngitis, bronchitis and gynaecological problems. Its origins are shrouded in a romantic legend that dates back to the times of Countess Matilde di Canossa. The hamlet is situated between the Tuscan coastline and the hinterland: in half an hour you can reach the rocky cliffs of Castiglioncello and the beaches of Versilia as well as the cities of art of Volterra and Pisa.

The first spa complex in living memory dates back to 1311 and was built by Federico da Montefeltro. Today's centre was built towards the end of the '60s, while the '90s saw the construction of the new building featuring a modern and efficient "Rehabilitation centre" agreed upon with the National Health Service.

In 2000 the new Wellness Centre of Terme di Casciana was inaugurated, with small rooms for aesthetic treatments and traditional and oriental massages, a sauna, a Turkish bath and a large outdoor thermal pool. In 2007, the inauguration of the new thermal health centre of Terme Villa Borri next to the spa complex. It can be considered as the first true "beauty farm" since it is an old farm with a manor house, an old-fashioned villa of the Eighteenth century put to use as a Health Centre and surrounded by old houses divided into 22 apartments, finely renovated in a typical Tuscan style.



Bagni di Casciana S.r.l.

Piazza Garibaldi, 9 - 56034 Casciana Terme - PI
Booking : +39 0587 644608 - Fax: +39 0587 644673
Centralino: +39 0587 64461 - Fax: +39 0587 644629
e-mail: info@termedicasciana.it
www.termedicasciana.it

Terme Villa Borri

Tel: +39 0587 644644
Fax: +39 0587 644630
e-mail: info@termevillaborri.com
www.termevillaborri.com



Chianciano Terme

Terme di Chianciano, in the province of Siena, is the ideal spot for a holiday with the entire family: in the large spa centres of “Fucoli” and “Acqua Santa” flow waters which are beneficial for the treatment of the liver and the gastro-enteric system.

Terme di Chianciano offers, in agreement with the NHS, hydroponic cures as well as baths and hepatic muds carried out at Terme Sillene where, again in agreement with the NHS, artro-rheumatic baths and mud treatments are performed as well as therapeutic baths for vascular pathologies. There is also a physio-kinesitherapy rehabilitation Centre coordinated by specialist doctors in collaboration with experts and qualified rehabilitation therapists. The Management building houses the inhalation Centre, the analysis laboratory and the Sports Medicine surgery. The surrounding parks provide activities for adults and children, light gym in the mornings, dancing, conferences, exhibitions, concerts, baby sitting for young guests, tennis, bowling and great evening shows. Inside the thermal centre there is the Sensory Spa, an elegant complex, unique in Italy, founded on the principles of naturopathy combining Chackras with avant-garde architectonic solutions. It offers twenty different kinds of treatment (including relaxing pools, aromatherapy, cromotherapy, melmarium, emotional showers) through specific sensory circuits – detoxifying, relaxing, energizing and balancing – aimed at harmonizing the human energetic field by efficiently acting upon man’s five composing elements, Water, Fire, Earth, Air and Ether corresponding to the different areas into which the centre is divided.

Furthermore, the city offers different accommodation solutions allowing to combine a thermal stay with the top level gastronomy of this area situated at the entrance of Val D’Orca and renowned for its cultural attractions and landscapes.



Terme di Chianciano

Via delle Rose, 12
53042 Chianciano Terme - SI
Call center: +39 848800243
e-mail: info@termechianciano.it
www.termechianciano.it

