

# THERMAL THERAPIES

## Anti-inflammatory active ingredients in the Euganean thermal mud baths

The **European Patent No. 1571203** protects and guarantees the presence in **thermal mud** of numerous active ingredients, naturally produced during the ageing process when correctly regulated. Scientific research at the **Pietro d'Abano Thermal Studies Centre**, owner of the patent, has allowed identifying them and shown the efficaciousness in treating chronic and degenerative inflammatory pathologies, in particular of osteoarticular origin.



## The right approach to mud therapy treatments:

1. Medical consultation for admission to treatments.
2. Scrub: prepares the skin for thermal treatment by making it easier for the minerals contained in the mud and the beneficial substances to penetrate the skin and therefore reach bodily systems.
3. Mature Mud: the mud is applied to the skin at a temperature of between 38° and 42° for a period of time that can vary from 15 to 20 minutes for general mud types.
4. Thermal Bath: once the mud has been washed off, the guest is then immersed in a thermal bath for 8-10 minutes at a temperature of 36°-38°C.
5. Perspiratory reaction: this phase varies in duration and intensity from person to person.
6. Therapeutic massage: the guest then has a reaction massage to reactivate circulation and carry on the muscle relaxation initiated with the mud.

At our Thermal Centre:

- You can enjoy mud, massage and inhalation therapies every day, **Sundays included**.
- We recommend booking the time of your treatments for free and in advance of your arrival. We guarantee appointment times, but not therapists.

## CONSULTATION AND MEDICAL THERAPIES

**Medical examination for admission to treatments, assistance during your stay, talk upon discharge.....€ 45,00**

The purpose of the meeting with our specialized doctor is to check your state of health. During the consultation the doctor prescribes, according to your needs, the therapies you can follow during your stay and gives precise indications to the therapists on the type, number and duration of treatments, as well as the temperatures of mud and thermal baths.

**Electrocardiogram.....€ 45,00**



## MUD THERAPY AND REHABILITATION TREATMENTS

Our thermal spa is among the few in the thermal area being part of the O.T.P. (Permanent Thermal Observatory) monitoring network of the University of Padua, to control the maturation process and the quality of the thermal mud.

**Mud therapy with shower and thermal bath.....€ 39,00**

Our DOC matured mud has been recognized as a natural medicine, useful in the treatment of many diseases characterized by pain in the joints, bones and muscles, and is also indicated for the treatment of cartilage lesions and the after-effects of sports traumas. The mud is applied to the areas for a period prescribed by the doctor (generally at

For doctors medical examination and mud application are free.

a temperature of about 42° for 15 minutes). Subsequently, a thermal water shower rinses off any clay residue before plunging into the thermal bath.

**Mud therapy for the treatment of Sinusitis.....€ 15,00**

This involves the application of Mature Thermal Mud on the forehead and sides of the nose, along with inhalation therapy, for the natural treatment of chronic sinusitis.

**Trial mud treatment: Medical consultation for admission to mud therapy, Mature thermal mud.....€ 64,00**

thermal bath with ozone, thermal reaction massage

**Thermal bath.....€ 16,00**

It is the natural completion of mud therapy but, since it is considered as a therapy, it can also be prescribed separately. The guest plunges in a tub for balneotherapy, which has been filled with thermal water at a temperature between 36°/38°. The thermal water dilates blood vessels and has a relaxing effect.

**Mud therapy for hands or feet.....€ 15,00**

**Ozone supplement.....€ 7,00**

Ozone is added to the water of the thermal bath by jets containing a mix of ozone and water, which, by massaging the entire body tone it. It helps dilate blood vessels, therefore stimulating blood circulation.

**Therapeutic thermal massage**..... 25 min € 37,00  
55 min € 64,00

Post mud therapy reaction massages are designed to increase the circulation of blood in the skin, help eliminate metabolic waste, restore mobility to the limbs, relieve muscle tension and improve muscle tone.

**Inhalations, aerosol or nasal micro-showers with thermal water**..... € 12,00

The particular composition of thermal water, made up of sodium chloride, bromide and iodine, purify the respiratory system mucous membranes (pharynx, larynx, bronchi, sinuses). Inhalation therapy is also indicated for children, with a shorter session time. The most common pathologies are: rhinitis, pharyngitis, laryngitis, sinusitis, and chronic bronchitis.

