

**THERMAE ABANO
MONTEGROTTO**

EUGANEAN THERMALISM



**CONSORZIO
TERME EUGANEE**



**CENTRO STUDI TERMALI
PIETRO D'ABANO**



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Centro Studi Termali "Pietro d'Abano" - CSTPdA - is a non-profit researching organization supported by Hoteliers Association of Abano and Montegrotto. The purpose of the Centre **is both to know** and **to make people aware** of the relationship among biological, medical and clinical thermal therapy features, among chronic, degenerative and disabling diseases.

Centro Studi **sustains Health** care through natural therapy, main and secondary prevention for the whole population or for specific groups at risk. **It promotes cooperation with Universities and other scientific researching Institutions**, focusing on classification of our thermal resources and training technical staff involved.

It is busy with **raising awareness into our public social system** about medical and health issues related to thermal springs. Moreover, **it supports Thermal Structures** during legislative actions on establishments' health management. The scientific activity of Centro Studi Termali Pietro d'Abano is divided into three main areas: **clinical, biological and chemical-physical one**. Working in synergy with qualified partners over the years, Centro Studi has safeguarded both scientific and therapeutic values of our Euganean thermal treatments. It has very proudly published over 300 educational brochures, which represent a unique cultural heritage about European hot springs.

Centro Studi is the best our area can offer to its guests.

Dr. Fabrizio Caldara

Scientific Senior Manager at Centro Studi Termali "Pietro d'Abano"

www.centrostuditermali.org



EUGANEAN SPAS

Euganean Spas are the largest ones in Europe. **They are recognized all over the world for their Prevention and Health treatments by hyperthermal water and high-quality certified patented mud.**

Nowadays, the goodness of this therapy has been testified by **Centro Studi Termali Pietro d'Abano's scientific researching.**

Matched with the extraordinary nature of our places, these effective treatments looked like godly evidence in ancient Venetians' eyes. In pre-Roman times, numerous hot and cold springs used to be covered by pungent smoke. They naturally surfaced from the ground, impressing and fascinating local people. Romans dedicated the

whole area to Aponus, making it one of their Empire's most important places for health care and resort. It was called "*acquae Patavinae*".

Remains of thus still so modern past have emerged from excavations by University of Padua and today they are part of a larger project called Archaeological Site of Euganean Spas. As in those days, these well-being areas are still surrounded by our reinvigoratingly green Euganean Hills and they are ideal targets for relaxing and gaining your health back.

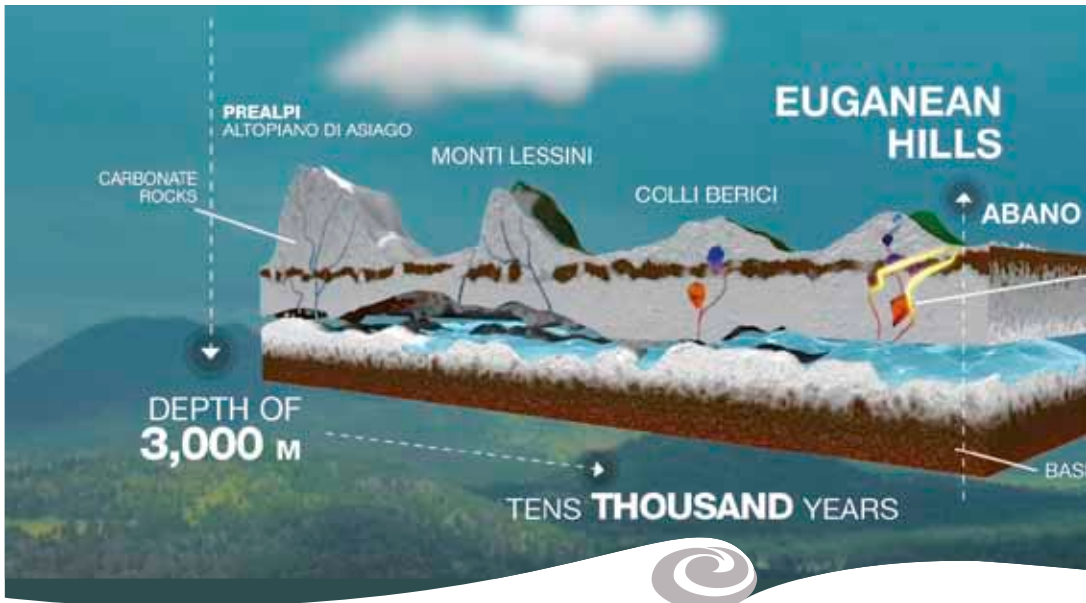
**ALL HOTELS HAVE GOT
SPECIALIZED
CARE-DEPARTMENTS
WHERE FAVOURED NATIONAL
HEALTH SERVICE (S.S.N.)
TREATMENTS OBTAINED
"SUPER FIRST" CERTIFIED
LEVEL BY ITALIAN MINISTRY
OF HEALTH, CLEARLY
POINTING OUT AT THEIR
EXCELLENT THERAPEUTIC
BENEFITS.**

WATER

A unique richness.

