



# *Tuttogarden 2010*

27.02 - 21.11

\*\*\*  
*Hotel Garden Terme*  
Health holidays in Montegrotto



# Hospitality. Good reasons why to choose Hotel Garden Terme ...

- A guarantee of direct management by the owners, family of hotel keepers since 1906
- Competence and professionalism of 80 collaborators available for 175 guests with quality certification by ISO 9001-2000
- Exclusive use of mature mud "FANGO MATURO D.O.C.®" and a specific mineral drink, regularly tested by University of Milan
- "Health Passport®" - an exclusive regeneration program
- 3 thermal pools with 1200 m2 of water surface with underwater music, 3 whirlpools and aromatherapy showers
- The overall packages which include interesting price reduction
- The original "Toulouse Lautrec" hall for all friends of tobacco
- The technological innovation of **memor** transformer in Hotel Garden means for our guests most clearly embodies well-being, reduced stress, comfort and environmental safety. By removing energy-related environmental influences with **memor** the air in Hotel Garden is more fresh and clean and water more pure and natural
- Hotel Garden is official Centre of regeneration for the Austrian National Ski Team **ÖSV** and further important companies
- The loyalty: For 2 stays in the same season, each of at least 10 days, travel expense reimbursement of € 130,00 for the second stay
- For our golf friends who stay on half board or full board and play individually for four times, the fifth green fee is free of charge
- The advantageous transfers to and from Venice and Treviso airports due to special conditions
- The access to wired Internet in all bedrooms and suites in Hotel Garden, renouncing to wireless systems: for your health and a quiet sleep



## *Be pampered by **Garden Full Board** that includes...*

- Breakfast - rich and varied buffet
- Lunch and dinner à la carte, rich choice of starters, salads and desserts. Also vegetarian cuisine
- Activity programme: music-acqua-gym, acqua-fitness, acqua-move, tai chi, nordic walking exercises
- Evening entertainment: piano-bar, chamber music, theme dinner, visit of algae culture area
- Regular events like: wine tasting, fashion shows, Italian buffets at the swimming pool
- Unlike most of other local hotels: use of 3 thermal swimming-pools with 1.200 m<sup>2</sup> water surface and underwater tools, 2 vascular paths "Kneipp" (hot cold stimulation), underwater music, 2 hot-whirl-pools with aroma oils and wine-essences from the Euganean Hills, showers with aromatherapy, bathrobe and bath towel for your stay
- Breakfast and room service complementary
- Chi machine
- Fitness gym
- Tennis court
- Thermal steam cave



# Your Stay

Room rates are per overnight per person and are inclusive of *Garden Full Board* and 10 % VAT for a stay of at least 3 overnights. Eventual new visitor's tax excluded.  
**For a stay of less than 3 overnights or less than 7 overnights during Easter Holidays\*\* and Assumption Holidays\*, special charge of 10%.**

## ROOMS

	LOW SEASON 27.02 – 13.03 • 27.06 – 31.07 07.11 – 21.11	MIDDLE SEASON 14.03 – 27.03 • 30.05 – 26.06 01.08 – 04.09 • 17.10 – 06.11	HIGH SEASON 28.03 – 29.05 05.09 – 16.10
Suite (2 rooms and king size bed)	109,00 €	114,50 €	120,00 €
Junior Suite	102,50 €	108,00 €	113,50 €
Superior double room (king size bed)	100,00 €	105,50 €	111,00 €
Superior single room (king size bed)	109,00 €	114,50 €	120,00 €
Comfort double room	93,00 €	98,50 €	104,00 €
Comfort single room	102,00 €	107,50 €	113,00 €
Single room with shower (no balcony)	93,00 €	98,50 €	104,00 €
Double room with shower (no balcony)	84,00 €	89,50 €	95,00 €

\*\* Assumption Holidays from 08<sup>th</sup> to 15<sup>th</sup> August with amusing aquatic activities, evening shows and rich surprises.  
 Baby sitting from 2<sup>nd</sup> to 23<sup>rd</sup> August. \*Easter Holidays from 31<sup>st</sup> March 7<sup>th</sup> April with special menus, entertainments and a nice Easter gift.

