

EN

SPA TEA ROSE



MIONIPEZZATO & SPA

## BOOK BEFORE YOUR ARRIVAL



## BOOK BEFORE YOUR ARRIVAL



**Booking your healing and well-being treatments before your arrival is free of charge.**

We will be glad to give you personalised advice via e-mail or phone in order to define a programme that suits your specific needs.



(+39) 049 8668377



spa@hotelmionipezzato.com



*Book your treatments in advance,  
it's free and easy!*



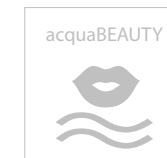
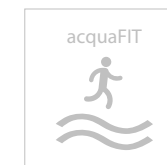
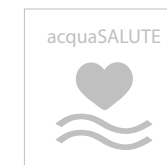
## DISCOVER THE REVITALIZING POWER OF OUR WATER.

Our strength is our **thermal salsobromoiodic water**. Descending from the Alpine foothills, to a depth of three thousand meters, and after an eighty kilometer journey lasting thirty years, it acquires healing properties that are unique in the world. This precious water has been treasured by the Euganean territory for more than 2000 years. It is extracted from our three springs at a depth of eight hundred meters and a temperature of 80-87 degrees.

Maybe our thermal water is not magical, but it's definitely phenomenal because it is really revitalising!

Through our paths, we want to reveal you its secrets:

- Naturally pure
- Naturally hot at 87° C
- Resolves muscle contractures
- Drops tension and keeps stress away
- Helps blood circulation
- Is a natural anti-inflammatory
- Improves the articular function
- Strengthens the body and calms the mind down







Backed by a hundred years of experience in mud hydrotherapy, studies carried out by the Pietro d'Abano Thermal Research Center, and our European patented mature mud, we have redefined the classical thermal treatment for the modern age, preparing a series of treatments for you that will reinvent and customize your spa experience!



THERMAL TREATMENTS

€

Tonic shower and thermal bath 20,00

The treatment starts with a jet of fresh thermal water on the legs and then the whole body is massaged by a warm spa shower with invigorating and lymphatic drainage effects. Afterwards, you are immersed in a bath of pure, unfiltered and untreated thermal water. The thermal water has a relaxing, analgesic and tension-relieving effect on the muscles. A brief bath in pure thermal water is generally enough to provide a feeling of relaxed well-being.

Ozone bath 7,00

**Increase the healing effects of your thermal bath through the use of ozone.**

The addition of the delicate ozone hydromassage to the balneotherapy session will multiply its effects, allowing greater venous and lymphatic oxygenation of the tissues. The healing effects of ozone therapy are: improved circulation and an antibacterial, antiviral and antifungal effect.

PHYTOtherapy 3,00

**Enrich your thermal bath with the power of medicinal plants used in the Benedictine tradition.**

In collaboration with our specialists in herbal medicine we have studied the use of medicinal plants in the Benedictine tradition and tested their combination with our thermal water.

In light of this research we offer a series of body infusions with which to enhance and enrich your thermal bath. You can customize your thermal bath by choosing the plant that best meets your individual quest for well-being.

- Rose:** relaxing
- Chamomile:** Calming and soothing
- Peppermint:** Invigorating and energizing

THERMAL TREATMENTS

€

Thermal Bio-Clay • Mature thermal mud 30,00

Our thermal bio-clay is made from mature mud extracted from the Lake Costa within the Euganean Hills Regional Park. It has been known for millennia for its healing properties. This is because applying thermal bio-clay is the most effective way to release and transmit the healing force of our thermal water to the body. It is **a 100% natural mud** which remains immersed in our thermal water at a temperature of about 38 degrees for at least sixty days. This "maturation" period generates an organic biofilm of extraordinary anti-inflammatory strength. The mud is applied directly to the skin and left for about 15 minutes at a temperature ranging between 37 °C and 42 °C. The treatment finishes with a tonic shower and a thermal bath.

Facial thermal Bio-Clay for sinusitis 20,00

Particularly suitable for those suffering from headaches that are resistant to pharmacological treatments or derive from stress. It is also indicated for those suffering from chronic rhinitis and sinusitis which are difficult to treat with medicine.

Thermal Bio-Clay for special dermatological use

For psoriasis, atopic dermatitis, atopic dermatitis, seborrheic dermatitis, severe / mild acne. Our dermatologist has been studying the effect of thermal mud on the skin for more than 10 years. There are several studies that certify the effectiveness of the thermal mud and water of Abano on certain skin diseases. We have started a study in collaboration with the University of Milan.

Partial (head or hands or feet): 20,00

Full body 30,00

Thermal Bio-Clay for hands or feet 20,00



#### THE STAGES OF MUD THERAPY

- 1. Compulsory medical examination for admission to the treatments.**
- 2. Scrub:** the scrub prepares the skin for the thermal treatments, it deeply cleanses the skin, allowing the minerals and the healing properties to penetrate better and enter the body.
- 3. Application of mud:** the mud is applied directly to the skin at a temperature between 38° C and 42° C for a period of time that varies from 15 to 20 minutes.
- 4. Bath in hot spring water:** after the mud has been removed the guest is washed with a hot shower and then immersed in a hot spring bath at a temperature of 36-38°C. for about 8-15 minutes.
- 5. Sudoral reaction:** the guest then relaxes for around 30-60 minutes, for the sweating phase of the treatment, which completes the biological effects of the mud therapy.
- 6. Massage:** the treatment is concluded with a massage that reactivates cutaneous circulation.

#### MEDICAL EXAMINATION

Compulsory medical examination for admission to the treatments	32,00
--	-------

#### INHALATION THERAPIES

Thermal inhalation • aerosol 10,00  
**They take place on the 1st floor of the Hotel at the TEA ROSE Spa.**  
 For its particular composition (salt, bromine and iodine) the thermal water purifies the respiratory apparatus (pharynx, larynx, bronchus, sinuses): a cycle of treatments with thermal water is enough to obtain an intense mucolytic and decongestant action. Inhalation therapy is also indicated for children. The most common pathologies are: rhinitis, pharyngitis, laryngitis, sinusitis, chronic catarrhal ear infections and chronic bronchitis.

Micronized nasal rinsing 10,00  
 The treatment involves washing the nasal cavity with a light flow of atomized mineral water at a constant temperature. The micronized nasal shower is very effective in the prevention and treatment of sinusitis, useful for mucous congestion in the case of chronic respiratory diseases and ideal for purifying the upper airways in smokers.

