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*Hotel Garden Terme*  
*Health holidays in Montegrotto*

*Salus per Aquas*  
*Health from the waters*

# Water as a source of life

“Back in ancient times, man was already aware that water was indispensable for life and health. Water is the element that all forms of life spring from, because if we follow evolution, water came from the prehistoric sea and until now each human being is born from the amniotic liquid in the maternal womb.

When we are born, our organism is three quarters water, and during our life this proportion progressively decreases, meaning that we get drier as we get older. Research and treatment has always tried to find a way to stop this ageing process, and what element could be better than water itself?”

*(from: “Cornerstones of health” by Dr. R. Dahlke and others)*

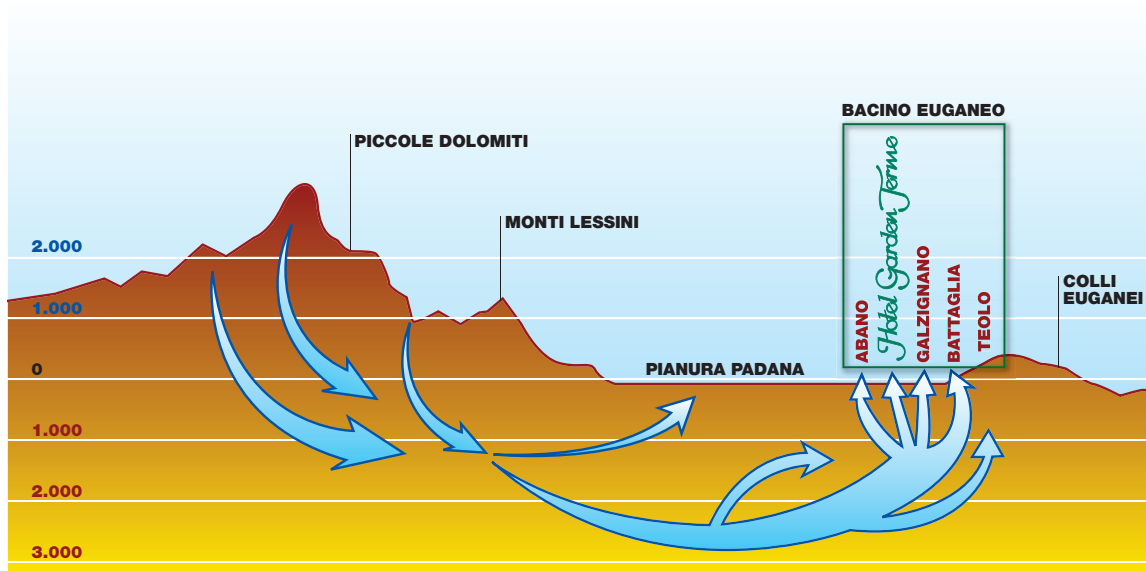


## History

The long history of the **Abano and Montegrotto hot springs** is mixed with that of the Euganean hills and the ancient cult of Aponus, God of thermal water and its curative properties. Meteoric water, charged with geothermal energy, **springs forth according to the location at a temperature from 65°C to 87°C and is a unique resource in the world.**

# The waters

The waters in the Abano and Montegrotto thermal basin belong to the category of **deep underground waters**. Their exclusive precious properties are given by the long journey that they travel. The water comes from the uncontaminated basin in the Lessini Mountains, pre-Alpine area, and flows through the calcareous rocks to a depth of 2000-3000 meters. It maintains a high temperature and pressure for almost 80 kilometres that lasts on average 25-30 years, being enriched with mineral salts along the way. The Euganean Thermal water is salty-bromine-iodic hyperthermal water, with a fixed residual at 180°C of 5-6 grams of salt dissolved in each litre.