Children in their parents' room: Up to 3 years of age, free

From 4 to 10 years of age, 30 % reduction

From 11 years of age, 20 % reduction

Half Board reduction (meals that are not taken,  
are not deducted from the hotel bill)

Garage, per day (round the clock video control)

Small size dogs, per day

(including final cleaning with disinfections) 10,00 €

5,50 €

7,00 €

- Cancellation policy: subjected to charges for 30 a 70% value of booking (detailed cancellation policy on demand).

- Departure ahead of schedule: subjected to charges for one to four nights' stay (detailed cancellation policy and travel cancellation insurance on demand).

- Smoking Policy: Italian legislation at Hotel Garden Terme smoking is allowed only in the smoking area "Toulouse Lautrec".

- Check-out: at 12:00 noon on the day of your departure.

- **We would kindly like to remind you that, in the evening, in the restaurant is requested appropriate clothing. Thank you!**

# The Fango therapy

At the Hotel Garden Terme we use only mature mud FANGO MATURO DOC®, regularly tested and controlled by University of Padua. This natural mud is unique in the world because of one alga, denominated ETS 05, which reproduces only in the Euganean spa basin. Its anti-inflammatory effect has been patented at the European level with no.: EP 05100038.

## FANGO PACKAGES

Fango packages include: first medical check to undergo treatments and medical check up during the treatments, fango therapy, cleansing shower, thermal ozone bath, reaction massage in the bedroom, hire of bathrobe for the spa, **specific mineral drink**.

5 treatments

6 treatments

8 treatments

10 treatments

12 treatments

278,50 €

327,00 €

424,00 €

521,00 €

618,00 €

- For active Doctors who practice those branches of medicine, tied to problems that can be cured in the Euganean spa basin, a discount of 50 % is offered for the fango therapies (for recommendation of the treatments to their patients).

Hotel Garden Terme is classified by the National Italian Health System as Thermal spa with the highest evaluation level (1° superiore).

# The Well-being week - 6 overnights

You can choose between the classic package with natural fango, our regeneration week, or finally "Modern Wellness" with a lot of new treatments and massages.

## FANGO PLUS\*

for all guests, who want to try the high effectiveness of fango as a natural remedy and its scientifically evident properties

6 overnights in a nice Comfort double room inclusive of *Garden Full Board*

1 x Medical check to undergo fango treatments and following medical check up

5 x Mature fango, FANGO MATURO DOC® with cleansing shower, ozone thermal bath, reaction massage in your room

1 x Partial spinal massage with exclusive essential oils, 25'  
2 x Lymphatic drainage- full body - Vodder technique, 50'  
5 x Inhalation with thermal water

## MODERN WELLNESS

a harmonic combination of energetic treatments and oriental massages

6 overnights in a nice Comfort double room inclusive of *Garden Full Board*

1 x Aqua Healing, deep relaxation in water, 50'

1 x Analgic Thailand massage, 50'

1 x Draining massage in thermal water, 50'

1 x Exfoliating salt body scrub with massage, 45'

1 x Lymphatic drainage- full body - Vodder technique, 50'

1 x Moisturizing facial treatment, 45'

## DISCOVER THE SPA

discover our spa during a whole week

6 overnights in a nice Comfort double room inclusive of *Garden Full Board*

1 x Reflex zone feet, 25'

2 x Inhalation with thermal water

1 x Shiatsu and cranium-sacral treatment – Dr. Upleger method, 50'

2 x Facial reflexology, 30'

1 x Medical check

1 x Treatment with mature fango, FANGO MATURO DOC® with cleansing shower, ozone thermal bath, reaction massage in your room

LOW SEASON

952,50 €

797,00 €

795,00 €

MIDDLE SEASON

973,50 €

830,00 €

828,00 €

HIGH SEASON

1012,50 €

860,00 €

858,00 €

Packages include special offers. Please book ahead of time.

Single room – extra charge – entire period 54,00 €

## VERONA FESTIVAL - ARENA OF VERONA (18th June – 29th August)

Experience with us the joy of the Verona Festival in its wonderful Roman Arena. We will be glad to care for your booking as well as for your transfer. In case of a minimum stay of ten days, your transfer will be without extra charge and we will expect you with a refreshment on your return to the hotel.

# The Well-being week - 6 overnights

## ROMANTIC WEEK

surprise your loved one with a romantic week. Simply, indulge yourself in the spa of Hotel Garden!

