The room rate is not included and must be added to the package price.

The programs on this page are only some examples of the therapeutic protocols at our Thermæ and Motor rehabilitation center. Our physician, in agreement with the temporal needs of our guest, proposes and prescribes a cycle of customized therapies to obtain the desired benefits.

### MAISON B.B. WELLNESS AND BEAUTY

#### DIETETICS AND NUTRITION

**Dietician examination**

- **60 min**
- €170,00

"Who starts well is already half-way there": a talk with a specialized doctor, the evaluation of body composition through BIA and pliometric assessments, the analysis of eating habits and needs will help you get to know your muscular condition, lean-fat mass ratio and the opportune personalized consultation on a sports program and made-to-measure diet to follow during your stay and then continue at home. The doctor will indicate the menu suited for each guest to the Chef.

**BIA Impedenziometry exam**

- €70,00

An exam with a non-invasive diagnostic electromedical device for the clinical analysis of body composition based on the measurement of intracellular and extracellular bioimpedence. It provides data in order to assess:

- Body structure (quantitative and qualitative analyses: excess of fat, lack of lean mass, etc.)
- Basic metabolism and metabolic distribution
- Level of hydration, water retention and water turnover
- Chronic inflammation and hormonal alterations
- Body densitometry

### REHABILITATION AND RECOVERY PROGRAMS

- **Medical examination for admission to treatments**
- **6 Applications of mature mud with ozonized thermal baths**
- **3 x 30-min. sessions of kinesiotherapy**
- **3 x 30-min. sessions of hydro-kinesiotherapy**
- **Bathrobe for treatment sessions**
- **Morning and afternoon herbal tea breaks**
- **Water aerobics in the pool**
- **Gymnastics in the gym or in the garden**
- **Guided walks or excursions**
- **The comfort of all our services included**

**Package price, per person** €549,00

Minimum recommended stay of 7 nights

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- **Medical examination for admission to treatments**
- **12 Applications of mature mud with ozonized thermal baths**
- **3 x 30-min. sessions of kinesiotherapy**
- **3 x 30-min. sessions of hydro-kinesiotherapy**
- **6 x 25-min. thermal reaction massages**
- **Bathrobe for treatment sessions**
- **Morning and afternoon herbal tea breaks**
- **Water aerobics in the pool**
- **Gymnastics in the gym or in the garden**
- **Guided walks or excursions**
- **The comfort of all our services included**

**Package price, per person** €993,00

Minimum recommended stay of 14 nights
**MASSAGES AND SPA TREATMENTS**

**Anti-stress digital pressure**  
Local treatment performed through finger pressure on the shoulders, neck and head according to a sequence of energy points. Stimulation can also involve the energy points that act in metabolism: it therefore supports diets for detoxification and losing weight.

**Anti-stress massage**  
It is a group of manual maneuvers on the muscles, aimed at eliminating stress. This massage increases circulation in the arteries and veins, improving the nourishment of muscle fiber and favoring the removal of waste (carbon dioxide, lactic acids, etc.). The action is carried out throughout the entire organism, accelerating the removal of waste (carbon dioxide, lactic acids, etc.).

**Toning massage**  
Manipulations and digital pressure on the reflex points that correspond to our organs, according to a precise map, with the consequent improvement in physical disturbances.

**Connective massage**  
It is a particular technique that permits discovering compromised areas between the connective tissue and muscles to eliminate the tension.

**Cranial-sacral therapy**  
It is a diagnostic and treatment approach based on corrective pressure exercised on the head and the spinal column. The treatment is indicated for headaches, muscular and joint pain, depression, apoplectic strokes, trauma, and stress.

**Foot reflexology**  
A method of manipulation created by Dr. Vodder in the 1930’s, with manipulations and digital pressure on the reflex points that correspond to our organs, according to a precise map, with the consequent improvement in physical disturbances.

**Manual lymph drainage**  
A method of manipulation created by Dr. Vodder in the 1930’s, with the purpose of favoring lymph circulation and microcirculation. The tissues are freed of liquid and better cell oxygenation is obtained.

