



# The beneficial force of the elements

Guide to the thermal  
treatments

*Abano  
Battaglia  
Galzignano  
Montegrotto  
Teolo*

**TURISMO PADOVA  
TERME EUGANEE**

# Millennial thermal tradition.



The long history of the Abano and Montegrotto Spas melds with that of the Euganean people and with the ancient cult of Aponus, god of the thermal waters and their healing virtues. Today, as two thousand years ago, these sites of wellbeing, steeped in the regenerating

greenery of the Euganean Hills, are the ideal site for health and relaxation. There are 240 thermal baths where you can relax swathed in the warmth of the constant 37°C waters. Each hotel has specialized treatment sections and modern, functional facilities equipped with every comfort.



# The largest spa in the field.

The Euganean Spas are the largest thermal baths specialized in fango-balneotherapy in all of Europe. The meteoric waters, loaded with geothermal energy, spring forth at a constant temperature of 87°C and are unique in the world. All establishments in the Euganean Spa region hold “I Super” classification from the Italian Ministry of Health, indicating that they safeguard the natural resources of the area and apply strict discipline in using the waters, steadfastly

preserving this natural gift that arises from the ground at Abano and Montegrotto. And to this we must add the ongoing commitment of the Centro Studi Termali Veneto “Pietro d’Abano” (Spa Study Center): through in-depth study of the primary components of the thermal resources –water, algae, muds– the Centro Studi performs systematic scientific research into thermal medicine and constantly monitors the effects of fangotherapy in order to guarantee utmost quality.

To ensure increasingly qualified services, the Centro Studi works in synergism with other public and private bodies (universities and research centers) to promote research through awards and scholarships. The primary research activity focuses on three scientific areas: clinical, biological and chemical-physical. Through the years the Center’s ongoing activity has tested and guaranteed the scientific and therapeutic validity of the thermal treatments, now internationally recognized as a medical product.

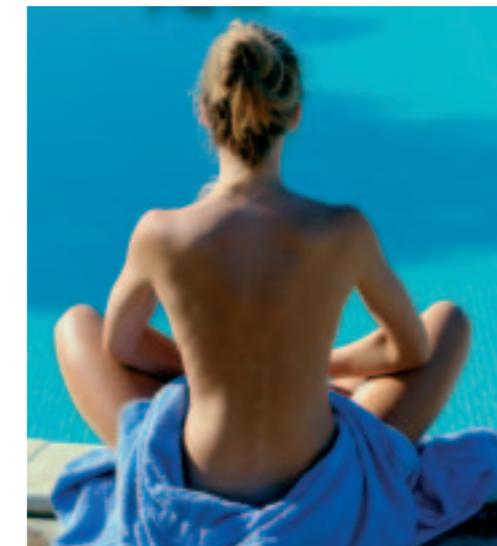


# The water.



# A unique treasure.

The waters of the Abano and Montegrotto basin fall into the category of deep underground waters, unique because of the long distances they travel. The waters derive from the uncontaminated basins of the Lessini Mountains in the foothills of the Alps, passing through calcareous rock and into the subsoil at a depth of approximately 2000-3000 meters. They are held at high temperatures and under strong pressures over the approximately 80 kilometer route that takes an average of 25/30 years. During this time they take on mineral salts



and finally reach the Euganean Spas where they spring forth at a temperature of 87°C. The abundance of the dissolved substances make this water a unique thermal resource, one of its kind in the world. From the chemical point of view, these waters are classified as hyperthermal sodiobromidioidic waters and as having a fixed residue of 5-6 grams of dissolved salts per liter of water at 180°C.



The extraordinary therapeutic value of the waters and muds found at Abano and Montegrotto derive from the strict regulations governing thermal extraction, preventing the indiscriminate use and depletion of the resources.