- 6 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 3 x Romantic breakfast in your bedroom
- 1 x Romantic swim with refreshment (at 10.30 p.m) in the indoor swimming pool, especially reserved for you
- 1 x Facial treatment with natural fango (cleansing, thermal mud pack, skin care and massage) 30'
- 1 x Four hand massage, 50'
- 1 x Stone Therapy, 50'
- 1 x Aqua Healing, deep relaxation in water, 50'

## BODY LINE

to change is often easier assisted by experts in the matter of balanced diet

- 6 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Medical visit with a nutritionist and alimentary consultation
- 1 x Test of body mass
- 1 x Individual exercises for weight reduction, 25'
- 2 x Shaping massage, 50'
- 1 x Lymphatic drainage - full body - Vodder technique, 50'
- 1 x Moisturizing facial treatment, 45'

## LIVE THE EUGANEAN HILLS\*

know yourself better with delicious menus and wine-tasting in the tradition of Galileo Galilei

- 6 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 2 x Typical menu in Restaurants with centenarian tradition
- 3 x Guided visit of quality vineyards (with shuttle)
- 2 x Guided walk to the Euganean Hills
- 1 x Video analysis of your walk
- 1 x Lymphatic drainage - full body - Vodder technique, 50'

*Particular conditions for the purchase in the visited vineyards*

**\* Specific period: 11-18 April, 13-20 June, 12-19 September, 17-24 October**

LOW SEASON	751,00 €	841,00 €	812,00 €
MIDDLE SEASON	783,00 €	874,00 €	845,00 €
HIGH SEASON	814,00 €	904,00 €	875,00 €

Packages include special offers. Please book ahead of time.

Single room – extra charge – entire period 54,00 €

# Prevention and thermal rehabilitation - 6 overnights

## THE HEALTH PASSPORT®

The European Commission has confirmed it: Our state of health is correlated strictly with our individual behaviour (diet, sports, enjoyment foods) and the socio-economic factors. These factors can concretely improve by prevention programs. This idea corresponded to Hotel Garden's philosophy, when in 1989 started the first health stages and health coachings. The following prevention week is already approved by some health insurances!

## THERMAL REHABILITATION

Your active exercise re-education will be performed with expert physiotherapists and masseurs strictly trained and selected by our Medical Director. The Garden spa is a Centre for the functional rehabilitation in conformity with no. 244 authorization of 24th Jan. 1992 and the law no. 40 of Veneto Region.

### HELP FOR YOUR BACK

6 overnights in a nice Comfort double room inclusive of *Garden Full Board*

- 1 x Facial reflexology, 30'
- 2 x Aqua Healing, deep relaxation in water, 50'
- 2 x Stretching sessions, 25'
- 1 x Theoretic lesson about spine, 25'
- 1 x Shiatsu and cranium-sacral treatment – Dr. Upleger method, 50'

### ASSISTED ACTIVE PROGRAM

- 1 Theoretic lesson about spine and respiratory problems
- 1 x Muscle test and personalized programme
- 2 x Individual assisted exercises, 25'
- 2 x Partial spine message with essential oils, 25'
- 2 x Aqua Healing, deep relaxation in water, 25'

### REHABILITATION CONCEPT FOR THE HIP

6 overnights in a nice Comfort double room inclusive of *Garden Full Board*

- 1 x Consultation with a specialist for functional rehabilitation
- 5 x Physiotherapy 25'
- 5 x Hydrotherapy in thermal water, 25'
- 5 x Electrotherapy (diadynamic currents, ionospheres, etc.)

### REHABILITATION CONCEPT FOR THE KNEE

- 1x Consultation with a specialist for functional rehabilitation
- 5 x Leg extension and specific exercises, 25'
- 5 x Physiotherapy, 25'
- 5 x Hydrotherapy in thermal water, 25'

LOW SEASON	763,00 €	732,00 €	944,50 €	959,50 €
MIDDLE SEASON	796,00 €	765,00 €	965,50 €	980,50 €
HIGH SEASON	826,00 €	795,00 €	1004,50 €	1019,00 €

Packages include special offers. Please book ahead of time.

Single room – extra charge – entire period 54,00 €

# Well-being days - 3 overnights

To switch off, feel inner serenity and recover new energy and strength.