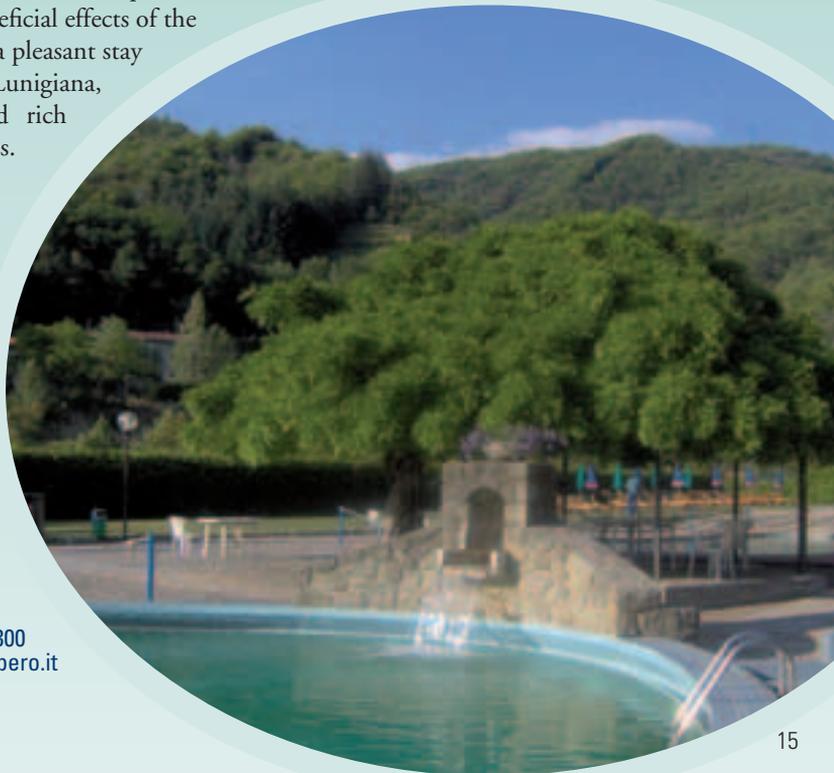
Equi Terme



Equi Terme is situated close to one of the most imposing peaks of the Apuane Alps, the Pizzo d'Uccello, set on a steep hill which promptly becomes rock. The Northern face of this mountain, famous amongst mountain climbers, appears as if wanting to protect this little hamlet in the Lunigiana region, pleasant, mysterious, enriched by that special atmosphere which only places lived in for a very long time can instil.

For many centuries now the rain waters have been collected by the imposing Apuane Alps, filtered by the subsoil and then entrusted once again to the surface where, not far from the medieval hamlet, they are collected and put to use: the curative waters that for centuries have fed the Terme di Equi originate from the marble heart of the Apuane Alps.

Thanks to these special traits, in Equi the tourist can combine the beneficial effects of the Apuane waters with a pleasant stay in the territory of Lunigiana, uncontaminated and rich in ancient testimonies.



Terme di Equi SpA
P.zza delle Terme, 1
54013 Equi Terme - MS
Tel e Fax: +39 0585 949300
e-mail: termediequi@libero.it
www.termediequi.it

Fonteverde Natural Spa Resort



Fonteverde is an elegant 5 star resort located in San Casciano dei Bagni, an old hamlet which has always been renowned for its century-old springs from which rich thermal waters flow. Built in 1607 by the Grand Duke Ferdinando I de' Medici upon the portico owned by the Medici family, it looks out onto the coves and the green hills of Val D'Orcia, immersed in an atmosphere from past times. The Hotel, with its two meeting rooms used for small conferences and managerial meetings, is connected to the Health Centre by an inside corridor. The Spa features numerous swimming pools two of which indoors and is dedicated to treatments such as Thalaquam and Bioaquam, with 22 different types of hydro massages and a splendid view onto the valley of San Casciano.

In addition to enjoying the beneficial effects of the swimming pool's thermal waters, the Health Centre offers the possibility to choose between a vast range of treatments which combine the precious properties of the thermal substances with modern manual.



Fonteverde Natural Spa Resort

Località Terme, 1
53040 San Casciano
dei Bagni - SI

Tel: +39 0578 57241

Fax: +39 0578 572200

e-mail: info@fonteverdespa.com

www.fonteverdespa.com

Gambassi Terme



An ancient land lived upon by the Etruscans and the Romans, Gambassi was, during medieval times, a resting place for travellers and pilgrims who followed the route of Via Francigena. In this enchanting context rises the “Acqua Salsa di Pillo” thermal complex and health centre.

Surrounded by a beautiful park with secular trees, the building was completely restored between 2002 and 2003 and now offers an extremely welcoming and functional environment and a wide range of thermal, therapeutic and aesthetic treatments.

Combining the use of the Salsa Water's active principles with disciplines chiefly based upon natural remedies, the Gambassi spa centre aims at helping the organism achieve the right balance which is of primary importance for well-being. In hydroponic therapies, the salsa water is indicated for different types of troubles to the digestive system, it works as a detox and has an effective anti-inflammatory effect with certain pathologies such as gastritis and colitis, it acts as a laxative and is also particularly important in hypotensive states.

