

HOTEL TERME MARCONI



# TREATMENTS 9



HEALTH AND WELLBEING



*A sense of familiarity, a warm welcome and guaranteed professionalism make Hotel Marconi the perfect thermal spa for relaxing mind and body. Choosing to spend your break in this Hotel is not settling for a “simple, normal” holiday, but so much more. It is an “entirely natural” path to sculpting your body, treating and preventing damage to it and to improving your physique.*

*Here, the latest in mud therapy and beauty spas combine with physical activity and expertly authentic Italian and international cuisine to help our guests obtain their physical target, in as short and enjoyable a time as possible and without over exertion.*

*Immersed in a green park and framed by the nearby Euganean Hills, the Hotel is also within reach of some of the world’s most famous cities, such as Padua, Venice, Verona and Vicenza and the Palladian Villas.*

*All of this goes to show why Hotel Marconi guests of all ages keep returning, bringing their friends along with them.*



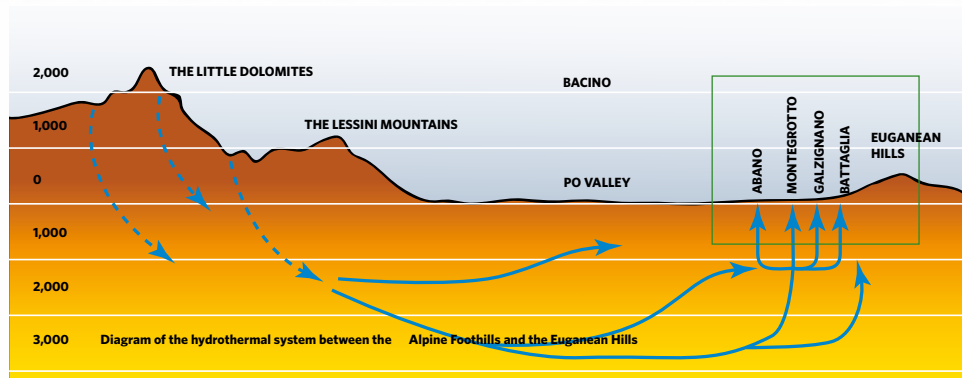
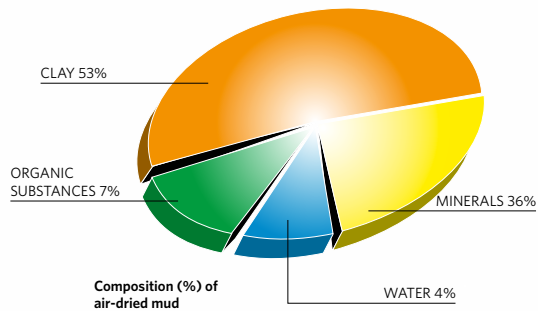
## MUD BATHS

The mud bath is an entirely natural form of treatment that is centuries old. The mud is mixed with natural thermal spring water from this volcanic territory. It is left to “mature” for around 60 days in tanks specially designed for the purpose. The process significantly alters the mud’s organic make-up, vastly improving its heat-retention qualities and enriching it with proteins.

### THIS TREATMENT IS RECOMMENDED FOR:

Various forms of rheumatism, arthritis and arthrosis, sciatica, lumbago and the long-term effects of fractures, contusions, sprains and dislocation.

It is ideal for preventing injury and strengthening the immune system, as the mud removes toxins, counteracts stress and ageing and helps keep the skin looking healthy. Natural, side-effect free treatments are attracting younger and younger patients, a preference that manifests in the enthusiasm with which they are taking up mud therapy.