**Partial lymph drainage**  
The lymph drainage technique applied only to the legs, arms or face.

**Massage with chocolate or vanilla**  
It is a group of manual maneuvers aimed at the muscles, using scented oil that favors relaxation.

**Shiatsu**  
A Japanese treatment based in part on manipulating the body, in part on exercising pressure in points located on meridians, in order to make energy flow along these channels and restore the state of psycho-physical wellbeing.

**Watsu**  
It is Shiatsu done in the water. The anti-gravity effect of water provides further relaxation, with the patient totally letting himself go in the hands of the therapist, in this way creating an exceptional balance between mind and body.

**Hawaiian massage – energy waves**  
Traditional Hawaiian massage, technically strong, with muscle toning effects and drainage and stimulation of circulation. It is done on a nude body with oils to facilitate the work of the hands and forearms, which make wave movements, delicate and energetic at the same time, which affect all levels of being.

**Ayurvedic massage**  
Ayurvedic massage consists of slowly sliding hands along the entire body, listening to its alterations in order to orient it towards greater harmony. The massage is done with aromatic and curative oils, chosen according to the physical constitution of the person; the movements made reactivates blood and lymphatic circulation, producing a deep and general state of relaxation.

**Relaxing Hot Stones**  
This massage uses heated volcanic basalt rocks, which can conserve heat for long periods and slowly release it when in contact with the skin, through the use of pure essential oils. The beneficial heat makes the body and mind totally relax, giving a general sensation of wellness.

**Hot Stones with contrasting stones**  
In addition to the pleasant relaxation caused by the beneficial heat released by the volcanic black rocks, this contrast heat therapy also uses cold white ones, alternating them to stimulate blood circulation, eliminate toxins and tone muscles.

**Hot Stone and Crystals**  
An evocation of ancient traditions. Stones are heated and skillfully applied by slowly massaging the body, inducing deep relaxation. The crystals complete this magic moment through their rebalancing action on chakra points.
**FACIAL TREATMENTS**

**Massage and mud mask**  
25 min € 35,00  
The mud mask has properties that are indicated for face and neck beauty treatments. The mask is left on for 15 minutes during this time the mud releases mineral substances that tone and nourish the skin, making it smoother and more radiant.

**Face cleansing**  
55 min € 45,00  
Beauty treatment for the face and chest carried out with ozone steam, the removal of black heads, deep cleaning with specific products, massage, and decongestant mask.

**Complete facial treatment**  
55 min € 50,00  
Deep facial cleaning with peeling and exposure, application of specific phial with massage; mask.

**Facial Gomming**  
55 min € 58,00  
A patented delicate pneumatic massage that nourishes and oxygenates the derma treated, using specific products with a collagen or hyaluronic acid base. After just one session the toning and firming effects are evident.

**Vegetal facial peeling**  
(glycolic acid)  
55 min € 70,00  
Glycolic acid strongly works against wrinkles thanks to its power to smooth and remove dead skin cells. Also perfect to lighten spots, with the result of radiant and elastic skin.

**Wonderface (radiofrequency)**  
25 min € 50,00  
3 sessions € 100,00  
25 min € 270,00  
This system has a diathermal effect, that is deep biological heating, transmitted under the skin by an ultrasound machine and a manual massage on the afflicted areas.

**Wonderbody (radiofrequency)**  
25 min € 50,00  
3 sessions € 100,00  
25 min € 270,00  
This system provokes deep biological diathermal bone heating, it acts directly on the collagen and cellulite nodules. It is used for derma-epidermal toning, hydration, lymphatic stimulation and blood circulation. It slims by increasing metabolism, which induces the combustion of fats due to the thermal regulation effect. It also gives excellent contracture relief.

It can therefore also be used for rehabilitation. It is suited for reshaping the body: it tones breasts, thighs and buttocks; it fights against the “orange peel” effect and touches up the flaws of cellulite.