## AVERAGE VALUES OF WATER ANALYSIS

T. aria	12°
T. acqua	77°
PH	7,1
Conducibilità elettrica a 18°	8.100
Residuo fisso a 180°	5,050 g/l
Residuo fisso a 550°	4,34 g/l
lone sodio	1,239 g/l
lone potassio	0,088 g/l
lone calcio	0,366 g/l
lone magnesio	0,080 g/l
lone ammonio	0,0027 g/l
lone ferro	< 0,05 p.p.m.
lone nitrito	assente
lone nitrato	assente
lone solfato	0,980 g/l
lone cloruro	2,176 g/l
lone bicarbonato	0,169 g/l
lone bromuro	13,6 g/l
lone ioduro	0,82 g/l
Acido solforico	1,67 g/l
Silice	0,051 g/l
Alcalinità	27,7
Durezza totale	120° F
Ossidabilità	7,40 mg/l
Sostanze organiche	0,3310 g/l
Delta crioscopico	-0,23 C°
Pressione osmotica	3,10 atm.





# The mud

The mud in **Abano and Montegrotto** is formed of a natural mixture of solid (clay), liquid (salty-bromine-iodic water) and biological (micro-organisms and biomaterials) components. The maturing process takes place in special tanks and lasts for around 50-60 days, **when the mud is permanently in contact with the thermal water**, which flows at a constant speed and temperature of 60°C. The temperature and chemical components in Euganean thermal water have an effect on the development of the specific microbial community, modifying the chemical and chemical-physical structure of the mud, which acquires the therapeutic properties that make it unique.

## The algae

At the Hotel Garden, only **mature DOC mud** is used, which has been tested and controlled by Padova University. **It is unique in the world because it contains a special alga** called ETS05, which only reproduces in the Euganean Thermal Basin. The anti-inflammatory action has been patented in Europe at no. EP05100038.



Centro Studi  
Pietro d'Abano  
[www.studitermali.org](http://www.studitermali.org)

## Indications

Mainly joint disorders can be treated with the mud, such as: athrosis, osteoporosis, post-trauma problems and rheumo-artropathy. Recent scientific research that has been carried out by international universities has confirmed the maximum therapeutic effectiveness that is given by at least 12 applications. Before starting the mud therapy, a medical check-up is necessary.

## Mud therapy

Mud therapy involves four fundamental phases: **application of the mud, bath in thermal water, sweating reaction and toning massage.** The mud is applied directly to the skin at a temperature between 40°C and 42°C, and is left for between 15 and 20 minutes. Once the application is completed, the patient has a hot shower and then is immersed for ten minutes in a thermal bath at a temperature of between 35-37 °C, enriched with ozone to oxygenate the body more effectively. The patient is then dried using hot towels and then returns to the bedroom to go to bed, well-covered, for 30/40 minutes, which causes the sweating reaction and completes the receipt of the biological effects of the mud. At the end, the therapist gives the patient a short overall massage, which is very effective as it acts on muscles that are hot and therefore are particularly receptive.



# Thermal therapies



## Inhalations and aerosols

Thermal water and essences are used for these.

The salty-bromine-iodic water is useful for the mucous of the respiratory apparatus, especially in treating rhinitis, pharyngitis, sinusitis and bronchitis. It also has a strong preventive effect as it reduces the risk of respiratory disorders arising.

## Thermal cave

Thermal caves are often mistakenly confused with Turkish baths or with a less hot sauna. The difference lies in the fact that the heat (53°C) reaches the body by radiation from the walls.

This method activates the autonomic nervous system, which controls the contractions of the smooth visceral muscles, the heart muscles and glandular secretion.

The thermal cave is particularly indicated after sports activities, as it helps eliminate lactic acid. It is also effective in treating colds, allergies and as a delicate skin cleanser.



# Massages

## Thailand analgesic massage

This massage uses finger pressure, stretching, compression and rotation, and stimulates lymphatic drainage, harmonises the nervous system, muscular system and the ligaments. It is particularly indicated to treat cephelea, headache, arthritis, cervical pain and lumbago.

## Lipo-sculpting anti-cellulite massage

Aims at stimulating blood circulation, aiding drainage and toning the tissues.

## Ayurvedic massage

This technique has very ancient roots and began in India 4,500 years ago. It is a massage using precious vegetable oils that are warmed to a pleasant temperature. It removes stress, strengthens the nervous system, improves sleep and purifies and nourishes the skin.