#### Average composition of the mineral water in ALBANO - MONTGROTTO TERME

Air temperature	8°C
Water temperature	84.5°C
pH	7.0
Electrical conductivity at 18°C	8,100
Solid residue at 180°C	5.806 g/l
Solid residue at 550°C	5.806 g/l
Sodium ions	1.450 g/l
Potassium ions	0.172 g/l
Calcium ions	0.387 g/l
Magnesium ions	0.080 g/l
Ammonium ions	0.0027 g/l
Iron ions	< 0.05 mg/l
Nitrite ions	none
Nitrate ions	none
Sulphate ions	0.278 g/l
Chloride ion	0.578 g/l
Bicarbonate ions	0.161 g/l
Bromide ions	traces
Iodide ions	traces
Sulphuric acid	1.32 mg/l
Silica	0.063 g/l
Alkalinity (ml HCl 0.1 N)	26.5
Hardness (French degrees)	130° F
Oxidability	9.71 mg/l
Organic substances	0.372 g/l
Cryoscopic constant	0.31°C
Osmotic pressure	3.78 atm.

Laboratory for Hygiene and Preventative Medicine, Padova, 16.01.1980



#### HOW DOES MUD THERAPY WORK?

The mud baths are located within the Hotel's treatment rooms and the therapy carried out by specialised staff. They apply the mud directly onto the affected part of the body at a temperature prescribed in advance by the Hotel doctor.

After the mud is removed, patients take a thermal shower and then an ozone bath. Each patient has their own bath, close to body temperature. Ozone stimulates and promotes circulation in wet skin and, as the warm water increases its permeability, the ozone can reach into the deepest layers of the tissue. On account of their ability to stimulate cellular circulation and metabolism, thermal ozone baths are recommended for those suffering from stress, arteriosclerosis, obesity, gout, depression and circulatory or joint problems.

#### THERMAL HYDROMASSAGE

The patient is submerged in the thermal spring water where a therapist massages them with jets of warm water. The process is excellent for relaxing muscular tension and for toning. It also benefits the digestive system. It purifies the surface of the skin and helps fight cellulite and water retention.

#### INHALATION AND AEROSOL THERAPY USING THERMAL SPRING WATER

Inhalation therapies are traditionally used and scientifically recognised in the treatment and prevention of respiratory illnesses, such as rhinitis, pharyngitis, sinusitis, bronchitis and other pulmonary illnesses.

They are a panacea for those working in areas where, unfortunately, smog, pollutants and active or passive smoking prevail.





## MASSAGE THERAPIES

### ORTHOPAEDIC REFLEXOLOGY

Orthopaedic Reflexology is a therapeutic massage technique that uses pressure from the thumbs to focus on the soles of the feet. The soles of the feet are divided into well-established areas that are "geographically" distinguishable. Carried out by expert hands, it is a fantastic pain-relieving therapy that can be used to treat several physical and mental illnesses. Many are common issues, such as joint pain, back pain, arthrosis of the neck, stress, migraines and digestive problems, but orthopaedic reflexology can also help some of the most serious heart and circulatory diseases.



### RIFLESSOLOGIA FACCIALE

Tecnica vietnamita, denominata anche Dien Chan, da colui che l'ha ideata, mediante la quale, il terapeuta, con la semplice stimolazione di alcuni punti del volto, va a riprogrammare il cervello del paziente, riportandolo sulla "frequenza" della salute e rinforzando il sistema immunitario.



Spesso, ciò che si manifesta come malattia, è infatti l'effetto di un disagio più profondo che ha provocato un blocco energetico, il quale potrà essere sciolto con pochi semplici gesti. La tecnica non ha controindicazioni e inoltre il paziente potrà imparare, aiutato dal terapeuta, quei movimenti che potrà poi ripetere anche da solo.

### THERAPEUTIC MASSAGE

In each mud therapy session, after the body has ceased sweating, the doctor usually advises a therapeutic massage, intended to restore tone to the muscles and nervous system, eliminate feelings of fatigue and tone and relax muscles and joints. The guest is then free to use the SAUNA GROTTO - at times the doctor prescribes it. Bathing in the steam from the thermal spring water is particularly recommended for those with obesity, gout or diabetes.



