



**PRESIDENT**



Elegant hotel  
terme & spa

**S P A M E N U**

**E N G**



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# THERMAL THERAPIES



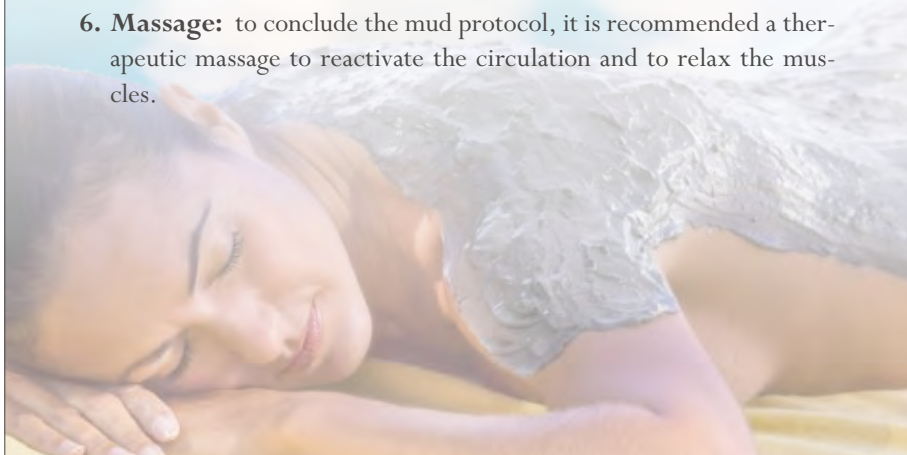
The thermal mud application is done according to medical evaluation. That is why every treatment custom-made. The benefits of mud and thermal treatment were studied, proven and demonstrated by the University of Padua (Naiade Project). These treatments aim to slow joint degeneration, improve mobility and help post-traumatic recovery and fractures outcomes. The ozone hydromassage, being enriched oxygen (C3), is relaxing, it stimulates venous circulation and promotes the renewal of dermis cells.

- **Medical Evaluation** ..... € 50,00  
*Required for Thermal and Physiotherapeutic treatments*
- **Medical consultation** ..... € 25,00
- **Application of thermal mud, thermal shower and ozonized bath\*** ..... € 40,00
- **Application of thermal mud and thermal shower\*** . € 40,00
- **Partial application of thermal mud (hands or feet) and thermal shower\*** ..... € 30,00
- **Thermal ozonized bath\*** .....€ 30,00
- **Additional charge for the cabin for two, per person:** ..... € 10,00

\* *The thermal treatments require a preliminary medical interview.*

# THE STAGES OF MUD THERAPY

1. **Compulsory medical evaluation for admission to treatments.**
2. **Scrub** it prepares the skin for the thermal treatment, cleanses it deeply allowing minerals and beneficial substances to reach the body deeper.
3. **Session: the mud** is put on the main joints of the body and at the temperature decided by the doctor during the evaluation, making every treatment custom-made.
4. **Thermal bath:** after the “processing time”, the mud will be removed from the body and the guest will have a warm shower in order to wash away all the remaining mud. Following the shower, there will be the thermal bath which lasts 8-10 minutes at a temperature of 36-38° C.
5. **Sweat reaction:** once finished the bath, we suggest having a rest either in the room or lying at the pool. You will experience a so called “sweat reaction”, which varies in duration and intensity from person to person.
6. **Massage:** to conclude the mud protocol, it is recommended a therapeutic massage to reactivate the circulation and to relax the muscles.





## INHALATION THERAPIES

The thermal water is vaporized in different nebulisations depending on the kind of therapy to obtain a stimulation and disinfection of the entire respiratory system; particularly indicated to all smokers.

- Inhalation for upper respiratory tract (pharynx, larynx, trachea) ..... € 12,00
- Aerosols for low respiratory tract (bronchus, pulmonary alveolus, frontal sinuses) ..... € 12,00
- Nasal washing (sinuses, paranasal sinuses and ear tubes) ..... € 12,00

*\* The thermal treatments require a preliminary medical interview.*

# PHYSIOTHERAPY

- **Manual physiotherapy**

25 Min. .... € 50,00

55 Min. .... € 80,00

The treatment works through manual techniques of articular mobilization and manipulations to correct postural vices, shortening of muscle chains, postoperative adherences, and widespread pains.

