



PREMIÈRE



Luxury hotel
terme & spa

S P A M E N U

E N G

ED. 10/2023

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THERMAL TREATMENTS



Thermal mud application is done according to medical evaluation. That's why every treatment is customized. The effectiveness of mud and bath thermal treatment has been proved by Padova University (Naiade Project). These treatments have the property of slowing the articular degeneration and osteoarthritis, improving mobility, helping post traumatic recovery. The ozone hydromassage, being an enriched oxygen (C3), is relaxing, stimulates venous circulation and promotes the replacement of dermis cells.

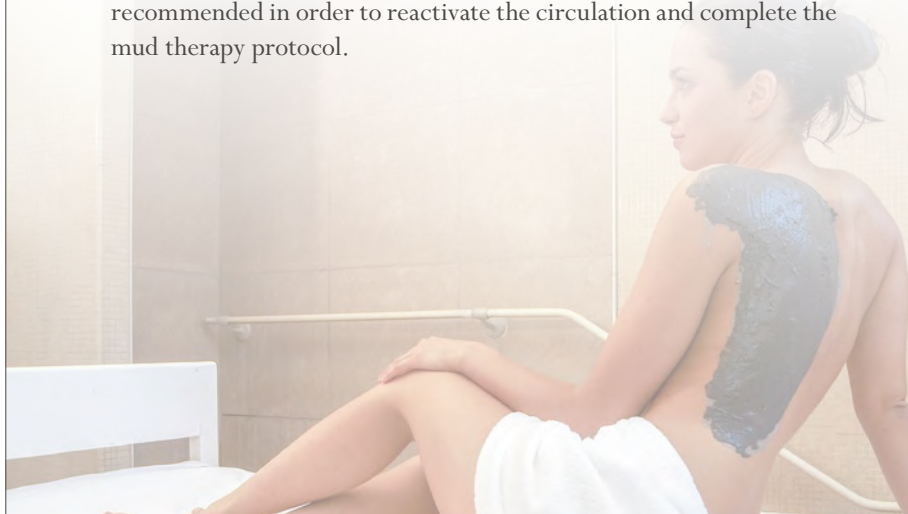
- **Medical evaluation aimed at thermal treatments** € 50,00
Required for Thermal and Physiotherapeutic treatments
- **Medical consultation** € 25,00

- **Application of thermal mud, thermal shower and ozonized bath *** € 50,00
- **Application of thermal mud, thermal shower *** € 45,00
- **Partial application of thermal mud (hands or feet) and thermal shower *** € 35,00
- **Thermal ozonized bath*** € 35,00

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

THE STAGES OF MUD THERAPY

1. **Compulsory doctor's appointment for admission to the treatment.**
2. **Scrub /peel:** this is to prepare the skin for the thermal treatment, cleaning it deeply, thereby letting the minerals and beneficial substances soak in better and enter the system.
3. **Application:** the mud is applied both to the parts of the body and at the temperature agreed during the doctor's appointment, making every treatment personalised.
4. **Thermal bath:** once the mud is removed, the guest is washed with a hot shower, and then immersed in a thermal bath for 8 -10 minutes at a temperature of 36° 38° C.
5. **Sweat reaction:** following the mud treatment, there is a rest period for the "sweat reaction", which varies in duration and intensity from person to person.
6. **Massage:** after sweating, a physiotherapy massage of your choice is recommended in order to reactivate the circulation and complete the mud therapy protocol.





INHALATION THERAPIES

Inhalation thermal therapies are used and recognized by Health care system for their efficacy during respiratory diseases' treatments and against worsening. Special nebulizers work on thermal water particles, making them an effective treatment in chronic diseases involving upper/lower respiratory tracts.

