

Regenerating for body & mind.



EN



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](mailto: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 salsobromiodic 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

**Water is life!  
Thermal water is  
health!**



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BEAUTY SALIN DE BIOSEL®

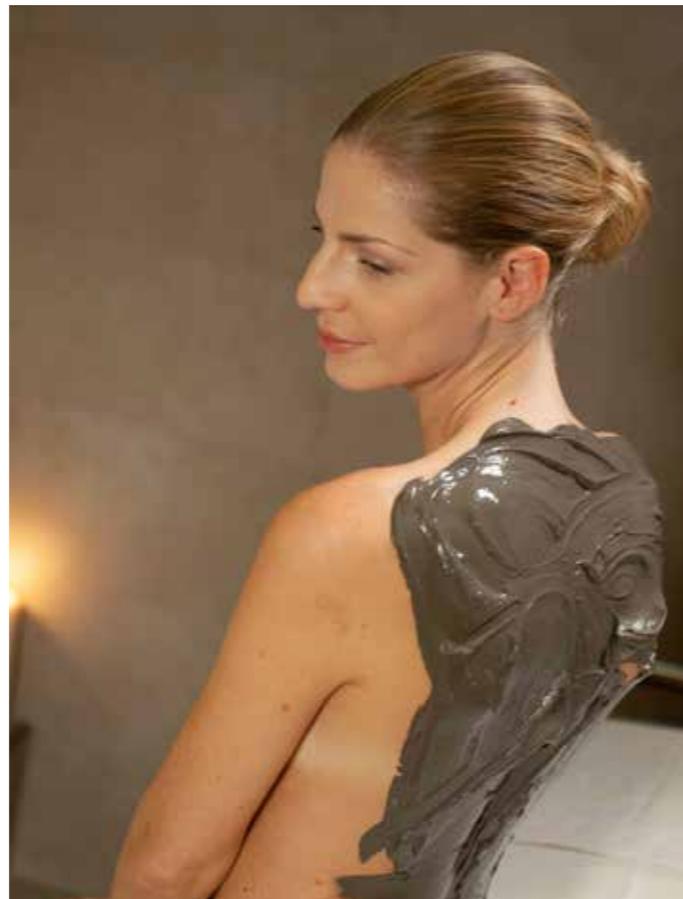
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## THERMAL TREATMENTS - MUD THERAPY

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 - MUD THERAPY

### 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

## THERMAL TREATMENTS - MUD THERAPY



### 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

## THERMAL TREATMENTS - INHALATION THERAPIES

### 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. 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.



### 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

## THERMAL TREATMENTS - PHYTOTHERAPY

### 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

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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.



## THERMAL TREATMENTS - PHYTOTHERAPY

### THERAPEUTIC MASSAGES

€

#### 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. 30,00  
⌚ 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.

## THERMAL TREATMENTS - TREATMENT PACKAGES

3 treatment package	THERMAE BASIC	THERMAE COMFORT 	THERMAE DELUXE
	1 Medical examination 3 Mud treatments 3 Baths with ozone 3 Massages of <b>25 min.</b> 1 Peeling with salt	1 Medical examination 3 Mud treatments 3 Baths with ozone 3 Massages of <b>55 min.</b> 1 Peeling with salt	1 Medical examination 3 Mud treatments 3 Baths with ozone 3 Massages of <b>55 min.</b> 1 Peeling with salt 1 Hydrokinesitherapy or physiotherapy
Price per person	<b>273,00 €</b>	<b>333,00 €</b>	<b>368,00 €</b>
6 treatment package	THERMAE BASIC	THERMAE COMFORT 	THERMAE DE LUXE
	1 Medical examination 6 Mud treatments 6 Baths with ozone 6 Massages of <b>25 min.</b> 1 Peeling with salt  <b>GRATIS: 3 Inhalations</b>	1 Medical examination 6 Mud treatments 6 Baths with ozone 6 Massages of <b>55 min.</b> 1 Peeling with salt  <b>GRATIS: 3 Inhalations</b>	1 Medical examination 6 Mud treatments 6 Baths with ozone 6 Massages of <b>55 min.</b> 1 Peeling with salt 1 Hydrokinesitherapy or physiotherapy  <b>GRATIS: 3 Inhalations</b>
Price per person	<b>474,00 €</b>	<b>594,00 €</b>	<b>699,00 €</b>

It's possible to book treatments "à la carte" without treatment packages.

