Thermal Spring to try out the benefits of a therapy that is 100% natural, has pain relieving and anti-inflammatory effects just like those of medication but without the potentially damaging side effects, and whose therapeutic value has even been recognised with a European patent.

Why then should we seek the remedy or medication “of the moment”, when we can take advantage of a therapy that boasts 2000 years of experience in stimulating self-healing in the body, slowing down its structural ageing?

Our thermal spring comes to the surface naturally at the foot of the Euganean Hills, in an environment that is as yet uncontaminated and absolutely pollution free, providing us with a unique source of energy that we can even use for the heating in winter and the air conditioning in summer.

This is why we would like for the Bristol Buja that 2017 be the year to re-evaluate thermal mud and all psychophysical reactions.

If your health is important to you, we invite you to visit our Thermal Spa to try out the benefits of a therapy that is 100% natural, has pain relieving and anti-inflammatory effects just like those of medication but without the potentially damaging side effects, and whose therapeutic value has even been recognised with a European patent.

Thermal Spring to try out the benefits of a therapy that is 100% natural, has pain relieving and anti-inflammatory effects just like those of medication but without the potentially damaging side effects, and whose therapeutic value has even been recognised with a European patent.
### PACKAGES OF TRADITIONAL TREATMENTS

- Medical examination for admission to treatments, assistance during your stay, talk upon discharge
- Applications of mature mud with ozonized thermal baths
- 13-min. thermal reaction massages
- Bathrobe for treatment sessions

<table>
<thead>
<tr>
<th>Cycle of 6 applications</th>
<th>€ 405,00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycle of 12 applications</td>
<td>€ 753,00</td>
</tr>
</tbody>
</table>

**Recommended package of treatments**

- Medical examination for admission to treatments, assistance during your stay, talk upon discharge
- 10 Applications of mature mud with ozonized thermal baths
- 10 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** | € 905,00

---

### B.WELL DAYS: FROM WATER TO MUD

- Daily offer of our B.Well menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Medical examination for admission to treatments
- 2 Applications of mature mud with ozonized thermal baths
- 2 x 25-min. thermal reaction massages
- Bathrobe for treatment sessions
- Morning and afternoon herbal tea breaks
- Guided walks or excursions
- The comfort of all our services included

**Package price, per person** | € 241,00

Minimum recommended stay of 3 nights

---

### B.WELL WEEKS: PREVENTION AND TREATMENT WITH MUD THERAPY

- Daily offer of our B.Well menu
- Vegetarian, vegan or coeliac menu available on request (at the time of booking)
- Medical examination for admission to treatments
- 6 Applications of mature mud with ozonized thermal baths
- 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** | € 549,00

Minimum recommended stay of 7 nights

---

The room rate is not included and must be added to the package price.
**PHYSIO-KINESIOThERAPY**

Physio-kinesiotherapy is an integral part of thermal treatment and aims to recover joint and muscle functions compromised by symptomatic pain. Our center has therapists who employ advanced methods. The motor rehabilitation programs are carried out in both the gym and in water, in the physical therapy pool, a tub of thermal water equipped for individual sessions.

**Physiotherapists**
The specialist in Physical Medicine and rehabilitation deals with degenerative joint disease and traumas; the therapy is customized and recovery times are accelerated.

**Rehabilitation and Physiotherapy**

- **Physiatrics examination**
  - € 100,00
  - The specialist in Physical Medicine and Rehabilitation deals with degenerative joint disease and trauma; the therapy is customized and recovery times are accelerated.

**Re-education – Medical Gymnastics**

- **Preventive gymnastics**
  - € 40,00
  - 30 min
  - Physical preparation
  - All the techniques and therapies used to correct or re-educate motor skills or posture in patients, who have not necessarily had motor damage or deficit, but who often have pain.

- **Individual programs**
  - € 40,00
  - 30 min
  - Manipulations, postural gymnastics, antalgic gymnastics, motor and functional rehabilitation, and manipulation with active gymnastics.

- **Osteopathic treatment**
  - € 70,00
  - 45 min
  - A therapeutic and holistic, prevention-treatment method based on precise knowledge of physiology and the anatomy of the human body.
  - It uses the hands as diagnostic tools to highlight dysfunctions and the absence of tissue mobility, which involves an alteration of the general balance of the individual, and as treatment tools, to re-establish mobility and the functional harmony of the joints, the spinal column, and the myofascial, visceral, crano-sacral, psychosomatic, vascular and energy systems.

- **Personal trainer – upon request**
  - € 40,00
  - 30 min
  - His action consists of educating to live healthy lifestyles, to plan and do training aimed at reaching a determined goal, based on real physiological and psychological needs.

**Hydro-kinesiotherapy in thermal water**

- € 40,00
- 30 min
- € 70,00
- 60 min

For patients suffering from asymptomatic pain. Our center in the physical therapy pool, a tub of thermal water equipped for individual sessions.

**INSTRUMENTAL PHYSICAL THERAPY**

- **Antalgic electro therapy**
  - € 40,00
  - 30 min

For therapeutic purposes, it consists of using the beneficial effects of electromagnetic energy, generated by two sources of laser light, which, by penetrating the tissues, provokes biochemical reactions on the cell membrane and inside the mitochondria. It is effective in treating various kinds of arthralgia, both rheumatic and degenerative, general traumas, and post-op motor rehabilitation. Laser therapy is painless, non-invasive and risk-free.

- **Ultrasound therapy**
  - € 40,00
  - 25 min

It consists of sound wave emission that produce a heating and micro-massage effect, consequently loosening up small calcifications and adhesions.

- **Tecar**
  - € 65,00
  - 25 min

An instrumental therapy that stimulates energy from inside biological tissues, activating natural reparative and anti-inflammatory processes. Tecar was initially only used in sports medicine, particularly for competitive sports, a sector where healing and recovery times are considerably important. The positive experiences and excellent results with this therapy have extended its use, and Tecar is continuing to be used in other different areas. The advantage of Tecar over other energy therapies is that since the energy comes from inside, it can also involve deep layers, which cannot be treated with external energy transfer, for damage to skin caused by the emitted energy.
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.

### 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 plicometric 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**

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

- 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

### MAISON B.B. WELLNESS AND BEAUTY

**BIA Impedenziometry exam**

60 min  € 70,00

- 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