*From March 2018 a new inhalation equipment.*



#### INHALATION THERAPIES

Inhalation thermal therapies are used and recognized by the healthcare system for their effectiveness in the treatment of respiratory diseases and in the prevention of relapses. In summary, inhalation therapies allow pursuing a large number of therapeutic objectives, namely:

- Antiseptic action
- Stimulating action on the ciliary body
- Secretion fluidization
- Normalization of respiratory mucus characteristics
- Anti-inflammatory activity
- Reduction of the pathogenic microbial component

#### TREATABLE DISEASES

Inhalations and aerosols based on thermal water are effective against:

- Chronic bronchitis, either simple or accompanied by an obstructive component (except from asthma and emphysema)
- Vasomotor rhinopathy (rhinitis)
- Chronic pharyngolaryngitis
- Chronic sinusitis or chronic rhinosinusitis syndrome
- Chronic rhinosinusitis-bronchial syndromes
- Tonsillary hypertrophy and adenoid hypertrophy
- Tubal stenosis
- Chronic otitis catarrhal media
- Chronic purulent otitis media

And moreover:

- Moisturizes the skin
- Gives relief in case of allergies
- Improves the state of the respiratory system

 100% Thermal Water - 100% Health

PHYTO THERMAL TREATMENTS

€

PHYTO thermal Bio-Clay  
In a world where so much is synthetic and artificial, our thermal bio-clay truly stands out for **being natural**. It is precisely to nature and our history and traditions that we looked to innovate this successful product.  
Aware that only natural ingredients could be added to our bio-clay without compromising it leads us to study phytotherapy, in particular that developed using the herbs found in the Regional Park of the Euganean Hills. We have developed a series of treatments that combine the millenary strength of our thermal bio-clay with the healing properties of medicinal herbs used in the great Benedictine tradition.

Detox mud with nettles from the Euganean Hills® 37,00  
(Hot phyto Bio-Clay)

The application of hot Detox bio-clay enriched with **nettle extracts** from the Euganean Hills combines the drainage effects of mature thermal mud with those of detoxifying plants. The detox bio-clay compress has detoxifying and purifying properties.

PHYTO THERMAL TREATMENTS

€

Tonic mud with sage® 37,00  
(Warm phyto Bio-Clay)

The application of our warm Detox bio-clay enriched with **Sage** is a powerful natural stimulant for the body. It is recommended in cases of lack of tonicity, fatigue, dizziness and hypotension. The application of mud is followed by a thermal bath.

Drainage mud with horse chestnut® 37,00  
(Cold phyto Bio-Clay)

Cold mature thermal mud enriched with **Horse Chestnut** flowers from the Euganean Hills. Cold mud with horse chestnut enhances blood circulation, and aids in alleviating swollen legs, edemas, ecchymosis and night cramps. For those suffering from rheumatic conditions, it is useful to counteract sudden temperature changes (hot or cold). The application is followed by a brief “tonic” shower with thermal water.

PHYTO THERMAL TREATMENTS

€

Anticellulite algae thermal Bio-Clay 37,00  
Anticellulite thermal bio-clay is composed of natural mud with added algae that are gathered in the seabed and treated following procedures that maintain intact their properties, such as the mineral salts, which can boost the ion-osmotic exchange and activate fat cell metabolism. The mud activates circulation and microcirculation; for this reason it is used to alleviate water retention, cellulite and varicose veins. This treatment is followed by a brief “tonic” shower with thermal water.



BODY MESSAGES

€

Therapeutic thermal massage  
Combined with the action of our bio-clay, our therapeutic thermal massage programs are designed to improve blood circulation to the skin, promote the elimination of metabolic waste, restore limb mobility, resolve muscular tension and tone the muscles. These massages are reserved for guests who choose an “acqua salute” program and the daily repetition, along with the use of bio-clay, constitutes a fundamental element of our thermal revitalization method.

(25 min.) 27,00  
(55 min.) 50,00

Physiotherapy 30,00  
(25 min.)

Physiotherapy with active and passive exercises is an opportunity to regain full functionality of your body. Our innovation is to perform physiotherapy treatments in thermal water. The healing properties, the heat and support of our thermal water amplify and make the physiotherapy sessions we offer unique.

Dead Sea salt scrub 40,00  
(25 min.)

For skin which is thickened and demineralized and/or for localized build-ups and water retention. It is naturally exfoliating, toning, lymph draining, oxygenating and anticellulite.

3 treatment package

THERMAE BASIC

1 Medical examination  
3 Mud treatments  
3 Baths with ozone  
3 Massages of **25 min.**

THERMAE COMFORT

BEST  
DEAL

1 Medical examination  
3 Mud treatments  
3 Baths with ozone  
3 Massages of **55 min.**

THERMAE DELUXE

1 Medical examination  
3 Mud treatments  
3 Baths with ozone and phytotherapy  
3 Massages of **55 min.**  
1 Peeling with salt

Price per person

**233,00 €**

**293,00 €**

**342,00 €**

6 treatment package

THERMAE BASIC

1 Medical examination  
6 Mud treatments  
6 Baths with ozone  
6 Massages of **25 min.**  
1 Peeling with salt

**GRATIS: 3 Inhalations**

THERMAE COMFORT

BEST  
DEAL

1 Medical examination  
6 Mud treatments  
6 Baths with ozone  
6 Massages of **55 min.**  
1 Peeling with salt

**GRATIS: 3 Inhalations**

THERMAE DE LUXE

1 Medical examination  
6 Mud treatments  
6 Baths with ozone and phytotherapy  
6 Massages of **55 min.**  
1 Peeling with salt

**GRATIS: 3 Inhalations**

Price per person

**474,00 €**

**594,00 €**

**612,00 €**

10 treatment package

THERMAE BASIC

10 Mud treatments  
10 Baths with ozone  
10 Massages of **25 min.**  
1 Peeling with salt

**GRATIS:**  
**1 Medical examination,**  
**3 inhalations**

THERMAE COMFORT

BEST  
DEAL

10 Mud treatments  
10 Baths with ozone  
10 Massages of **55 min.**  
1 Peeling with salt

**GRATIS:**  
**1 Medical examination,**  
**3 inhalations**

THERMAE DELUXE

10 Mud treatments  
10 Baths with ozone and phytotherapy  
10 Massages of **55 min.**  
1 Peeling with salt  
1 Physiotherapy in thermal water