	RELAX	GARDEN ORIENTALE	HARMONY	THE HEALTH PASSPORT®
	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x Reflexology treatment, 50' (Lymphatic drainage, shiatsu, stone therapy) 1 x Beauty Package "MIMOSA" 1 x Feet massage, regenerating with essences of ginger, lemon and cinnamon, 25'	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x Shiatsu - pressure therapy - Chinese technique 50' 1 x Analgic Thailand massage, 50' 1 x Reflex zone feet, 25'	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x Medical check treatments and following medical check up 2 x treatment with mature fango, FANGO MATURO DOC® with cleansing shower, ozone thermal bath 2 x Reaction massage in your room, 12' 1 x Partial spinal massage with exclusive essential oils, 25' 2 x Inhalation with thermal water	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x Aqua Healing, deep relaxation in water, 50' 1 x Video analysis of your walk 1 x Individual exercises for posture, 25' 1 x Lymphatic drainage - full body - Vodder technique, 50'
LOW SEASON	438,50 €	386,50 €	441,50 €	406,00 €
MIDDLE SEASON	455,00 €	403,00 €	458,00 €	422,50 €
HIGH SEASON	470,00 €	418,00 €	473,00 €	437,50 €

	PURE ENERGY	THE TREASURES OF EUGANEAN SPAS	AYURVEDA PLUS
	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x General relaxing massage "California" with exclusive essential oils, 50' 1 x Shiatsu and cranium-sacral treatment – Dr. Upleger method, 50' 1 x Aqua Healing, deep relaxation in water, 50' 3 x Inhalation with thermal water	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x Mask with Euganean algae, 45' 2 x Wine massage with oil extracted from Euganean grape seeds, 50' 1 x Aqua Healing, deep relaxation in water, 50' 2 x Inhalation with thermal water	3 overnights in a nice Comfort double room inclusive of <i>Garden Full Board</i> 1 x Ayurveda massage with herbs, 50' 1 x Ayurveda massage with oils from Kerala (India) 50' 1 x Stone Therapy, 50'
LOW SEASON	428,50 €	473,00 €	405,50 €
MIDDLE SEASON	445,00 €	489,50 €	421,50 €
HIGH SEASON	460,00 €	504,50 €	436,50 €

Packages include special offers. Please book ahead of time.

Single room – extra charge – entire period 27,00 €

# Well-being days - 2 overnights

Three wonderful days / two overnights – as you prefer: to detoxify, to rejuvenate, to regenerate... or simply to feel well.

## BODY AND SPIRIT

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Lymphatic drainage - for the legs - Vodder technique, 25'
- 1 x Ayurveda massage with oils from Kerala (India), 50'
- 1 x Solarium UVA - whole body, 12'
- 1 x Inhalation with thermal water
- Thermal steam cave on demand

## NEW VITALITY

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Partial spinal massage with exclusive essential oils, 25'
- 1 x Analgic Thailand massage, 50'
- 1 x Solarium UVA - whole body, 12'
- 1 x Inhalation with thermal water
- Thermal steam cave on demand

## VIVA LA PELLE

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Wine massage with oil extracted from Euganean grape seeds, 50'
- 1 x Lymphatic drainage - full body - Vodder technique, 50'
- 1 x Mask with Euganean algae
- Thermal steam cave on demand

## PIACERSI E PIACERE

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Shiatsu - pressure therapy - Chinese technique, 50'
- 1 x Electro stimulation for face and neckline
- 1 x Facial treatment with natural fango (cleansing, thermal mud pack, skin care and massage) 30'
- 1 x Solarium UVA - whole body, 12'

LOW SEASON	271,00 €	271,00 €	320,00 €	311,00 €
MIDDLE SEASON	282,00 €	282,00 €	331,00 €	322,00 €
HIGH SEASON	292,00 €	292,00 €	341,00 €	332,00 €

## SPECIALS FOR YOUR LEGS

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Lymphatic drainage – legs - with exclusive bandages - Vodder technique, 50'
- 1 x Shaping legs massage, 50'

## HAPPY LIFE

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Foot care treatment (whirl-massage with essences, peeling, cream and massage), 30'
- 1 x Facial reflexology, 30'
- 1 x Partial spinal massage with exclusive essential oils, 25'
- Thermal steam cave on demand

## TOTAL BEAUTY

- 2 overnights in a nice Comfort double room inclusive of *Garden Full Board*
- 1 x Facial treatment with exclusive oil from Argan (Marocco), with cleansing, 45'
- 1 x Shiatsu and cranium-sacral treatment – Dr. Upleger method, 50'
- 1 x Aqua Healing, deep relaxation in water, 50'

LOW SEASON	275,00 €	263,50 €	328,00 €
MIDDLE SEASON	286,00 €	274,50 €	339,00 €
HIGH SEASON	296,00 €	284,50 €	349,00 €

Packages include special offers. Please book ahead of time.