These techniques include:

- **Manual therapy, kinesitherapy**
- **Functional rehabilitation in gym or private pool**
- **Hydrokinesis**
- **Recovery of muscle tone**
- **Myofascial / connective tissue**

# SPORT REHABILITATION

- 25 Min. .... € 45,00

- 55 Min. .... € 75,00

- Toning training
- Medical and postural gymnastics
- Rehabilitation gymnastics in thermal pool
- Functional training
- Global stretching PancaFit method
- Aquarelax ?
- Personal training - TRX
- Personal training in our TECHNOGYM equipped gym





# MASSAGES



# MASSOTHERAPY

- **Deep tissue massage** (50 Min.) ..... € 70,00  
It is especially indicated after mud application, stimulates the tissues and muscles groups acting deeply.
- **Relaxing face-neck-head massage** (25 Min.) ..... € 40,00
- **Vodder lymphatic drainage** (50 Min) ..... € 75,00  
It is a recommended therapy for everyone; lymphatic drainage is indicated in case of swelling, edema of various nature, outcomes of operations and after drug therapies it helps the elimination toxins. A good lymph drainage stimulates the immune system.
- **Face lymphatic drainage** (25 Min) ..... € 40,00  
This treatment is suitable for all facial edema: dark circles, bursitis, recurring otitis, sinusitis and migraines.
- **Draining/haemolymphatic massage** (50 Min) ..... € 75,00  
This technique combines modelling effect with anti-edema stimulations
- **Therapeutic feet massage** (25 Min) ..... € 40,00  
It balances and stimulates the small joints and tendon bands
- **Foot reflexology**  
(25 Min) ..... € 45,00  
(50 Min) ..... € 75,00  
In physiology, the Reflex is an automatic motor response, independent of the will. The foot plant is a receptor rich in reflex points. Stimulating these specific points, the Chinese medicine obtained the stimulation of internal organs that normally cannot be reached as the brain, spinal cord, lungs, glands and it improves their functions.

# WELLNESS MASSAGES

- **3 Element Massage**

(25 Min) ..... € 45,00

(55 Min) ..... € 75,00

It is a massage with a warm Skin oil of your choice, to ease the deepest contractures. The Skin oils of choice are Anti-stress, Aromatic, and Energy. The combination of three elements that influences spirit and mind

- **Firming cosmetic massage**

(25 Min) ..... € 45,00

(50 Min) ..... € 75,00

It is a treatment designed to give volume to hypotonic tissues.

- **Detox abdominal massage (25 Min) ..... € 45,00**

This treatment rebalances and stimulates the intestine and colon. The abdomen cream drains the tissues and prevents the formation of new fat deposits.

- **Mum-to-be massage (55 Min) ..... € 70,00**

It is recommended from the 4th month of pregnancy and it is done with custom-made techniques and postures; In this massage we use almond oil, known for its elasticizing properties.

- **Revitalizing massage with aromatic herb pads**

(55 Min) ..... € 80,00

A reactivating massage, with a restorative effect on the muscular system. Herbal pads with the natural aromatic herbs are distributed all over the body with light pressure and a technique based on tapping, creating a peeling effect on the skin, improving circulation and stimulating the metabolism. The scent of fine aromatherapy oils helps fighting stress and brings new vitality. Start off again, full of energy and rebalanced!

# RITUALS

- **Relaxing Head&Neck Ritual**  
(55 Min.) ..... € 80,00  
This is a unique method where special massage techniques and powerful plant extracts help to , relieve tensions of the head, neck and shoulders. Deep touches give a nice feeling of relaxation. The micro-circulation, the sensory organs and the nervous system are intensively stimulated.
- **Dynamic Deep Recreation Massage** (80 Min.) ..... €100,00  
A stunning experience for the well-being of the back. Various techniques are combined with a massage that works on the tensions of the back.
- **Candle Massage** (55 Min.) ..... € 80,00  
A relaxing massage using a karité butter candle. This specific butter has extraordinary nourishing and hydrating properties, and it melts with the heat. The warmth has a double effect: it intensifies the hydrating, nourishing and toning action of the massage, relaxes the muscles and eases the tensions.
- **Ritual “Only for you”** (80 Min.) ..... €100,00  
It is a custom-made massage, according to the customer’s requests. It could be a complete massage made all over the body including face and head, or a massage that focuses only in some specific part of the body.