**GRATIS:**  
**1 Medical examination,**  
**5 inhalations**

Price per person

**710,00 €**

**910,00 €**

**975,00 €**

12 treatment package

THERMAE BASIC

12 Mud treatments  
12 Baths with ozone  
12 Massages of **25 min.**

**GRATIS: 1 Medical**  
**examination, 3 inhalations,**  
**1 peeling with salt**

THERMAE COMFORT

BEST  
DEAL

12 Mud treatments  
12 Baths with ozone  
12 Massages of **55 min.**

**GRATIS: 1 Medical**  
**examination, 3 inhalations,**  
**1 peeling with salt**

THERMAE DE LUXE

12 Mud treatments  
12 Baths with ozone and phytotherapy  
12 Massages of **55 min.**  
1 Physiotherapy in thermal water

**GRATIS: 1 Medical**  
**examination, 5 inhalations,**  
**1 peeling with salt**

Price per person

**804,00 €**

**1.044,00 €**

**1.115,00 €**





#### CERTIFIED EXCELLENT QUALITY MUD

The **Euganean Thermal Baths** are the largest thermal spa in Europe, recognized internationally for the medical and preventive treatments performed with **hyperthermal waters and quality mud that is tested and patented**.

The curative efficiency is today demonstrated by numerous studies carried out by the **Centro Studi Termali Pietro d'Abano** (Pietro d'Abano Thermal Study Centre), an organization that, in cooperation with universities and other research institutions, aims **to preserve and disseminate the scientific and therapeutic validity** of the thermal treatments of the Euganean basin.

The Study Centre has shown that the active ingredients produced by the biological component of the thermal mud have an antiinflammatory effect that is equal to that of any relevant medication, but **without side effects**.

The intellectual property rights of these findings is guaranteed to the Centro Studi Termali Study Pietro d'Abano by **two patents: one Italian from 2009 (Patent No. 0001355006) and one extended at a European level in 2013 (patent No. 1571203)** as proof of the real and effective value of the thermal mud from the Euganean basin.



The thermal establishment “Hotel Mioni Pezzato” is supervised by Centro Studi Termali and University of Padua for the control of the maturation and quality of its mud.





Movement is an essential part of your path to regeneration!



MASSAGES AND MOTORIAL ACTIVITIES €

- Rehabilitation in thermal water (25 min.) 35,00
- Thanks to the specific chemical composition of the water and its temperature, immersion in the thermal pool allows an easy, gradual recovery of muscle exercise. Thanks to the support of our thermal water it is possible to safely perform otherwise challenging exercises, exerting only a small amount of effort to produce great benefits, thus achieving the best therapeutic results in a short period of time. You can learn various exercises with the help of a personal trainer. Exercises for the back, yoga, exercises to strengthen the muscles, etc.
- Individual Watsu (25 min.) 40,00
- This treatment uses the weightlessness of your body in the water to free your spinal vertebrae, mobilize the joints, and stretch muscles. The movements performed in harmony with your breathing help to naturally regenerate the body and mind that, combined with the hot water, help achieve a state of well-being and relaxation with an anti-stress effect.
- Analgesic electrotherapy • Ultrasound • Ionophoresis (25 min.) 20,00

MASSAGES AND MOTORIAL ACTIVITIES €

- Water gym Free
- Take the opportunity to work out in our thermal water. Every day **in the morning**, depending on the weather, our professionals are available in the outdoor “Rose Pavilion” or the indoor “La Veranda” pool, to coordinate your group workout!
- A stroll a day keeps the doctor away Free
- The **most important thing is to exercise whether on foot or by bike**. We have designed for you different routes for all ages and fitness levels. The staff at reception are at your disposal for further information.
- “Garden streams” kneipp path Free
- At the center, of the “Garden streams” course we have created a path on which to walk slowly against the current in our thermal water. Each lap walking against the current in hot water is alternated with an immersion in the adjacent cold-water basin. The hydrotherapy function is based on thermal and mechanical effects. The nervous system carries the perceived stimuli into the body through the skin, thus stimulating the immune system, influencing gastric and hormonal secretion and reinforcing the cardiovascular system. Heat calms and soothes the body, slowing down the activity of internal organs. The cold temperature, on the other hand, is stimulating and invigorating, increasing internal activity. Alternating hot and cold decreases stress and stimulates the body and mind.
- Personal trainer (25 min.) 30,00
- You can learn exercises with the help of a personal trainer. Exercises for the back, yoga, exercises to strengthen the muscles, etc.
- Swimming lesson (25 min.) 30,00



BODY MESSAGES

€

Customized massage

In massage, as in life, every person has their own special preferences. These massotherapy treatments **can be personalized**, making each and every massage unique! You can choose between a muscle relaxing massage focusing on a particular part of the body you want to take care of, or a relaxing massage to preserve and improve your psychophysical well-being, easing tensions and reducing fatigue. The depth and intensity of the massage are also up to you.

Easy (25 min.)	34,00
Superior (55 min.)	60,00

Lymphatic drainage

Manual lymphatic drainage, developed and applied by Danish physician Emil Vodder, is internationally recognized as the most effective method against edemas, lymphatic stasis, headaches, dark circles, and in general all swellings caused by inadequate system drainage. The application of delicate and precise pressure triggers a manual pumping activity, facilitating the movement of fluids in the connective tissue and also stimulating the immune system.

Facial lymphatic drainage (25 min.)	34,00
Leg lymphatic drainage (40 min.)	46,00
Total body lymphatic drainage (55 min.)	62,00

BODY MESSAGES

€

Back&Neck massage

Maximum tension relief, specifically for the back and neck. Deep, intense massage with an anti-stress action. Particularly suitable for tension and stiffness of the back, shoulders, and neck. A specific manual procedure is used that acts on the entire dorsal muscle fascia, also facilitating the removal of any stiffness that negatively affects posture.

(25 min.)	38,00
(40 min.)	48,00

Head / scalp massage

The head is an area full of nerve endings and, despite its lack of muscle, the pleasure derived from a head massage is known to all. According to an oriental perspective, the head is the control area and the coordination point of the psychosomatic whole, therefore a head massage contributes to the relaxation of the mind, body and spirit. It calms the central nervous system, the concentration point of the reflexology lines.