## THERMAL TREATMENTS - TREATMENT PACKAGES

10 treatment package	THERMAE BASIC	THERMAE COMFORT 	THERMAE DELUXE
	10 Mud treatments 10 Baths with ozone 10 Massages of <b>25 min.</b> 1 Peeling with salt  <b>GRATIS: 1 Medical examination, 3 Inhalations</b>	10 Mud treatments 10 Baths with ozone 10 Massages of <b>55 min.</b> 1 Peeling with salt  <b>GRATIS: 1 Medical examination, 3 Inhalations</b>	10 Mud treatments 10 Baths with ozone 10 Massages of <b>55 min.</b> 1 Peeling with salt 3 Hydrokinesitherapy or physiotherapy  <b>GRATIS: 1 Medical examination, 3 Inhalations</b>
Price per person	<b>710,00 €</b>	<b>910,00 €</b>	<b>1.015,00 €</b>
12 treatment package	THERMAE BASIC	THERMAE COMFORT 	THERMAE DE LUXE
	12 Mud treatments 12 Baths with ozone 12 Massages of <b>25 min.</b>  <b>GRATIS: 1 Medical examination, 3 Inhalations, 1 Peeling with salt</b>	12 Mud treatments 12 Baths with ozone 12 Massages of <b>55 min.</b>  <b>GRATIS: 1 Medical examination, 3 Inhalations, 1 Peeling with salt</b>	12 Mud treatments 12 Baths with ozone 12 Massages of <b>55 min.</b> 3 Hydrokinesitherapy or physiotherapy  <b>GRATIS: 1 Medical examination, 3 Inhalations, 1 Peeling with salt</b>
Price per person	<b>804,00 €</b>	<b>1.044,00 €</b>	<b>1.149,00 €</b>

It's possible to book treatments "à la carte" without treatment packages.

## THERMAL TREATMENTS



## THERMAL TREATMENTS - THE STUDY CENTER



### 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.

## THERMAL TREATMENTS - HYDROKINESITHERAPY



## THERMAL TREATMENTS - HYDROKINESITHERAPY



### MASSAGES AND MOTORIAL ACTIVITIES €

Rehabilitation in thermal water 35,00

⌚ 25 min.

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 40,00

⌚ 25 min.

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.

Personal Trainer 30,00

⌚ 25 min.

You can learn exercises with the help of a personal trainer. Exercises for the back, yoga, exercises to strengthen the muscles, etc.

## THERAPEUTIC TREATMENTS - SPECIAL BACK

### SPECIAL BACK €

Thanks to our 40 years' experience in spa treatments we have developed a series of therapeutic massages specifically designed to resolve and prevent some of the most common back complaints. We have selected the most skilled therapists from our team and given them a specific internal training in these highly specialised treatments.

Specialist lower back massage 65,00

🕒 50 min.

Tension, stiffness and pain in the lower back but also across the whole spine, the buttocks and the legs (lower back pain and sciatica) are recurrent complaints.

This massage is designed to release muscle tension via manipulation and kneading which softens the contracted areas and then works on stretching the muscles bringing improved blood circulation in affected fibres. The benefits are: reduced chronic pain, release of back tension, greater mobility and flexibility.

### SPECIAL BACK €

Specialist neck massage 65,00

🕒 50 min.

As a result of a sedentary lifestyle, stress or incorrect posture (sitting at a computer) more and more people are suffering from pain, stiffness or aches from the nape of the neck to the upper back which frequently results in headaches, restlessness and stiffness, generating a state of continual tension.