Single room – extra charge – entire period 18,00 €

# Golf and well-being

The Hotel Garden Terme has taken care for its golfer friends. Also in this season we will assist you in playing at the following courses: **Golf Club Albarella** 18 holes, **Ca' della Nave** 18+19 holes, **Frassanelle** 18 holes, **Montecchia** 27 holes and **Padova-Valsanzibio** 27 holes. We offer interesting discounts for these courses. Moreover, we will reserve your departure times, transfers, equipment and electric cars.

## THREE DAYS OF ALL GOLF\*

3 overnights in a nice Comfort double room inclusive of *Garden Half Board*  
 2 x Green fee  
 1 x Partial massage on the spine to reactive perfect mobility, 25'  
 2 x Inhalation with thermal water and steam cave (the therapies are useful to rebalance breathing and eliminate uric acid and lactic acid)

## SIX DAYS OF ALL GOLF\*\*

6 overnights in a nice Comfort double room inclusive of *Garden Half Board*  
 5 x Green fee  
 2 x Relaxing wine massages with oil extracted from Euganean Hills grape seeds, 50'  
 2 x Inhalation with thermal water and steam cave (the therapies are useful to rebalance breathing and eliminate uric acid and lactic acid)

LOW SEASON

391,50 €

826,00 €

MIDDLE SEASON

419,50 €

892,00 €

HIGH SEASON

434,50 €

931,00 €

\*Single room – extra charge – entire period 27,00 €

\*\*Single room – extra charge – entire period 54,00 €

**Packages include special offers. Please book ahead of time.**

*The rates are valid from Monday to Friday.*

*On Saturday and Sunday the extra charge by the golf clubs is € 12 per day.*

*Golf car 38,00 €*

*Bag rental 15,00 €*

*Trolley rental 4,00 €*

*Counter 1,50 €*

- The above-mentioned Golf Clubs have shared prices in Very High Season, High Season, Low Season, pre-holidays and holidays. The prices vary from € 50 to € 72 according to the period and the golf course you have chosen.

- Please ask at the reception desk for a document that proves your stay at Hotel Garden Terme.

**YOUR GARDEN ADVANTAGE: If you stay in half or full board and play individually for four times, You will receive the fifth green fee free.**

# The Treatments

The Garden Spa Well-being Centre has 20 collaborators who, beside mud therapies, practise medical, thermal and rehabilitation treatments as well as regenerating and relaxing treatments. Qualified operators, specifically trained in courses supervised by the University of Padua, carry out each treatment.

## MEDICAL TREATMENTS

1	Acupuncture	48,00 €
3	Electrocardiogram	38,00 €
4	Infiltration	49,00 €
5	Intravenous injection	16,00 €
6	Injection, drugs not included	10,00 €
7	Laser therapy	10,00 €
8	Ear washing	31,00 €
10	Mesotherapy (with drugs)	49,00 €
12	Further medical check in your room	36,00 €
13	Medical visit with electrocardiogram and spirometry	58,00 €
14	Compulsory first medical check to undergo fango treatments and following medical check up	36,00 €
15	Medical specialist (orthopaedics, rheumatology, aesthetics)	77,00 €

## THERMAL TREATMENTS

48	Classic thermal bath in your treatment room	12,00 €
40	Supplement ozone for classic thermal bath in your treatment room	7,50 €
41	Mature fango, FANGO MATURO DOC® with cleansing shower	29,00 €
42	Mature fango, FANGO MATURO DOC® -cold- for the vein treatment and ozone bath	19,00 €
43	Sweat cave	7,50 €
44	Inhalation or aerosol treatment with Tabiano water and essences	10,00 €
45	Inhalation or aerosol treatment with Tabiano water	9,50 €
46	Inhalation or aerosol treatment with salt bromine iodine water and essences	8,50 €
47	Hire of bathrobe	10,00 €