Euganean thermal water has meteoric origin and it is found into uncontaminated basins of **Monti Lessini** in the Venetian Alps. It is about 1,500 m high, flowing into subsoil **until a depth of 2,000-3,000 m**, where it gets enriched with **mineral salts**. After running approximately 80 km in order to reach Euganean Spas, it gushes to the surface again at a **really high temperature** - over 85° C. It has probably been down there for **tens thousand years**.

Thanks to **its chemical and physical therapeutic properties**, it is defined according to a well-established medical classification of the 30s, yet still used today, that is **hyperthermal water enriched with minerals**. Its dissolved electrolytes such as sodium and chlorine - plus a high percentage of nitrogen up to 90% of gas altogether - are necessary for the so-called thermal mud ripening. In fact, over a period of about 2 months the clay matrix will have become a fist-class anti-inflammatory mud, thanks to constant hyperthermal water flowing.





Hydrotherapy. Health experience.

Hydrotherapy is about diving into a hot bathtub containing pure thermal water enriched with ozone.

Thermal water has an essential added value in order to ease your muscle-skeletal system's activities - movements are fluid, muscles can relax, pain decreases while ozone bubbling will give you an intense vasodilatation. Balneotherapy is practiced in individual standard bathtubs or whirlpooled bathtubs filled with thermal water at a temperature of 36-38 °C.

A session lasts about 15 minutes and a whole treatment is made of 12 of them - one each day - completing it with hot mud.

The chemical composition of our water helps to better chronic inflammatory problems in an excellent and natural way.

Thermal baths are especially good against muscle atrophy and pain syndromes affecting joints.



Hydrokinetic therapy. Natural Rehabilitation.

Hydrokinetic therapy takes advantage of physical and chemical properties of our water. Thanks to pool-diving, your body weight is almost 90% lightened, so you will be able to face rehabilitation exercises effortlessly, helping your recovery day by day.

Hydrokinetic therapy is an ideal treatment **to improve or to overcome muscular deficits** pre- and post-surgery, limiting recovery time of traumatized or overworked joints. In short, it naturally favours our muscle-skeletal system's functioning and it can deal with old-age joint-related diseases.



SOIL

Clay - Thermal Water - Microorganisms.

EUGANEAN THERAPEUTIC MUD IS MADE OF TWO MAIN ELEMENTS, WHICH ARE **CLAY** - TAKEN FROM SMALL LAKE COSTA IN ARQUÀ PETRARCA - AND OUR **WATER**.



It is commonly believed its good effects are related to its hot temperature, released by clay mass during mud therapy. Thanks to research, Centro Studi has shown there is a fundamental **organic component** in it.

Mud immersed into thermal water **for about two months** - the so-called "ripening time" - at an optimal temperature of

35-38 °C into suitable tanks or silos, is going to develop microorganisms' aggregate on its surface. It is a blue-greenish biofilm mainly made of **cyanobacteria and diatoms**, once named simply algae.

Given that thermal water is naturally rich with minerals and dissolved gas, it is an important component during this process, together with tanks' environmental condition.