This massage works contracted muscles deep down, heating them up and releasing tension, giving a fresh sense of relaxation which allows the muscles to be stretched out via a series of passive movements.

The benefits are: reduced chronic pain, release of neck tension, greater mobility and relaxation.

#### Back School

The purpose of the back school is to teach and educate healthy use of the back with postural exercise done under the careful supervision of a specialist therapist. Combining the active exercises of the back school with the Special Back therapy massages have been shown to be the most effective way to treat neck pain, lower back pain and sciatica and also, in general, for all those wanting to take care of the health of their spine.

🕒 25 min. 35,00

🕒 50 min. 60,00

## THERAPEUTIC TREATMENTS - SPECIAL BACK

### SPECIAL BACK €

Special back massage 65,00

🕒 50 min.

This massage is the perfect combination of the specialist neck massage and the lower back massage. It is ideal for those without specific problems wanting to prevent future issues, stretch their back muscles and achieve greater mobility, flexibility and muscle tone.

🕒 Cycle of 6 Treatments 360,00

🕒 Cycle of 6 Treatments and 6 Back School Treatments 500,00

Advanced Body Rebalancing Massage 70,00

🕒 50 min.

This limited availability massage is performed exclusively by the technical department head. Twenty-year experience both in Western (spa, Swedish, sport toning, myo-fascial, craniosacral, lymph node drainage, voder and postural rebalancing) and Eastern (Shiatsu, Ayurveda, foot reflexology, Thai stretching) techniques is made available to clients with personalised treatments and using the most effective massage therapy techniques for appropriate body rebalancing.

🕒 Cycle of 6 Treatments 360,00





## 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.



## BODY MASSAGES

€

## 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 34,00

⌚ 25 min.

Leg lymphatic drainage 46,00

⌚ 40 min.

Total body lymphatic drainage 62,00

⌚ 55 min.

## Anti-Cellulitis massage

⌚ 25 min. 37,00

⌚ 50 min. 64,00

## MASSAGES

### BODY MASSAGES

€

Back&Neck massage 38,00

⌚ 25 min.

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.

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 MASSAGES

€

Reflexology 36,00

⌚ 25 min.

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 68,00

⌚ 50 min.

Back&Neck + Head 68,00

⌚ 50 min.



### BODY MASSAGES

€

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.

## MASSAGES

### BODY MASSAGES

€

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

## MASSAGES

### ORIENTAL MASSAGES

€

Deep Tissue Massage 70,00  
Indonesian massage

**Decontracting - ⌚ 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.

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.



## MASSAGES

### ORIENTAL MASSAGES

€

Warm Herb Bundle Massage 75,00

**Relaxing and anti-inflammatory - Promotes sleep - ⌚ 55 min.**

This bundle massage is an Ayurvedic massage. It is a 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 MASSAGES

€

“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".

ORIENTAL MASSAGES €

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.

Ayurveda + Shirodhara massage 90,00

⌚ 75 min.





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

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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.





**BODY TREATMENTS** €

Thermal treatment against cellulite 65,00

**Anticellulite - ⌚ 50 min.**

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.

Detoxifying thermal treatment 65,00

**Detoxifying body - ⌚ 50 min.**

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.

**BODY TREATMENTS** €

Moisturizing thermal body boost treatment 65,00

**Moisturizing body treatment - ⌚ 50 min.**

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.

**This treatment is available only with a body compress.**

Thermal body structure treatment 65,00

**Decontracting treatment - ⌚ 50 min.**

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.

Thermal foot massage 38,00

**Foot massage - ⌚ 25 min.**

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.

## 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

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Soin Bienvenue 40,00

⌚ 25 min.

This is our "welcome" treatment for your skin after a long and tiring journey; it is your chance to enjoy a really pleasant break. Revitalising, energy-boosting plants will blend in with your skin. As if by magic, your face will reveal incredible radiance.

