

Regenerating for body and mind.



EN



MIONIPEZZATO & SPA

BOOK BEFORE YOUR ARRIVAL



BOOK BEFORE YOUR ARRIVAL



Booking your healing and wellness 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!

THERMAL WATER OF ABANO TERME



DISCOVER THE REGENERATING POWER OF OUR THERMAL WATER!

Our strength lies in **thermal water rich in sodium chloride, iodide and bromide**. It descends from the Pre-Alps to a depth of 3000 metres and, after an 80-kilometre and 30 year-long journey, it acquires unique beneficial properties. This water gives itself to the Euganean territory which has treasured it for more than 2000 years. It is extracted from our three springs at a depth of 800 metres and at a temperature of 80-87 degrees.

Our thermal water may not be magical, but it is certainly phenomenal as it truly regenerates!

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!



THERMAL TREATMENTS - MUD THERAPY

Pag. 8

THERAPEUTIC TREATMENTS - SPECIAL BACK

Pag. 20

MASSAGES

Pag. 22

ORIENTAL MASSAGES

Pag. 28

BEAUTY | ACQUA THERAPY - Exclusive cosmetic line of Hotel Mioni Pezzato

Pag. 31

BEAUTY | VITALIS DR. JOSEPH®

Pag. 36

THEMED SPA PACKAGES

Pag. 40

VARIOUS AESTHETICS

Pag. 41

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!



MATURE THERMAL MUD

It is **100% natural mud**, which remains immersed for at least 60 days in thermal water at a temperature of 38°C. During this period of “maturation”, an organic biofilm is generated with an extraordinary anti-inflammatory power.

THERMAL TREATMENTS

Bath in thermal water

€ 20,00

It restores muscle wellness thanks to the power of thermal water.

Immersion in a bath of pure unfiltered and non-treated thermal water, which gives a feeling of relaxed wellness.

BENEFITS:

It relieves tension and pain, and has a myorelaxing effect on muscles. It relaxes and soothes body and spirit.

Ozone

€ 7,00

It increases the beneficial effects of the thermal bath.

The addition of the gentle ozone hydromassage to the balneotherapy session multiplies the benefits of the latter, increasing vein and lymphatic oxygenation of tissues.

BENEFITS:

It improves circulation.
It has an antibacterial, antiviral and antimycotic effect.
It is a gentle and pleasurable hydromassage.

THERMAL TREATMENTS - MUD THERAPY

PHYTO-therapy € 3,00

It increases the benefits of your thermal bath with the power of medicinal plants of the Benedictine tradition.

In association with our phytotherapy specialists, we have studied the use of medicinal plants of the Benedictine tradition and experimented their effects in combination with our thermal water.

As a result of this research, we offer a range of body infusions which can be added to and enrich your thermal bath.

Thermal organic-clay - Mature thermal mud € 33,00

Powerful natural anti-inflammatory, exclusively in Abano Terme

Warm and enveloping, the application of our thermal mud stimulates the body's natural regeneration processes. Thanks to its healing properties, it helps relieve muscle tension and soothe joint pain. The treatment ends with a tonic shower and a bath in thermal water.

For lasting effects, it is recommended to book the treatments as a package.

BENEFITS:

It has a powerful natural anti-inflammatory effect.

It is ideal for musculoskeletal disorders.

Thermal organic-clay - Facial mud for sinusitis € 35,00

All the benefits of mud to combat paranasal diseases.

Hot mud pack particularly suited for those who suffer from headaches resistant to pharmacological treatments or stress-related headaches and for those who suffer from chronic rhinitis and sinusitis difficult to reduce with the use of medicine.

Thermal organic-clay • Mud hands or feet € 22,00



THERMAL TREATMENTS - MUD THERAPY

THE STAGES OF MUD THERAPY

- 1. Obligatory medical check-up to gain admission to the treatments.** ⌚ 15-20 min.

- 2. Scrub** ⌚ 10-15 min.
To prepare the skin for the thermal treatment. The skin is deeply cleansed and the minerals and the beneficial substances can penetrate the organism more effectively.

- 3. Application of thermal mud** ⌚ 15-20 min.
The mature mud is applied to the skin at a temperature between 38 and 42°C for 15 to 20 minutes.

- 4. Thermal bath** ⌚ 8-10 min.
Following removal of the thermal mud with a warm shower, the body is immersed into a thermal bath for 8-10 minutes at a temperature of 36-38°C.

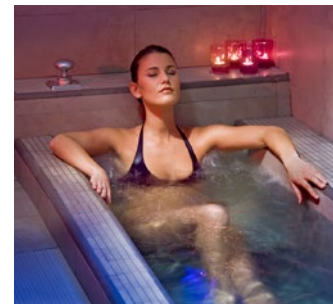
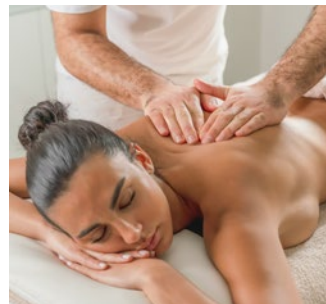
- 5. Sweat reaction** ⌚ 30-60 min.
The fangotherapy is followed by the "sweat reaction". Duration and intensity vary from person to person.