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

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

PHYSIOTHERAPY

- **Manual physiotherapy (25 min.)** € 50,00
- **Manual physiotherapy (45 min.)** € 80,00

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

These techniques include:

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

PERSONAL TRAINER

- **25 min.** € 45,00
- **55 min.** € 75,00

- **Tonification training**
- **Medical and postural gymnastic**
- **Rehabilitation gymnastic in swimming pool**
- **Functional training**
- **Global stretching PancaFit method**
- **Pilates / Pilates Reformer**
- **P.T. in Gym by Technogym**



MASSAGES



MASSOTHERAPY

- **Decontracting deep tissue massage** (50 min.) € 75,00
Especially indicated after mud application, stimulates the tissues and muscular bands by acting deeply.
- **Relaxing face-neck-head massage** (25 min) € 45,00
- **Vodder lymphatic drainage** (50 min.) € 75,00
It is a recommended therapy for everyone; The manuality is slow and superficial to stimulate lymphatic circulation and motricity of lymphangions. Lymphatic drainage is indicated in case of swelling, edema of various nature, outcomes of operations, excellent for evacuating toxins after drug therapies. A good lymph drainage stimulates the immune system
- **Face lymphatic drainage** (25 min.) € 45,00
This treatment is suitable for all facial edema: dark circles, bursitis, otitis, sinusitis and recurrent migraines.
- **Draining/hemolymphatic massage** (50 min.) € 75,00
This technique combines modelling effect with anti-edema stimulation.
- **Therapeutic foot massage** (25 min.) € 45,00
It balances and stimulates the small joints and tendon bands.
- **Foot reflexology** (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 so Chinese medicine by stimulating with an inch technique these specific points obtained the stimulation of internal organs that normally can not be reached as the brain, spinal cord, lungs, glands, improving their functions.

WELLNESS MASSAGES

- **Relaxing body massage** (50 min.) € 75,00
Use more superficial techniques with slow and wide movements to ensure muscle tension release.
- **Firming cosmetic massage** (50 min.) € 80,00
Treatment designed to give volume to hypotonic tissues.
- **CANDLE MASSAGE** (50 min) € 85,00
A relaxing massage using vegetable butter with particularly nourishing and hydrating properties, which is melted with the candle. The warmth is dual-action: intensifies the hydrating, nourishing and toning action of the massage, and relaxes, as it stretches the muscles and loosens tensions. The oil from the candle - known as liquid fire - is actually the substance that re-establishes psychophysical balance, according to Ayurveda tradition, restoring a state of well being.
- **ART REUM RITUAL** (80 min) € 135,00
The Art Reum ritual acts positively on the spine. As a result you will have muscle relaxation of the lumbar spine and production of endorphins by the body thanks to essential oils of eucalyptus, rosemary, fennel. The techniques of the treatment bring a greater balance and harmony between mind and body.
- **Ritual “Only for you”** (80 min) € 110,00
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.
- **AROMA MASSAGE** (50 min) € 85,00
Massage with essential oils, the most effective means of dissolving anxiety, tension and stress. The healthy action of the massage, the specific healing virtues of aromatic plants and their multiple positive

effects for physiological and psycho-emotional health guarantee a perfect inner balance.

- **FOR YOU ONLY Massage**

In couple in the double cabin

with drink&fruits (2pax 80 min) €250,00

Candle massage, Aroma Massage can also be performed in couple in the double cabin with drink and fruits (2 pax. 50 min) € 200,00

WELLNESS OVER THE WORLD

- **HOT STONE RELAX MASSAGE** (50 min.) € 80,00
Rhythmic massage, warm oil and stones give a new energy that spreads in the body and the mind
- **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. The massage is practiced 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.
- **Massage with Tibetan bells** (50 min.) € 80 ,00
The Tibetan bells are placed on specific energy points (chakras) and made to ring by rubbing the wooden clapper on the bells. During the session the vibrations of the bells penetrate the body emotionally, sensorially and physically.
- **Shiatsu** (50 min.) € 80,00
Affects the body and mind through pressure that works in depth by stimulating the meridians, the energy channels that run through the body.
- **Watsu** (50 min.) € 80,00
The treatment is performed in the thermal pool. It is a psycho-physical rebalancing technique that combines the principles of an ancient massage technique with hydrotherapy. Carrying out a Watsu session is a unique and different experience; pressure and stretching alternate with spontaneous movements awakened in the body by the hot water, in a single flow of movement and stillness that creates a silent dance. and harmonious.