(25 min.)	38,00
(40 min.)	48,00

BODY MESSAGES

€

Reflexology (25 min.)	36,00
--------------------------	-------

There are reflexes of our internal organs on the soles of the feet. Through reflexology massage it is possible to sense any blockages and disharmonies, which we will bring into harmony by activating the body's capacity to heal itself.

Back&Neck + Reflexology (50 min.)	68,00
--------------------------------------	-------

Back&Neck + Head (50 min.)	68,00
-------------------------------	-------

Anti-Cellulitis massage (25 min.)	37,00
(50 min.)	64,00





THERMAL RITUALS

€

- Thermal rituals  
Rituals that can be booked at the spa or at reception, which are for self-application in our thermal BIOCALIDARIUM at the “Rifugio della Quiete” (Shelter of Peace). (6 persons can take part at one time).
- Argill’ami® 12,00  
Application of natural mud enriched with essential oil for the respiratory system and skin.
- Insapon’ami® 12,00  
Application of soap foam with natural linen glove.
- Scrub’ami® 12,00  
Almond and/or ginger scrub applied on the whole body or part of it (feet).

BODY MESSAGES

€

- Craniosacral Therapy 70,00  
(50 min.)  
CST is a real and proper re-education of the cranial movement. This massage is indicated for the cure of all head related ailments (migraine, headache, nervous and mental problems), ailments related to the eyes, nose, throat, ears and neck. Its purpose is to relax the face and muscle tension caused by stress and a long habit of incorrect posture (for example sitting at the computer). If it is practiced regularly in a dedicated course of treatments, it also helps to detoxify and improve eyesight and memory.
- Hot Stone massage 70,00  
(50 min.)  
A path of hot lava stones placed on the Chakra points radiate warm energy vibrations, easing tension in body and mind. Hot stone massage is an ancient oriental technique based on energy therapy, to regain harmony and psycho-physical well-being. Hot Stone Massage combines the power of the stones with that of the ayurvedic massage: slow enveloping movements that relax and calm, easing tension in body and mind, with an extraordinary harmonizing and rebalancing effect. Body and soul stop being separate entities and flow together in a magnificent moment of absolute relaxation. With Hot Stone Massage you will enjoy a sublime moment that breaks the daily routine, an age-old treatment to help you find an oasis of tranquility.
- Regenerating body treatment 65,00  
Regenerating - (50 min.)  
A very relaxing and regenerating massage that follows the movements of “waves”. A light body fluid with mandarin essential oil is applied. Mandarin essential oil relaxes, calms the mind and helps to rest.

BODY MESSAGES

€

- Savonnage 60,00  
(50 min.)  
Savonnage or “soaping” is a very complete and detoxifying treatment for the whole body. It starts with a soaping and scrub of the body using natural vegetable soap and a linen glove and follows with a massage using the soap lather, which is then rinsed off (while on the couch using warm flannels, without a shower), and is followed by a draining massage with bundles that contain river pebbles and an energetic moisturizing massage with Argan oil.
- Aromatherapy massage  
An aromatherapy massage combines the natural therapeutic properties of essential oils with the healing power of touch. The treatment is personalized: we offer a choice of 5 different essential oils. This massage not only has powerful physical, emotional, and mental effects, but it is also a great relaxing and regenerating experience. The benefits of an aromatherapy massage affect a wide range of health conditions on a nervous, circulatory, lymphatic, immune, and muscular level. This is a pleasant way to achieve general physical well-being but also mental clarity, overall relaxation, stress-relief, and it alleviates headaches. Furthermore, it can strengthen the body and help it during the healing process, while also encouraging the immune system to remain fully functional, and fights infections.
- (25 min.) 36,00  
(55 min.) 62,00



ORIENTAL MESSAGES

€

Deep Tissue Massage 70,00  
Indonesian massage (50 min.)

A totally unexpected massage, never presented before in the world of Wellness, which focuses a great deal on the back, working on the deep muscular structures of the dorsal, lumbar, and sacral areas. From the Thai school, the massage is enhanced through stretching movements for the joints, and from Chinese finger pressure. From the teachings of the Ayurvedic school, it draws on the maneuvers that follow the lines of the energy meridians.

Bamboo massage 70,00  
(50 min.)

The synergy of bamboo sticks (which vary in diameter and length) and warm essential oil, is the secret of the extraordinary effectiveness of the Bamboo Massage. This oriental technique is used to combat cellulite and model the tissues. The extremely gentle movements allow the drainage and even flow of lymphatic liquid. Following the application of a herb based oil, the massage has a sculpting and lifting effect on the body and face, through the stimulation of particular zones on the soles of the feet and the palms of the hands. With rolling and sliding maneuvers, following the contours of the body along the muscle groups, the blood circulation and the lymphatic circulation are stimulated.

ORIENTAL MESSAGES

€

Tibetan Bowl Massage 70,00  
Relaxing - (55 min.)

The Tibetan bowl massage can be considered an overall relaxing treatment. It is mostly a manual massage, inspired by Ayurvedic medicine. This massage is best recommended for those suffering from insomnia, stress or hyperactivity. The Tibetan bowl massage helps you to achieve a calm and positive mindset. Thanks to the vibrations emitted by the bowls, your mind is clearer and more awake, sleep is more balanced, energy flows better, your intelligence level increases, and your brain becomes more active. This massage releases blocked energy that is created by stressful and difficult situations. As is well-known, these can then generate mental and physical imbalances, which can also be serious.



ORIENTAL MESSAGES

€

Warm Herb Bundle Massage 75,00  
Relaxing and anti-inflammatory - Promotes sleep - (55 min.)

This bundle massage is an Ayurvedic massage. It is an holistic treatment performed with warm bundles filled with a mix of herbs that helps contracted muscles relax, while the active ingredients released by the medicinal herbs contained in the bundles have both a relaxing and an anti-inflammatory effect. It relaxes your muscles and your mind.



ORIENTAL MESSAGES

€

“Sleep Well” Massage 75,00  
Relaxing - Promotes sleep - (55 min.)

Our current lifestyles often affect the quality of our sleep. For many, this is actual insomnia. Sleep is essential for your health and for activating all the processes of self-healing for your organism. The “Sleep Well” massage can help you relax and calm your mind and body. The movements performed are slow, repetitive, and almost hypnotic. Your brain “takes a break”, helping you achieve a better quality of sleep.