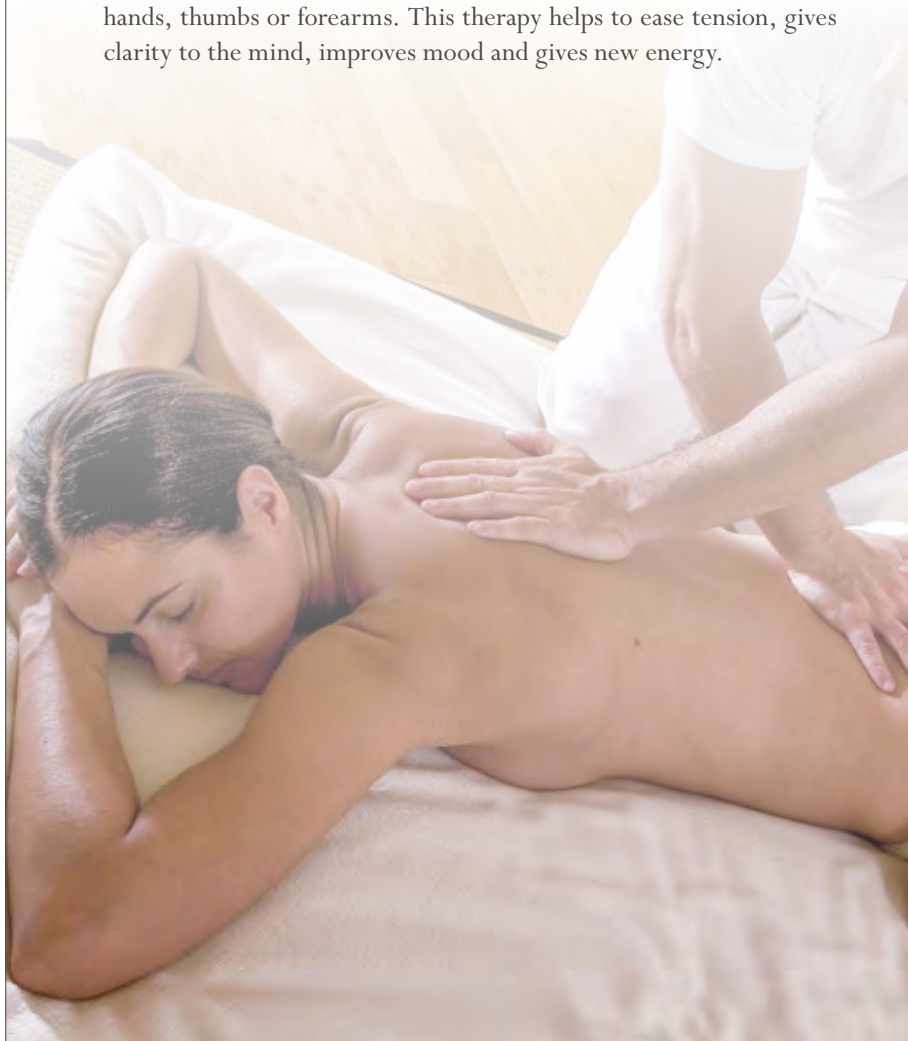
*Additional charge of € 50,00 per person for the cabin for two, with two glasses of Prosecco or a cup of tea and a thermal bath.*