- 6. Therapeutic massage** ⌚ 25-55 min.
Upon completion of the sweat reaction, a toning or reactive massage reactivates the circulation and completes the fangotherapy protocol.

MEDICAL CHECK-UP TO BE ADMITTED TO THE TREATMENTS

A medical check-up is necessary to register for the thermal treatments ⌚ 15 min. € 34,00

Check-up by the hotel doctor who certifies admission to the treatments. It is obligatory for the fangotherapy. Included in every set of treatments.



THERMAL TREATMENTS - INHALATION THERAPIES

INHALATION THERAPIES

Inhalation ⌚ 10 min. € 10,00

Aerosol ⌚ 10 min. € 10,00

The special composition of thermal water rich in sodium chloride, iodide and bromide purifies the mucosa of the respiratory system (pharynx, larynx, bronchi and paranasal sinuses). A cycle of treatments with thermal water has an intense mucolytic and decongestant effect. Inhalation therapy is also recommended for children. The most common diseases treated are rhinitis, pharyngitis, sinusitis, chronic catarrhal otitis and chronic bronchitis.

Inhalation opens the upper airways and allows to moisten them. The aerosol propels a microdrop of thermal water into the sinuses or bronchi. To be able to penetrate deeply, one first carries out an inhalation and then an aerosol.

Micronised nasal shower ⌚ 10 min. € 10,00

The treatment consists of the introduction of a light flow of nebulised mineral water at a constant temperature into the nasal cavities. The micronised nasal shower is very effective for preventing and treating sinusitis, it is useful to decongest the mucosa in case of chronic respiratory diseases and ideal for purifying the upper respiratory tract of smokers



INHALATION THERAPIES

Inhalation thermal therapies are used and recognized by the health-care 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

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 organic-clay

It joins the benefits of the mud with the medicinal herbs of the Euganean Hills for an exclusive beneficial treatment.

The natural quality of our thermal organic-clay, an innovative product fruit of history and tradition, stands out in a synthetic and artefact world.

The study of phytotherapy maintains its natural quality intact, joining the thousand-year-old strength of the thermal organic-clay with the beneficial properties of the medicinal herbs of the Benedictine tradition.

PHYTO-THERAPEUTIC THERMAL TREATMENTS

Detox mud with Euganean hill nettles® ⌚ 50 min. € 40,00

Application of warm organic-clay with nettle extracts to detox the body

Treatment which combines the draining properties of mature thermal mud with those of Euganean Hill nettles. The Detox pack has detoxing and purifying properties and is followed by a bath in thermal water.

BENEFITS

It drains, purifies and detoxes the body with natural extracts.

Toning sage mud® ⌚ 50 min. € 40,00

Application of warm organic-clay with sage extracts to manually stimulate the body.

Treatment recommended in cases of lack of tone, dizziness and hypertension. The application of the mud is followed by a bath in thermal water.

BENEFITS

It tones and stimulates the body with natural extracts.

Cold horse chestnut mud® ⌚ 50 min. € 40,00

Application of cold thermal mud with horse chestnut powder to legs to activate circulation

Cold mud treatment enriched by horse chestnut extracts of the Euganean Hills. Recommended for swollen legs, oedemas, ecchymoses and night cramps, as well as rheumatic diseases. The application of mud is followed by a short toning shower.

BENEFITS

It reactivates circulation.

It helps to combat swelling.

It lightens legs.



PHYTO THERMAL TREATMENTS

THERAPEUTIC MASSAGES

Anti-cellulite seaweed mud ⌚ 50 min. € 40,00

Application of warm organic-clay with seaweed extracts to tone the body

The properties of seaweed are enhanced by the thermal mud, which promotes the metabolism of fat cells. The treatment is followed by a tonic shower with thermal water and does not require a medical consultation.

BENEFITS

It combats water retention, cellulite and varicose veins.
It reactivates the circulation and metabolism.

Relaxing camomile mud ⌚ 50 min. € 40,00

Application of warm organic-clay with camomile extracts to facilitate relaxation

Warm thermal mud applied in the form of a pack which contains camomile powder, known to stimulate sleep and relaxation. The treatment is followed by a shower and a hot bath in thermal water and does not require a medical check-up.

BENEFITS

Promotes sleep and relaxation.

Devil's Claw back mud ⌚ 50 min. € 40,00

Application of warm bio-clay on the back with Devil's Claw extracts to relax the back.

A warm thermal mud wrap, highly effective thanks to the Devil's Claw extracts, to relax, soothe, and regenerate the back. Followed by a relaxing bath in warm thermal water with ozone. A medical visit is required.

BENEFITS

Relieves muscle tension in the back.

Post-mud therapeutic massage

Full body therapeutic massage which amplifies the effects of mud

⌚ 25 min. € 35,00 - ⌚ 55 min. € 55,00

Combined with the action of the thermal organic-clay, its effects is felt body-wide to improve blood circulation at skin level, to relieve muscle tension, restore limb mobility, favour the elimination of metabolic waste and muscle tone. Daily repetition is a fundamental element of our revitalising thermal treatment.