### Water analysis average values

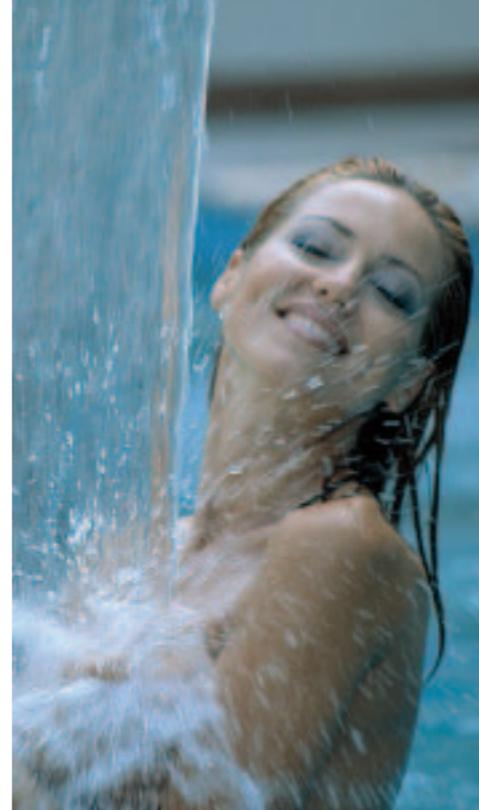
Air temperature	12°
Water temperature	77°
PH	7,1
Electrical conductivity at 18°	70 micro-simens
Fixed residue at 180°	5,050g/l
Fixed residue at 550°	4,34 g/l
Sodium ions	1,239 g/l
Potassium ions	0,088 g/l
Calcium ions	0,366 g/l
Magnesium ions	0,080 g/l
Ammonium ions	0,0027 g/l
Iron ions	< 0,05 p.p.m
Nitrate ions	absent
Nitrite ions	absent
Sulfate ions	0,980 g/l
Chloride ions	2,176 g/l
Sodium bicarbonate ions	0,169 g/l
Bromide ions	13,6 g/l
Iodide ions	0,82 g/l
Sulfuric acid	1,67 mg/l
Silica	0,051 g
Alkalinity	27,7
Total hardness	120°F
Oxidizability	7,40 mg/l
Organic substances	0,3310 g/l
Cryoscopic Delta	-0,23 C°
Osmotic pressure	3,10 atm.



## Balneotherapy. The experience of wellbeing.

Balneotherapy involves submerging the body in a tank containing hot, ozone-enriched thermal water. Water is an extraordinary element because it facilitates all activities of the body joints: movements are looser, the muscles relax, pain decreases. Moreover the bubbles developed by the ozone ensure an intense vasodilatation because they stimulate blood circulation. Balneotherapy is performed in individual tubs

using sodiobromiodic thermal waters at a temperature of 36-38°C. Treatments involve 15 minute cycles for a total of 12 baths (1 day) and nearly always they follow the fangotherapy. Thanks to the pressure exerted by the water, thermal baths are ideal for the joints, for the treatment of pain and muscular atrophy. These treatments are extremely important in rehabilitation after traumas,



fractures and surgery. Moreover, the chemical composition of the water helps cure chronic inflammatory processes and many types of dermatosis.

## Hydrokinetic therapy. Natural rehabilitation.

Hydrokinetics exploits the physical-chemical properties of the water for therapeutic purposes. When submerged in the pool, the body weighs nearly 90% less so that the person can handle the rehabilitation exercises with significantly less effort, thus achieving excellent results more quickly. The specific chemical composition and temperature of the thermal waters also facilitates easy, gradual recovery of muscle exercise. Hydrokinetic therapy is the ideal treatment for patients with a deficit in muscular strength, it improves, or maintains existing, physical strength prior to surgery for patients with arthritis, neurological disorders and for the aged who find moving



on land difficult and painful. The treatment in the pool is fun, relaxing, joining the beneficial effects of the hot thermal waters with those of physical exercise. This leads to a significant improvement in joint mobility and deambulation, alleviates pain and spasms. Therefore, hydrokinetic therapy is a natural, effective treatment not only to recover and maintain locomotory function, but also to reduce the recovery time for over-fatigued or traumatized joints.





## The Soil.

## Thermal muds. Treasure of nature and experience.



The muds of Abano and Montegrotto are the result of an astute mixture of a solid (clay), a liquid (sodiobromidiodic water) and a biological component (microorganisms and biomaterials). The ripening process takes place in special tanks for approximately 50-60 days. During this time the muds are kept in constant contact with a steady flow of thermal water at a temperature of 60°C. The temperature and chemical components in the Euganean thermal waters affect the development of particular strains of microbes, modifying the chemical and chemical-physical properties and imparting the therapeutic properties that make these muds so unique.