# WELLNESS OVER THE WORLD

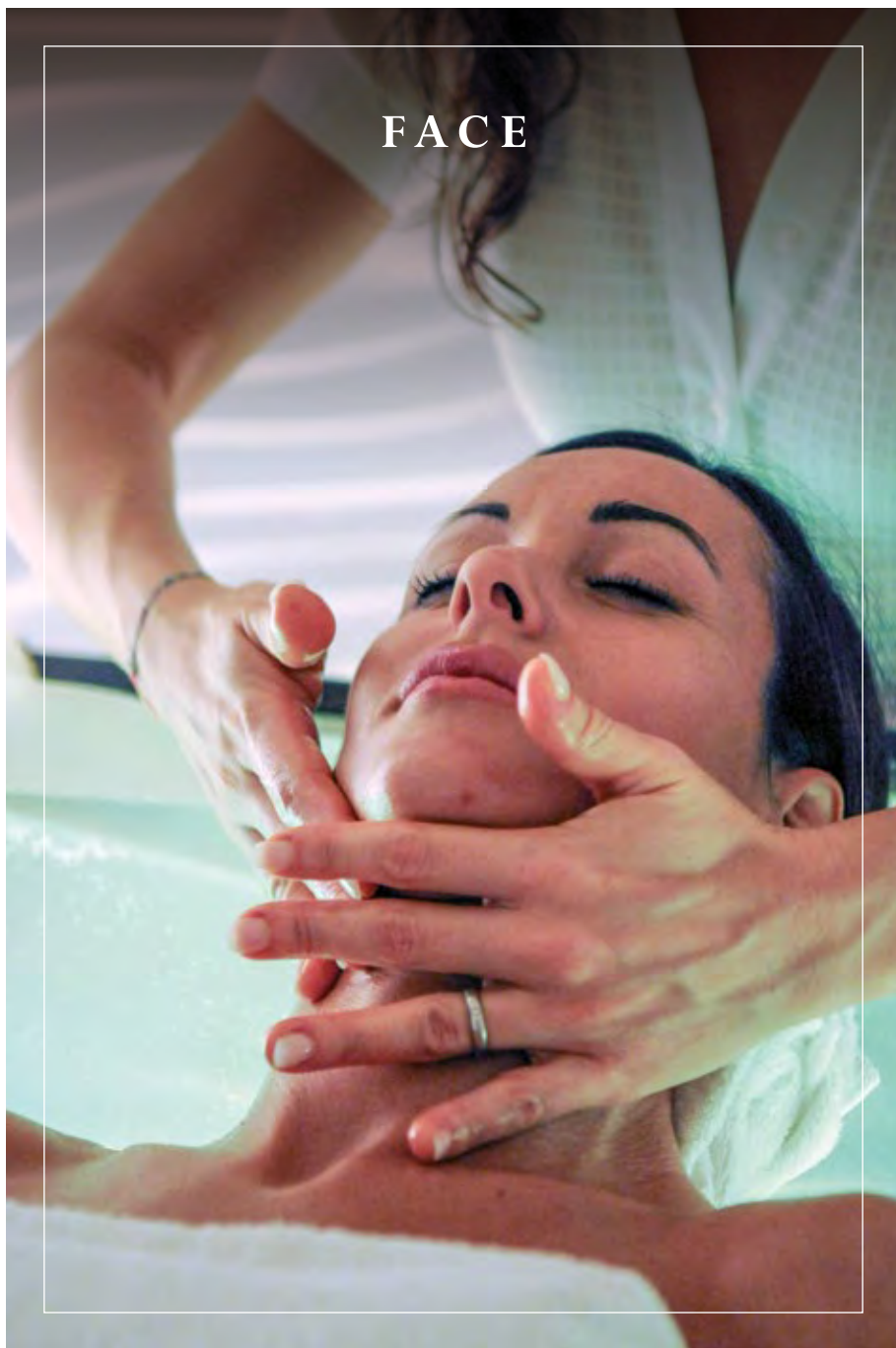
- **Abhyanga Vata - Pitta - Kapha (50 Min)** ..... € 80,00  
In Sanskrit Ayu (Life / Longevity) and Veda (Science) Ayurveda is a philosophy of Life that embraces medicine, nutrition and treatments. This massage is made with plant oil enriched with essential oils reflecting both the 3 dosha (vital energies) Vata, Pitta and Kapha and the psychophysical typology of the patient. The techniques are sliding, slow but incisive, stimulating the 7 chakras, acting on the sympathetic nervous system and metabolism, balancing energy and emotional mismatches
- **Abhyanga Vata - Pitta - Kapha with Swedana (80 Min)** ..... €100,00  
The above massage ends with the steam bath to improve the detoxification and absorption of essential oils for an all around relaxation.
- **Shirodara (45 Min)** ..... € 70,00  
The warm oil flows on the third eye embracing the head. This stimulates the sensory organs and give the mind a deep sensation of relax. It concludes with a head massage in order to give a complete peaceful sensation.
- **Hot stone relax massage (50 Min)** .....€ 75,00  
It is a treatment made with warm basalt stones, that stimulate the 7 energy centres of the body. The rhythmic massage, the warm oil and the stones give a complete relaxation of the body eliminating the physical and mental stress giving the body itself a new energy.