Inhalatory therapies instead are carried out in the case of disorders to the respiratory system such as sinusitis, rhinitis, pharyngitis, otitis, allergic states etc. acute or chronic.

The aesthetic treatments on offer also include a vast range of services aimed at the care and beauty of face and body combined with the use of salsa waters from which further beneficial effects are drawn.



Acqua Salsa di Pillo
Piazza Giuseppe di Vittorio, 1
50050 Gambassi Terme - Firenze
Tel e Fax: +39 0571 638141
e-mail: info@termedigambassi.it

Grotta Giusti Natural Spa Resort



Grotta Giusti Terme & Monsummano Terme Hotel is a refined 4 star luxury Hotel located in a prestigious nineteenth century villa, once the residence of the Giusti family with windows overlooking a green century-old park. Within it lies the outdoor thermal swimming pool, amongst the largest in Europe. The pool, with thermal waters at a temperature of 35°C, features a highly advanced technological plant with a 750 sq m pool, a scenographic waterfall and underwater hydro massages, skilfully arranged in four large shells.

The halls of the hotel, frescoed and enhanced by period furniture and paintings, maintain historical taste and nature's appeal. The rooms, decorated in a fresh and refined style, offer unexpected details such as precious white marble bathtubs in

which thermal waters flow. However, what makes

Grotta Giusti Terme & Monsummano

Terme Hotel unique in the world

is the thousand-year-old cave, a

natural cavern where guests are

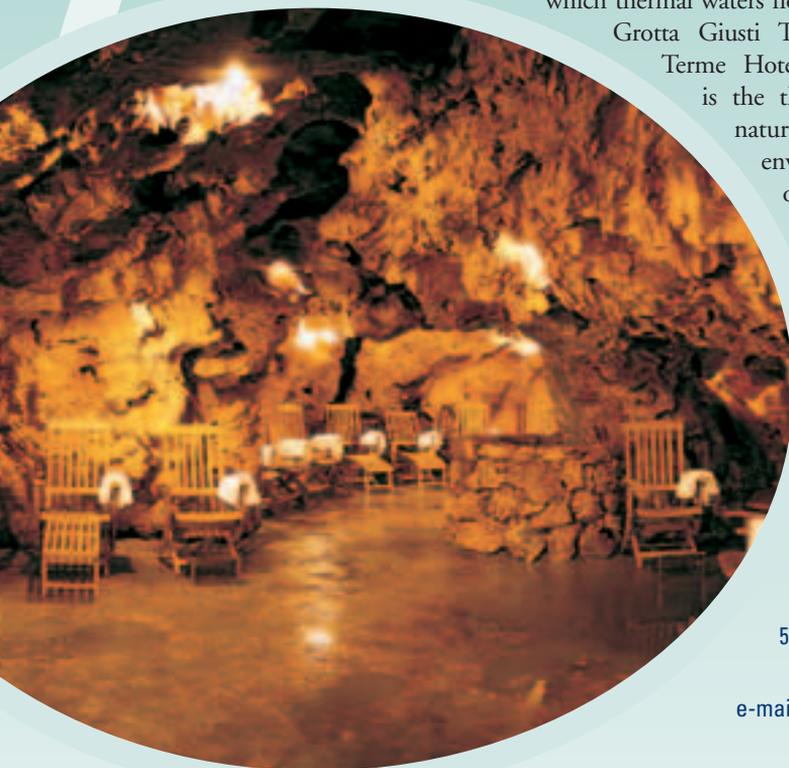
enveloped by the warmth

of an environment which

suggestively evokes the

atmosphere of Dante's

Inferno.