BENEFITS

It improves blood circulation.
It tones muscle. It restores limb mobility.

Physiotherapy

⌚ 25 min. € 40,00

Exercises to regain full body function

Therapy session composed of active and passive exercises, which proposes sets of unique and very specific exercises. It is done in a booth.

BENEFITS

It re-adjusts to mobility.
It proposes varied and targeted exercises.

Dead Sea salt scrub

⌚ 25 min. € 42,00

Treatment combined exclusively with fangothérapie.

Application of a Dead Sea Salt scrub to the body to enrich demineralised skin. It exfoliates and combats water retention. Recommended before a cycle of thermal muds to allow the active ingredients of the mud to spread more effectively inside the organism.

BENEFITS

It prepares skin for thermal mud.
It tones, drains, exfoliates.

THERMAL TREATMENTS - TREATMENT PACKAGES

3 TREATMENT PACKAGE

	THERMAE BASIC	 THERMAE COMFORT
	1 Medical examination, 3 Mud treatments, 3 Baths with ozone, 3 Massages of 25 min. , 1 Peeling with salt.	1 Medical examination, 3 Mud treatments, 3 Baths with ozone, 3 Massages of 55 min. , 1 Peeling with salt.
Price per person	€ 301,00	€ 361,00

6 TREATMENT PACKAGE

	1 Medical examination, 6 Mud treatments, 6 Baths with ozone, 6 Massages of 25 min. , 1 Peeling with salt. GRATIS: 3 Inhalations	1 Medical examination, 6 Mud treatments, 6 Baths with ozone, 6 Massages of 55 min. , 1 Peeling with salt. GRATIS: 3 Inhalations
Price per person	€ 526,00	€ 646,00

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

THERMAL TREATMENTS - TREATMENT PACKAGES

10 TREATMENT PACKAGE

	THERMAE BASIC	 THERMAE COMFORT
	1 Medical examination, 10 Mud treatments, 10 Baths with ozone, 10 Massages of 25 min. , 1 Peeling with salt. GRATIS: 3 Inhalations	1 Medical examination, 10 Mud treatments, 10 Baths with ozone, 10 Massages of 55 min. , 1 Peeling with salt. GRATIS: 3 Inhalations
Price per person	€ 826,00	€ 1.026,00

12 TREATMENT PACKAGE

	1 Medical examination, 12 Mud treatments, 12 Baths with ozone, 12 Massages of 25 min. , 1 Peeling with salt. GRATIS: 3 Inhalations	1 Medical examination, 12 Mud treatments, 12 Baths with ozone, 12 Massages of 55 min. , 1 Peeling with salt. GRATIS: 3 Inhalations
Price per person	€ 976,00	€ 1.216,00

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 anti inflammatory 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.



**CENTRO STUDI TERMALI
PIETRO D'ABANO**

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.

SPECIAL MUD PACKAGES

	BACK WELLNESS	DETOX
	Ideal for back pain, relieves tension, improves posture. 1 Medical check-up to be admitted to the treatments 1 / 3 / 6 Devil's Claw back mud 1 / 3 / 6 Special back massage	Purifies, detoxifies, and drains to restore the body's balance. 1 Savonage 1 / 3 / 6 Detox mud with Euganean hill nettles® 1 / 3 / 6 Lymph drainage
1 Full session	€ 144,00	€ 180,00
3 Full sessions	€ 364,00	€ 400,00
6 Full sessions	€ 694,00	€ 730,00

	SHAPE	SERENITY
	Perfect for combating cellulite, reactivates lymphatic flow, and reshapes the silhouette. 1 Detoxifying cellulite treatment 1 / 3 / 6 Anti-cellulite seaweed mud 1 / 3 / 6 Drena+ massage or Anti-cellulite 25 min.	Remove daily stress with treatments aimed at relaxing both body and mind. 1 Anti-stress thermal facial treatment 1 / 3 / 6 Relaxing camomile mud 1 / 3 / 6 Aromatherapy massage 55 min.
1 Full session	€ 170,00	€ 180,00
3 Full sessions	€ 340,00	€ 400,00
6 Full sessions	€ 595,00	€ 730,00

THERMAL TREATMENTS - HYDROKINESITHERAPY



MASSAGES AND MOTOR ACTIVITIES

Hydrokinetic therapy

(Re-education in water)

🕒 50 min. € 74,00

Free-body exercises lightened by the immersion in thermal water

Gentle resumption of muscle exercises thanks to exercises carried out in thermal water, in safety and with the assistance of a qualified therapist.

BENEFITS

Minimum effort, maximum result.

Gentle and gradual resumption of muscle exercise.

Personal Trainer

🕒 25 min. € 40,00

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

THERAPEUTIC TREATMENTS - 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.



BACK SPECIAL

Lower back massage

⌚ 50 min. € 70,00

It eases muscle tension of the spine with manipulations that relax tense zones.