- **Shiatsu (50 Min)** ..... € 75,00

Shiatsu is not a massage but a treatment with ancient Japanese origins. It is based on the principle that the body is crossed by channels (or meridians) where the energy keeps flowing (Ki). When this flow partially blocks, the imbalance causes various kinds of disorders, up to the real illnesses. Shiatsu is made on a futon. It is based on perpendicular, constant, static pressures that the therapist performs with his hands, thumbs or forearms. This therapy helps to ease tension, gives clarity to the mind, improves mood and gives new energy.



# FACE



## FACIAL TREATMENTS

- **Basic Facial Cleansing** (50 Min.) ..... € 75,00  
Including detergent, deep hygiene, hydration and massage.
- **Facial Relax Massage** (25 Min.) ..... € 45,00



The fruit of four decades of experience, our methodology is based on unique and personalized skincare protocols adapted to the skin instant<sup>®</sup> of each individual. These treatments for face, body and scalp – equally suitable for both men and women – comprise three principal stages: assessment stage, initialization stage, treatment stage.

- **Soin Restructurant et Lissant** (80 Min) ..... € 145,00  
A reconditioning treatment that tones the epidermis, suitable for all Skin Instants<sup>®</sup>. The skin of your face, neck and décolleté is drained, smoothed and toned.
- **Booster M.C.110** (80 Min) ..... € 145,00  
To reduce wrinkles. A treatment that smooths out fine lines and wrinkles for dull Skin Instants<sup>®</sup>. The skin of your face, neck and décolleté is toned and redefined.
- **Booster Lift C.V.S.** (80 Min) ..... € 145,00  
For lifted, better toned skin. An exfoliating and lifting treatment combined with massage techniques for mature Skin Instants<sup>®</sup>. Skin is smoothed, toned and refined.



- **Booster VIP O<sup>2</sup> (80 Min)** ..... € 145,00

For more radiant skin. A treatment to detoxify and stimulate the epidermis, and reoxygenate the skin tissue for dull Skin Instants<sup>®</sup> that are choked by urban pollution. The complexion gains an incredible glow, skin is more luminous and bursting with radiance.

- **Second Skin (80 Min)** ..... € 295,00

A world first in professional esthetics, this regenerating and lifting treatment is created using an electrospun mask with 80% pharmaceutical grade hyaluronic acid for Skin Instants<sup>®</sup> damaged by the signs of ageing. We recommend 3 sessions at 1-week intervals and then one repeat session per trimester.

**These treatments can be enhanced with the application of co-factors based on the evaluation of our expert. € 50,00.**



# farmogal

COSMETIC SCIENCES

Farmogal is an Italian company that produces cosmetics for the face and the body based on the biorhythms. There are products to normalize the skin, to prevent and to correct the signs of time and the photo ageing. Every product is specific for every kind of skin in order to give the best answer for each problem of the different skin faces. Each cosmetic is free of preservatives, mineral oils, silicone, nickel and heavy metals. Farmogal checks that each production batch is safe in order to grant dermatological and chemical safety.

- **FARMOGAL - 100% treatment (25 Min)** ..... € 55,00  
Including cleansing, deep hygiene, hydration and massage.  
**Pineapple:** with decongestant and anti-inflammatory action  
**Orange:** with antioxidant and elasticizing action  
**Apple:** with firming and toning action  
**Blueberry:** for capillary vessel protection, elasticizes the epithelial tissue.
- **FARMOGAL - PRINCIPLES treatment (80 Min)** ..... €100,00  
Facial cleansing followed by a treatment either with:
  1. **Carott** (carotene and vitamin A) emollient, velvety, with a complete protective action.
  2. **Royal jelly** (complex B) activating metabolism and microcirculation, nourishes cells with sebum-regulating action.
- **FARMOGAL - FEELING TIME treatment (55 Min)** ..... € 85,00  
Thanks to the hyaluronic acid the degree of hydration is increased together with the tone and the elasticity of the epidermis. The main characteristic of this treatment is the so called pneumomassage. Its gommage action fights the ageing of a hypotonic skin that is not reactive and needs to be stimulated deeply.