**Cold wraps**  
25 min € 30,00  
This treatment involves the application of disposable bandages soaked in substances with a high concentration of active ingredients, which are released while they are on the body. These substances reduce fat and leg swelling and tone skin. The wraps are particularly indicated in warmer months due to their pleasant cooling effect.

**Riviton (soft-laser beauty treatment)**  
65 min € 67,00  
3 sessions € 185,00  
A treatment based on ultrasound wave and laser technology, efficacious against skin ageing. It works against wrinkles, oxygenating the skin and increasing microcirculation.

**Vegetal facial peeling**  
(glycolic acid)  
55 min € 70,00  
Glycolic acid strongly works against wrinkles thanks to its power to smooth and remove dead skin cells. Also perfect to lighten spots, with the result of radiant and elastic skin.

**Wonderface (radiofrequency)**  
25 min € 50,00  
3 sessions € 100,00  
25 min € 270,00  
This system has a diathermal effect, that is deep biological heating, transmitted under the skin by an ultrasound machine and a manual massage on the afflicted areas.

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This system provokes deep biological diathermal bone heating, it acts directly on the collagen and cellulite nodules. It is used for derma-epidermal toning, hydration, lymphatic stimulation and blood circulation. It slims by increasing metabolism, which induces the combustion of fats due to the thermal regulation effect. It also gives excellent contracture relief.

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**Treatment for eye contours with pure collagen, hyaluronic acid, algae extracts, Hamamelic and rose water, with moisturizing, drainage, and anti-wrinkle components, which give new freshness and elasticity.**

**Phytobath with thermal water and essences**  
25 min € 25,00  
The phyto bath with essences is a thermal water bath in which salts or essences of flowers, lemon verbena, rosemary, lavender, orange flowers, and many others are added, according to needs, to relax, tone and slim.

**Algae-thalassotherapy + bath with Dead Sea salts**  
55 min € 48,00  
It consists of a cataplasm of algae (sea oak) applied to the body and left for 20 minutes, which remineralizes tissues and removes excess liquids by osmosis. A thermal bath with Dead Sea salt completes the treatment, which is indicated for losing weight and eliminating cellulite.

**Breast gomming**  
55 min € 52,00  
Patented delicate pneumatic massage that nourishes and oxygenates the derma treated, using specific products with a collagen or hyaluronic acid base. After only one session the firming and toning effects are clearly visible.

**Algae-thalassotherapy + bath with Dead Sea salts**  
55 min € 48,00  
It consists of a cataplasm of algae (sea oak) applied to the body and left for 20 minutes, which remineralizes tissues and removes excess liquids by osmosis. A thermal bath with Dead Sea salt completes the treatment, which is indicated for losing weight and eliminating cellulite.

**Wonderbody (radiofrequency)**  
25 min € 50,00  
3 sessions € 100,00  
25 min € 270,00  
This system provokes deep biological diathermal bone heating, it acts directly on the collagen and cellulite nodules. It is used for derma-epidermal toning, hydration, lymphatic stimulation and blood circulation. It slims by increasing metabolism, which induces the combustion of fats due to the thermal regulation effect. It also gives excellent contracture relief.

It can therefore also be used for rehabilitation. It is suited for reshaping the body: it tones breasts, thighs and buttocks; it fights against the “orange peel” effect and touches up the flaws of cellulite.

**Cold wraps**  
25 min € 30,00  
This treatment involves the application of disposable bandages soaked in substances with a high concentration of active ingredients, which are released while they are on the body. These substances reduce fat and leg swelling and tone skin. The wraps are particularly indicated in warmer months due to their pleasant cooling effect.