Therapeutic massage designed to work on lengthening the muscle fascia, guaranteeing improved tissue vascularisation. Recommended for tension, stiffening and pain in the lower back, spine, buttocks and legs (lower back pain and sciatica).

BENEFITS

- It reduces chronic pain.
- It eases stiffness in lower back.
- It increases mobility and flexibility.

Special neck massage

⌚ 50 min. € 70,00

Works the muscle fascia in-depth to restore relaxation.

This massage works the tense muscle fascia in-depth, by warming them and by easing tension, giving a feeling of renewed relaxation which allows for lengthening of the muscle fascia through passive mobilisation.

Recommended for chronic pain in the neck and in the upper part of the back.

BENEFITS

- It reduces chronic pain.
- It eases neck tension.
- It increases mobility and relaxation.

THERAPEUTIC TREATMENTS - SPECIAL BACK

Back school

Healthy spine care.

⌚ 25 min. € 40,00 - ⌚ 55 min. € 70,00

School set up with the purpose of teaching and educating on a healthy use of the spine through specific postural exercises. The combination of active exercises of the Back School and Special Back therapeutic massages has proven to be the most effective method for treating postural disorders.

BENEFITS

Targeted training for back and spine.

Recommended for cervical pain, lower back pain, lower back pain-sciatica.



Special back massage

⌚ 50 min. € 70,00

It lengthens rear muscle fascia to guarantee greater flexibility.

It combines special Neck and Lower Back massages to work all the back zone in-depth.

Cycles of 6 treatments are also available.

BENEFITS

It prevents mobility difficulties.

⌚ Cycles of 6 treatments

€ 399,00

Advanced body rebalancing massage ⌚ 50 min. € 70,00

It combines the various schools to restore body balance.

Therapy carried out exclusively by the technical department head, who makes available his twenty-year experience in Western and Oriental techniques for a unique tailor-made and maximally effective massotherapeutic and therapeutic treatment.

BENEFITS

It restores correct body balance.

It works back zone in-depth.

MASSAGES

SHORT MESSAGE

A short massage which focuses on a specific area of the body: back and neck, head, legs or feet.

Back&neck massage ⌚ 25 min. € 45,00

It relaxes back and neck to ease mild disorders

Back and neck massage which works on superficial back muscle fascia. Useful to eliminate mild pain or daily problems due to bad habits or uncomfortable postures.

BENEFITS

It eases mild postural stiffness.

It combats mild neck and back disorders.

For chronic pain, choose a specific therapeutic massage for the back.

Head massage ⌚ 25 min. € 45,00

It calms the body's central nervous system to guarantee psychophysical wellbeing and relaxes thoughts.

According to an Oriental perspective, the head is the coordination point of the entire psychosomatic system: massaging it means contributing to relaxing thoughts to rebalance body, mind and spirit.

BENEFITS

It relaxes and helps ease mental tension.

It rebalances the psychophysical level of the body.

Drena+ massage ⌚ 25 min. € 45,00

Active and draining leg massage

A vigorous massage for the legs that stimulates lymphatic and blood circulation, tones the muscles, and reduces swelling.

BENEFITS:

Firm and drain the legs.



Reflexology Foot Massage ⌚ 25 min. € 45,00

Down to Earth – Foot Reflexology

A symbiosis of pressure point massage and the finest energy work. The stimulation of the foot reflex zones affects organs and the whole body. The energy flow is stimulated, the immune system is strengthened – your body feeling comes into balance.

BENEFITS

For new vitality and grounding!





BODY MESSAGES

Classic total body therapeutic massage

A decontracting and toning total body massage.

⌚ 25 min. € 45,00 - ⌚ 55 min. € 70,00

This massage is an excellent solution for relieving muscle contractions in various areas of the body. It restores mobility to the limbs and reactivates circulation. It can be customized in terms of duration, intensity, and treatment areas.

BENEFITS

Relieves muscle tension.
Restores mobility to the limbs.
Promotes circulation.

Aromatherapy massage

Relaxing massage perfumed with essential oils

⌚ 25 min. € 45,00 - ⌚ 50 min. € 70,00

Massage perfumed with aroma that combines the natural therapeutic properties of essential oils with the healing power of touch. Deep relaxing and regenerating experience for the nervous, circulatory and lymphatic systems.

BENEFITS

It facilitates general wellbeing.
It strengthens the body and the immune system.

Relaxing Massage

A classic Western massage that relaxes both the body and the mind.

⌚ 25 min. € 45,00 - ⌚ 50 min. € 70,00

A massage with classic techniques designed to give yourself a relaxing moment. Enveloping and gentle, this full-body massage can be customized in duration, lightness, and intensity, to be agreed upon with the therapist.

BENEFITS

Relieves daily stress.
Strengthens the immune system.

MASSAGES

Lymph drainage

The most effective technique to reduce swelling.

The manual method designed by Danish physician Emil Vodder is internationally recognised as the most effective against various kinds of swelling caused by a poor drainage system. Manual pumping, thanks to gentle and precise pressure, facilitates the movement of the connective tissue, stimulating the immune system.

BENEFITS

It reduces swelling.

It stimulates the immune system.