*No rise in prices for the high season.*

# The Treatments

## MASSAGES

60	Ayurveda massage with oils from Kerala (India)	50'	47,00 €
61	Analgiic Thailand massage <i>(wear a comfortable jogging suit)</i>	50'	47,00 €
62	Anticellulite - Liposculpture massage	50'	47,00 €
63	Reaction massage in your room <i>(even if short, it is important since it acts on warm and relaxed muscles)</i>	12'	17,00 €
64	Deep full body massage with exclusive rosemary oils	50'	47,00 €
65	Classic massage with exclusive essential oils*	25'	27,50 €
66	General relaxing "Californian" massage with exclusive essential oils*	50'	47,00 €
67	Partial spinal massage with exclusive essential oils*	25'	27,50 €
68	Wine massage with oil extracted from Euganean Hills grape seeds	50'	52,00 €
69	Four hand massage	25'	47,00 €
70	Four hand massage	50'	88,00 €
71	Feet massage, regenerating with essences of ginger, lemon and cinnamon	25'	27,50 €
72	Relaxing massage with Aloe Vera butter	50'	48,00 €
73	Analgiic massage SABAI (with warm herbal sachet)	50'	47,00 €

## REFLEXOLOGY

80	Lymphatic drainage - for the legs - Vodder technique	25'	27,50 €
81	Lymphatic drainage - full body - Vodder technique	50'	47,00 €
82	Lymphatic drainage - face, abdomen and legs with exclusive bandages - Vodder technique	50'	52,00 €
88	Lymphatic drainage - for the arms - Vodder technique	25'	27,50 €
83	Reflex zone feet - Chinese technique	25'	27,50 €
84	Shiatsu - pressure therapy - Chinese technique <i>(wear a comfortable jogging suit)</i>	50'	48,00 €
85	Shiatsu and cranium-sacral treatment - Dr. Upleger method <i>(wear a comfortable jogging suit)</i>	50'	49,00 €
86	Stone Therapy	50'	47,00 €
87	Stone Therapy, for the back	25'	27,50 €

## PHYSIOTHERAPY

100	Physiotherapy	25'	27,50 €
101	Complex	25'	15,00 €
102	Electrotherapy (diadynamic currents, ionophoresi, etc.)	15'	15,00 €
103	Hydrotherapy in thermal water	25'	29,00 €
104	Tens	30'	15,00 €
105	Ultrasounds therapy	15'	9,00 €

\*Essential oils directly imported from the Pacific Institute for Aromatherapy (California, USA).  
No rise in prices for the high season.

# The Treatments

## THE HEALTH PASSPORT® AND ACTIVE EXERCISE THERAPY

120 Assisted training on a cyclo-ergometer, treadmill, rowing machine or step with a cardio-frequency meter	25'	15,00 €	135 Individual exercises for shoulders, breathing and posture and back-school	25'	25,00 €
121 Individual Nordic Walking	25'	28,00 €	143 Individual exercises for weight reduction	25'	25,00 €
122 Nordic Walking, max 4 persons	25'	18,00 €	136 Individual exercises for shoulders, breathing and posture in thermal water	25'	27,50 €
124 Aqua Healing, deep relaxation in water	25'	27,50 €	123 Individual exercises for shoulders, breathing and posture in thermal water	50'	43,00 €
125 Aqua Healing, deep relaxation in water	50'	43,00 €	137 Group exercises for shoulders, breathing and posture - back-school, max 4 persons	25'	18,00 €
127 Chi Machine	15'	8,00 €	138 Group exercises for shoulders, breathing and posture - back-school, max 4 persons	25'	19,00 €
128 Personalized programme of physical exercises	10'	7,00 €	139 Stretching session	25'	18,00 €
130 Leg extension and specific exercises	25'	18,00 €	140 Kiro Healing in thermal water (against artrosis of the hands)	50'	42,00 €
131 Theoretic lesson about spine and respiratory problems	25'	19,00 €	141 Test of body mass and nutrition suggestions	25'	25,00 €
132 Draining massage in thermal water	50'	47,00 €	142 Muscle test and personalized programme	25'	25,00 €
133 Cervical area massage in thermal water	25'	27,50 €	144 Video analysis of your walk and run	25'	27,00 €
134 Detensor® and Revitaler® mat, max 4 persons	25'	15,00 €			

*No rise in prices for the high season.*

# Garden Beauty and Medical Beauty ...

You can choose between weekly and daily packages to rejuvenate the skin of body and face, to tone legs, décolleté and back.