Soin Bio Age classique 90,00

⌚ 50 min.

Anti-ageing treatment, perfect for completely nourishing and moisturising mature skin. The first phase consists of a delicate, purifying scrub, followed by complete drainage in order to eliminate any water retention in the face and eye area. A precious, ultra-moisturising mask is then applied, followed by a revitalising and lifting massage, giving your face a naturally rejuvenated look.

Soin Bio Age de Luxe 120,00

⌚ 90 min.

This treatment is particularly recommended for mature skin as it nourishes and intensely moisturises to smooth out wrinkles and invigorate the skin. A relaxing, anti-stress massage will ease tension in the face, neck and shoulder area. This will be followed by a complete drainage procedure to get rid of any water retention in the face and around the eyes. A mask is then applied twice: the first is ultra-nourishing and rich in vitamin E; the second is made of precious polyphenols extracted from grapes.

## FACE TREATMENTS

€

Soin Emo Regenerating function 90,00

⌚ 50 min.

**Rebalancing your circulation.** This is recommended for cases of couperose and widespread redness, dry skin or skin that is lifeless and dull. This treatment reduces redness and couperose, improves cell regeneration and restores skin's well-balanced radiance.

Soin Vitale Fibers function 90,00

⌚ 50 min.

**Revitalising collagen fibres.** Highly recommended for skin that is clearly in an advanced stage of ageing. This treatment combats the ageing of the skin and the appearance of wrinkles, revitalising collagen fibres and restoring the skin's softness and elasticity, making the face, eye area and neck look visibly younger.

Soin Anti-rides visage contour des yeux 90,00

⌚ 50 min.

This treatment is recommended for mature skin, particularly focusing on the eye area if you have any deep wrinkles, dark circles and signs of tiredness. It revitalises the skin thanks to a number of applications rich in trace elements, vitamins and synergies of nourishing plants. An exclusive Grape Polyphenol mask combined with micro-drainage and an energising micro-massage makes your face look young and radiant again.

FACE TREATMENTS €

BIOSEL MED lift energetic 90,00

⌚ 50 min.

For face and neck areas in serious need of energy, with very atonic skin. After double peeling with vitamin C and bamboo, an energising Yang algae mask is applied, followed by an ultra-revitalising Yin energy mask. Energising lymphatic drainage and a lifting, biodynamic massage complete this wonderful treatment. The contours of the face are redesigned, lines are smoothed out and tightened and the skin becomes firmer, revealing long-lasting youthfulness.

Soin Bio filler 90,00

⌚ 50 min.

This is an effective treatment to combat wrinkles, enhancing the skin and making it more elastic, with low-molecular weight hyaluronic acid restoring consistency and firmness. Excellent for boosting energy and radiance.

Soin Défatigant visage radieux 90,00

⌚ 50 min.

Recommended for skin that is constantly exposed to the stress of daily life, giving the face a tired and dull look. A balancing Yin and Yang massage to boost your skin's energy reserves; an oceanic mask to smooth out any lines and restore a firm complexion. All of this will instantly make your skin look radiant again.

FACE TREATMENTS €

Soin Luminosité intense 90,00

⌚ 50 min.

Recommended for dull skin, with blemishes and that has no glow and is not very vibrant. This treatment is made up of a precious vitamin C mask, using extracts from citrus fruits to alleviate skin blemishes and brighten the complexion, and a delicate scrub that works in harmony with bark extracts to restore your skin's well-balanced and glowing complexion. Your skin will look wonderfully healthy and radiant.



DETOX BODY CARE €

Detox Drain 90,00

⌚ 50 min.

**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.

RITUAL OF THE BAMBOO FOREST €

Rituals for the serenity of the spirit inspired by a fantastic legend that tells the magic virtues of bamboo, a symbol of protection.

Promenade in the heart of the forest 90,00

⌚ 50 min.