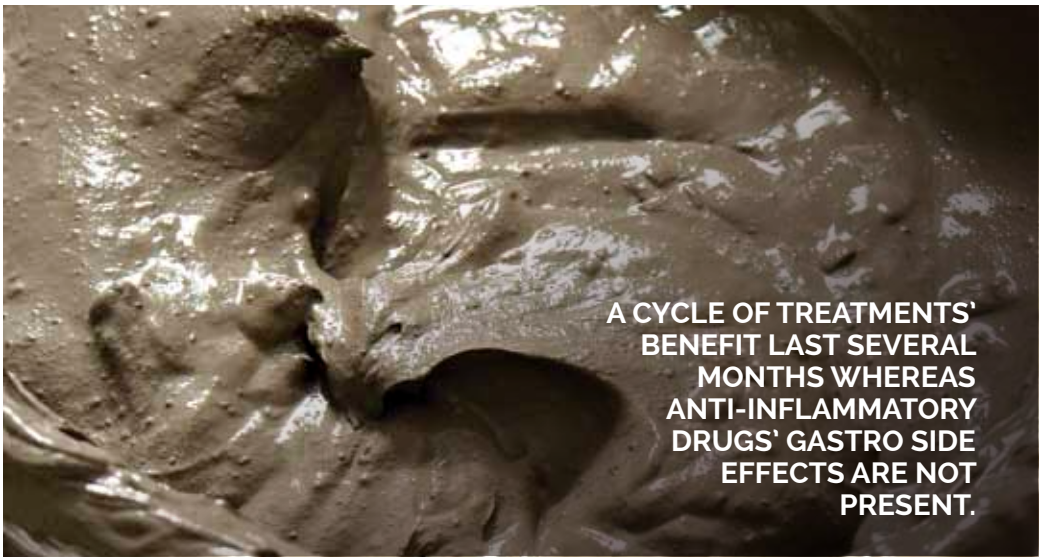


Centro Studi has developed a procedure suggesting Spas facilities how to intervene on a wide range of physical parameters in order to achieve a **higher mud quality and more effective results**. Endemic cyanobacteria colonize mud's surface producing substances known as **active ingredients**. **Co-operating with other researching Institutions, Centro Studi has shown how mud can give people as good an anti-inflammatory efficacy as drugs without their side effects**.

Centro Studi Termali Pietro d'Abano currently owns **two patents**. It got **one in Italy in 2009** - Patent No. 0001355006 - and **another European one in 2013** - Patent No. 1.571.203 - clear scientific validities of Euganean mud's goodness.

Over the last 100 years, mud ripening process has not changed. However, research on active anti-inflammatory and antioxidant properties of cyanobacterial filters has taught us this process can still be improved. Over the next years, Centro Studi Termali Pietro d'Abano will be diversifying its range of spa products, trying to increase its therapeutic quality even more without artificially changing any natural component.





A CYCLE OF TREATMENTS' BENEFIT LAST SEVERAL MONTHS WHEREAS ANTI-INFLAMMATORY DRUGS' GASTRO SIDE EFFECTS ARE NOT PRESENT.



Mud-therapy.

MUD-THERAPY IS MADE OF THREE ESSENTIAL STEPS:

- MUD SPREADING
- THERMAL BATHING
- SWEATING

Mud is directly applied on your skin at a temperature that can span from 38° to 42 °C for 15'-20' min.

After spreading and following a cleaning shower, you can dive into a **thermal bathtub** at a temperature that can span from 36° to 38 °C for 8'-15' min.

After drying with warm towels, **you can sweat and relax to complete your biological balneotherapy.** You can end with a massage to reactivate skin circulation.

Each hotel has got its own Spa facility.

Mud Therapy and osteoarthritis.

Mud spreading is particularly good at controlling inflammation and relieving you from jointache.

Tests show a whole mud therapy cycle can significantly reduce circulating levels of substances that can speed up and worsen local inflammatory cartilage damaging.

Thanks to the active microorganisms' elements of ripe mud, your cartilage's cell matrix - the so-called chondrocyte metabolism - will get better quickly.

Mud effects therefore protect you from degenerative arthropathy.

Mud Therapy and osteoporosis.

Science tells **mud therapy helps to rebalance your bone tissue's metabolism and its remineralization, working on both local and systemic mechanisms.**

Mud balneotherapy should be matched to exercise in order to keep a correct mineral density, causing an anabolic effect.

Results have shown this type of treatment helps increasing bone mass comparable to the same one obtained by pharmacotherapy - yet optimized.

A daily moderate physical activity can be practiced into our thermal pools during your stay, alongside Spa treatments, to get your psychological well-being back and improve your life quality.

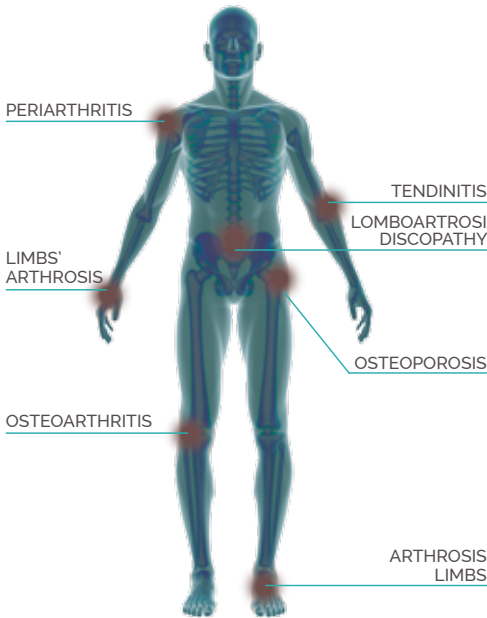
Mud Therapy and extra-articular rheumatism.

Ache is particularly painful in certain kinds of rheumatic diseases, sometimes matched to other symptoms such as strain, sleep- and gastrointestinal system issues, badly affecting life quality and leading to depression and temp- disability.

Because of that, Centro Studi Termali "Pietro d'Abano" has studied bromyalgia in order to decrease pain's sensitivity.

Mud therapy has **no cons on your digestive-intestine system** so it can be added to your specific drug prescription, limiting its amount and still getting the same good results.

In fact, mud therapy can help your physiological system to react better against stress and to rebalance it.