## MASSAGE THERAPIES

### LYMPHATIC DRAINAGE

Manual lymphatic drainage is a type of massage focused specifically on the face and body, depending on what requires treatment. It stimulates the lymphatic system in order to cleanse residue and toxins from the interstitial fluids. Such toxins are often the cause of pain, swelling and blemishes. The treatment restores the blood to a clean state, revitalising it. It is especially recommended for cases of oedema, water retention, cellulite, painful menstruation, constipation, lymphatic blockage after surgery or for any illnesses that require strengthening of the immune system.

### MASSAGGIO RILASSANTE

Il massaggio olistico rilassante è una tecnica delicata la cui finalità è portare sollievo e stimolare un processo auto-riequilibrante del corpo. È un massaggio volto ad alleviare la tensione muscolare e lo stress emotivo accumulatosi nei tessuti. Il massaggio olistico si occupa proprio della relazione mente-corpo.

### MASSAGGIO RASSODANTE

Il massaggio rassodante è caratterizzato dal fatto di essere compiuto attraverso una manualità piuttosto energica, allo scopo d'intervenire non solo sulla parte superficiale della pelle ma anche sulle fibre muscolari. Grazie a questo tipo di massaggio, quindi, sono stimolate sia le cellule del derma che la circolazione in generale. Nello specifico, questo massaggio stimola la produzione di elastina e di collagene, permettendo un'ossigenazione ottimale delle fibre muscolari e, quindi, di tutto il tono muscolare. Un altro grande vantaggio di questo trattamento è quello di possedere un ottimo effetto modellante perché riesce a sciogliere gli accumuli di adipe localizzato.



## SHIATSU

This form of massage has its origins in Japan and in Taoism. It does not require auxiliary, mechanical tools, just expert hands. Using the fingertips and the palms and applying pressure on the body restores its energy balance. This type of massage therefore has a profound effect on the patient's psychophysical wellbeing. It is targeted particularly at problems in the muscles and joints and at migraines, insomnia, anxiety, stress, pain of any kind and problems that specifically affect women. The result is a physical and emotional rebalancing.

## AYURVEDA

This type of massage is one of the most commonly practised in ancient Indian Ayurveda medicine. It is a slow, relaxing massage that begins with the core and progresses outwards, from top to bottom, with the masseuse's hands running freely thanks to the use of special oils. It is this slow, progressive nature that allows it to release tension in the body and lets its energy flow, reactivating the circulation. The key outcomes of Ayurveda are a strengthening of the body, improved sleep, stronger skin and reduced stress. It also boosts the immune system, reduces mental and muscular fatigue and rebalances the autonomic nervous system.

## SHIRODARA

This is a traditional Ayurvedic treatment, in which warm oil - maintained at a constant temperature - is applied to the front of the patient's body. In addition to an Ayurvedic massage, the oil is dripped onto the front, the head and the space between the eyebrows. Shirodara calms the central nervous system, improving comprehension and clarity of mind.

## MOXA

Moxa comes from traditional Chinese and Japanese medicine and is applied predominantly to the same points used in acupuncture. The treated area is first warmed using mugwort, a herb with very special characteristics. The heat is then transmitted to the meridians and collaterals. Moxa has the following benefits: it stimulates energy, improves blood flow, boosts the metabolism, counteracts poor circulation, reduces the effects of arthrosis, promotes blood and tissue regeneration and strengthens the immune system.



## ORIENTAL TREATMENTS

### STONE THERAPY

This form of massage makes use of stones. The Sumerians, Egyptians, Indians, Greeks and Romans have long recognised the therapeutic effects of placing stones on the human body, making use of the technique since ancient times in the famous Thermae. Stone Therapy is not intended to replace massages effected with the hands, but to enhance all other forms of bodily therapy. The stones are a vehicle for energy and, when combined with massage, they relax the muscles in the shoulders, neck and back, release fluid retention, improve circulation, smooth the skin, improve metabolism, detoxify the body and bring deep relaxation to mind and body.