This ritual transmits the gentleness and fragrance of organic bamboo wood to the skin. Delicately wrapped in bamboo paste, the skin recovers all its splendour. A synergy of oil and milk completes the ritual. The body recovers contact with exceptional feelings of wellbeing and lightness and the spirit rediscovers an extraordinary energy vitality.





**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

⌚ 50 min.

**End stage, sclerotic cellulite.** 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

⌚ 50 min.

**Early stage edematous cellulite.** 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

⌚ 50 min.

**Evolutionary phase fibrous cellulite.** 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.

**For a smaller waist and a flatter stomach.** 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 body firming 85,00

⌚ 50 min.

**Tones the whole body.** 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.

**Lighter feeling legs, ankles and feet.** 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 Soins hand repair 40,00

⌚ 30 min.

**Beautiful hands.** 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 Tamanu fruit cream repairs, drains, and tapers fingers. A grape polyphenol mask makes your hands visibly rejuvenated and healthy.

## VARIOUS AESTHETICS

### AESTHETIC FACE TREATMENTS

€

Facial cleansing 55,00

⌚ 50 min.

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.



### AESTHETIC BODY TREATMENTS

€

Draining and firming bandage with  
pressotherapy 50,00

⌚ 25 min.

Pressotherapy 30,00

⌚ 25 min.

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

### AESTHETICS HANDS / FEET

€

Manicure 30,00

⌚ 25 min.

The best SPA service for hands and nails (cuticle removing, exfoliation, massage and moisturizing).

Manicure + nail polish 40,00

⌚ 35 min.

Pedicure 50,00

⌚ 50 min.

Classical pedicure (dead skin removal, nails, moisturizing).

Nail polish 15,00



## VARIOUS AESTHETICS

### DEPILATION

Starting from €

Complete depilation 45,00

Half leg depilation 20,00

Half leg and bikini depilation 30,00

Upper lip depilation 10,00

Eyebrow depilation 10,00



**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	70,00
Clinical diagnostic picture and prescription of a suitable therapy to solve any skin problem.	
Tricological examination	70,00
Diagnosis and therapeutic advice for hair and scalp disorders.	
Mole mapping	100,00
A HEINDE iC1 device is used, a portable video dermatoscopy which enables the mapping to be completed and acquires dermatoscopic photos of your moles and emails them or whatsapps them to patients.	
Cryotherapy with liquid nitrogen	50,00/100,00
Freezing and subsequent elimination of benign skin neoformations (seborrheic keratoses, solar lentiginos or liver spots, common warts, etc.) through the application of liquid nitrogen (-196 ° C) using a special cryosurgery device.	
Removal of skin tags	60,00/120,00
Removal by thermal cautery knife of anaesthetic soft fibromas from neck, armpits, and groin.	
Facial, neck and décolleté peeling	120,00
Exfoliating treatment for acne-prone, asphyxiated, sun-damaged skins, to be performed in the autumn and winter months.	



**MEDICAL EXAMINATIONS €**

Filler with hyaluronic acid	350,00
Depth reduction of face wrinkles, while increasing the turgor of the lips.	
Biolifting with hyaluronic acid	250,00
Lifting effect by hyaluronic acid with correction of small expressive wrinkles.	
Face, neck or décolleté biostimulation	200,00
Increased skin moisturising and turgor with superficial intradermal hyaluronic acid injections.	
Scalp biostimulation	200,00
Treatment of chronic female defluvium and scalp ageing by means of intradermal injections of polynucleotides, hyaluronic acid, vitamins, mineral salts, and amino acids.	
Medical check	20,00
Brief medical consultation.	
Dressing	15,00
Outpatient treatment of small wounds, abrasions, and ulcers.	

## OTHERS AND INFO

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

Do not hesitate 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 BETTER ENJOY THE SPA EXPERIENCE

### 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.

### Times and preferences

Times and therapists may vary. We recommend that you mention any time or therapist (a specific person or male/female therapist) preferences you may have.



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