## ARGAN-OIL - THE MAROCCAN GOLD

natural skin care following the traditional formula of nature

- 1 x Facial treatment with exclusive oil from Argan (Marocco), with cleansing, 45'
- 2 x Facial treatment with exclusive oil from Argan (Marocco), 30'

150,00 €

## MIMOSA

for a good feeling of your face, hands and feet

- 1 x Moisturizing facial treatment, 45'
- 1 x Manicure – complete, 30'
- 1 x Pedicure – cosmetic, 30'

95,00 €

## WINE THERAPY

intensive effects for your body – due to polyphenols and antioxidant properties

- 1 x Body exfoliation scrub with extracts from grape seeds, 45'
- 1 x Body mask with honey and red wine extracts, 45'
- 1 x Moisturizing facial treatment with honey and red wine extracts, 45'

155,00 €

## LEGS IN SHAPE

intensive treatments to trim your figure and shape your legs

- 3 x Cellulite reduction treatment (*cryotherapy and packs*), 30'
- 3 x Modelizing legs massage, 25'

168,00 €

## COLLAGEN REGENERATION

rejuvenate your radiation with exclusive collagen treatments

- 2 x Collagen treatment (cleansing, collagen pack, curative serum, skin care and massage), 45'
- 1 x Collagen treatment with deep cleansing (milk, collagen pack, curative serum, skin care and massage), 60'

140,00 €

## FACIAL PRESSURE THERAPY

to stimulate your lineaments by pressure therapy

- 3 x Facial reflexology, 30'

115,00 €

The packages include interesting reductions on the single prices.

# ...Garden days of beauty

LIGHT FEET	TENDER HANDS	NECKLINE	BODY AND FACE
regeneration for your feet	specific care for your hands	especially for sensitive skin	to improve skin appearance
1 x Pedicure - cosmetic ( <i>cutting, filling, cuticles, cream, massage and nail polish</i> ), 30' 1 x Feet massage, regenerating with essences of ginger, lemon and cinnamon, 25' 1 x Reflex zone feet - Chinese technique, 25'	1 x Manicure ( <i>cutting, filling, cuticles, cream and nail polish</i> ), 30' 2 x Moisturizing hand massage	3 x Décolleté treatment (massage and firming pack), 30'	1 x Exfoliating salt body scrub, 45' 1 x Facial exfoliation (exfoliation gel, skin care, massage), 15'
80,00 €	70,00 €	80,00 €	55,00 €
MEDICAL BEAUTY FOR THE FACE	BIO REVITALISATION - MED: Face, décolleté and back of the hand	PURE BODY	
consultation and treatment by a <b>specialized dermatologist</b>	consultation and treatment by a <b>specialized dermatologist</b>	moments of moisturizing relaxation	
1 x Skin care treatment (cleansing, steaming, peeling, mask, skin care, massage), 60' 1 x Facial reflexology, 30' 1 x Correction with micro injections – hyaluron fillers and/or collagen, 45' 1 x Collagen treatment (cleansing, collagen pack, curative serum, skin care and massage), 45'	1 x Facial reflexology, 30' 1 x Bio revitalisation of face, décolleté and back of the hand with hyaluron fillers, 30' 1 x Facial lymphatic drainage, 30'	1 x Exfoliating salt body scrub, 45' 1 x Relaxing massage with Aloe Vera butter, 50' 1 x Body mask with honey and red wine extracts, 45'	
540,00 €	360,00 €	130,00 €	
The packages include interesting reductions on the single prices.			