## Sporting-toning massage

Increases muscle tone, preparing them for sports activities. When practiced afterwards, it helps release the accumulated lactic acid. In both cases, it improves joint activity.



# Massages

## General massage

This acts directly on the soft tissues: skin, subcutaneous, muscles, tendons and ligaments. The three classic massage phases are followed: warming, kneading, rubbing, to increase blood supply and tone the muscles. It is useful for joint motility and relaxation.

## Californian relaxing massage\*

Relaxes muscle tissue and improves state of mind and psychophysical balance. The relaxing oil that is used has beneficial effects given by its softening, protecting and soothing properties.



## Segmentary massage to the spine

Spine massage frees tension from the ligaments and loosens muscular contraction. The reflex action to the spinal nerves activates good organ function to maintain their correct balance and functional and physiological state. With specific movements, it helps rediscover awareness of correct posture.

\* Essential oils directly imported from the Pacific Institute Aromatherapy (California, USA).



# Reflexology



## Shiatsu

Shiatsu aims at creating a feeling of well-being, vitality, balance and harmony. Through precise deep pressure using the thumbs, palms of the hands and the elbows, it helps each person to gain a conscious reawakening of their vital force, restoring energetic balance.

## Chinese technique plantar reflexology

Exploits the relationship between the various parts of the body and the soles of the feet, with finger pressure on the feet, which reflexes in the body to restore balance, stimulate and relax.

## Vodder method lymphatic drainage

Helps the lymph to flow. The drainage action stimulates liquid circulation and aids elimination, with a detoxifying action giving a much lighter feeling to the body.



# Reflexology

## Shiatsu and cranium-sacral treatment with the Dr. Upleger method

Besides the original shiatsu technique, the therapist acts on certain parts of the body, exploiting the involuntary movements of the cranial bones of the head, sacral, brain and spine marrow, like the membranes and cerebrospinal liquids. Cranial rhythm is a regular cycle of movements that expand and contract all the body tissues between 8 and 14 times a minute.

Combined with gentle pressure, it finds the root of the problem and helps remove the block.

As congestion is slowly dissolved, primary respiration is easier and the person begins to feel better.



## Stone therapy

Massage with volcanic stones that radiate heat is a real art, which combines manual skill with the properties contained in the stones.

By stimulating certain parts of the body, positive energy is freed, which makes us feel better, balancing our interior strength.

It is an energetic therapy like acupuncture, shiatsu and finger pressure.



# Physio-kinesitherapy



## Kinesitherapy

This is only carried out by experts in rehabilitation following precise indications from the doctor. It improves articulation, trauma after effects, in scapulohumeral or hip periarthritis. Kinesitherapy can be used with various electro-stimulation methods, such as: Compex (electro-stimulation of the tissue after long periods of inactivity), electrotherapy, magnetotherapy, ultrasonic therapy and laser therapy.

## Tens

TENS treatments (transcutaneous electrical nerve stimulation) are widely used in physiotherapy, kinesitherapy and rehabilitation generally, and is a professional instrument which offers a complete range of analgesic programs.

It gives off innovative impulses at modulated frequency, with parameters studied for a pain killing and specific actions, depending on the type of pain and area to be treated.

# Physio-kinesitherapy



## Hydro-kinesitherapy

This treatment is based on movement (kinesis) in the water (hydro), with a series of techniques and treatments that are carried out in the water. Hydro-kinesitherapy is associated with dry rehabilitation or used as a single treatment:

it is indicated in cases where rehabilitation involves exercises with partial or total discharge, to enable performing those movements that would be difficult or impossible to do out of the water.

## Kneipp therapy

The nervous system transmits to our body all the stimuli that are perceived at skin level, stimulating the immuniser system. The heat gently calms the body until the activity of the inner organs is slowed down.

The cold however stimulates and invigorates, accelerating internal activity. Alternating heat and cold helps reduce stress, stimulating the body and mind. It is good practice to walk in cold water in the event of sleeping problems, headache, pressure problems and nervousness.





