1. **Wellness: Sensory Spa + Theia Thermal Pools**

Terme di Chianciano: well-being **for all the family – for all ages – for all seasons**

## Theia Thermal Pools nature and thermal wellness

Theia, “the wide-shining One”, mother of Selene in the Etruscan mythology; the thermal pools in Chianciano Terme are named after her.

900 sqm of indoor and outdoor pools, all fed by the Sillene Thermal Spring, whose beneficial and curative properties were already known in Etruscan and Roman times. Water jets, whirlpools and a wellness center with sauna, Turkish bath, emotional showers, rasul and relaxation area. Children area with dry grotto, wet grotto, emotional showers and two pools dedicated to them.

 Sensory Spa holistic experience

A unique wellness experience to regenerate body and mind thanks to the wellness programs, based on naturopathy, immersed in the greenery of the Acqua Santa Park.

A journey into the senses and emotions through 4 paths and over 20 treatments, including the pleasing melmarium and then the calidarium, salt room, path in the river, music bath, salt bath, energy pyramid, emotional showers, relaxation area with herbal teas, aromatherapy, music therapy. The wellness center for face/body massages and treatments is integrated in the facility and in the paths.

One of the five senses is Taste, to which a special area has been dedicated, to live a comprehensive sensory and wellness experience, with local and zero-kilometer products.

1. **Medical and physiotherapy center**

The **Medical and Physiotherapy Center of Terme di Chianciano** offers programs for the prevention and treatment of chronic or traumatological orthopedic pathologies as well as neurological, rheumatological and urological pathologies.

**Physiotherapy** has as its objective the resolution of pain and the restoration of joint function and motor capacity.

The physiotherapy methods applied at Terme di Chianciano are based on an integrated approach between manipulation and use of machinery (**tecar, laser, ultrasound, electro, magneto and paraffin therapy**), thanks to a multi-specialist and constantly coordinated team. The Medical and Physiotherapy Center offers the possibility of a postural assessment aimed at resolving pain due to postural problems and at providing integrated physiotherapy solutions, even with the use of thermal water.

It is in fact possible to carry out rehabilitation in the Sillene thermal waters at the Theia Thermal Pools (hydrokinesitherapy), taking advantage both of the reduction of gravity in immersion and of movement in the water, in addition to the healing qualities of the thermal water, accelerating the functional recovery of the patient.

At Terme di Chianciano, re-athletization courses are available for professional and amateur sportspeople, to ensure a safe return to sporting activities and to reduce the risk of new injuries.

In fact, there are agreements with local sports clubs to provide a complete medical and sporting assistance to athletes.

The medical specialists available at the **medical and physiotherapy center of Terme di Chianciano** cover:

 • Cardiology

• Vascular surgery and Doppler ultrasound

• Dermatology

• Physiatry

• Colon hydrotherapy

• Analysis laboratory for blood chemistry, swabs and Covid tests

• Sports medicine

• Aesthetic medicine

• Nutrition and dietetics

• Ophthalmology

• Orthopedics

• Otolaryngology

• Rheumatology

• Urology

Specific medical tests are also available, such as:

• CBM (Computerized Bone Mineralometry)

• Polysomnography

It is possible to access physiotherapy courses privately or in agreement with the **Italian National Health Service.**

# **3) Products**

# Acqua Santa

# 2000 years of health and beauty

A natural remedy for gastrointestinal problems and rich in mineral salts, Acqua Santa di Chianciano **has a purifying effect on the liver, helps digestion and regulates the intestine**.

How to use:

At Terme di Chianciano, Acqua Santa is drunk directly from the source of the Acqua Santa Park in the morning, on an empty stomach, for at least 12 consecutive days. The purification cycle can be repeated 3-4 times a year.

At home, the water can be drunk from the bottle, preferably in the morning on an empty stomach, for at least 15 consecutive days in doses of 100 g at a time (half a glass) up to a maximum of 400 g. For a smoother well-being feeling it can be heated (the "bain marie" technique is recommended). The home purification cycle can be repeated 3-4 times a year.