ORIENTAL MASSAGES

€

Shea Butter 65,00  
(50 min.)

Restorative, moisturizing, and elasticizing treatment. Indications and use: For the treatment of dehydrated, scaly, dry skin. Prepares skin for tanning and rehydrates it after exposure to sunlight and UV rays. Features: deeply moisturizes, regenerates, softens, elasticizes, and restores, as well as being an anti-aging treatment.

Thai stretching 70,00  
(50 min.)

This special treatment, whose origin lies in the combination of Indian and Chinese traditions, merges relaxing and stretching actions that restore the original balance of the body. Pure wellness!

Ayurveda massage 70,00  
(50 min.)

The Ayurvedic massage combines traditional massage with the Ayurvedic know-how. It is a great moment of wellbeing: to relax and unknot the muscles, to improve blood and lymphatic circulation, to reduce nervous tension. During the massage, points of energy called Marma the elements which form our body (Air, Water and Fire) are stimulated and rebalanced in order to increase our PRANA (vital breath in Sanskrit). Ayurveda in Sanskrit means "Science of life".

MASSAGGI ORIENTALI

€

Shiatsu massage 70,00  
(50 min.)

It is an old technique of Japanese massage which consists in putting carefully proportioned pressure on specific points of the body. The effect aims at eliminating pain, cramps, rigidity and phenomena caused by a sedentary life and stress.

Shirodhara (25 min.)

**Only in combination with Ayurvedic and Kerala massages.**

In Sanskrit « Shir » means head and « Dhara » flow: in fact Shirodhara is the slow constant pouring of a thin stream of warm oil on to the chakra, a focal point of our forehead or "third eye" according to the ayurvedic philosophy. Shirodhara is an extraordinary wellness treatment, that deeply relaxes, improves sense perception, alleviates stress, concentration difficulties, insomnia and anxiety. It helps improve eyesight, boost hair growth, improve circulation and therefore detoxification.

Massaggio Ayurveda + Shirodhara 90,00  
(75 min.)

Kerala face massage 50,00  
(25 min.)

This special treatment is inspired by Ayurvedic massage and it helps to relax the face contractions caused by stress and incorrect positions. The reactivation of the energy points induces a deep skin oxygenation with a detoxifying and stimulating effect, which makes the skin more receptive to specific treatments. The muscles of the face relax themselves and the skin distends itself, recovering luminosity and compactness.

Kerala + Shirodhara 80,00  
(50 min.)



acquaBEAUTY



## H<sub>2</sub>O THERMAL COSMETICS®

### Exclusively at the Hotel Mioni Pezzato & SPA

#### Wellness spa for the face and body.

The major component of this line of cosmetics is our thermal water. The water of Abano, although little known for its dermatological use, is very useful for the skin. Our exclusive line of treatments uses active natural vegetable and thermal ingredients.

### FACE TREATMENTS

€

Thermal Anti-Stress treatment 65,00

#### Antistress - (50 min.)

Anti-stress and nutritional facial treatment. The treatment starts with a gentle scrub of the face and back. It continues with the application of a soothing mask. While the mask is in place the scalp is massaged. The treatment finishes with a relaxing facial massage with a lemon moisturizing cream.

Ultimate Age-Defying facial 65,00

#### Anti-aging - (50 min.)

This treatment deeply nourishes and moisturizes the skin, awakens the natural skin healing energies, increases its firmness and elasticity and reduces the appearance of wrinkles.





FACE TREATMENTS

€

Intensive anti-ageing treatment - Empress's treatment 68,00  
**Anti-ageing and anti-wrinkle - (50 min.)**

This anti-ageing and facelift treatment intended for mature skins includes a facial and décolleté cleansing, a very special anti-ageing massage inspired by the Japanese "Kobido" method, and the application of a mask and of anti-ageing rose-based cream. The facial massage includes a "Zen" phase, a circulatory activation phase and a tension-relieving and facelift massage phase.

Regenerating and revitalising thermal treatment 65,00  
**Regenerating and illuminating - (50 min.)**

For dull, fatigued, polluted and stressed skins. This intensive treatment includes facial and décolleté cleansing, cinnamon peeling cream, eyebrow correction, dynamic lymph stimulating massage, illuminating gel mask and active facial massage.

Soothing spa treatment 65,00  
**Soothing and repairing - (50 min.)**

For sensitive skins that have been exposed to the effect of atmospheric conditions or pollution. This treatment includes a facial and décolleté cleansing, an enzymatic scrub, a facial massage with jade spheres, a soothing calendula and chamomile mask, and a relaxing massage with finger pressures.

Intensive facial moisturising spa treatment 65,00  
**Moisturizing intensive - (50 min.)**

For dry or very dry skins. This treatment begins with a cleansing, followed by a skin re-activation massage and then by the application of a very moisturising mask with Hyaluronic acid, and ends with a relaxing and facelift facial massage.

FACE TREATMENTS

€

Detox facial 65,00  
**Purifying facial / glowing skin treatment - (50 min.)**

The treatment consists of a light cleansing, a thermal mud mask and the application of a cream rich in plant extracts that makes the skin glowing and radiant. It is an ideal treatment to purify, oxygenate, tone and revitalize the skin. This facial experience will be enhanced with a drainage and relaxing facial massage.

Thermal eye zone treatment 40,00  
**Eye special - (25 min.)**

A treatment for the delicate eye area, relaxing tired or stressed eyes. This treatment will restore tone and elasticity, remove tension, and reduce bags, dark circles and fine aging lines around the eyes.

Thermal hydrating facial treatment 65,00  
**Moisturizing - (50 min.)**

The skin is first purified and then nourished. The aim is to moisturize and tone the skin, restoring its elasticity and sheen. It could be called a "natural face-lift".