Grotta Giusti Natural Spa Resort

Via Grotta Giusti, 1411

51015 Monsummano Terme - PT

Tel: +39 0572 90771

Fax: +39 0572 9077200

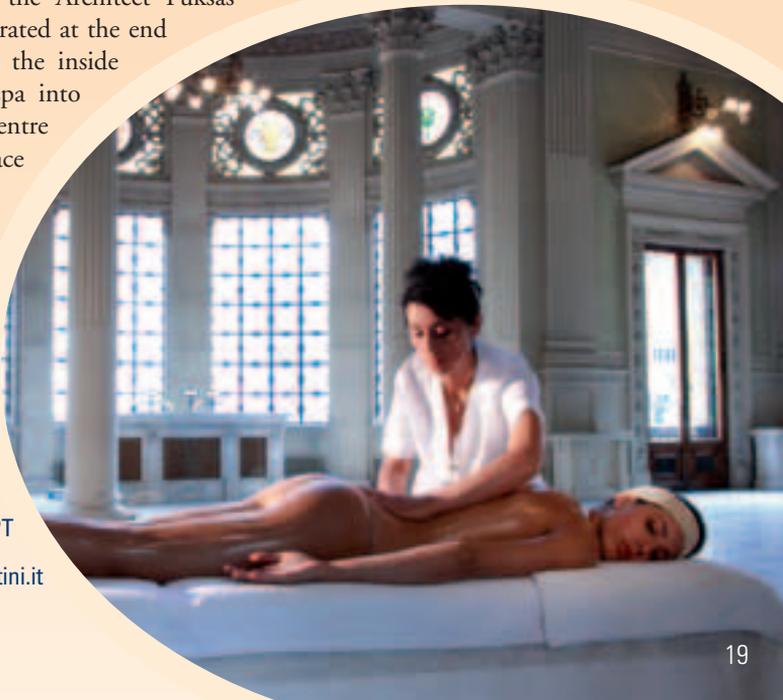
e-mail: info@grottagiustispa.com

www.grottagiustispa.com

Montecatini Terme



The city and Spa in Montecatini are united in a harmonious and inseparable symbiosis. The Garden City with its magnificent parks, the evocative hamlet, the fashionable clubs and the buildings which still evoke history and distant memories, offers a holiday dedicated to well-being, culture and relaxation. Terme di Montecatini is the largest spa in Italy and one of the most important in Europe. It comprises 9 centres (Excelsior, Redi, Grocco, La Salute, Leopoldine, Regina, Tamerici, Tettuccio and Torretta) offering a complete range of thermal treatments provided by experts and qualified medical teams. The thermal treatments, which change on a seasonal basis, offer a solution to all possible needs in terms of well-being. Montecatini Terme is the ideal city in which to recover one's physical form and to spend a pleasant and regenerating holiday. Among the latest innovations deserving of mention, the renovated Terme Redi (with its modern departments dedicated to balneo and mud therapies, aerosol, rehabilitation pool and physiotherapy) and the new Terme Leopoldine Health Centre, with its Thermal Pool (2.400 sq. m of water suitable for swimming) designed by the Architect Fuksas and which will be inaugurated at the end of 2010 thus converting the inside of the 1779 renowned spa into an avant-garde Health Centre with a total covered surface of 4.800 sq. m.



Terme di Montecatini
Viale Verdi, 41
51016 Montecatini Terme - PT
Infoline: +39 0572 7781
e-mail: info@termemontecatini.it
www.termemontecatini.it

Sorgente Sant'Elena



Sorgente Sant'Elena in Chianciano Terme is situated at 550 metres above sea level on a lovely hill among secular oaks, stately cypress trees and silver olive trees which together form an incomparable oasis of green and rest.

The water flows at a short distance from the old Chapel of Sant'Elena from which the spring takes its name, in a park protected from the winds and free from humidity and which offers a magnificent view of the lakes of Chiusi, Montepulciano, Trasimeno, and of Monte Amiata. The bicarbonate, alkaline and terrene oligomineral water of Sant'Elena flows at a temperature of 13°C: protected by approximately 40 metres of conglomerate and sand, the water is extremely pure, pleasant, containing a proportioned amount of mineral salts and rare gases. It is also rich in bicarbonate and has a PH similar to that of blood. Important therapeutic effects, clinically controlled and scientifically tested, render the waters of Sorgente Sant'Elena particularly indicated for the treatment of kidney and urinal diseases as well as of gastrointestinal disorders. Sant'Elena's waters can be drunk at a natural temperature, tepid or hot, in the morning, on an empty stomach, while strolling through the amazing Park, as well as in the afternoon, since it is easily tolerated and favours digestion, in accordance with the modalities (doses and times) individually prescribed by the doctor. The Spa is in agreement with the NHS for the treatment of stones in the urinal system and of dyspeptic disorders of the gastro enteric and biliary systems. The centre is open from April to October. The water of Sant'Elena is bottled as it gushes out in a modern plant right next to the Springs thus maintaining all its healthy properties. It is excellent to drink at the table. The city also offers several accommodation solutions which allow one to combine a stay in the thermal centre with a beautiful landscape and the gastronomic and cultural attractions of the neighbouring Val D'Orcia.