- **FARMOGAL - C&P Rose treatment for sensitive skins**

(55 Min) ..... € 85,00

This treatment is particularly suitable for sensitive skin, characterized by a thin epidermis. The keratin layer is poor and so is the production of the hydrolipidic film. For these reasons, these skins become vaso reactive and may be irritated by temperature, air pollution and emotions that can dilate the capillaries permanently. The cosmetics used in this treatment are based on ruta and oats.

- **FARMOGAL - Chic New Life**

(55 Min) ..... € 100,00

Much more than an anti-aging treatment. It is a sequence of products that contain the pure technological essence to give new life to your skin. Thanks to this patented treatment, an immediate lifting effect is obtained. It promotes the cellular breathing through B vitamins and it contrasts the signs of ageing.

# BODY



# BODY

- **Basic body scrub (50 Min.)** ..... € 75,00  
Prepare the skin for the thermal treatment, cleaning it deeply, thereby letting the minerals and beneficial substances soak in better and enter the system.
- **Nourishing body spa treatment (80 Min.)**..... € 115,00  
A complete body treatment to nourish and hydrate the skin. Light Purifying thermal scrub followed by a body pack with a mask nourishing based on thermal water, honey, calendula, mallow and yarrow and shea butter. The treatment ends with the application of a soothing / moisturizing body fluid based on thermal water and calendula.
- **Thermal Mud body treatment**  
**Anti-cellulite effect (55 Min.)**..... € 75,00
- **Thermal Mud body treatment**  
**Firming effect (55 Min.)**..... € 75,00
- **Thermal Mud & Algae body treatment**  
**Detox effect (55 Min.)**..... € 75,00
- **AYURVEDIC scrub (55 Min.)**..... € 75,00  
Purifying and detoxifying
- **100% pineapple scrub (55 Min.)**..... € 75,00  
Draining, anti-cellulite
- **STRATO SOTTILE The Queen treatment**  
**(80 Min.)**..... € 130,00  
A complete peeling made of 4 sequences; the smoothing action of diatoms powders provides a revitalized skin, bright and free to breathe. It is possible to buy the products to use at home
- **BIEST leg bandage (50 Min.)**..... € 80,00

It is suitable for swollen legs, for people who cannot walk, who is overweight, who has heavy and tired legs. The treatment is enhanced with the pressure therapy machine.

- **Legs Pressotherapy** (20 Min.)..... € 35,00
- **MSB Gomming** (55 Min.)..... € 80,00  
Anti-cellulite treatment with antigravitational manual technique. Its sticky cosmetics expand the connective tissue and enriches it with oxygen. It ensures a quick result of toning and remodelling.
- **MSB Manual Skin** (55 Min.)..... € 80,00  
Treatment that completes the gomming session by adding an exfoliating and modelling mask of alginate. It is recommended in case of cellulite and localized obesity.



# BEAUTY

- **Manicure with / out nail polish**  
(45 Min.) ..... € 35,00
- **Pedicure with / out nail polish**  
(55 Min.) ..... € 50,00
- **Calluspeeling® treatment® (55 min.)** ..... € 65,00  
It is a very pleasant and relaxing treatment, which restores a new splendor and extraordinary softness to the foot. Without using blades or cutters, in an extremely simple and rapid way, Calluspeeling® completely eliminates calluses, calluses and fissures.
- **Manicure with semi-permanent gel** ..... € 40,00
- **Semi-permanent nail polish removal and new application** ..... € 50,00
- **Waxing** ..... from € 15,00 to € 50,00



# HAIR BEAUTY

- **Man hair cut with a shampoo**  
*(before&after cut)* ..... € 25,00
- **Woman hair cut** ..... € 25,00
- **Hair fold with dryer or curlers** ..... € 35,00
- **Colour or permanent** ..... from € 50,00
- **Tonic reflex** ..... € 20,00
- **Super Moisturizing Treatment** ..... € 55,00  
For dry hair. This treatment consists in a mud pack with nourishing solution, a super moisturizing shampoo and styling.
- **Detox Anti-Dandruff Treatment** ..... € 55,00  
This treatment consists in mud with mint essential oil, shampoo and styling.
- **Filler Anti- Age Volumizing** ..... € 55,00  
It is recommended for thin and dull hair. This treatment consists in mud with volumizing solution, volumizing shampoo and styling.