SIDE-EFFECTS

Mud balneotherapy **should not be suggested** to people suffering from heart failure, ischemic heart disease, severe peripheral and cerebral vascular disease, renal disease with renal failure, an acute phase of inflammatory disease, epilepsy, hyperthyroidism and malignant tumors. You should also avoid mud spreading about lower limbs' varicose veins especially when worsened by ulcers and phlebitis, during pregnancy and menstrual flow's first days. There is no side effect by spreading mud about metallic prosthesis on joints or about medical screw-plates against osteosynthesis.



AIR

The benefits of inhaled therapy.

Inhalation thermal therapies are used and recognized by Health care system for their **efficacy during respiratory diseases' treatments and against worsening**. Special nebulizers work on thermal water particles, making them an effective treatment in chronic diseases involving upper/lower respiratory tracts. Therapeutic activity is not only related to induced-fluidized mucus but also to anti-inflammatory action directly on your breathing-system's ephythelium. Following inhalation treatment, we were able to observe a decreased number of pathogen microbial species into the respiratory tract, helping an increase of those which are already physiologically present there.

In short, **many therapeutic targets** can be got by inhalation therapy:

- **ANTISEPTIC ACTION**
- **CILIATE-SYSTEM STIMULATION**
- **MUCUS FLUIDIZING**
- **BREATHING MUCUS' FEATURES BALANCING**
- **ANTI-INFLAMMATORY ACTIVITY**
- **PATHOGEN MICROBIAL DECREASING**

Each Euganean Spa facility has got its specific inhalation therapy department.



THERMAL THERAPY AND SPORTS

A stay at an Euganean Spa can be as excellent an **opportunity to a professional athlete's psycho-physical training as to an amateur's one**, who is going to face a competition. Euganean **thermal water** and **sports activities surrounded by a natural environment** are a great match to support athletes trying to get into perfect shapes.

Moreover, thermal treatment can unwind you at the end of a committed season. You can **recoup your best condition**, keep yourself motivated and allow your body to relax.

Some Spa establishments are specialized in giving muscles anti-stress treatment and the right therapy to keep up with the best results you had obtained during intensive training.

Your body can be beneficially stimulated by **mud-therapy, underwater massaging, hydrotherapy, deep massaging, sauna sessions, indoor/outdoor physical activity** - alternating an unwinding break.

Experts such as **thermal doctors and skilled workers** - such as physiotherapists, personal trainers, dieticians - co-operate in team and synergy. They can surely give our guests appropriate suggestions and how to maximize their time with the best results.

THE LIMITATION OF THERMAL TREATMENTS

Italian Board of Health has officially recognized the role of therapeutic Spa treatments in bettering and rehabilitating many diseases, so that a detailed and specific protocol has been drawn up. Patients can take good advantage of such treatments by their doctors' prescriptions, clearly **written on USSL's red schedules** and **describing their pathologies, the suggested therapy** and **how many treatments** they should undergo.

You can find the whole list of treatable pathologies and their cycle of recommended treatments at Euganean Spas - Ministerial Decree 15/12/1994 and subsequent amendments - Diagnostic Category Former DM 15/12/94, as amended - DGR Veneto Region 05/05/98.

RESPIRATORY AND ENT DISEASES:

Basic chronic bronchitis, Obstructed chronic bronchitis (advanced asthma and emphysema complicated by severe respiratory failure or chronic pulmonary heart disease excluded) // Vasomotor rhinopathy // Chronic pharyngolaryngitis // Chronic sinusitis or chronic rhinosinusitis syndrome // Chronic rhinosinusitis and bronchial syndromes.

TREATMENT CYCLE: 12 inhaling + 12 aerosols in 12 sessions

DEAFNESS:

Tubal stenosis // Chronic purulent otitis // Chronic catarrhal otitis.

TREATMENT CYCLE: 12 innereardrum breathing and 12 inhaling in 12 sessions

RHEUMATIC DISORDERS:

Osteoarthritis // Osteoporosis and its degenerative varieties // Spread osteoarthritis // Cervicalarthrosis // Lumbararthrosis // Limbs' arthrosis // Disc-disease without herniation nor irritation symptoms, nerve compression // Slipped disc's surgery results // Rheumatic reason's Cervicalache // Scapular-humeral peri-arthritis (acute forms excluded) // Dormant rheumatoid arthritis // Arthrosis, polyarthrosis, osteoarthritis (worsened by diffuse or localized osteoporosis) // Limb rheumatism outcomes // Peri-arthritis // Ankylosing spondylitis // Spondyloarthrosis // Spondylosis and spondylolisthesis // Extra-limb rheumatisms.

TREATMENT CYCLE: Mud-balneotherapy (12 mud spread + 12 therapeutic baths in 12 sessions)



THERMAE ABANO MONTEGROTTO

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