It is effective against oedemas, lymphatic stasis, headaches, dark circles under the eyes.

Facial lymphatic drainage: ⌚ 25 min. € 45,00

Leg lymphatic drainage: ⌚ 40 min. € 48,00

Total body lymphatic drainage: ⌚ 50 min. € 70,00

Anti-Cellulitis total body massage

A classic anti-cellulite massage customizable in duration and treatment areas.

⌚ 25 min. € 45,00 - ⌚ 55 min. € 70,00

Thanks to specific manual massage techniques, this treatment improves the appearance of the skin and combats the orange peel effect.

BENEFITS

Firms, drains and improves the appearance of the skin.

Savonnage ⌚ 50 min. € 70,00

Full treatment which hydrates and detoxes the body

Soaping and scrubbing of the body with a plant-based soap and a linen glove followed by a massage with soap foam. It is followed by a draining massage with bundles containing river stones and an energetic massage based with natural hydrating oil.

BENEFITS

Full enriching all-over body ritual.

It hydrates, exfoliates, drains and tones.



Dynamic Recreation Back Massage ⌚ 50 min. € 70,00

Reinforcing Dynamics – Supportable Back Concept

A restorative massage for your back. Highly effective natural massage oils are used to maximise results. The unique combination of cups and Tibetan singing bowls helps release tension and improves the flexibility of the spine.

BENEFITS

Relieves back muscle tension.
Improves spine flexibility.

Sport & Vitality Body Massage ⌚ 50 min. € 70,00

Vital Muscle Energy – Sports Massage

This targeted massage stimulates the muscles and dissolves even the deepest, most stubborn knots in the body. It improves muscle tone and increases energy and vitality. The active ingredients in Alpine arnica promote muscle relaxation.

BENEFITS

Relieves muscle contractures.
Revives muscles.



Dynamic Feet & Leg Massage

🕒 25 min. € 45,00

Vitalizing Light-Footedness – Dynamic Feet & Legs Massage

A leg-strengthening programme that reinvigorates and revives tired legs, providing relief and relaxation. An especially energising and revitalising effect to actively support feet and legs.

BENEFITS

Legs and feet feel lighter and relaxed.

Drainage action and refreshing effect.



Mind Relaxing Aroma Massage

⌚ 50 min. € 70,00

Touching Time-Out – Aroma Massage

Conscious touch for body and mind. A relaxing massage with a calming physical and mental action. The scent of carefully selected organic aromatherapy oils and the gentle massage create a multi-sensory treatment that brings balance to your muscles and soothes your soul.

BENEFITS

Calming effect on body and mind.

Relaxing Head & Neck Massage

⌚ 50 min. € 70,00

Stable Clarity – Head-Neck-Shoulder Massage

A unique massage to awaken your senses. Special massage techniques for the head, neck and shoulder area and highly effective plant extracts relieve tension and clear the mind. It improves the health of blood vessels, sensory systems and nerves. The deep pressure and the pleasant scent experience let you unplug from everyday stress.

BENEFITS

Head and neck relaxation.

Shoulder tension relief.

De-stress treatment.



ORIENTAL MASSAGE

Thai Oil Massage

🕒 50 min. € 70,00

Holistic massage to relieve stress and revitalize the tissues.

Very slow and gentle manual movements are performed with draining and muscle-relaxing effects. This type of massage is effective for rebalancing the body's energy system and improving flexibility through passive stretching techniques. The result is a significant reduction in stress and anxiety and an improvement in sleep, leaving the recipient feeling truly rejuvenated.

BENEFITS

Reduces stress.
Reactivates the lymphatic system.
Relaxes the muscles.

Yoga Massage

🕒 50 min. € 70,00

Traditional Thai Massage (Wat Pho style) on a futon.

Tension is released through acupressure techniques. The muscles are elongated with stretching manoeuvres, reducing muscle tension and producing a feeling of well-being and lightness. This type of massage is performed by the practitioner without the use of oils, with the recipient, dressed in light, comfortable clothes, lying on a Thai futon.

BENEFITS

Relieves persistent muscle tension.
Improves flexibility.

Massage with karite butter

🕒 50 min. € 70,00

Restorative massage which hydrates dry and flaky skin.

Deeply hydrating and elasticising treatment, recommended to prepare skin for tanning and to rehydrate it after exposure to sun and UV rays.

BENEFITS

It hydrates and regenerates skin.
It emolliates, restores and has an anti-age effect.





Ayurveda massage

🕒 50 min. € 70,00

It stimulates the energy points of the body to increase the life force

Regeneration for body, mind, and soul! This ritual of cleansing and touch promotes letting go – physically and mentally. Enjoy the deepest peace and concentrate on the essential.

Oriental massage which stimulates equally the Marma, energy points (water, air and fire), to increase our Prana (life force in Sanskrit). The word Ayurveda is translated in Sanskrit as “life science” (Ayur=life; Veda= Science).

BENEFITS

It relaxes and eases tense muscles.

It reduces nervous tension.

It regulates the lymphatic system.