**Sorgente
Sant'Elena Spa**
Via Della Libertà, 112
53042 Chianciano Terme - SI
Tel: +39 0578 31141
Fax: +39 0578 31369
e-mail: info@termesantelena.it
www.termesantelena.it

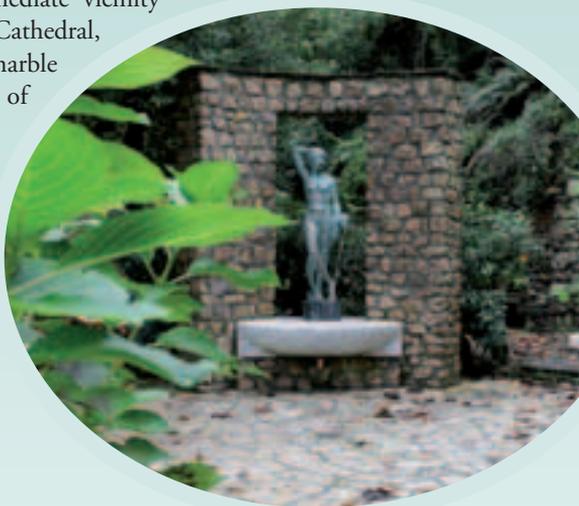


Terme di San Carlo



Well known since the Roman times, the spring owes its name to San Carlo Borromeo, Bishop of Milan who, suffering from kidney stones, when passing by Massa, drank the water of its springs and drew great benefit from them. The water, classified as oligomineral, flows from a spring at a temperature 12,8 C°. Given its chemical and physical properties (fixed residue 56 mg/l, ph 5,72, total hardness = 1,7), it is particularly indicated for the treatment of urinal system illnesses (stones in the urinal system, renal gravel, cystitis) and is also used for dysmetabolic disorders (urtic diathesis, hyperuricaemia, hyperglycaemia) and altered digestive functions. Because of the great amount of oxygen and scarcity of minerals, it is particularly effective with ageing disorders (metabolic slowdown and insufficiency), with pregnancy problems, in the paediatric field, with feverish states, convalescences and postoperative conditions. Thanks to its composing elements it is particularly indicated for low-sodium diets (arterial and cardiopathic hypertension). The Spa is in agreement with the NHS for the cure of stones in the urinal system and for dyspeptic disorders of the gastro enteric and biliary systems. The centre is open from May to October.

The spa's geographical position allows you to reach, with ease and in a short time, the most important Tuscan cities of art such as Florence, Pisa, Lucca, or the evocative beauty of Cinque Terre, thirty minus drive away. In its immediate vicinity Massa, with its Cybo-Malaspina palace and Cathedral, Marina di Massa, Viareggio, Carrara and its marble quarries are also worth a visit. The offer of accommodation in this area is very good.



Terme di San Carlo

Via dei Colli, 92 San Carlo Terme

54100 Massa - MS

Tel: +39 0585 47703

numero verde +39 800238122

info@termedisancarlo.it

Terme di Montepulciano



In Tuscany, where Val d'Orcia and Val di Chiana meet, 3 km away from Montepulciano, you will discover a place which has remained suspended in time.

An area in which the land's distinguishing features, the sulphur, salsobromoidic and bicarbonate waters which flow rich in carbon dioxide and with unique properties, the purity of the air and the gentleness of the landscapes merge together transforming your stay into a unique experience. This enchanted place, surrounded by the senese hills, is called Terme di Montepulciano: an oasis of well-being in which you will be able to find your inner self.

Thanks to the beneficial properties of its exclusive thermal waters, you will rediscover the pleasure of taking deep breaths while restoring your energies and freeing your minds.

Terme di Montepulciano not only represents health and well-being, but also a journey amidst peace, beauty and relaxation: treat yourself with specific and personalized cures offered by the Health Centre's diverse programs and you will discover a new and pleasant way of taking care of yourself.