### PINDA SVEDANA

This form of massage uses heated boluses, or pouches, made of natural cotton. They contain a mix of active ingredients: Dead Sea salt, various types of algae and essential oils. The effects and benefits of this type of massage, hailing from the Ayurvedic tradition, include the alleviation of heaviness and stiffness from the body. It promotes energy flow, stimulates blood and lymphatic circulation and detoxifies. This type of massage is an ideal component in mud- and algae-based treatment cycles that focus on localised fat build-up and cellulite.

### CRYSTAL HEALING

An ancient tradition, crystal healing has origins in Shamanism from North and South America, as well as in Buddhist and Taoist healing practices. It makes use of the energy of the stones to rebalance the patient's energy. This commonly-used therapy works by matching each stone to a chakra, according to the specific functions of each (there is a crystal for every symptom). The therapist becomes the connection between patient and stone: the matched crystals are activated by the energies the patient presents during treatment. Before using stones, the therapist will conduct a thorough energy analysis of the patient using all the instruments necessary for the purpose.

### REIKI

Reiki is both a treatment and a form of natural healing that hails from Japan. It seeks to rebalance energy and heal the mind and body. It has a profound psychophysical relaxation effect and promotes a general sense of wellbeing, energy in the patient's approach to life, joy, good mood and a sense of peace. Meanwhile, its physical effects include accelerating the healing of scar tissue and lowering blood pressure. It can be used to treat pain, reactivate the endocrine system, revitalise the nervous system, strengthen the immune system and reduce stress.





## TREATMENTS AND MESSAGES

### HAMMAM TREATMENT

A fascinating practice originating in the Middle East that has its roots in the Ancient Greek and Roman worlds. Hammam is an ideal and pleasant winter treatment as it prevents problems linked to colds by freeing up the airways and fighting muscle pain. In summer it has the refreshing effect of lowering body temperature. Hammam can begin seated in the sauna, which is followed up with a hot shower or bath. Next is a scrub with a horsehair glove and black or fragranced soap, before a relaxing and hydrating Argan oil massage. As a result, the skin appears smoother and brighter, the tan enhanced. The Hammam ritual is a great preparatory treatment for subsequent beauty treatments (especially those that use Argan oil), improving their effectiveness.

### BIOENERGETIC MASSAGE

In the first decades of the 1900s, W Reich - the father of BIOENERGETIC ANALYSIS - discovered a vital energy called ORGONE. It is present throughout the universe and can build up in our cells and certain parts of the body to produce the tension, blocks and conflicting emotions that are responsible for our illnesses. Most of us do not have a harmonious body, but one that is fragmented and disjointed. In many areas, energy cannot flow freely. The techniques in bioenergy, handed down by A. Lowen, are based around studying the body to identify where energy is blocked or where energy flow is missing, so as to re-establish balance. The technique matches contact to the rhythm of breathing and restores "grounding" and an internal balance. It nourishes and restores vital energy to the body. Bioenergetic massage techniques are personalised to the individual. Maximum effectiveness is achieved with the use of essential oils and harnessing the power of those oils to bring them into line with the patient's body and emotions. The treatment is a form of energetic aromatherapy and is BIOREGENERATIVE. From a physical point of view, it frees up the airways, improves blood and lymphatic circulation, reduces the build-up of localised fat, tones the nervous system and aids flexibility in the muscles and joints.



MASSAGES

### BACK & LEGS RELAX-AROMATIC MASSAGE

È uno specifico massaggio decontratturante-rilassante per gambe e schiena, con oli essenziali mirati. È ideale per riequilibrare il corpo, la mente lo spirito. La combinazione tra l'olio vegetale e gli oli essenziali e il trattamento manuale che favorisce l'assorbimento e il relax nonché la tonificazione è infatti unica, dona risultati particolarmente apprezzabili in tempi molto brevi ed è gratificante per chi lo esegue e per chi lo riceve.