Shirodhara

Specific Ayurvedic Head Treatment

🕒 25 min. € 45,00

Specific Head Treatment with Warm Oil.

The Ayurvedic massage practiced on the head and scalp is called Shiroabhyanga, and it has many beneficial effects for both care and prevention. It positively affects the scalp and hair, strengthening and purifying them, preventing hair loss, and combating dandruff and the appearance of gray hair.

BENEFITS

Increases blood flow to the head, combating migraines and headaches, and providing deep psycho-physical well-being.

Ayurveda and Shirodhara

🕒 75 min. € 109,00

Deep Relax Stone Massage

🕒 50 min. € 70,00

Rustic Stone Power – Basalt Stone Massage

This deeply relaxing treatment begins with warm basalt stones to stimulate your body's 7 energy centres. This is followed by a gentle massage with aromatherapy oils to promote lymph drainage, with a decongestant and soothing effect on the nervous system. A unique experience featuring heat and various scents to relieve physical and mental stress and achieve a sense of relaxation.

BENEFITS

Deep relaxation with warm basalt stones.
Soothes the autonomic nervous system.



Inner Balance Chakra Treatment

🕒 50 min. € 70,00

Inner Strength – Energetic Chakra Massage

Your path to inner harmony and balance. A combination of pure essential oils, massage techniques that focus on your 7 chakras, and crystals create a spiritual experience for body and mind. A unique treatment that stimulates body awareness and nourishes your inner strength.

BENEFITS

Stimulates the 7 energy centres.
Promotes body awareness.
Clears the mind.



ACQUA THERAPY

EXCLUSIVE COSMETIC LINE OF HOTEL MIONI PEZZATO

Thermal wellness for face and body

The essential ingredient of this cosmetic line is our thermal water. The water of **Abano Terme**, though little known for its “dermatological” use, is very useful and beneficial for skin. Our line of exclusive treatments uses natural active plant and thermal ingredients

FACIAL TREATMENTS

Anti-stress thermal facial treatment ⌚ 50 min. € 70,00

Exploits thermal water to deeply hydrate super-stressed faces.

Highly nutritious anti-stress treatment, which starts with a gentle facial and back scrub and continues with the application of a relaxing mask. As the mask sets, a gentle scalp massage is carried out. Terminates with a relaxing facial massage using a lemon-scented hydrating cream.

BENEFITS

It nourishes the face in-depth.
It reduces signs left by daily stress.



FACIAL TREATMENTS

Intensive Anti-Aging Empress Thermal Treatment

⌚ 50 min. € 78,00

In-depth lifting for mature skin which applies the benefits of thermal water to the Japanese Kobido (Empress) method.

Created by the Samurai therapists for a Japanese empress; a full facial treatment. A relaxing "zen" phase is followed by a phase which activates blood circulation and a tension-relieving massage phase.

BENEFITS

It rejuvenates mature skin.
It activates circulation.
Guaranteed lifting effect.



NEW!

Intensive Anti-Aging Empress Superior Thermal Treatment

⌚ 80 min. € 110,00

Purifying and anti-aging treatment - a perfect symbiosis of high technology and advanced facial massage techniques.

This revolutionary and innovative treatment is the perfect solution for taking care of your skin 360 degrees! Deep cleansing with a fruit acid peel, ultrasonic facial cleansing, and an astringent peel-off mask provide immediate brightness and firmness. The legendary Kobido anti-aging massage stimulates collagen production and has a reshaping effect on the face.

BENEFITS

Deeply purifies.
Provides firmness.
Intense lifting effect.

NEW!

Anti-Aging Glow Thermal Treatment with Vitamin C

⌚ 50 min. € 75,00

Anti-aging and illuminating facial treatment.

This innovative treatment begins with an enzyme scrub, followed by a complete drainage to eliminate retained fluids around the face and eye area. The serum, mask, and cream with Vitamin C promote skin oxygenation, giving the skin a radiant and lifted appearance.

BENEFITS

Improves skin tone.
Oxygenates and firms.
Reduces signs of aging.

Illuminating facial treatment

⌚ 50 min. € 70,00

It illuminates dull faces and restores natural brightness.

Intensive treatment which includes cleansing of the face and décolleté, peeling, dynamic lymph-stimulating massage, illuminating gel mask with clarifying mandelic acid and active facial massage.

BENEFITS

It illuminates dull, polluted and stressed skin.
It cleanses and dynamically stimulates the face.

Thermal soothing & calming treatment

⌚ 50 min. € 70,00

Jade beads caress an exhausted face to calm and relax.

This treatment includes cleansing of the face and décolleté, application of an enzymatic scrub, massage of the face with fresh jade beads, application of a calming calendula and camomile mask and a relaxing massage with finger pressure (Shiatsu of the face).

BENEFITS

It soothes sensitive skin submitted to constant passive pollution without stressing it.

Thermal intensive hydrating facial treatment

⌚ 50 min. € 70,00

Super-hydrating moment for the face which rehydrates dry or very dry skin

Following cleansing and a skin reactivation massage, a super hyaluronic acid hydrating mask is applied to the skin. Followed by a relaxing and lifting-effect massage.