FACIAL



FACE TREATMENTS

- **Basic Facial Cleansing** (50 min.) € 80,00
Including detergent, deep hygiene, hydration and massage.
- **Facial Relax Massage** (25 min.) € 50,00



The fruit of four decades of experience, our methodology is based on unique and personalized skincare protocols adapted to the skin instant[®] 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[®]. 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[®]. 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[®]. Skin is smoothed, toned and refined.

- **Booster VIP O²** (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[®] 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[®] 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.



icoone® L A S E R

The only device in the world to perform Multi Micro Alveolar Stimulation (MMAS), with visible results after the first session. The innovative Roboderm® patent treats skin flaws and blemishes by stimulating the connective tissue effectively and in depth.

*For best results
it is recommended to do 5 sessions with 2-3 Focus.*

- **Session 25 min** (2 Focus 20 min) € 55,00
- **Session 40 min** (3 Focus 30 min) € 70,00
- **Any further Focus** (10 min) € 15,00
- **Package 5 Sessions** (2 Focus 25 min) €250,00
- **Package 5 Sessions** (3 Focus 40 min) € 315,00

FOCUS:

- **Anti aging and skin rejuvenation**

By stimulating the production of collagen and elastin, icoone is able to restore the compactness of tissues, to smooth the signs of ageing and give new brightness and elasticity to the skin, in a completely natural and painless way.