BODY TREATMENTS	€
Thermal treatment against cellulite <b>Anticellulite - (50 min.)</b> The treatment starts with a gentle exfoliation and continues with a body compress containing a blend of thermal water, Ivy, Lemon, Cinnamon, Coffee, Horse Chestnut and Basil. This compress stimulates the lymphatic system to help it dissolve accumulated toxins. The mask is followed by a gentle massage with a wooden brush and a tonic-drainage, anticellulite massage. We use a cream made of thermal water, Ivy, Green Tea, Green Coffee, Horse Chestnut and Pepper. While the mask is in place, we offer a light scalp massage.	65,00
Detoxifying thermal treatment <b>Detoxifying body - (50 min.)</b> Highly detoxifying treatment: It starts with a body massage with natural brushes and natural soap that will leave your skin soft and clean; it continues with a body mask and finishes with an energizing drainage massage for a complete relaxation. While the mask is in place, we offer a light scalp or hand massage.	65,00

BODY TREATMENTS	€
Moisturizing thermal body boost treatment <b>Moisturizing body treatment - (50 min.)</b> This treatment starts with a gentle purifying thermal scrub. A moisturizing body compress is applied afterwards. While the compress is in place we offer a light scalp massage. This regenerative treatment is extremely useful for undernourished, dry and marked skin. The treatment finishes with a relaxing lemon cream / shea butter massage. <b>This treatment is available with or without a body compress.</b>	65,00
Thermal body structure treatment <b>Decontracting treatment - (50 min.)</b> Designed to provide immediate relief to those suffering from muscle contractures. The treatment consists of a warming natural thermal bio-clay compress and a deep massage on the contracted areas of the legs (calves), back and neck.	65,00
Thermal foot massage <b>Foot massage - (25 min.)</b> This treatment starts with a gentle almond & ginger foot scrub. It is followed by a massage with moisturizing lemon cream or tension-relieving arnica. The result is very relaxing, aids circulation and reduces swelling of the feet.	38,00



**SALIN DE BIOSEL®**

The identity of the SALIN de BIOSEL® Brand is based on a series of original elements, which also represent its Strong Points.

1. A highly original philosophy (harmonization of the principles of Chinese Pharmacopoeia with the principles of Western Homeopathy).
2. An exclusive production process, “Bioséquentielle Formulas”, roots - bark - leaves - flowers, to transfer all the unaltered vitality of the plant world to the skin.
3. “Safe” raw materials whose origin, provenance and producer are known (Traceability).
4. Clear and comprehensive information on the action and effects of the products, and the origin and role of each raw material used.
5. The creation of Treatments for the specific needs and/or characteristics of our SPA Clients.
6. The absence, in all SALIN de BIOSEL products, of the following ingredients:
  - Paraben-based preservatives
  - Propylene glycol
  - Mineral oils
  - Paraffin (isoparaffin) or substances derived from petroleum
  - Chemical colouring
  - Animal-derived products
  - Animal-tested ingredients
  - Genetically modified organisms (GMOs)

**FACE TREATMENTS**

€

Renaissance anti-age face and eye area (50 min.) 90,00

Grape polyphenols, Selenium, Vitamin E and a synergy of revitalizing plants are the raw materials provided by nature for nothing less than a “renaissance” of the skin’s cells. An energetic micro-massage” completes this wonderful anti-age treatment that will restore a youthful appearance to the face, soften the skin and smooth wrinkles and expression lines.

Feng shui anti-fatigue radiant face (50 min.) 90,00

Slow, deep oligomineral drainage to eliminate fatigue and relieve stress: a Yin and Yang regulating micro-massage to boost the skin’s energy reserves and an oceanic mask to smooth the lineaments and reveal a visibly compact, radiant skin.

Yin calm couperose and redness (50 min.) 90,00

Oligoelements to calm the excess heat of Yang fire energy and relieve tension and redness; vegetable synergies moisturize and reduce visibly dilated capillaries; a specially created cream that softens the skin and restores uniform luminosity to face, neck and décolleté.

Soin fonction Osmo Lymphe (50 min.) 90,00

Drains the lymph and eliminates fluid retention and toxins. Eliminates free radicals and toxins, promotes lymphatic circulation, and reduces water retention. A treatment for those with puffy faces in the morning or puffy eyes and circles in the evening or for impure skin with blemishes.





FACE TREATMENTS

€

Energetic vitality anti-age (50 min.) 90,00

Intense moisturizing treatment, anti-wrinkle, and revitalizing. It uses bamboo bark to eliminate signs of fatigue, grape polyphenols to smooth out wrinkles and relax facial features , and ocean seaweed and vegetable proteins for a perfect moisturizing effect on the skin while restoring suppleness. Thanks to precious vitamins, the area around the eyes prone to premature aging will be lightened and revitalized. This will give a more seductive and alluring look that will highlight the charm of a face marked by passing years.

Yin actif lift (50 min.) 90,00

The phyto-mineral synergy used in this extraordinary treatment prepares the skin's fibre for an exclusive Biodynamic "lifting" massage technique that reshapes the contours of the face and reveals a compact, visibly rejuvenated skin.

Biosel Express (25 min.) 40,00

This treatment is the opportunity to appreciate the pleasure of taking care of yourself. It is a unique facial treatment that is full of energetic plant nutrients. When nature merges with skin, as if by magic , your face will reveal an incredible luminosity and beauty.

FACE TREATMENTS - SPECIAL MAN

€

Business skin (50 min.) 85,00

An anti-stress treatment to "rest and relax" the skin. Draining oligoelements to eliminate the heaviness and skin tension also responsible for double chins. A mask comprising a synergy of lightening plants to reduce redness and the lifeless skin caused by the frantic rhythm of working life. Vitamins to reduce the micro-blemishes caused by stress. The face immediately appears more relaxed and serene and the skin more luminous.



DETOX FACE / BODY CARE

When the cells reach the climax of their energy and activity, their nutrition and elimination function takes place harmoniously, but as soon as their energy and vitality fade away, the regeneration processes cannot take place in the proper way and organic waste substances, usually referred to as "toxins", begin to accumulate within the tissues. Toxins can accumulate in the human body because the excretory organs (i.e. kidneys, skin and lungs) have failed to eliminate them. Stress and sedentary lifestyle encourage their presence. These treatments include the application of bio-energetic massages with plant and mineral extracts, body windings with detoxifying plant extracts, Dead Sea salts and invigorating oils. **This program of 5 treatments helps to eliminate the toxins in the body and skin.**

DETOX FACE / BODY CARE

€

Sensorial Balance (60 min.) 90,00

**Helps eliminate stress and rebalance the sensory system:** begins with a body scrub with Dead Sea salt, immediately afterwards there will be a light facial scrub with minerals accompanied by an energetic micro / energetic facial massage with jojoba, ending with a draining massage of the whole body with extracts of bamboo leaf.