BENEFITS

It gives new life to dry or very dry skin.
It reactivates facial skin.



Special thermal eye treatment

⌚ 25 min. € 45,00

A pleasure for the eye zone.

It effects the entire eye zone and relaxes tired or stressed eyes, giving tone and elasticity.

BENEFITS

It reduces puffiness, dark circles under the eyes and signs of tiredness.
It refines thin ageing lines.

BODY TREATMENTS

Aromatic scrub ⌚ 25 min. € 45,00

Aromatised body exfoliation to add that extra touch to the traditional scrub.

Herb or almond scented body peeling. Relaxing treatment with the possibility to personalise it.

BENEFITS

Double effect: it relaxes and exfoliates.
It prepares skin for other treatments.

NEW!

Anti-cellulite thermal treatment Slim ⌚ 50 min. € 70,00

Fights Evolving Cellulite.

A reshaping treatment that stimulates the lymphatic system through exfoliation and draining wrap with effective plant extracts. Specific massage techniques tone and combat the "orange peel" effect, improving the skin's appearance.

BENEFITS

Redefines the silhouette contours.
Drains and tones.
Stimulates the removal of fatty tissue.

NEW!

Thermal Drain Treatment ⌚ 50 min. € 70,00

Draining Treatment for Tired Feet and Legs.

This treatment alleviates heavy legs, swollen feet, and ankles. A fresh, reshaping wrap combined with a draining-energy massage removes fatigue and provides incredible lightness. A pressure point massage on the soles of the feet relieves tension.

BENEFITS

Light feet and legs.
Improves blood and lymphatic circulation.



NEW!

Thermal Body Toning Treatment

⌚ 50 min. € 70,00

Firming and Anti-Aging Body Treatment.

Thanks to the collagen mask, this unique treatment promotes the skin's regeneration processes. It is ideal for dull skin affected by stress and aging. A toning massage improves elasticity and firmness, giving the skin a radiant and toned appearance.

BENEFITS

Hydrating and nourishing.
Improves skin firmness.

Thermal hydrating body treatment ⌚ 50 min. € 70,00

Regenerating thermal therapy for dry and under-nourished skin

Light purifying thermal scrub followed by a super-hydrating body pack. As the pack sets, a gentle scalp or hand massage is offered. The treatment ends with a relaxing massage with karite butter and lemon cream.

BENEFITS

Deep regenerating action.

It nourishes dry and blemished skin in-depth.

Thermal tension-relieving body treatment ⌚ 50 min. € 70,00

Immediate relief for tense muscles

Hot natural thermal organic-clay pack followed by a tension-relieving massage of the back and calves.

BENEFITS

It resolves muscle tension.

It works immediately on tension in-depth.



VITALIS DR. JOSEPH

HIGHTECH NATURAL COSMETICS®

The future of natural cosmetics.

The formulas of the Vitalis Dr. Joseph line are based on the finest natural raw materials, refined through biotechnological processes to ensure the best results for your skin.



FACIAL TREATMENTS

Intense Purifying Face Treatment ⌚ 50 min. € 90,00

This facial treatment provides a deep and intensive cleansing of the skin without stripping it of moisture and natural oils. The pores appear refined, the skin is clarified and primed for treatment with active ingredients. A deep cleansing of the skin for a visibly fresh, clean and even complexion.

BENEFITS

Visibly improved pore appearance.

Promotes clearer skin.

Ideal for young, oily skin with impurities and prone to enlarged pores.

Cellular Recreation Face Treatment ⌚ 50 min. € 90,00*Deep-acting beauty care*

Treatment based on natural active ingredients with a customised facial massage. This facial treatment works on a deep level and is adapted to the individual needs of your skin. Highly effective for skin that is healthy and deeply cared for.

BENEFITS

Immediate visible effect.

Care and treatment with active ingredients tailored to your skin's needs.



Ultrasonic Facial Lift

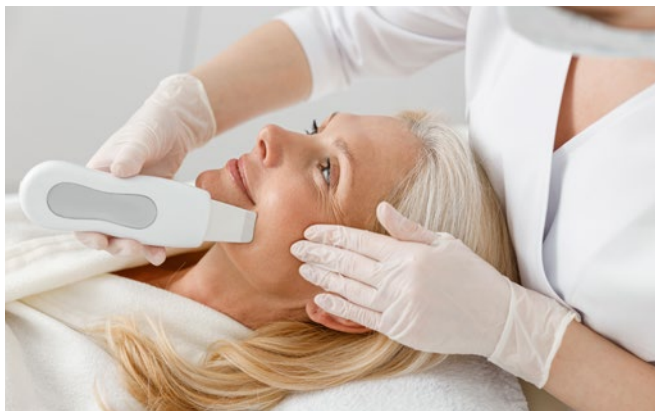
⌚ 50 min. € 90,00

Ultrasonic Lifting Express Treatment

This innovative ultrasound facial treatment delivers a rejuvenated and even complexion. Natural active ingredients penetrate the deepest layers of the skin with the help of ultrasound frequencies. The effect is immediately visible with noticeably smoother and firmer skin.