Purchase:

At the Terme di Chianciano factories, at the on-line store termechiancianoshop.com, in Naturasì stores and in all pharmacies in Italy.

**SALI PRONTI DI CHIANCIANO 14 sticks (each 15 ml)**

Food supplements based on Acqua Santa and extracts of cassia, acerola cherry, rosemary and fennel. They have an intestinal, digestive, detoxifying effect on the liver and are useful for strengthening the immune defenses. These salts, if taken with Acqua Santa di Chianciano, help regain the daily wellness and are a real **Detox Ritual**.

**How to use**:

Drink directly from the stick or dissolve the sachets in half a glass of Acqua Santa to enhance its effect.

Purchase:

At the Terme di Chianciano factories, at the on-line store termechiancianoshop.com, in Naturasì stores and in all pharmacies in Italy.

**Terme Sensoriali Cosmetics**

The Aqua Santa-based cosmetics of the Terme Sensoriali line are rich in elements such as sulfur, magnesium and calcium. Thanks to their composition, they perform a remineralizing action that helps the skin of face and body regain its vitality. These products are unisex and contain typical Tuscan essential oils, flowers and herbs.

Purchase:

At the Terme di Chianciano factories and on-line at termechiancianoshop.com.

**4) A wealth of treatments in agreement with the Italian NHS**

At Terme di Chianciano it is possible to carry out treatments in agreement with the Italian NHS by presenting the prescription from the GP. There is a € 55.00 fee, except for those who are exempt\*.

**Pathologies**

Liver and gastrointestinal disorders

**Diagnosis**

Dyspepsia of gastroenteric and biliary nature

Irritable bowel syndrome with constipation

Dyskinesia of the biliary tract with dyspepsia

Chronic gastroduodenitis with dyspepsia

Chronic alithiastic cholecystitis with dyspepsia

**Treatment cycle**

12 mineral water treatments

(Includes admission medical examination and 12 drinking treatments with Acqua Santa)
Or
Mud-balneo-hydrotherapy cycle

(Includes admission medical examination, 12 mineral water treatments with Acqua Santa, 6 mud baths for the liver region and 6 carbon dioxide baths with Acqua Sillene)

 **Pathologies**

Arthro-rheumatic diseases

**Diagnosis**

Osteoarthritis and other degenerative joint diseases

Extra-articular rheumatism

Arthrosis

Polyarthrosis

Osteoarthritis

Low back arthrosis

Spondylarthrosis

Rheumatoid arthritis in the quiescent phase

Cervical pain of rheumatic nature

**Treatment cycle**

12 muds and 12 therapeutic baths with Acqua Sillene

(Includes admission medical examination, 12 mud treatments and 12 baths)

**Pa**t**hologies**

Pathologies of the upper respiratory tract

**Diagnosis**

Diagnosis

Sinusitis

Rhinitis

Tracheitis

Pharyngitis

Allergies

**Treatment cycle**

24 inhalation treatments

(Includes admission medical examination)

**Pathologies**

Vascular pathologies

**Diagnosis**

Consequences of chronic phlebopathies

Chronic venous insufficiency (varices)

Consequences of chronic phlebitis

Outcomes of peripheral vascular surgery

Chronic lower limb vascular disease (if venous)

Functional peripheral vascular disorders

**Treatment cycle**

12 therapeutic baths with hydromassage in Acqua Sillene

(Includes admission medical examination, instrumental esamination and blood chemistry tests)

\*Cost exemptions apply: under the age of 6 or over 65 and with a total family income less than € 36,151.98 per year; pensioners over the age of 60 and unemployed with family income below € 8,263.31 up to € 11,362.05 with dependent spouse, increased by € 516.46 for each dependent child; disabled people, in different ways depending on the type and degree of disability. Total exemption applies to people with 100% legal disability, total blindnesss, major work-related disability, first-rate service disability and disabled veterans. People with agreements with the Italian NHS have the right to one treatment cycle per year.