Fangothrapy involves four basic steps: application of the mud, the thermal water bath, sweat reaction and tonifying massage. The mud is applied directly on the skin at a temperature between 37° C and 38° C and is left in place for 15-20 minutes. At the end of the application, the patient takes a hot shower and is then set in a thermal water bath at a temperature of 37-38° C for approximately 8 minutes.



After drying off with warm towels the patient returns to his room where he should remain in bed, well covered for 30-40 minutes during which the sweating reaction continues the biological effects of the fangothrapy.





# Fangotherapy and osteoarthritis.

Osteoarthritis is the most common joint disease in the world. It tends to appear later in life and significantly limits independent function: agility, tolerance to physical exercise, personal hygiene, daily chores. The symptoms involve objective limitation in movement, independence and thus the quality of life and can be divided into:

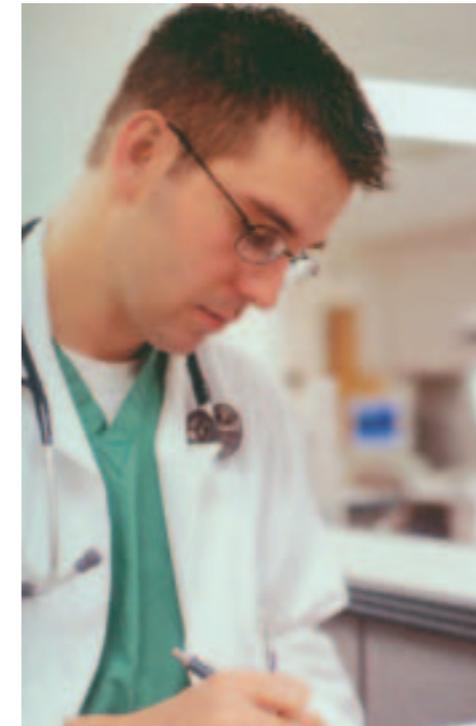
- pain and muscle spasms in and around the involved joints, accompanied by spasticity and stiffness of the periarticular muscle groups;
- limitation in movement due to pain, poor distribution of the load and inconsistencies between the articular heads;
- hypotrophy of the muscle groups for the joints involved in the arthritic process, as a result of the search for both static and dynamic antalgic positions;
- functional limitations or incapacity that can even impede all movement, particularly during acute inflammation.



The application of the thermal muds is particularly effective in relieving pain and limiting inflammation: the fango-balneotherapy cycle significantly lowers the circulating levels of those substances that accelerate and aggravate inflammatory and degenerative damage of the involved cartilage.

## Fangotherapy: things to know.

Application of the muds requires substantially adequate cardiocirculatory and renal function. If this is not the case, partial applications can be used to limit the impact on the body. Fangotherapy is contraindicated for patients with cardiac disorders such as ischemic cardiopathy, severe cerebral and peripheral



vasculopathy and nephropathies with kidney failure. Other contraindications are: tuberculosis, acute phases of inflammatory diseases, epilepsy, hyperthyroidism and malignant tumors. Moreover, the thermal muds must not be applied on varicose veins of the lower limbs, particularly if aggravated by complications

such as phlebitis and ulcers, nor in pregnancy and during the first few days of the menstrual cycle. There are no contraindications for application of the muds in cases of metal articular prostheses, nor for screwed osteosynthesis plates.

# Fangotherapy and osteoporosis.

It has been scientifically proven that fango-balenotherapy facilitates the recovery of bone tissue metabolism, acting on some of the substances affecting the trend.

In fact, bone is a tissue composed of numerous types of cells that contribute to constant renewal of the bone structure through the bone reabsorption, build up