Detox Activ (60 min.) 90,00

**Activates regeneration to increase the release of toxins and free radicals:** this treatment starts with facial cleansing and a complete anti-aging massage. Then a mango-based product is applied to the body with a draining / regenerating manual, the treatment ends with 2 moxas that heat up the entire dorsal area, thus relaxing all the muscular contractions.

DETOX FACE / BODY CARE

€

Detox Drain (60 min.) 90,00

**Drains liquids and promotes the elimination of toxins:** this treatment consists of a first energetic draining body massage with vanilla oil, a dorsal purifying massage with oceanic algae follows. The treatment continues with a draining yin bandage based on pineapple and lemon extracts. During this pose there will be a light scrub with extremely nutritious olive oil all over your face.

Sensorial Vitality (60 min.) 90,00

**Restores vitality to the skin and dynamism to the body:** this treatment prepares the body with a vitalizing massage with cinnamon oil and then continues on the face with a delicate aloe scrub. Afterwards we will apply a face mask with extracts of mistletoe and lettuce to give the skin elasticity and vitality.

Detox Oxygen (60 min.) 90,00

**Brings oxygen to the skin for greater tissue regeneration:** effective treatment that regenerates the body. It begins with a facial cleansing and a micro-facial massage with a purifying serum with Provençal lavender flowers, then a mud based on rosemary and lemon will be applied to the body. It stimulates the lymphatic system of the body and detoxifies the skin in depth.



**BODY TREATMENTS** €

Soin écosystème intense bronzing 70,00  
(50 min.)

Body scrub with a soft, delicate texture, also suitable for the most sensitive and reactive skin. Particularly useful for removing dead skin, making your skin smooth and radiant. A massage with bamboo milk, rich in silicon, completes the treatment. Ideal during summer, to make your tan uniform.

Biosel cellulite Earth energy 85,00  
**End stage, sclerotic cellulite - (50 min.)**

This energetic bi-polarized Yang regenerating and Yin draining treatment activates the lipo producers in caffeine, papaya and pineapple to eliminate adipose layers and compact, orange peel-effect sclerotic cellulite. Circulation and drainage improve rapidly, and the more compact skin reveals a visibly slimmer figure.

Biosel cellulite Water energy 85,00  
**Early stage edematous cellulite - (50 min.)**

This super-moisturizing Yin treatment eliminates water retention and edematous cellulite with orange peel effect on all parts of the body. Finely micronized Brittany seaweed, Dead Sea magnesium salts and energetic draining massages are the most effective ways to regain a silhouette with perfect contours right from the first applications.

Biosel cellulite Woods energy 85,00  
**Evolutionary phase fibrous cellulite - (50 min.)**

This super-regenerating, slimming Yang treatment activates the elimination of adipose tissue and fibrous cellulite, especially on the stomach, buttocks and thighs. Extracts of ginger, ivy and cinnamon bark, combined with a deep, energetic massage, visibly and thoroughly reshape the body.

**BODY TREATMENTS** €

Biosel flat stomach 70,00  
(50 min.)

Particularly pleasant treatment of contrasting energies, applied with a slow, deep Yin massage of the stomach to eliminate intestinal tension and rapidly reduce the feeling of abdominal bloating. An application of dynamizing and draining Yang plant extracts revitalizes and refines the figure; the body regains a harmonious beauty.

Energetic breast and arm firming 70,00  
(50 min.)

This very special treatment is based on complete drainage of all the upper part of the body. Breasts are lightened, contoured and firmed by a series of applications of plant and seaweed masks. The inner arms are toned by a dynamizing massage, and the bust regains its well-proportioned contour and lightness.

Energetic body firming 85,00  
(50 min.)

A Yin treatment to stimulate and boost collagen and elastic fibers and tone the entire body. Aquatic plants applied to the skin release their energy and stimulate energy circulation. Each muscle is modeled, sculpted, and shaped using butter extracted from fruit, redefining the contours of your silhouette.

Biosel light feet and legs 75,00  
(50 min.)

This treatment improves lymphatic circulation and relieves heavy and swollen legs, feet, and ankles. A gentle massage using finger pressure and an energizing gel on the soles of the feet reduce tension. A toning, draining massage of the legs and a cryo-Yin bandage rap on the soles of the feet eliminate fatigue, giving an immediate feeling of lightness. The legs are remodeled, the moisturized skin is softer.

**BODY TREATMENTS** €

Biosel signature 120,00  
(90 min.)

1. Body scrub using Dead Sea salts mixed with an extra nourishing balm to give the skin a stratum corneum that is perfectly cleansed, leaving the skin refreshed and silky to the touch
2. A shower using a natural bio-gel with a coconut-based surfactant, to avoid altering the ph balance
3. A draining, energetic massage using a yang oil that is very rich in cinnamon and vitalizing plants
4. A gentle facial cleansing using Bamboo bark rich in selenium and silicon
5. A yin-yang massage for the face using a refreshing milk rich in apple and lemon. To finish, a cranial pressure massage using soothing oil rich in lemon bark

**HANDS TREATMENT** €

Biosel Soin hand repair 40,00  
(25 min.)

This treatment repairs the micro-alterations of the skin surface of the hands, making them softer and protecting them. A gentle exfoliation with Bamboo renews the skin and lightens skin spots. A massage with a Tamanù fruit cream repairs, drains, and tapers fingers. A grape polyphenol mask makes your hands visibly rejuvenated and healthy.