### CANDLE MASSAGE

Il Candle Massage svolge doppia azione: idrata, nutre e lenisce la pelle più di qualsiasi altro olio, grazie al ricco contenuto di principi attivi, e dona una piacevole sensazione di relax e benessere mentale in quanto il calore, il bagliore della fiamma e le essenze liberati dalla candela riattivano tutti i nostri sensi allentando le tensioni e liberando la mente. Favorisce una profonda azione nutriente, dona elasticità e penetra negli strati più profondi della pelle ricostituendo il film idrolipidico indebolito.



## CRANIOSACRAL MASSAGE

Craniosacral massage is a holistic massage technique that works with a very light touch to the skull and the vertebral column. It intends to make “contact” with the craniosacral rhythm and so favour and stimulate it. Thanks to the various connections between the systems controlling the body's functions, this massage can bring benefits to the patient on all levels: a simple anti-stress treatment, it can also rebalance posture, the muscles and the digestive system as well as improving the respiratory system. All this makes it perfect, in many instances, for the treatment of sciatica, back pain, post-natal injuries, whiplash, migraines, scoliosis, dizziness and jaw problems. Despite the delicateness of this type of massage, it can have a profound effect on the nervous system, influencing hormones as well as the immune system. This strengthens the harmony between psychological and emotional states - in other words, it promotes a state of holistic wellbeing, harmony between the body, mind and spirit. This facilitates healing processes and the prevention of many different illnesses. As it is not in any way an invasive treatment, this form of massage is suitable for infants, the elderly and pregnant women.

## MASSAGGIO THAI

Come altri tipi di massaggi, il Massaggio Tradizionale Thai aumenta l'attività vascolare e promuove la liberazione di tossine dalle cellule. Ma oltre a questa attività fisiologica questo tipo di massaggio ha un'attività di liberazione di energia.

Perciò, dopo questo massaggio non ci si sente sedati, ma, al contrario, ci si sente come potenziati. Un'altra unicità di questo tipo di massaggio è che le tecniche si spingono fino al limite delle possibilità del paziente, con l'utilizzo delle mani, dei gomiti, delle ginocchia e dei piedi.

Questa tecnica di massaggio è adatta anche e specialmente per atleti di discipline aerobiche, come chi pratica la corsa, il ciclismo, il calcio. Il massaggio può contribuire a ridurre il tempo di recupero lasciando il corpo rilassato e la mente sveglia.

Il massaggio Thai è anche indicato per individui depressi perché ha un effetto equilibrante a livello emotivo.



MASSAGES

## CALIFORNIAN MASSAGE

The masseuse uses an oil to make their movements more fluid. This oil is usually a relaxing, perfumed essential oil. The technique incorporates the whole body and focuses on toning it, alternating between fluid movements, sometimes light, sometimes deeper. The concentration is on the skin's surface. Hand movements are slow, soft and wide, as if the hands dance a harmonious choreography across the body. This does not, however, prevent the masseuse from following and respecting the meridians and reflex points, or from tracing the lines of the body's muscles.

The benefits: the Californian massage is especially aimed at those who want the ultimate relaxation experience, to lose themselves as they rediscover a harmony with their own body. The lightness of this massage reawakens the senses, making it the ideal form of relaxation for those who are stressed or overtired.

## DECONTRACTING SPORTS MASSAGE

Decontracting sports massages are intended - as the name suggests - for fighting muscle contraction. What does this mean?

The muscles are made up of a series of fibre fascicles that are not all used at the same time during movement. However, in certain conditions, such as when the muscles are forced to work hard or in the presence of bone problems, overloading of the fibres can make the muscles appear as if they were contracted. When there is excess tension in this way and it continues even in a state of relaxation - similar to cramp - it is called muscular contraction. It is usually athletes and sport-people that suffer most from this phenomenon. Decontracting sports massages can alleviate pain related to muscular contraction. The treatment is principally a form of treatment, but is often chosen as a preventative therapy and for alleviating stress and tension, as well as simply through personal preference. Generally speaking, it is a form of massage that targets a specific contraction. It is therefore localised and specific to a body part such as the legs, back or lumbar.