BENEFITS

- Intense peeling to stimulate cell renewal.
- Reveals a firmer complexion and irresistible glow.
- Rejuvenating effect for mature/atrophic skin.
- Rejuvenating effect for smokers' skin.



BODY TREATMENTS

Detoxifying Cellulite Treatment

⌚ 50 min. € 85,00

Powerful Body Cult – Innovative Cellulite Program

An effective anti-cellulite treatment with a long-lasting effect on the connective tissue. Cupping, in combination with highly effective natural ingredients, visibly reduces cellulite and has a drainage effect on the tissues. The special massage technique and seaweed wrap enhance the detoxifying effect.

BENEFITS

- Detoxifying effect on the connective tissue.
- Highly effective active ingredients against cellulite.
- Sculpting effect.





**Revitalizing &
Firming Abdomen Treatment**

⌚ 50 min. € 85,00

Strong core – Tummy Toning Program

This effective treatment firms the midsection and helps to decongest the abdominal area. Gentle stimulation improves skin firmness and helps shrink the waistline.

BENEFITS

Revitalises and firms the skin.

Promotes the internal functions of the abdominal area.

Reduces the waistline.

Firming & Toning Body Massage

⌚ 50 min. € 85,00

A customised body massage that tones and sculpts your figure. Effective active ingredients and innovative massage techniques reactivate the metabolism and lymphatic function. An intense peeling reveals smooth, velvety skin.

BENEFITS

Lymph activation and peeling for firmer skin.

Full-body massage focused on the figure.

THEMED SPA PACKAGES

SILHOUETTE	INTENSIVE ANTI-CELLULITE	BEAUTY EXPERIENCE
2 Total Body Lymph drainage 2 Firming & Toning body Massage	3 Anti-cellulite thermal treatments 3 Pressure therapy	1 Thermal hydrating body treatment 1 Illuminating facial treatment 1 Pedicure with semi-permanent
€ 295,00	€ 291,00	€ 200,00
LOVE & WELLNESS	ANTI-AGING DELUXE	LIGHT LEGS
2 Aromatherapy massage 55 min. 1 Bottle of Prosecco	1 Ultrasonic Facial Lift 1 Intensive empress anti-age treatment	3 Draining and firming wrap with pressure therapy 3 Drena+ massage
€ 158,00	€ 160,00	€ 271,00
ORIENTAL RELAXATION	CHAKRA	SPECIAL BACK
1 Ayurveda massage 1 Head massage	1 Deep Relax Stone Massage 1 Inner Balance Chakra Treatment	6 Specific massages for the lumbar or cervical area
€ 109,00	€ 133,00	€ 399,00
DECONTRACTING	BREATHING	
1 Thermal tension-relieving body treatment 1 Dynamic Recreation Back Massage 1 Special back massage	5 Facial mud for sinusitis	
€ 200,00	€ 166,00	

A SELECTION OF BEAUTY TREATMENTS

Facial Cleansing

⌚ 50 min. € 70,00

The most classic facial treatment.

Basic treatment to maintain correct skin function and prepare it for beauty and/or medical practices.

BENEFITS

It prepares skin for subsequent treatments.
It removes anti-aesthetic marks.

Pressure therapy

⌚ 25 min. € 32,00

Compression and decompression of the body which give a feeling of lightness.

Mechanical drainage technique which produces a massage through compression and decompression. The special covering filled with air and applied around the body exercises multiple pressure.

BENEFITS

It lightens heavy lower limbs.
It activates circulation.
It eliminates toxins.

Pressotherapy package (5 times)

5 x ⌚ 25 min. € 152,00

Draining and firming wrap with pressure therapy

⌚ 25 min. € 50,00

HAND/FEET BEAUTY

Manicure

The most classic treatment for hands and nails

The best service for hands and nails that includes the removal of cuticles, exfoliating treatment and hydrating massage. Application of nail polish is also available (at an additional charge).

BENEFITS

It prepares hands for subsequent treatments.
It removes imperfections and cares for the hands.

Manicure ⌚ 25 min. € 40,00

Manicure + nail polish ⌚ 35 min. € 45,00

Manicure with semi-permanent ⌚ 50 min. € 70,00

Full Pedicure

Feet beauty treatment

Classic pedicure, including cutting and filing nails and smoothing surface calluses. Application of nail polish is also available. We do not perform a medical pedicure (only for chiropodists); we perform an aesthetic foot care only as provided by the legislation in force.

Pedicure ⌚ 50 min. € 50,00

Pedicure with semi-permanent ⌚ 50 min. € 70,00

DEPILATION

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

OTHERS AND INFO

OTHER

Change of bathrobe	€ 3,00
Change of towel	€ 2,00
SPA bag	€ 37,00

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** or call us on **(+39) 049.8668377**.



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 8:30 am to 5:00 pm (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.

Cancelling an appointment

Treatments can be **cancelled 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 Yoga Massage 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.



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

Tel: +39 049 8668377 - Fax: +39 049 8669338
e-mail: info@hotelmionipezzato.com
web: www.hotelmionipezzato.com

