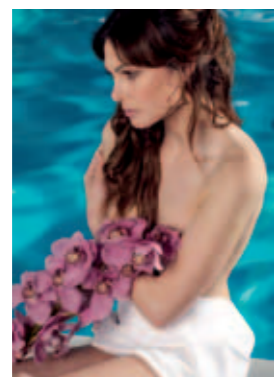




SpaDay

It's never too early or too late

to give yourself a day off; when the days are long and tiring and your mind is completely frazzled and even more tired than your body, the time has come to take a break. If you are in search of some relaxation and, more importantly, if you believe that health and wellness are the means for feeling good both within yourself and in the company of others, just give yourself a break and come and spend a day here at the Abano Ritz.



- Courtesy room (8.00 am – 8.00 pm)
- One hour-lasting massage of your choice
- One aesthetic treatment at your choice.
- Hire of soft bathrobe and swimming pool bath towel.
- Thermal swimming pools, sauna and gym at your disposal.
- 'Sport' Bottle (1/2 litre)
- Tea time at 5.00 pm

208.00 euro during the weekdays

239.00 euro during festivities and weekend days

NOTICE: Booking is required at least 48 hours in advance.

WELL-BEING "A LA CARTE"

Wellness

- Aku Punct massage to stimulate the vegetative system and rebalance the sympathetic system. € 58,00
- Aquahealing in the swimming pool: to recover one's psychic self awareness and serenity. € 60,00
- Aromasoul Arabian: ritual-massage with exclusive Arabic blend.
The massage is inspired by the Berber and Tuareg world: thanks to the fluid and the circular movement it is a precious remedy against physical and mental tiredness. € 64,00
- Aromasoul Indian: ritual- massage with exclusive Indian blend. The pretty vigorous massage takes care of your Chakras and will waken your positive energy through a pleasant and relaxing sensorial trip. € 64,00
- Ayurveda for psycho-physical well-being. € 58,00
- Back Neck: a kneading massage to release any tension in your neck and back. € 30,00
- Natural healer consultation and introduction to Green Medicine. € 40,00
- Deep massage: with sliding, elongating and finger-pressure techniques to heal any problematic stress situation. € 60,00
- Soul physiotherapy: "Body & Soul" rebalancing massage to recover your inner balance. € 60,00
- Detoxifying and mineralizing Bio-Mud pack. (in the **Twin** room for couples € 60.00). € 38,00
- Lomi Lomi: de-stressing traditional Hawaiian massage. € 56,00
- Californian massage: stretching and smoothing techniques to relax and tone muscles. € 56,00
- Thermal, myorelaxing massage to release any tension. € 30,00
- Ying Yang massage: a health massage from zen disciplines. € 58,00
- Mystic massage: the ancient ritual of washing the foot using perfumed oils and reflexology massage. € 38,00
- On Zon Su: Tao foot massage. € 58,00
- Pidansweda: massage with warm pads. € 56,00
- Posture realignment to relieve muscular pain which is caused more often by wrong postures rather than by real pathological causes. € 60,00
- Shiatsu. € 56,00
- Stone therapy: massage with basaltic stones and essential oils for a deep relaxation. € 58,00
- TGO: Global osteopathic techniques, movements of joint and muscular mobilization. € 60,00
- Thai, ancient Thai massage against mental stress and for the promotion of physical well-being through the lessening of muscular tension. € 56,00
- Total relax: holistic massage on floating bed and active colour therapy. € 60,00
- Tranquillity massage: The name says it all! For an unforgettable, 90-minute massage. € 90,00
- Tuina: traditional Chinese massage to re-gain positive energies. € 56,00

Remise en Forme

- Aromasoul Mediterranean: ritual-massage with exclusive Mediterranean blend.
The massage is inspired by the sea waves. For an intense drainage action. € 64,00
- Aromasoul Oriental: ritual-massage with exclusive Oriental blend.
The massage is inspired by the ancient techniques of the traditional Chinese medicine. For an intense detoxifying action. € 64,00
- BIA: body impedance analysis to measure lean and fat masses. € 68,00
- Medical check-up and personalised diet. € 68,00
- Bio-Mud pack, detoxifying and mineralizing (in the **Twin** room for couples € 60.00). € 38,00
- Training course with a personal trainer in the 'Technogym' equipped gym. € 28,00
- Galvanic and draining massage, in ozonized thermal pool. € 30,00
- Smoothing massage with Dead Sea salts and ozonized bath. € 56,00
- Thermal sports massage. € 30,00
- Fitness centre: entry fee valid for entire stay (when not included in the package). € 24,00
- 'Soapy massage': a personalised, relaxing and skin purifying savonage with natural aromas followed by an ozonized thermal bath. € 60,00