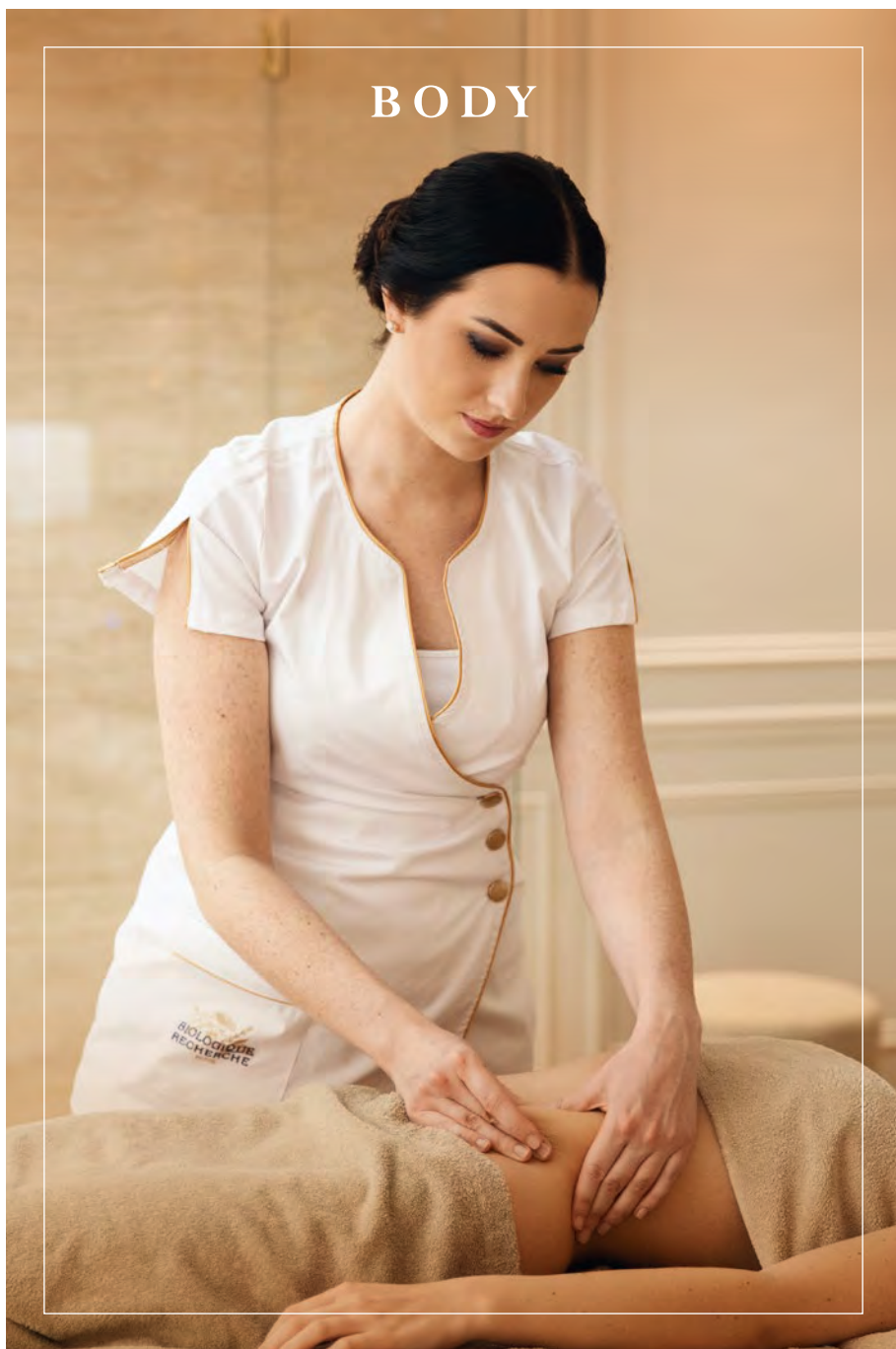
- **Face, breasts and cleavage lift**

Designed to oxygenate and revitalise the skin, this treatment reduces fat under the chin and eye swelling, while also fleshing out the lips, smoothing the neckline, firming the neck and remodelling the breasts. It is the ideal choice to refresh your appearance and look radiant without resorting to surgery.

- **Wrinkles and stretch marks reduction**

Treatment to promote tissue oxygenation and skin regeneration, restoring elasticity and compactness to the tissues. icoone smooths out wrinkles, giving a noticeably younger appearance and a new harmony to the face.

BODY



BODY TREATMENTS

- **Thermal mud body treatment** (50 min) € 80,00
- **Basic body scrub** (50 min.) € 80,00
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.



- **P50 New skin** (50 min.) € 100,00
For softer, more hydrated skin. An exfoliating and revitalizing treatment. It leaves the skin on your body softer, more even and moisturized.
- **Treatment for tired, swollen legs** (50 min.) € 125,00
For a sensation of lightness. A draining and decongestant treatment. It stimulates the circulation and helps give a sensation of lightness.
- **Algae slimming treatment** (50 min.) € 125,00
To detoxify your body. A purifying and detoxifying treatment. It promotes the elimination of toxins and helps improve microcirculation.

- **Slimming booster treatment (50 min.)** € 145,00
Total body (80 min.) € 175,00
 To refine your bodily contours. A draining treatment that refines your bodily contours and reduces cellulite.
- **Body Lift treatment (50 min.)** € 145,00
 For a sculpted and toned body. A firming and toning treatment. Your skin texture is smoothed and your body is resculpted.



*For best results
it is recommended to do 5 sessions with 2 Focus.*

- **Session 40 min** (Basic treatments 20' + 1 Focus 10') € 80,00
- **Session 50 min** (Basic treatments 20' + 2 Focus 20') € 100,00
- **Any further Focus (10')** € 15,00
- **Package 5 Session 40 min**
 (Basic treatments 20' + 1 Focus 10') € 360,00
- **Package 5 Session 50 min**
 (Basic treatments 20' + 2 Focus 10') € 450,00

FOCUS:

- **Cellulite**

This targeted treatment visibly reduces the onset of unsightly orange peel skin. Icoone helps to smooth the skin, improving drainage and blood circulation, and restoring a harmonious body shape.