*All products are natural, paraben free and SLES free (surfactant).*





# THERAPY PROGRAMS



**6 Days FANGO DOC ..... € 660,00**

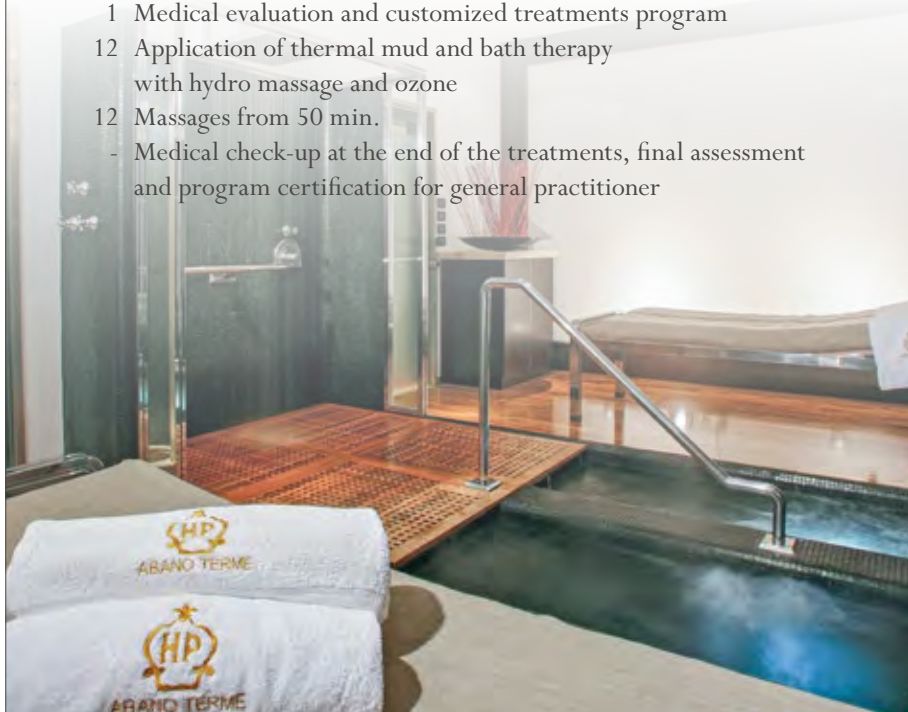
- 1 Medical evaluation and customized treatments program
- 6 Application of thermal mud and bath therapy with hydro massage and ozone
- 6 Massages from 50 min.
  - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner

**10 Days FANGO DOC ..... € 1.072,00**

- 1 Medical evaluation and customized treatments program
- 10 Application of thermal mud and bath therapy with hydro massage and ozone
- 10 Massages from 50 min.
  - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner

**12 Days FANGO DOC ..... € 1.278,00**

- 1 Medical evaluation and customized treatments program
- 12 Application of thermal mud and bath therapy with hydro massage and ozone
- 12 Massages from 50 min.
  - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner



# REHABILITATION PROGRAMS



**6 Days REHABILITATION ..... € 820,00**

- 1 Medical evaluation and custom-made treatments' program
- 6 Sessions of thermal mud and thermal bath with ozone
- 6 Massages (50 min.) to be chosen \*
- 4 Therapeutic treatments (25 min.) to be chosen \*\*
  - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner

**10 Days REHABILITATION ..... € 1.392,00**

- 1 Medical evaluation and custom-made treatments' program
- 10 Sessions of thermal mud and thermal bath with ozone
- 10 Massages (50 min.) to be chosen \*
- 8 Therapeutic treatments (25 min.) to be chosen \*\*
  - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner

**12 Days REHABILITATION ..... € 1.678,00**

- 1 Medical evaluation and custom-made treatments' program
- 12 Sessions of thermal mud and thermal bath with ozone
- 12 Massages (50 min.) to be chosen \*
- 10 Therapeutic treatments (25 min.) to be chosen \*\*
  - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner

*\* Massage 50 min. to be chosen among: deep tissue massage, antistress massage, reflexology, lymphatic Drainage*

*\*\* 25 min. personalized rehabilitation treatment to be chosen among: manual therapy, kinesitherapy, myofascial massage, hydrokinesis, medical and postural Gymnastics with Personal Trainer*

## WELLNESS PROGRAMS

### **HARMONY** ..... € 230,00

- 1 Scrub Ayurvédique, 55 Min
- 1 Dynamic Deep Recreation Massage, 55 Min
- 1 Abyanga Vata - Pitta - Kapha, 80 Min