**Anti-cellulite treatment with ultrasound**  
55 min € 60,00  
It is based on the combined action of specific products that are transmitted under the skin by an ultrasound machine and a manual massage on the afflicted areas.
Ultrasound beauty treatment...................................................... 25 min € 35,00
Peristaltic pressure therapy............................................................... 55 min € 42,00
A treatment that uses a computerized machine with leggings and an abdomen band that are wrapped around the person. It stimulates lymphatic and blood circulation, emptying stagnant liquids and improving circulation. Excellent to fight cellulite.
Prometeo electrostimulator .............................................................. 55 min € 50,00
It is a machine that shapes the body by producing electric pulses, which cause progressive, painless contractions that can affect surface and deeper areas. The results: lightening of the lower limbs, reduction in circumference, development of muscle mass, and tissue toning.

BEAUTY SERVICES

Manicure ...................................................................................................................................................................................... € 25,00
Pedicure ........................................................................................................................................................................................... € 35,00
Complete waxing .......................................................... 55 min € 50,00
Tri-Facial tanning ..................................................... 15 min € 10,00
Tanning ................................................................................................................... 20 min € 18,00

BEAUTY SPECIAL

Heat that burns fat
Objective: shaping your body
• 1 Wonderbody treatment (55 min.)
• 3 Wonderbody treatments (25 min.)
• 3 sessions with Prometeo electrostimulator (55 min.)
Package price € 380,00
Recommended minimum stay of 4 nights

A wave of freshness for your face
Objective: eliminating the signs of time
• 1 complete facial beauty treatment
• 1 Wonderface treatment (25 min.)
• 2 Wonderface treatments (55 min.)
Package price € 280,00
Recommended minimum stay of 3 nights

Osmosis Effect
Objective: eliminating toxins and excess liquid
• 1 scrub-massage with salt and thermal bath
• 3 Algar-thalassotherapies with Dead Sea Salts and thermal bath
• 2 beauty ultrasound sessions
Package price € 260,00
Recommended minimum stay of 3 nights

MAYR CURE

Our proposal for one week of Mayr Cure
• First meeting with our doctor for an evaluation of your state of health and the careful explanation of the therapeutic protocol Mayr, giving of the food plan during the stay
• 5 meetings with the doctor for abdominal treatment and short check of the cure progress
• Meals are served in a private area or, if you prefer, in your room, with food allowed by the doctor
• 2 liters of mineral water and herbal teas at your disposal every day in your room
• Final control with the giving of a discharge letter for the family doctor and of the food plan for the following weeks

Package price, per person € 550,00

The room rate is not included and must be added to the package price.
Our Proposals for Your Wellness

Think about yourself
give yourself a special gift

- 1 Antistress massage (25 min)
- 1 Complete facial beauty treatment
- 1 Phytobath with essential oil
- 1 Hawaiian massage – waves of energy

Package price € 235,00
Recommended minimum stay of 3 nights

Pamper yourself
and Relax

- 2 Face/body treatments with a choice between antistress or toning massage (25 min.), partial lymph drainage, massage and mud mask, facial cleansing.
- 1 Phytobath with essential oil

Package price € 100,00
Recommended minimum stay of 2 nights

A day for yourself

- 1 Face/body treatment with a choice between antistress or toning massage (25 min.), partial lymph drainage, massage and mud mask, facial cleansing.
- 1 Phytobath with essential oil

Package price € 60,00
Recommended minimum stay of 1 night

Information on Hotel Stay

Hotel Terme Bristol Buja is just 100 meters from the pedestrian area of Abano Terme, surrounded by 20,000-sq m private park. On our website you will find a detailed map to help you find us, whether you are coming from Padua or from the motorway, which you can download in pdf format.

Infos
At the moment of booking your credit card number or a deposit will be required.

Room availability: on the day of arrival your room will be available from 2 p.m.; on the day of departure please leave the room by 11 a.m.

Meals not consumed will not be deducted from the price of your stay.

Cancellation Terms
In line with the European standard and in lack of other agreements, if a reservation is cancelled or departure is anticipated, the following will be charged:
- within 8 days from arrival: no charge;
- from the 7th day before arrival: 1 night’s stay, regardless of the number of nights booked;
- early departure: we reserve the right to charge the entire amount of the stay.

If VAT is changed, we reserve the right to adjust our rates. This price list replaces previous ones, with the exception of errors.