acquaBEAUTY®

ESTHETIC

ESTHETIC FACE TREATMENTS	€	ESTHETIC BODY TREATMENTS	€
Facial cleansing (50 min.)	55,00	Anticellulite bandage with pressotherapy (25 min.)	50,00
Facial cleansing is the classic basic treatment for maintaining the correct function of the skin and prepare it for beauty and/or medial treatments to prevent or alleviate the most common skin problems.		Draining and firming bandage with pressotherapy (25 min.)	50,00
		Pressotherapy (25 min.)	30,00
		It is a technique of mechanical drainage obtained by massage involving compression and decompression. A special garment is placed around the body and is inflated with air to exert multiple pressures on the different parts of the body. Circulation is thus activated and toxins are better eliminated. This treatment is indicated for people who have certain problems of an aesthetic nature of the lower body, such as Cellulitis and heavy legs.	
		Pressotherapy package (5 times)	130,00



acquaBEAUTY®

ESTHETIC

ESTHETIC HANDS / FEET	€	DEPILATION	Starting from €
Manicure (25 min.)	30,00	Complete depilation	45,00
The best SPA service for hands and nails (cuticle removing, exfoliation, massage and moisturizing).		Complete leg and bikini depilation	40,00
Manicure + nail polish (35 min.)	40,00	Complete leg depilation	30,00
Pedicure (50 min.)	50,00	Half leg depilation	20,00
Classical pedicure (dead skin removal, nails, moisturizing).		Half leg and bikini depilation	30,00
Nail polish	15,00	Bikini depilation	15,00
UVA (Solarium)	14,00	Armpit depilation	15,00
3 UVA (3 x Solarium)	30,00	Bikini and armpit depilation	30,00
		Arm depilation	20,00
		Half leg, bikini and armpit depilation	35,00
		Upper lip depilation	10,00
		Eyebrow depilation	10,00
		Back and neck depilation	25,00
		Brasilian depilation	20,00







**Dr. Cristina Zambelli Franz:**

Dr. **Cristina Zambelli Franz**, a specialist in dermatology, is at your disposal to understand what wellness treatments are best suited to you and your skin type. She also provides specialist aesthetic medicine examinations and services.

MEDICAL EXAMINATIONS	€
Specialist dermatological examination Clinical diagnostic picture and prescription of a suitable therapy to solve any skin problem.	50,00
Tricological examination Diagnosis and therapeutic advice for hair and scalp disorders.	70,00
Mole mapping Careful and thorough examination of the entire body skin for early diagnosis of skin cancers, particularly melanoma.	70,00
Cryotherapy with liquid nitrogen Freezing and subsequent elimination of benign skin neoformations (seborrheic keratoses, solar lentigines or liver spots, common warts, etc.) through the application of liquid nitrogen (-196 ° C) using a special cryosurgery device.	50,00/100,00
Photodynamic therapy in daylight Treatment of skin precancerous lesions using a medicinal cream activated by sunlight exposure.	250,00
Dermotricological ionophoresis Treatment of skin disorders (e.g. rosacea, seborrheic dermatitis, etc.) and hair disorders (chronic female defluvium, burning scalp syndrome, etc.) through the transdermal administration of cosmetic and pharmacological active ingredients by ionophoresis.	50,00
Removal of skin tags Removal by thermal cautery knife of anaesthetic soft fibromas from neck, armpits, and groin.	60,00/120,00



MEDICAL EXAMINATIONS	€
Facial, neck and décolleté peeling Exfoliating treatment for acne-prone, asphyxiated, sun-damaged skins, to be performed in the autumn and winter months.	120,00
Filler with hyaluronic acid Depth reduction of face wrinkles, while increasing the turgor of the lips.	350,00
Biolifting with hyaluronic acid Lifting effect by hyaluronic acid with correction of small expressive wrinkles.	250,00
Face, neck or décolleté biostimulation Increased skin moisturising and turgor with superficial intradermal hyaluronic acid injections.	200,00
Scalp biostimulation Treatment of chronic female defluvium and scalp ageing by means of intradermal injections of polynucleotides, hyaluronic acid, vitamins, mineral salts, and amino acids.	200,00
Medical check Brief medical consultation.	20,00
Dressing Outpatient treatment of small wounds, abrasions, and ulcers.	15,00

OTHER	€
Change of bathrobe	2,00
Change of towel	1,00
Shoes for the pool	5,00
SPA bag	28,00



ALWAYS AT YOUR DISPOSAL

Spa Tea Rose

The « **TEA ROSE** » spa is open every day from 5:00 am to 7:00 pm. Our Spa manager, **Giuseppe Mioni**, will be at your disposal for advice, information, events, and anything you might need to better enjoy your experience at the spa.

**It is advisable to book for free the time of your healing or beauty treatments before arriving.**

Do not hesitated to e-mail us at [spa@hotelmionipezzato.com](mailto:spa@hotelmionipezzato.com) or call us on **(+39) 049.8668377**.

Our partners for your well-being :



How to select a treatment

In this list you will find the therapeutic and wellness treatments offered by the Hotel Mioni Pezzato. The spa coordinators, along with our medical team, will be happy to guide you and advise you in selecting the treatment that is more suited for you. Treatments can be booked at the spa from **8:30am to 5:00pm** (recommended) or at the reception. If you have any kind of particular health problem or if you are pregnant, we kindly ask you to inform us.

Arrival at the Spa

We recommend that you arrive at least **5/10 minutes before** your appointment. A late arrival means reducing the time of the treatment selected. The treatment must, however, end at the scheduled time, in order to allow for subsequent appointments to be punctual.

Medical advice

**Thermal treatments are only performed following medical check.** **Dr. Cristina Zambelli Franz**, specialist in dermatology, is at your disposal to understand which spa treatments are best suited to you and your skin type. She carries out specialized examinations and treatments in aesthetic medicine.

Cancelling an appointment

Treatments can be **canceled by 5:00pm** the day before the appointment. After this time, you will be charged the cost of the treatment.

How to Dress

For most treatments, we recommend that you wear a **bathrobe** (with or without swimsuit). We will provide you with disposable **underwear for body treatments**. Only for Shiatsu and Thai stretching must you wear exercise clothing.

Relaxation

Silence aids relaxation. Please **turn off cell phones**, and **keep your voice at a moderate** level in the spa and during treatments.

Sun

Especially during the summer, **sun exposure**, without protection, is **not recommended immediately after treatment**. Our staff will be glad to explain to you what behavior you must adopt in relation to the treatment performed and to your skin type.

Comments and suggestions

Your comments and suggestions are very important to us. We invite you to fill out the questionnaire at the end of your stay, or to speak directly with the SPA managers.

Your health

We ask you to inform us of any possible health problems, allergies and if you are or could be pregnant.



HOTEL TERME MIONI PEZZATO & SPA  
Via Marzia, 34  
35031 Abano Terme (Padova - Italy)

Tel: +39 0498668377 - Fax: +39 0498669338  
e-mail: [info@hotelmionipezzato.it](mailto:info@hotelmionipezzato.it)  
web: [www.hotelmionipezzato.com](http://www.hotelmionipezzato.com)