## PHYSIOTHERAPY - HYDRO-KINETIC THERAPY

### TRADITIONAL PHYSIOTHERAPY

When it comes to physical and rehabilitative medicine, the Hotel makes use of a department devoted to physiotherapy. It handles a range of problems in the body's motor system and debilitating injuries. Rehabilitative treatments - often involving tools and equipment - are used to treat injuries such as: muscular stiffness, hypotrophy and hypotonia, as well as pain and contractions, atrophy, issues with circulation and neurological problems. It is also effective in treating chest muscles to improve the respiratory system.

### MIOFIBROLISI DIACUTANEA

In caso di eventi patologici, il corpo umano può tentare di riparare il tessuto, in maniera non sempre ottimale, creando le cosiddette "cicatrici", che possono essere nodulari oppure delle aderenze fibrose. La miofibrolisi diacutanea cerca di avviare o accelerare il processo di riassorbimento, riportando il tessuto in condizioni di normalità. Se effettuata in modo corretto la miofibrolisi diacutanea ha, nelle situazioni morbose citate poco sopra, un'efficacia superiore a quella dimostrata da altre metodiche fisioterapiche (massoterapia, ultrasuoni, tecar, ecc.). La fibrolisi ha mostrato una certa utilità non solo a fini terapeutici, ma anche diagnostici.

### HYDRO-KINETIC THERAPY

This is a programme aimed at restoring the physiological functions of the joints and muscles after injury. The environment - thermal spring water - in which this treatment takes place, means the patient is able to move freely and without impact: the up thrust of the water supports the body, helping the muscles to relax. The water provides a gentle massaging effect that relieves pain. On the whole, it acts without putting any stress on the muscles.

### WATZU a form of Shiatsu in water

This is a programme aimed at restoring the physiological functions of the joints and muscles after injury. The environment - thermal spring water - in which this treatment takes place, means the patient is able to move freely and without impact: the up thrust of the water supports the body, helping the muscles to relax. The water provides a gentle massaging effect that relieves pain. On the whole, it acts without putting any stress on the muscles.



## PERSONALISED GYMNASTICS

### BACK SCHOOL

An effective and long-lasting treatment method for back pain, such as backache, lumbosciatica and neck pain. It is a course that combines theory and practice, aimed at those who regularly suffer from back pain and those who wish to prevent it. The idea is for attendees to learn to correctly manage their own vertebral column and protect it during their various daily activities, by way of specific preventative exercises that re-educate the body's motor system.

### POSTURAL GYMNASTICS

An effective and long-lasting treatment using targeted exercises to improve the body's alignment, posture and use of thereof, giving the patient better control of their body. This improves muscular flexibility and strengthens the muscles that help them to maintain posture. It also re-adjusts the respiratory system and slowly and gently mobilises the patient, while employing relaxation techniques that release muscle tension.

### STRETCHING

The purpose of stretching is to help release tension, stiff muscles and energy blockage, through exercises that lengthen the muscles. This improves overall flexibility, thus makes the movements required in daily life easier and more fluid, more coordinated. It prevents overexertion in order to reduce fatigue. Doing the same exercises in thermal spring water also produces good results.



## PERSONALISED GYMNASTICS

### ACQUAGYM

Suitable for everyone. A complete exercise class that tones the muscles and increases flexibility, with easy-to-follow steps. Exercise in the water requires a greater effort than the same actions on land. Just a few movements are enough to firm up the muscles, making them appear more toned and shapely.

Acquagym is a great way to slim down and tone the body without the risk of overloading the muscles and joints. Just one Acquagym class strengthens the muscles and makes you appear slimmer. The class also makes the most of the water's massaging effect over the entire body. As you exercise, the pressure of the water benefits fatty tissues and helps fight cellulite. That is why many women love this physical activity.