- **Body shaping**

Designed to work on stubborn adipose fat deposits, this body contouring treatment gives the whole figure new-found harmony, as well as a pleasant feeling of lightness and wellness.

- **Skin tightening**

This treatment uses cell stimulation to encourage the production of collagen and elastin, instantly leaving the skin looking firmer and the body slender and toned. The treatment is particularly suitable for toning the skin following weight loss.

- **Circulation improvement**

Designed to stimulate lymphatic and blood circulation, this treatment helps to tone and reshape the legs, granting an instant feeling of lightness and wellbeing.

- **Lymphatic drainage**

Performing a symmetrical treatment with two handpieces at the same time, Icoone allows for complete drainage of the whole body, stimulating instantaneous oxygenation of the tissues, improving microcirculation and promoting the elimination of metabolic waste and liquids.

- **Relaxation and rejuvenation**

Icoone achieves overall tissue relaxation, favouring the release of endorphins and resulting in a general feeling of well-being.

BEAUTY

- **Manicure with / out nail polish (45 min.)** € 38,00
- **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** € 45,00
- **Semi-permanent nail polish removal** € 15,00
- **Waxing** from € 15,00 to € 65,00

PREMIÈRE HAIR BEAUTY

- **Man hair cut with shampoo**
(before&after cut) € 28,00
- **Woman hair cut** € 28,00
- **Hair fold with dryer or curlers** € 38,00
- **Colour or permanent** from € 60,00
- **Tonic reflex** € 25,00
- **Personalized restorative treatments /**
regenerating / illuminating / lamellar / botox .. on request

THERAPY PROGRAMS



6 Days FANGO DOC € 660,00

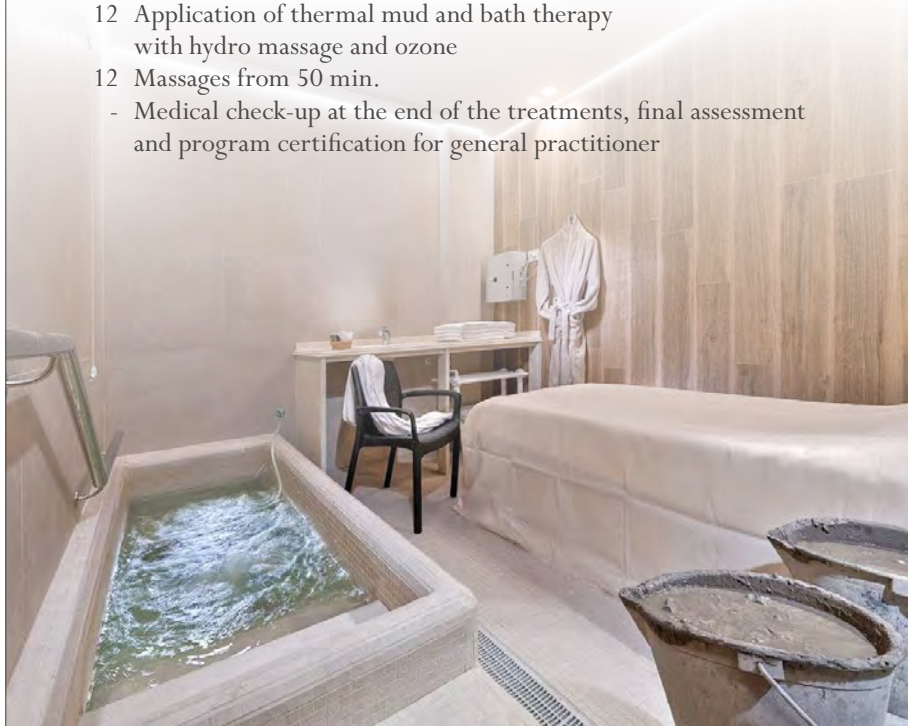
- 1 Medical evaluation and customized treatments program
- 6 Application of thermal mud and bath therapy with hydro massage and ozone
- 6 Massages from 50 min.
 - Medical check-up at the end of the treatments, final assessment and program certification for general practitioner

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





BELLESSERE € 200,00

Beauty programme with essential facial and body care treatments

- Biologique Recherche New Skin body treatment (50 min)
- Pedicure (55 min)
- Basic facial cleansing treatment (50 min.)