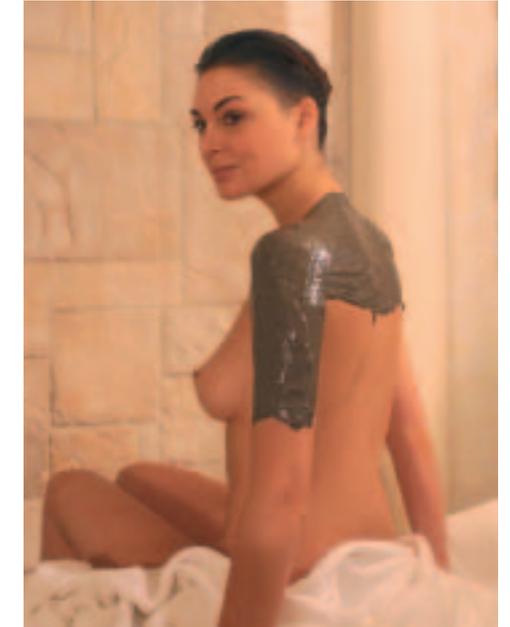


and mineralization processes. After the age of forty, the bone mass begins to decrease due to a parapsychological imbalance between reabsorption and deposition. This process can be further aggravated after menopause, facilitating the development of osteoporosis. The treatment cycles used to effectively counteract this disease involve 12 daily treatments. Each fangotherapy session lasts approximately 20 minutes. A medical check-up is required to ensure that there are no contraindications to fangotherapy and a prescription is issued at this time.



The muds are applied on the surface of the prescribed joints at a temperature of 37-38°C. The balneotherapy lasts 12-15 minutes at a temperature of 30-49°C. This is followed by the "reaction" phase where the body is left to relax.

Then there is the massage to reactive cutaneous circulation. During a stay at the Euganean Spas, one's diet is constantly controlled to teach the patient the simple rules for daily health and hygiene: regular, moderate physical activity and intake of calcium in the diet. During a person's stay at the Spa, physical activity is an essential part of every day. The treatment cycle at Abano and Montegrotto is a matchless source through which to recover psychophysical wellbeing and improve one's quality of life.



## The air.



## The benefits of inhalation therapy.

All the hotels in the Abano and Montegrotto spa area are equipped for balneotherapy and inhalation treatment.

Special instruments break up the particles of mineral water, atomizing them and transforming them into an effective treatment for upper and lower airways pathologies as well as for the prevention

and treatment of chronic pathologies.

In recent years, deteriorating environmental conditions, smog, pollution, and both active and passive smoke have led to a rise in the number of persons with respiratory disorders. Thermal inhalation therapy is traditionally used and scientifically recognized in the treatment of respiratory diseases and in preventing the reinflammation



of infective processes.

An ear, nose and throat specialist advises patients on the most suitable thermal treatment selecting from inhalation therapy, direct jet aerosol treatment, endotubal insufflation or endonasal microionized jet washing.

Inhalation therapy focuses on numerous therapeutic objectives:

- Antiseptic action
- Ciliary apparatus stimulation
- Secretion fluidification
- Respiratory mucous normalization
- Reduction of non physiological microbiological component.

# Thermal treatment prescription.

The Italian Ministry of Health recognizes the therapeutic role of thermal therapy in the treatment and rehabilitation of numerous pathologies. In fact, it has drawn up a detailed outline of all diseases that can be treated in this way. Treatments are prescribed by the person's family physician, filling out the special National Health Service forms that must indicate the pathology, therapeutic indications and number of treatments. For rheumatic diseases, the cycle is 12 mud treatment + 12 therapeutic baths, or only 12 baths; for E.N.T. and airways disorders the treatment cycle involves 24 inhalation treatments.



Diagnostic Category (ex Italian Ministerial Decree 15/12/1994 and subsequent revisions)	Pathologies that can be treated at the Euganean Spas	Suggested treatment cycles
•Inhalation treatments.	•Simple or obstructive chronic bronchitis (with the exception of asthma or advanced emphysema complicated by severe respiratory failure or chronic cor pulmonale). •Vasomotory rhinopathy. •Chronic pharyngolaryngitis. •Chronic sinusitis or chronic nasosinusistic syndrome. •Chronic nasosinusistic-bronchial syndromes.	•24 treatments in 12 sessions.
•Rhinogenous deafness.	•Tubal stenosis. •Chronic catarrhal otitis. •Chronic purulent otitis.	•12 endotympanic + 12 inhalation treatments in 12 sessions.

List of pathologies that can be treated at the Euganean Spas and the suggested treatment cycles. (ex Italian Ministerial Decree 15/12/1994 and subsequent revisions).

# Motorial rehabilitation.

The recognized therapeutic value of the thermal treatments has ensured that the Abano and Montegrotto spas are increasingly used for motorial rehabilitation. The curative properties of the fango-balneotherapy, together with the specialized medical personnel at the various centers, provide excellent results in post-traumatic and post-surgical

rehabilitation: a specialized, qualified medical service that can integrate and support the traditional medical facilities.