Terme di Montepulciano

Località Sant'Albino

Via delle Terme 46

53045 Montepulciano - SI

Tel: +39 0578 7911

Fax: +39 0578 799149

e-mail: info@termemontepulciano.it

www.termemontepulciano.it

Antica Querciolaia di Rapolano



Rapolano Terme is a journey into art, history and the beauty of the senese countryside. The spa is situated in a strategic position amidst centres of great touristic importance such as Siena, Crete, Chianti and Florence. Built in the mid-nineteenth century, the elegant and functional Antica Querciolaia spa complex has recently been expanded. It includes four large thermal pools fed by thermal waters with different temperatures, a Kneipp circuit and a hydro massage pool, which remain open until late at night during weekends. There is also a well-equipped Spa Centre. The range of treatments varies from thermal baths, mud treatments, inhalatory cures, physiokinetic therapy and rehabilitation to health, beauty and fitness programs based on individual needs.

All this immersed in the territory of the Crete Senesi, capable of transforming into a warm bowl of changing colours or into a bed of grass on which to lie discovering once again the ancient contacts with the elements.



Terme Antica Querciolaia

Via Trieste, 22
53040 Rapolano Terme - SI
Tel: +39 0577 724091
Fax: +39 0577 725470
www.termeq.it

Saturnia



Situated at the foot of the medieval hamlet bearing the same name in the heart of the Tuscan Maremma, Terme di Saturnia Spa & Golf Resort is an enchanting place, created to awaken your senses. Built out of an old-fashioned travertine structure overlooking a millenary spring with waters that gush out at 800 litres per second at a temperature of 37°, the hotel offers an exclusive welcoming in a unique and evocative natural environment. The Resort features 140 rooms, of which 2 Grand Suites, 2 Suites and 75 Junior Suites, the Aqualuce Restaurant and the “All’Acquacotta” Trattoria, the most rewarded Spa in Europe and a professional 18-hole golf course.



Terme di Saturnia

58014 Saturnia - GR

Tel: +39 0564 600111

Fax: +39 0564 600863

e-mail: info@termedisaturnia.it

www.termedisaturnia.it

Terme San Filippo



Located between the suggestive crete of the Val d'Orcia and the woods of Monte Amiata, Bagni San Filippo is renowned as one of the most spectacular thermal resorts in Tuscany for the presence of white chalk deposits which unwind through magical walks through the countryside. Terme San Filippo Resort features a Hotel, which maintains the appeal of its eighteenth century origin, a Spa, a Health centre, and a thermal swimming-pool set in a peaceful and natural surroundings. All this immersed in a beautiful park with a fitness course crossed by thermal waters. The complex combines the ancient knowledge of traditional thermal cures with new health treatments based on water, natural mud baths and traditional Western and Oriental massages. The hot waters, rich in sulphur, calcium and magnesium and a peaceful and isolated environment are ideal for regenerating the body and the soul. At a short distance from Bagni San Filippo it is possible to visit areas rich in nature and art such as Pienza, Montalcino and the Park of Val d' Orcia. For those of you who love food, the surrounding area offers many typical products and enjoyable gastronomic itineraries.



Terme San Filippo
53023 Bagni S.Filippo - SI
Tel: +39 0577 872982
Fax: +39 0577 872684
info@termesanfilippo.it
www.termesanfilippo.it

San Giovanni Terme Rapolano



The San Giovanni Terme Rapolano complex is situated near the medieval hamlet of Rapolano where it is possible to combine a healthy and relaxing stay with the enjoyment to be drawn from an interesting range of excursions. The thermal Resort offers a quality stay in a relaxed and reserved environment, immersed in a green park with secular trees and surrounded by hills covered in olive trees and vineyards. The spa centre makes use of the beneficial effects of waters rich in sulphur, bicarbonate and calcium with a temperature of 39°, on which all therapeutic and health treatments are based. The thermal complex offers a range of thermal swimming pools with indoor and outdoor circuits in addition to the treatments provided by the health centre: therapeutic and relaxing massages based on traditional and Oriental techniques, aesthetic body and face treatments with thermal muds and all the products included in the “San Giovanni Terme Rapolano” cosmetic line.