**White bathrobe for the treatment**..... € 15,00  
(included for packages min. 6 treatments)

**Change of the bathrobe free of charge every 7 days**  
(if upon request, extra charge € 8,00)

## **PAIN THERAPY**

### **We treat pain even in the acute phase**

In our health centre, we cooperate with a medical expert in acupuncture and Trigger Point Therapy, ie medical therapy particularly suitable for treating both chronic and acute pain, with antalgic, anti-inflammatory, rebalancing effect. This drug-free approach is a valuable therapeutic complement to traditional spa treatment with mature mud, thermal baths and massotherapy.

**Acupuncture**..... € 75,00

This millenary therapy is not only effective against musculoskeletal pains, such as acute contractures, joint pain, peri-arthritis and lumbosciatalgia, but also in diseases of the nervous system, including problems related to stress (insomnia, headaches, states depressive), in problems of a functional type such as constipation, as an adjuvant in weight loss and in detoxifying therapy.

**Trigger Point Therapy** ..... € 75,00

Like the acupuncture technique, this therapy consists in the injection of little physiological solution in the Trigger points, ie those from where inflammation originates. The injected liquid exerts a slight pressure on the inflamed spot to rebalance and detoxify it, and thus eliminates pain and inflammation.

**Complete cycle of 5 treatments**..... € 350,00

# PREVENTION AND TREATMENT WITH MUD THERAPY



## OUR HEALTH PROGRAMS INCLUDE:

- 1 Medical examination for admission to treatments
- Daily applications of mature mud with ozonized thermal baths
- 25-min. post-mud therapeutic massages
- Bathrobe for treatment sessions

### Treatment package, per person

3 days of treatment .....	€ 309,00	€ 262,00
5 days of treatment .....	€ 475,00	€ 403,00
6 days of treatment .....	€ 558,00	€ 446,00
12 days of treatment .....	€ 1.056,00	€ 845,00

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



## 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
- 10 aerosols or inhalations with thermal water
- Bathrobe for treatment sessions

Treatment package, per person € 1.010,00 ..... € 757,00

# REHABILITATION THERAPIES

Manual therapies and the functional re-education of the patient are integral to thermal treatment. Hotel Bristol Buja can offer its guests complete recovery and rehabilitative programmes thanks to an exclusively individual working method. The centre ranges from manual to mechanical therapy, from physiotherapy to osteopathy. The rehabilitation/motor re-education programmes are carried out both in the gym and in the water, in a special physiotherapy pool.

## MANUAL PHYSIOTHERAPY

Physiotherapy aims to prevent, treat and rehabilitate correct muscle, myofascial, and joint function. It re-establishes coordination of movement in one or more limbs, or in the entire body in general.

*Personalized session 25 min. € 40,00*

*Personalized session 55 min. € 70,00*

**Hydro-kinesis therapy is a form of rehabilitative exercise** in thermal water delivered by physiotherapists who are specialised in the area of particular personalised rehabilitation protocols for re-education, and applied in orthopaedic, rheumatic and neurological treatment. Exercising in warm water is easy and pain-free thanks to the support offered by the water, which reduces the effects of

gravity. This kind of movement allows the patient to become aware of the movements their joints are capable of, relax the muscles, reduce pain, and work to achieve significant increases in mobility. Using water for therapeutic purposes is useful in speeding up recovery times.

Water-based experiences involve the intellectual, psychological, sensory and motor spheres, leading the client to experience rehabilitation as a source of pleasure and wellbeing.

*Personalized session 25 min. € 40,00*

*Personalized session 55 min. € 70,00*

## OSTEOPATHY

**Medical examination and osteopathic evaluation**..... 50 min € 70,00

**Osteopathic treatment**..... 50 min € 70,00

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. The expert hands of the osteopath bring pressure on the cranium and vertebral column, that gives an effective response to headaches, muscle and bone pain.

## ANTALGIC THERAPY

**Tecar** ..... 25 min € 50,00

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 then 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.

**Antalgic electro therapy** ..... 25 min € 40,00

**Ultrasound therapy** ..... 14 min € 20,00  
25 min € 40,00

**Kinesiotaping** ..... application € 20,00

Taping essentially means "bandage". Kinesiotaping is based on the application of tape, i.e. special adhesive bandages. These serve to relieve the physiological load on the target body areas by exerting traction and transferring the force directly to the skin.