Its beneficial role extends to the blood and lymphatic circulation, effectively preventing overloading in the lower limbs and fighting varicose veins and water retention. You do not need to know how to swim to take part. Acquagym classes take place in shallow swimming pools or at the edge of pools with the help of floats.

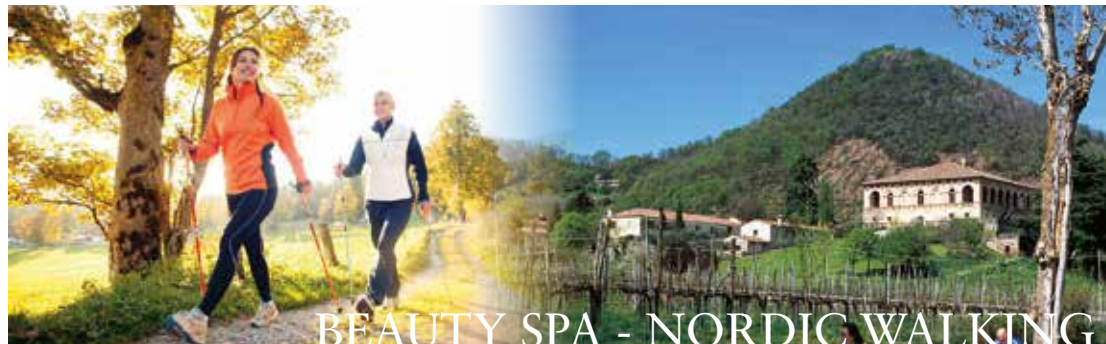
It is an activity suitable for pregnant women: due to its low impact nature, it is recommended for women during pregnancy. The risk of injury is practically zero, making exercise in the water perfect

for anyone with joint problems or back injuries. It is also recommended for anyone suffering from arthrosis. Acquagym is fun, as well as being the perfect way to slim down and improve mood. It is a group activity, set to music, and lets participants release tension and stress. Acquagym classes will make you feel more in shape, more relaxed and happier.

### CARDIOFITNESS

Intended for improving cardiovascular fitness and the respiratory system through the use of specific tools that constantly monitor the heart rate. The Hotel has a spacious and modern gym, and specialised staff are on hand to assist.





## BEAUTY SPA - NORDIC WALKING

### BEAUTY SPA

Within the Hotel, the Beauty Spa is a highly valued department. It offers various treatments that target the body, such as the anti-cellulite treatment and various types of massage, including a Dead Sea salt massage. There are also firming, exfoliating, peeling and grape seed oil treatments. These facial treatments are in high demand as they address skin problems in the individual. In addition to the use of many creams and oils - at the beautician's recommendation - mud baths are also a fantastic way to improve skin, especially for those who suffer from acne or greasiness. The thermal mud is an anti-oxidant that regenerates the skin and, together with a preparatory steam and the use of oil in a specific type of massage, it can be an excellent, totally natural and revitalising face mask.

In addition to all of this, there is a hairdresser, who also specialises in hair removal, pedicures, manicures and tanning.

### NORDIC WALKING

Nordic Walking is a magnificent discipline in sport and wellbeing that takes place in the open air. It was created many years ago by Finnish cross-country skiers who needed a way to train during the summer months. It is a low-impact activity that tones the muscles and instils correct posture in the body, without damaging the joints. Anyone of any age can practice Nordic Walking.

**THE BENEFITS OF NORDIC WALKING:** it is 40% more effective than walking without poles, it requires more energy, the poles lessen the weight carried by the body itself, it boosts oxygen flow around the body and it keeps you active. Boosting stamina, strength, mobility and coordination, it loosens muscle contraction in the shoulders and neck, slows the ageing process, does not strain the heart, strengthens the immune system and reduces stress. It is therefore ideal for those recovering from illnesses, as it improves their condition much faster.



MARCONI  
HOTEL TERME



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