BIRTHDAY € 190,00

A birthday gift that will be remembered

- Relaxation Massage (50 min)
- Facial treatment Biologique Recherche Booster Smoothing Restructuring (80 min)

RENAISSANCE € 250,00

Specifically for those who want to reconnect mind, body and spirit

- Decontracting massage (50 min)
- Foot reflexology treatment (50 min)
- Facial treatment Biologique Recherche Booster Smoothing Restructuring (80 min)



PREMIÈRE



Luxury hotel
terme & spa

EXCLUSIVE

PROGRAMS



BURN OUT THERAPY

The programme is designed for people who need to stop and take a break from their hectic everyday lives and reduce accumulated stress. One of the benefits of fangobalneotherapy in Abano is its anti-stress action: the stimulation of endorphins and immune defences, as well as the considerable decrease of pain, rebalance body and mind. A series of massages and treatments to reduce stress and take care of oneself complete the effectiveness of the thermal programme.



BURN OUT THERAPY 4

4 days

Programme:

- 1 Admission visit to the thermal treatments
- 3 Thermal mud applications
- 3 Thermal baths with ozone
- 1 Basic body scrub 50'
- 2 Aroma massage 50'
- 1 Reflexology foot massage 50'
- 1 Session with Personal Trainer 25'

€ 455,00 *per person*



BURN OUT THERAPY 7

7 days

Programme:

- 1 Spa admission visit
- 6 Thermal mud applications
- 6 Thermal baths with ozone
- 1 Basic body scrub 50'
- 2 Aroma massage 50'
- 2 Foot reflexology 50'
- 2 Session with Personal Trainer 25'

€ 790,00 *per person*



REHAB

The program is dedicated to anyone needing postural rehabilitation after surgery, trauma or simply for those wishing to regain a state of physical well-being. One of the benefits of fangobalneotherapy in Abano is its anti-stress action: the stimulation of endorphins and immune defences, as well as the noticeable decrease in pain, rebalance body and mind. The thermal bath is particularly suitable for combating muscular atrophy, or pain syndromes affecting the joints. Hydrokinesitherapy uses the physical and chemical properties of water for therapeutic effects. A series of massages and treatments complete the effectiveness of the thermal route, to reduce stress and take care of oneself.



REHAB 7 (7 days)

Programme:

- 1 Spa admission visit
- 6 Thermal mud applications
- 6 Thermal baths with ozone
- 2 Passive/active hydrokinesitherapy 25'
- 2 Manual physiotherapy 25'
- 1 Basic body scrub 50'
- 6 Muscle massages / Reflexology / Lymph drainage 50'
according to doctor's prescription

€ 846,00 *per person*

REHAB 10 (10 days)

Programme:

- 1 Spa admission visit
- 9 Thermal mud applications
- 9 Thermal baths with ozone
- 4 Passive/active hydrokinesiotherapy 25'
- 4 Manual physiotherapy 25'
- 1 Basic body scrub 50'
- 9 Muscle massages / Reflexology / Lymph drainage 50'
according to doctor's prescription

€ 1.207.00 *per person*

REHAB 14 (14 days)

Programme:

- 1 Spa admission visit
- 12 Thermal mud applications
- 12 Thermal baths with ozone
- 6 Passive/active hydrokinesitherapy 25'
- 6 Manual physiotherapy 25'
- 1 Basic body scrub 50'
- 12 Muscle massages / Reflexology / Lymph drainage 50'
according to doctor's prescription

€ 1.738.00 *per person*



RESHAPE

Two types of programs, designed for those wishing to detoxify and reshape their body and face. Fango therapy with thermal water purifies and lightens the body, freeing it from toxins, excess water stagnation and tensions. A series of treatments and massages designed to reshape the body/face and improve its appearance complete the effectiveness of the program.