Diagnostic Category (ex Italian Ministerial Decree 15/12/1994 and subsequent revisions)	Pathologies that can be treated at the spa	Suggested treatment cycles
•Osteoartheses and other degenerative processes.	•Osteoarthritis. •Osteoporosis and other degenerative processes. •Widespread arthrosis. •Cervicoarthrosis. •Lomboarthrosis. •Arthrosis of the limbs. •Discopathy without herniation and without symptoms of nerve irritation or compression. •Post slipped-disk surgery. •Trachelodynia of rheumatic origin. •Scapulohumeral periartrosis (not including acute forms). •Quiescent rheumatoid arthritis. •Arthroses, poliartroses, osteoartheses (with widespread or localized osteoporosis). •Articular rheumatism. •Periartrosis. •Ankylopoietic spondylitis. •Spondylexarthrosis. •Spondylexarthrosis and spondylolisthesis.	•Fangotherapy with or without bath (12 mud treatments with or without 12 baths in 12 sessions).
•Extra-articular rheumatism.	•Extra-articular rheumatism.	•Balneo-fangotherapy (12 mud treatments + 12 baths in 12 sessions).

List of pathologies that can be treated at the Euganean Spas and the suggested treatment cycles. (ex Italian Ministerial Decree 15/12/1994 and subsequent revisions).

# Time recovered. Health, wellbeing and pleasure.

A holiday at Abano and Montegrotto means dedicating some time to yourself, forgetting everyday stress in an oasis of peace: the fact that the spa facilities are right in the hotels means you can go to any of the treatment areas and all other facilities including the park, swimming pool, gym, solarium in your bathrobe, totally relaxed and in full privacy. The Euganean Spas also mean beauty: specialized centers use thermal dermocosis not only to recover a new sense of wellbeing, but also to impart a feeling of greater beauty and greater inner peace.

At Abano and Montegrotto accommodation is a very important value, a true and proper tradition steeped in the hotel and tourist offerings throughout the territory: all the hotels have every sort of comfort, ready to swathe you in an atmosphere of warmth and tranquility. Refined environments and impeccable service place each guest at the forefront, making him feel at home in the hotel, in the restaurants and in the treatment rooms. At your pleasure you can add to the therapeutic value by applying the dual concept of "spa and sport":



hermitages and refined architecture tell the story of centuries of history, art and tradition. The Euganean Hills are a privileged site from which to admire the Venetian Villas. Here architects like Andrea Palladio, Gian Maria Falconetto and Andrea della Valle designed the retreats of the most powerful Venetian families of their times: Villa Emo Capodilista La Montecchia, Villa Selvatico, Villa Mocenigo Mainardi, Villa Barbarigo, Villa dei Vescovi, true and proper architectural gems with imposing facades and enchanting gardens. Moreover the unique, privileged position of the Euganean Spas is just a short distance from the most beautiful artistic landmarks in Northern Italy such as Venice, Padua, Verona, Vicenza, Mantua, Ferrara. And if you wish to accompany your psycho-physical pleasure with the pleasures of the palate, you will be unable to resist



the genuine flavors of the natural products this land has to offer and the typical dishes of the Euganean Hills, accompanied by the superb the D.O.C wines produced by this land of a thousand faces.



therapy plus physical activity. Indeed both feeling well and being in shape come together at the Spa: all the hotels offer modern, fully equipped gyms, tennis courts set in the surrounding greenery, elegant thermal swimming pools totaling more than a thousand square meters, hydro-massage baths, parks for jogging, bicycle rental. You can even take excursions on horseback or on foot into the unforgettable nature that surrounds you. It is impossible not to fall in love with the timeless charm of the Euganean Hills: centuries-old oaks and chestnut woods alternate with Mediterranean vegetation, terraced hillsides covered with vineyards and orchards. The Regional Park offers 19 thousand hectares of volcanic hills that you can explore by car, on foot or by bicycle choosing from the various scenic routes and more than 20 paths that climb the slopes. Ancient towns,



## How to get there:

**By plane:** fly to the Marco Polo Airport in Venice (approximately 60 km away)

**By train:** Padua Railway Station (approximately 15 km away)

**By car:** Take the Terme Euganee exit off the Padova-Bologna A 13 Highway

The Marco Polo Airport and the Padua Railway Station are connected to each hotel, upon request, by direct shuttle service or by public buses.

Bus lines run from the Abano and Montegrotto Spas to the main cities of Europe.



### Tourist Information Office

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