## RE-EDUCATIONAL AND FUNCTIONAL GYMNASTICS

**Functional re-education in water** ..... 25 min € 40,00  
55 min € 70,00

Activity that takes place in the thermal water pool with a functional re-educator with a degree in physical education. Functional re-education is the guided process for achieving motor rehabilitation, the goal is to achieve the maximum possible functional recovery in order to restore complete motor normality. It can be indicated for any joint and muscle problem, especially following surgery, involving the upper and lower limbs and the spine as a whole. In this type of activity, the presence of water facilitates functional recovery, by reducing fatigue and pain.

**Postural gymnastics** ..... 25 min € 35,00  
55 min € 65,00

It aims to improve posture through the strengthening of muscle tone, by intervening on areas of the body subject to posture defects. If practiced consistently and regularly, it restores muscle tone and elasticity, improves strength, endurance, flexibility, and joint mobility. It teaches how to assume and maintain the correct body structure, reduces stress, improves breathing and helps avoid overloading in certain areas, by restoring the balance of the whole body.

## MASSAGES AND CURATIVE TREATMENTS

<b>Manual lymph drainage</b> .....	<i>Face - 25 min</i>	€ <b>32,00</b>
	<i>Legs - 25 min</i>	€ <b>37,00</b>
	<i>Total Body - 55 min</i>	€ <b>70,00</b>
	<i>Body + Face - 85 min</i>	€ <b>99,00</b>

Slow and delicate massage with extraordinary draining effects. Light, rhythmic hand movements aim to relieve fluid build-ups, bloating and situations where lymphatic stasis needs to be supported or reactivated.

<b>Myers myofascial massage</b> .....	<i>25 min</i>	€ <b>37,00</b>
	<i>55 min</i>	€ <b>65,00</b>

Repeated stress, trauma and untreated scarring can affect the structure of the myofascial tissue and create tension that leads to pain, loss of strength and limitations of movement, and consequently incorrect postures as well. The myofascial treatment involves a deep massage, useful for dissolving adhesions, recovering the normal elasticity of the tissues, solving muscle-joint problems and restoring correct mobility.

<b>Cranial-sacral therapy</b> .....	<i>55 min</i>	€ <b>70,00</b>
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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.

<b>Deep-tissue massage</b> .....	<i>25 min</i>	€ <b>37,00</b>
	<i>55 min</i>	€ <b>65,00</b>

Deep-tissue massage is quite an intense form of massage, based on firm pressure and touch which aims to stimulate deep tissues and affected muscles, thereby relaxing them, relieving tension, and restoring them to their original state. The function and goal of this massage is to relieve tension, or loosen muscle contractures that often occur after exertions or incorrect movements.

<b>Dorn method</b> .....	<i>55 min</i>	€ <b>70,00</b>
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A wrong posture can cause the displacement of individual vertebrae, and, consequently, a reduction of the space between them, with possible repercussions on the spinal nerves. Thanks to the Dorn method, it is possible to realign the vertebrae with a slight pressure, so that the spinal nerves are no longer crushed, and the body leaves itself in a state of deep relaxation.

<b>Breuss massage</b> .....	<i>25 min</i>	€ <b>40,00</b>
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The Breuss method serves to restore volume and hydration to the intervertebral discs, with the aim of resolving, with amazing effectiveness, the most common pathologies of the spine and those related to it, such as sciatica, hernia and low back pain.



## FIBROMYALGIA PACKAGE – 1 WEEK

- Medical examination for admission to treatments
- 6 Applications of mature mud with ozonized thermal baths
- 2 sessions of proprioceptive gymnastics 25 min.
- 1 foot reflexology 25 min.
- 3 thermal reaction massages 25 min.
- Bathrobe for treatment

Package price, per person € 567,00 ..... € 480,00

*Minimum recommended stay of 6 nights*



## REHAB-PACKAGE – 1 WEEK

- Medical examination for admission to treatments
- 6 Mud treatments and ozonised thermal bath
- 3 Hydro-kinesis therapies 25 min.
- 3 Physiotherapies 25 min.
- 1 Breuss massage 25 min.
- Bathrobe for treatment

Package price, per person € 616,00 ..... € 523,00

*Minimum recommended stay of 6 nights*

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 Health 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.