### **DETOX** ..... € 300,00

- 1 Basic Body scrub, 55 Min.
- 1 Dynamic Deep Recreation Massage, 55 Min
- 1 BIEST leg bandage
- 1 Revitalizing massage with aromatic herb pads, 80 Min

### **RELAX** ..... € 200,00

- 1 FARMOGAL - 100% facial treatment, 25 Min
- 1 Relaxing Head&Neck Ritual, 55 Min
- 1 Candle massage

### **BEAUTY** ..... € 300,00

- 1 Facial treatment Biologique Recherche, 80 Min
- 1 STRATO SOTTILE The Queen treatment, 80 Min
- 1 Pedicure

### **GENTLEMAN** ..... € 190,00

- 1 Facial treatment PRINCIPI, 80 Min
- 1 Dynamic Deep Recreation Massage, 80 Min



# PRESIDENT THERMAL SPA

Spa Desk President Thermal SPA: 07.00 am to 07.00 pm.

Free access to the pools from 07:30 am to 9:30 pm.

Inhalation: 8.00 am - 6 pm.

Free access to the President Thermal SPA  
from 08:00 am to 8:00 pm.

30 minutes morning Toning Gymnastic  
with the Personal Trainer at 09:00 am.  
*(meeting point in the Hall)*

30 minutes acquagym in the swimming pool  
with the Personal Trainer: 12:00 pm



**The President Thermal SPA  
is divided into 3 levels in the president hotel**

**ON THE GROUND FLOOR:  
the thermal treatments area**

- Spa Desk
- Indoor thermal pool 24 x 8 m, 120-185 cm depth, from 32°C to 35°C
- Outdoor thermal pool 27 x 8 m, 120-185 cm depth, from 32°C to 35°C
- Outdoor thermal pool with whirlpools 36°C
  - Salt Cave
  - Finnish sauna
  - Kneipp
  - Infrared sauna
- Gym equipped with Technogym with free access
- Mud & bath therapy department with 14 cabins and one double suite
- Inhalation therapy department with 5 stations
- 5 cabins for massages
- Manicure/Pedicure cabin

**FIRST FLOOR: the aesthetic, holistic and  
physiotherapy department**

- Doctor's office
- Hairdresser salon
- Gym-Suite Technogym with personal trainer
- Massages, facial and body aesthetic treatments with 5 multi-purpose cabins
- One cabin for Ayurvedic therapies
- 3 cabins for physiotherapy
- A for two cabin with thermal whirlpool bathtub

## UNDERGROUND FLOOR

- Thermal cave

## HOW TO BOOK

We recommend to book in advance to ensure the availability of the treatment and the desired time. You can book directly at the SPA desk, or contact us at the direct numbers 940-941 or if you phone from outside the hotel, dial +390498668288, or if you prefer by email write at: [spa@presidentterme.it](mailto:spa@presidentterme.it)

## ARRIVAL AT THE SPA

It is recommended to get to the SPA at least 10 minutes before the start of the treatment, which will allow us to welcome you. For any delay, please kindly inform us by telephone (940-941). We will do our best to ensure the full duration of the appointment. It could be reduced in time with respect to the next guest booked.

## CANCELLATION POLICY

You can cancel a reservation within 7.00 pm of the day before the appointment, otherwise you will be charged the full cost of the treatment as well as in the case of no show.

## GENERAL RECCOMANDATIONS

The atmosphere of President Thermal SPA means a complete immersion in peace and harmony with oneself and the surrounding world. We kindly ask you to respect the atmosphere using a discreet voice when talking, to switch off your electronic devices or use them in silent mode and avoid using alcohol and avoid smoking.

We inform guests that the property cannot be responsible in any way in the event of loss or damage of personal belongings.

We also recommend you to keep the precious items in you're the safe on your room.



## WHAT TO WEAR

In your room you will find bathrobes that you can wear for all treatments and medical examinations, spa treatments and swimming pools







**PRESIDENT**



Elegant hotel  
terme & spa

35031 Abano Terme (Padova / Italia) - Via Montirone, 31

Tel. +39 049 866.82.88

[www.presidentterme.it](http://www.presidentterme.it) - [president@presidentterme.it](mailto:president@presidentterme.it)