# Garden beauty - all treatments

## FACIAL TREATMENTS

150 Skin care treatment ( <i>cleansing, steaming, peeling, mask, skin care, massage</i> )	60'	45,00 €	160 Facial depilation (with wax)	15'	10,00 €
151 Eyelash and brows tints	15'	12,00 €	161 Eyebrows - depilation	15'	10,00 €
152 Facial exfoliation ( <i>exfoliation gel, skin care, massage</i> )	15'	20,00 €	162 Facial massage (firming or draining)	15'	15,00 €
153 Facial lifting treatment ( <i>exfoliation, massage, care mask with packs</i> )	60'	60,00 €	163 Facial reflexology	30'	45,00 €
154 Facial lymphatic drainage	30'	25,00 €	164 Facial treatment with exclusive oil from Argan (Marocco), with cleansing,	45'	60,00 €
155 Make up	15'	15,00 €	165 Moisturizing facial treatment with oil extracted from grape seeds	45'	60,00 €
156 Personalized facial treatment ( <i>cleansing, care mask, skin care and massage</i> )	30'	30,00 €	166 Moisturizing facial treatment with honey and red wine extracts	45'	60,00 €
157 Facial treatment with natural fango ( <i>cleansing, thermal mud pack, skin care and massage</i> )	30'	30,00 €	167 Facial treatment with exclusive oil from Argan (Marocco)	30'	50,00 €
158 Collagen treatment ( <i>cleansing, collagen pack, curative serum, skin care and massage</i> )	45'	45,00 €	168 Blueberry mask	30'	30,00 €
159 Collagen treatment with deep cleansing (milk, collagen pack, curative serum, skin care and massage)	60'	60,00 €	169 Mask with Euganean algae	45'	45,00 €
			170 Electro stimulation for face and neckline	45'	45,00 €
			171 Moisturizing facial treatment	45'	45,00 €

# Garden beauty - all treatments

## BODY TREATMENTS

200 Depilation, complete ( <i>with cold wax</i> )	60'	35,00 €	209 Pedicure - complete ( <i>cutting, filing, cuticles, cream and nail polish</i> )	45'	35,00 €
201 Depilation, partial	30'	20,00 €	210 Pedicure - cosmetic ( <i>cutting, filing, cuticles, cream, massage and nail polish</i> )	30'	30,00 €
202 Depilation, bikini zone / arm pits	15'	10,00 €	211 Décolleté treatment ( <i>massage and firming pack</i> )	30'	30,00 €
203 Cellulite reduction treatment ( <i>cryotherapy and packs</i> )	30'	35,00 €	212 Décolleté and breast treatment ( <i>massage and skin care with packs</i> )	60'	60,00 €
204 Beauty treatment for the legs ( <i>cold packs and circulation massage</i> )	60'	60,00 €	213 Solarium UVA - whole body	12'	12,00 €
205 Manicure ( <i>cutting, filing, cuticles, cream and nail polish</i> )	20'	20,00 €	214 Body exfoliation scrub with extracts from grape seeds	45'	50,00 €
206 Manicure - complete ( <i>cutting, filing, cuticles, cream, massage and nail polish</i> )	30'	25,00 €	215 Body mask with honey and red wine extracts	45'	60,00 €
207 Foot care treatment ( <i>whirl-massage with essences, peeling, cream and massage</i> )	30'	25,00 €	216 Modelizing legs massage	25'	27,00 €
208 Exfoliating salt body scrub	45'	40,00 €	217 Modelizing legs massage	50'	46,00 €
			218 Moisturizing hand massage	25'	27,00 €

## MEDICAL BEAUTY

300 Correction with micro injections – hyaluron fillers and/or collagen (basic)	45'	420,00 €	302 Bio revitalisation of face, décolleté and back of the hand with hyaluron fillers	30'	300,00 €
301 Correction with micro injections – hyaluron fillers	45'	480,00 €			

# How to reach us ...



**A4 Motorway (Milan - Venice):** Take the Padova-Ovest exit towards Padova, Abano Terme, Montegrotto Terme. Ring road (10 km), No. 7 exit, towards Abano Terme, Montegrotto Terme. At the stop sign, go right towards Montegrotto Terme (3 km). Go straight at the traffic light towards Montegrotto Terme (6.5 km). At the roundabout (on the right you can see the market square) go right and after 200m turn left and you arrive at the Hotel Garden!

**Highway A 13 (Bologna - Padova):** Take the Terme Euganee exit and turn left at the stop sign towards Montegrotto (300 m). At the stop sign, turn right towards Montegrotto Terme, Abano Terme. At the first traffic light (3 km) turn left towards Montegrotto Terme passing an underpass (2 km) and crossing the entire populated area of Montegrotto (3 km) towards Abano Terme. At the second roundabout (on the right you can see the market square) go right and after 200 m, turn on left and you arrive at the Hotel Garden!

★★★★  
*Hotel Garden Terme*  
Health holidays in Montegrotto

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