RESHAPE LIGHT 4

4 days

Programme:

- 1 Medical check-up for admission for the spa treatments
- 1 Basic body scrub of 50 min
- 3 Mud packs
- 3 Thermal spa baths with ozone
- 2 Decontracting massages of 50 min
- 1 Body treatment with algae from Biologique Recherche
- 2 Icoone body base and 2 focus sessions

€ 510,00 *per person*

RESHAPE TOTAL BODY 7

7 days

Programme:

- 1 Medical check-up for admission for the spa treatments
- 1 Basic body scrub of 50 min
- 6 Mud packs
- 6 Thermal spa baths with ozone
- 2 Sessions with Personal Trainer of 25min
- 4 decontracting massages of 50 min
- 1 Body treatment with algae from Biologique Recherche
- 4 Icoone body base and 2 focus sessions

€ 1.215,00 *per person*

RESHAPE TOTAL BODY 10

10 days

Programme:

- 1 Medical check-up for admission for the spa treatments
- 1 Basic body scrub of 50 min
- 8 Mud packs
- 8 Thermal spa baths with ozone
- 2 Sessions with Personal Trainer of 25min
- 5 decontracting massages of 50 min
- 1 Body treatment with algae from Biologique Recherche
- 1 Skin smoothing booster
- 5 Icoone body base and 2 focus sessions

€ 1.598,00 *per person*

RESHAPE TOTAL BODY 14

14 days

Programme:

- 1 Medical check-up for admission for the spa treatments
- 1 Basic body scrub of 50 min
- 10 Mud packs
- 10 Thermal spa baths with ozone
- 4 Sessions with Personal Trainer of 25min
- 5 decontracting massages of 50 min
- 1 Body treatment with algae from Biologique Recherche
- 1 Body Lifting Booster Biologique Recherche
- 1 Skin smoothing booster
- 6 Icoone body base and 2 focus sessions

€ 1.875,00 *per person*

PREMIÈRE THERMAL SPA

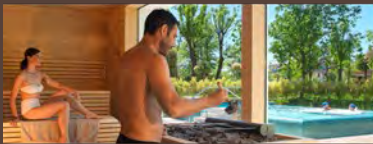
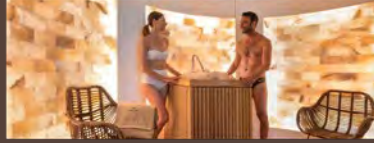
Spa Desk Premiere Thermal SPA: 8:00 a.m. - 7 p.m.

Thermal mud treatments: 6 a.m. - 12 p.m.

Inhalation: 8.30 a.m. - 3.30 p.m.

Free access to the Premierè Thermal SPA: 8 a.m. - 11 p.m.





ARRIVAL AT THE SPA

It is advisable to get to the SPA at least 10 minutes before the start of the treatment, which will allow us to welcome you, discuss the expectations and the desired results with respect to the treatment in question. For any delay, please kindly inform us by telephone, we will do our best to ensure the full duration of the appointment provided for in the brochure, which may however be subject to a reduction in time with respect to the next guest booked.

CANCELLATIONS

You can cancel a reservation within 19 p.m. before the day of the appointment, otherwise you will be charged the full cost of the treatment as well as in the case of no show.

GENERAL CONDITIONS

The atmosphere of President Thermal SPA means full immersion in peace and harmony with oneself and the surrounding world, so we kindly ask you to respect the atmosphere using discreet voice, to switch off your electronic devices or use them in silent mode, refrain from using alcohol and smoking. We inform guests that the property can not be held liable in any way in the event of loss or damage of personal belongings. We also recommend you to keep precious items in your room safe.