# The Health Passport<sup>®</sup>

*An exclusive regenerating program organised by the Hotel Garden, to obtain complete harmonious balance between body and mind. It includes activity and behaviour to create a healthy and serene lifestyle. A personalised program, but which involves relation and sharing and is carried out in groups.*

## **Aqua healing**

A massage that is given in hot thermal water, which is very relaxing where the movements are combined with delicate stretching and pressure as used in shiatsu, while the patient is delicately rocked by the water. The lightness of the body in the water is exploited to release the spinal vertebra, rotate the joints and stretch the muscles.

## **Back school**

Modern Back School is a sort of gentle instruction in “how to use” our spine. Numerous principles of various therapeutic methods are used in the Back School. By assuming incorrect postures day after day for a long time, the nervous system replaces the exact image of the spine and considers the wrong posture as normal. The advice from the therapists helps increase awareness and induce the patient to change certain lifestyles.

## **Brain light**

A deeply relaxing technique, using headphones and special glasses, it produces acoustic and visual impulses that induce the brain to produce the Alfa and Beta waves that belong to relaxation. The sessions are accompanied by gentle relaxing music.

# The Health Passport®



## Chi machine

This innovative instrument stimulates circulation and cell renewal, by activating the internal organs and the lymphatic system, lightening the spine and helping the immuniser system.

The legs are stimulated to perform snake-like movements (see the photo), while the pelvis transmits the movement to the upper part of the body.

## Detensor® mattress

The Detensor® method is a system to discharge and stretch the spine, in a sitting or laying position.

The intervertebral disks give mobility to the spine and therefore must be correctly nourished.

By stretching the spine, there is a better exchange of liquids between the intervertebral disks, which prevents the possible stasis of the blood vessels and helps improve incorrect posture.

## Revitaler® therapeutic mattress

Revitaler® is a mattress that acts by creating pressure on specific points.

It is excellent for intensifying blood circulation throughout the body.

The secret lies in three mechanisms: energising action, pressing effect and “lever” effect.

# The Health Passport<sup>®</sup>

## Postural gymnastics

Restores awareness of our body in space.

It strengthens the muscles that support the rachis, restoring suppleness to the joints, eliminating tension.

## Respiratory gymnastics

Supplies the operational tools for effective respiratory gymnastics.

The exercises can be done by anyone who wants to maintain good physical condition, tone muscles and learn a few breathing control techniques. It helps recover the abdominal muscles and, in particular, the diaphragm.

It permits us to breathe completely, which is essential for psychophysical well-being and useful for fighting certain common disorders, like anxiety and stress.

## Walking video analysis

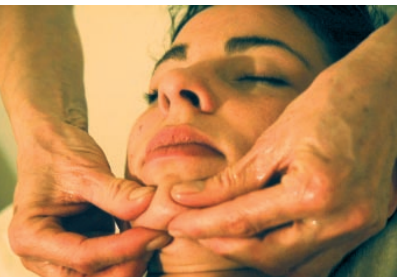
An innovative technique and cutting-edge instruments that describe, quantify and assess the movement. When certain disorders arise, we all automatically continue walking. By identifying even the slightest negative habit, helps to block a slow, but inexorable decompensation.

Correct posture is fundamental to keep the spine in its right axis.

The 3D data that is supplied could explain, for example, the origins of headache that are otherwise difficult to understand.



# Beauty treatments



## Facial reflexology

A new treatment that stimulates the facial meridians, stimulates the central nervous system and frees endorphin.

Finger pressure is exercised slowly on the various areas of the face preventing the contraction and relaxation of the skin.

We are delighted to offer this specific treatment as part of the Garden beauty treatments as we are one of the few centres in Italy that are authorised to perform this.

## Sea salt body massage

The whole body is massaged with oil and sea salt. This massage is relaxing, draining and exfoliating.

## Ageing stop facial treatment

This treatment reduces the small wrinkles and expression lines; it reduces puffiness and gives deep down moisture to the skin.

## Personalized treatments

You can choose between daily personalized programs or treatments composed especially for you.  
(see also the brochure "Tuttogarden")



*Hotel Garden Terme*

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