San Giovanni Terme Rapolano

Via Terme San Giovanni, 52

53040 Rapolano Terme - SI

Tel: +39 0577.724030

Fax: +39 0577 724053

e-mail: info@termesangiovanni.it

www.termesangiovanni.it

Terme di Venturina



Terme di Venturina has a history that goes back thousands of years. The “Cratere” spring has been used throughout the centuries for therapeutic purposes. In Etruscan times they were put to use by the inhabitants of the city of Populonia. The Romans were the first to fully appreciate the therapeutic properties of its waters. The first modern thermal spa complex was built back in 1883. Today’s thermal centre comprises a main establishment providing mud treatments, baths, massages, hydro massages, aerosol and aesthetic cures as well as a park in which hydroponic cures are available. The Terme di Venturina has a direct assistance agreement with the National Health Service and with the National Institute for Insurance against Accidents at Work. After careful experiments carried out by major medical research centres, the thermal waters of the Cratere spring have been shown to be effective for the treatment of different pathologies among which: infections to the respiratory system, ear, nose and throat ailments, rheumatism of the bones and joints, digestive problems and liver and biliary diseases. The Terme di Venturina Hotel has recently been opened in connection with the spa centre. The Hotel, at a short distance from the sea, with its two indoor and outdoor swimming pools, offers the chance to enjoy the well-being derived from thermal waters.

Terme di Venturina

Viale delle terme 36/40

57021 Venturina - LI

Tel: +39 0565 851066

e-mail: info@termediventurina.it

www.termediventurina.it

Hotel delle terme

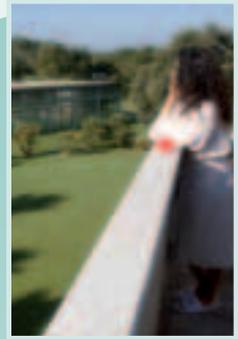
Tel: +39 0565 855759

e-mail: info@htherme.it

www.htherme.it



Versilia



In Cinquale di Montignoso, only 3 kilometers away from the centre of Forte dei Marmi, two extraordinary discoveries have led to the opening of (a beauty farm) a health centre and an unique spa: the Villa Undulna hotel with its Terme di Versilia. The first to be discovered was a spring with extremely pure salsobromiodic waters, particularly rich in mineral salts. Thanks to this spring, which gushes out just two steps away from the sea, Versilia can today boast a spa centre of its own. This water, in fact, which surfaces from the undergrowth at a temperature of 17 degrees, derives from a natural alchemy which has brought the mountain waters in contact with salt deposits of an ancient sea which used to be in this area. Extremely rich in iodine (it contains an amount ten times greater than sea water), sodium and bromine, it is particularly active on the human organism. On the whole this water is a prodigious cocktail which relaxes the muscles, removes tension, fights inflammation of the joints and cellulite, helps with weight-loss and increases vitality.

The second discovery was a peat deposit, unique in Italy, situated in the Basin of Massaciuccoli Lake. The peat is entirely natural and has several beneficial effects: skin purification, draining, antiseptic, scar healing, skin PH rebalancement, it favours skin renewal, activates the micro-cycle and tones up and enhances the vitality of the tissues.



Hotel Villa Undulna Terme della Versilia

Viale Marina,1
54030 Cinquale di Montignoso - MS
Tel. hotel: +39 0585 807788
Tel. terme: +39 0585 807255

Fax: +39 0585 807791
e-mail: hotel@villaundulna.com
spa@termedellaversilia.com
www.villaundulna.com
www.termedellaversilia.com

Pleasure & Leisure

The spas... Tuscany. From the relaxing treatments of our thermal complexes to the beauty of one of the most loved and sought out regions in the world. A land internationally renowned for the admirable balance existing between art, culture, history and environment which transforms it into a true way of living founded on quality, well-being and the love for beautiful and good things.

Well connected to the rest of the region, all thermal destinations in Tuscany offer the opportunity to live unique experiences, accessible to all. To choose our region as a “wellness holiday” destination means, in fact, to have at one’s disposal a land characterized by a continuous counterpoint between art and nature.