SAUNA
FINLANDESE

Cascata di
Ghiaccio

CROMOTERAPIA

Ingresso

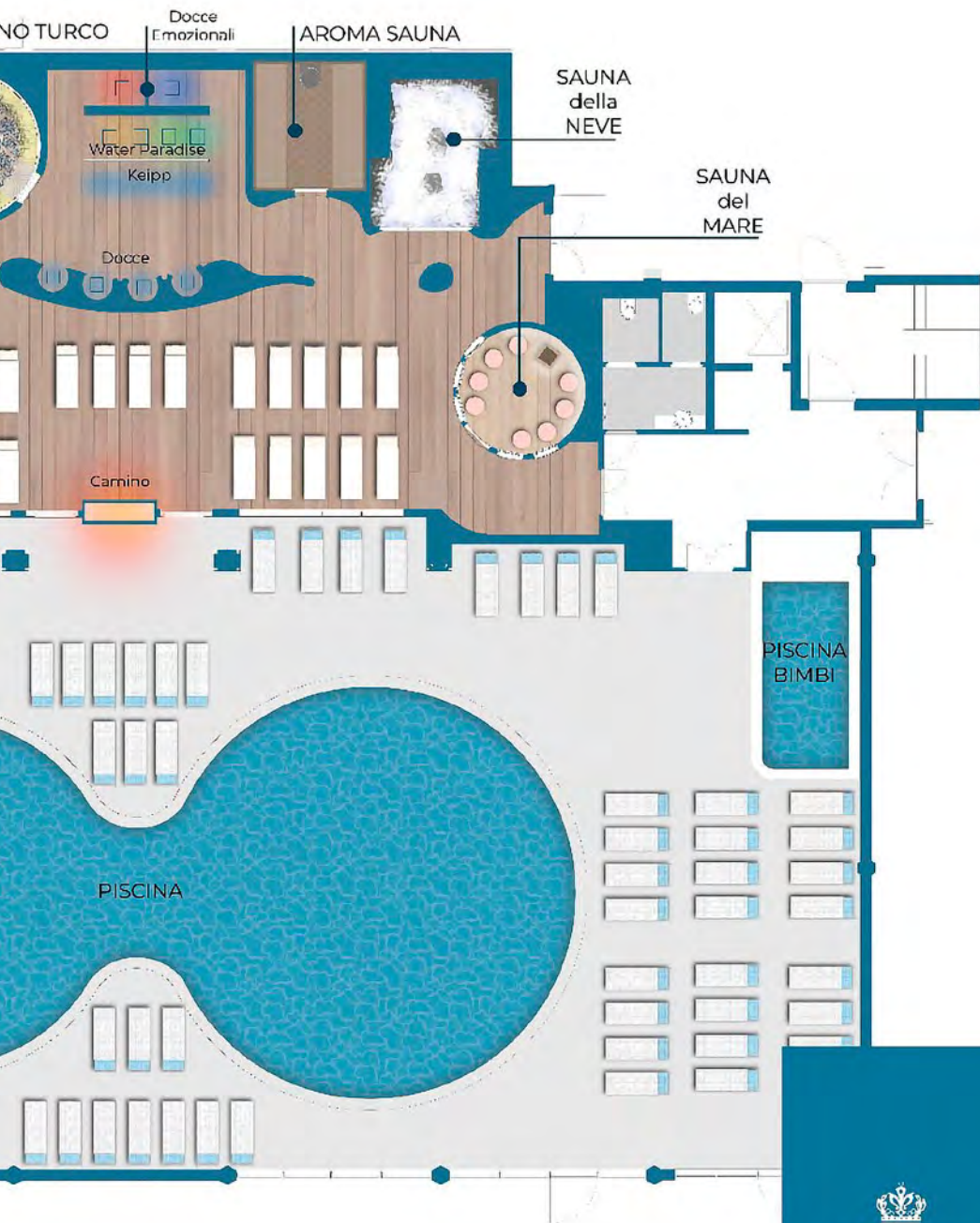
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BAGNI






PREMIÈRE



PREMIÈRE



Luxury hotel
terme & spa

35031 Abano Terme (PD) - Via Marzia, 73

Tel. +39.049.667755

www.premiereabano.it - premiere@premiereabano.it