A land of artists, scholars, scientists and musicians, more than half of Italy’s artistic heritage can be found in Tuscany. Each Tuscan city or village relates a fundamental part of a story which sinks its roots in the mists of time. From the evidence left by the mysterious Etruscan people and disseminated throughout the entire regional territory in more than 300 archaeological sites, to the great works of art of this land, cradle of European art, kept in 479 museums and in thousands of other sites: amongst these the 160 historical gardens and villas which can be visited or the 78 old hamlets of which 32 – record number in Italy – have been assigned the orange flag which the Touring Club confers to those small municipalities in the hinterland which are capable of combining development with environmental and territorial sustainability. An attention to the territory and environment which are a feather in the cap



Local Tourist Boards of Tuscany (APT)

Province of Arezzo (AR)

APT Arezzo

Piazza Risorgimento, 116 - 52100 Arezzo
Tel: +39 0575 23952 - Fax: +39 0575 28042
info@arezzo.turismo.toscana.it
www.apr.arezco.it

Province of Firenze (FI)

APT Firenze

Via A. Manzoni, 16 - 50121 Firenze
Tel: +39 055 23320 - Fax: +39 055 2346286
apt@firenzeturismo.it - www.firenzeturismo.it

IAT

Via Cavour, 1 R - 50129 Firenze
Tel: +39 055 290832/3 - Fax: +39 055 2760383
infoturismo@provincia.fi.it

Province of Grosseto (GR)

APT Maremma

Viale Monterosa, 206 - 58100 Grosseto
Tel: +39 0564 462611 - Fax: +39 0564 454606
info@lamaremma.info - www.lamaremma.it
www.amiataturismo.it

Province of Livorno (LI)

APT Costa degli Etruschi

Piazza Cavour, 6 - 57125 Livorno
Tel: +39 0586 204611 - Fax: +39 0586 896173
info@costadeglietruschi.it - www.costadeglietruschi.it

APT Arcipelago Toscano

Calata Italia, 26 - 57037 Portoferraio (LI)
Tel: +39 0565 914671 - Fax: +39 0565 916350
info@aptelba.it - www.aptelba.it

Province of Lucca (LU)

APT Lucca

Piazza Guidiccioni, 2 - 55100 Lucca
Tel: +39 0583 91991 - Fax: +39 0583 490766
info@lucaturismo.it - www.lucaturismo.it

APT Versilia

Piazza Mazzini, 22 - 55049 Viareggio (LU)
Tel: +39 0584 962233 - Fax: +39 0584 47336
info@aptversilia.it - www.aptversilia.it

Province of Massa-Carrara (MS)

APT Massa-Carrara

Lungomare Vespucci, 24 - 54037 Marina di Massa (MS)
Tel: +39 0585 240063 - Fax: +39 0585 869016
info@apmassacarrara.it - www.apmassacarrara.it

Province of Pisa (PI)

APT Pisa

Via Matteucci - Galleria Gerace, 14 - 56124 Pisa (PI)
Tel: +39 050 929777 - Fax: +39 050 929764
info@pisaunicaterra.it - www.pisaunicaterra.it

Province of Pistoia (PT)

APT Abetone-Pistoia-Montagna Pistoiese

Via Marconi, 70 - 51028 San Marcello Pistoiese (PT)
Tel: +39 0573 630145 - Fax: +39 0573 622120
info@pistoia.turismo.toscana.it -
www.pistoia.turismo.toscana.it

APT Montecatini Terme-Valdinievole

Viale Verdi, 66 - 51016 Montecatini Terme (PT)
Tel: +39 0572 92761-772244 - Fax: +39 0572 70109
info@montecatini.turismo.toscana.it
www.montecatiniturismo.it

Province of Prato (PO)

APT Prato

Piazza Duomo, 8 - 59100 Prato (PO)
Tel: +39 0574 35141 - Fax: +39 0574 607925
apt@pratoturismo.it - www.pratoturismo.it

Province of Siena (SI)

APT Siena

Via dei Termini, 6 - 53100 Siena
Tel: +39 0577 42209 - Fax: +39 0577 281041

Information and booking center

Piazza del Campo, 56 - 53100 Siena
Tel: +39 0577 280551 - Fax: +39 0577 281041
infoaptsiena@terresiena.it - www.terresiena.it

APT Chianciano Terme Val di Chiana

Piazza Italia, 67 - 53042 Chianciano Terme (SI)
Tel: +39 0578 671122 - Fax: +39 0578 63277
aptchianciantoterme@terresiena.it - www.terresiena.it

www.turismo.intoscana.it
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Diritti Valori Innovazione Sostenibilità



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