



“The body of an athlete and the soul of a sage: that’s what you need to be happy” (Voltaire)

## TERME DI SATURNIA: a story and a legend

The beneficial and healthy hot water, for millennia gushing forth from Terme di Saturnia’s natural crater is the protagonist in a legend which suffuses this enchanted angle of the heart of the Tuscan Maremma with charm and magic.

It tells how that one day Saturn took a thunderbolt and hurled it at Earth. Splitting a volcanic crater, the god caused warm sulphurous water to gush forth. This is Terme di Saturnia’s water.

If the legend evokes a striking atmosphere, the story confirms the unique nature of this timeless location and its precious water.

Saturnia’s thermal water is created under Monte Amiata and after a journey of around 40 years, emerges in the source swimming pool of the Terme, enriched by the beneficial properties which render it unique and famous throughout the world.

A place for well-being and regeneration since the mists of time, today Terme di Saturnia Spa & Golf Resort offers the harmony of a spa complex which merges in gently with the surrounding landscape.

**The building:** an ancient and fascinating travertine construction, home to elegant and refined luxury.

**The scenery:** an unpolluted magical natural setting in a historical framework of Etruscan and Roman remains and magnificent medieval castles.

Terme di Saturnia is an invitation to discover perfect harmony of body and soul.

## **TERME DI SATURNIA SPA & GOLF RESORT YOUR OWN LUXURY is:**

**YOUR HOTEL ROOM**

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**YOUR SPA TREATMENTS**

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**YOUR TEE SHOT**

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**YOUR THERMAL SPRING**

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**YOUR HOTEL RESTAURANT**



## YOUR OWN LUXURY

Imagine a place totally devoted to your own personal luxury. Be it a private massage in your room or your own private waiter for an intimate dinner, a personal trainer or golf expert especially for you. Here we know how to welcome you in a truly unique way, providing you with services tailor-made to your desires. As irresistibly enticing as our hot spring, just one of the many unique features of Europe's most award-winning spa, offering exclusive treatments in elegant and comfortable surroundings with the added natural harmony of an 18-hole golf course.

All set in one of Tuscany's most fascinating, yet still undiscovered, corners. For a break that will be as unforgettable as it is varied.

## YOUR HOTEL ROOM THE HOTEL

At Terme di Saturnia hospitality is an art and well-being a pleasure.

The hotel at Terme di Saturnia Spa & Golf Resort is an ancient travertine construction surrounded by an age-old park, offering an exclusive welcome in a natural setting. Timeless emotions hark back to the ancient spa and the atmosphere of the discreet luxury of Terme di Saturnia Spa & Golf Resort Hotel.

There are **140 rooms** with **71 Junior Suites, 3 Suites and 2 Grand Suites**, designed according to the 'habitat philosophy', in harmony with its natural and architectural context, without neglecting its elegant modernity. The natural and soothing colours of the parquet, marble and travertine balance its contemporary linear style with Tuscan tradition, with the utmost attention to detail in perfect Terme di Saturnia style.

There is a choice of two restaurants. The *Aqualuce* offers Mediterranean cooking of unusual and sophisticated dishes. The *All'Acquacotta* offers the intense flavours and regional authenticity of the most typical Tuscan cuisine.

The chef, Pierluigi Marani, insists on the freshest and most natural ingredients and uses his valuable experience to impart the pleasure of healthy eating, creating light, tasty gastronomy according to the philosophy of well-being.



An innovative and cutting-edge SPA, an inspired combination of luxury, glamour and medical expertise. It provides a total well-being service, drawing on its experience as one of the most modern centres in the world. Our philosophy? A fully-fledged school of thought which ranges from the most sophisticated anti-ageing programmes to the latest beauty treatments, from hydrotherapy to stress management. We also specialize in health & beauty treatments and nutritional consultancy.

A Gym with instruction in physical culture and the art of movement. The Saturnia programme is a truly special synthesis of water, open-air and gym activities. Periods of oxygenation and revitalization alternate with mobilization and toning techniques, for a complete physical renaissance.

The 18-hole Golf-course A hundred hectares adjacent to the resort offers 18 holes immersed in the poetry of the panorama of one of Tuscany's most striking corners. A stunningly beautiful backdrop, thermal treatments and healthy eating offer guests a complete experience.

The Thermal Spring set over the resort's natural crater where Saturnia's magical water has been gushing forth for 3,000 years at the constant rate of 800 litres per second at a temperature of 37°C.

4 Thermal Pools which extend over 2,800 square metres with Jacuzzis, waterfalls and hot & cold waterways.

An Art Gallery where Tuscan and Roman nobles rub shoulders, where the history of the Maremma encounters flavours of the Etruscans, where nineteenth-century masters hang alongside classics from the 1930s and 1940s.

Inside the resort.

A Hairstylist: the Atelier Aldo Coppola by Terme di Saturnia. Two names which alone serve as a guarantee for hair care and beauty.

The Cruciani Space: sixty square metres set within the Terme di Saturnia represent the label's fifth dedicated boutique. High-quality men's and women's cashmere collections and an exclusive well-being line: CRUCIANI SPA. Cruciani and Terme di Saturnia, a perfect combination, sharing a passion for quality and discreet luxury.



The SPA Boutique: for the 'world of the hot springs' with its own cosmetics range, as well as leisure clothing and Terme di Saturnia swimwear.

## **YOUR SPA TREATMENTS**

### **THE SPA**

Beauty areas, well-being spaces, essential aesthetics and medical expertise. These are the defining features of the thermal cult of Terme di Saturnia: a sanctuary where you can get back into shape and good health, as well as restore beauty. A sanctuary to allow body and mind to reattune through a course involving the five areas of well-being: Hydrotherapy, Beauty, Stress Management, Diet and Physical Activity.

Hydrotherapy. The power of the sulphurous thermal water

Falling as rain on Monte Amiata and taking around 40 years to reach the main swimming pool above the spring, Terme di Saturnia's water meanders through the earth's crust at a depth of more than 700 metres to arrive at the spa where it gushes forth at a temperature of 37°C at the rate of 800 litres per second.

Beauty. For restored beauty for moisturizing, luminosity, anti-ageing and skin firming.

Indispensable attention to the body, with massages and aesthetic procedures to improve cutaneous microcirculation, eliminate liquid retention, firm the skin or simply relax.

We exclusively use products from the Terme di Saturnia Cosmetic line, incorporating the active ingredient Bioglea™, an extract of thermal plankton, with high hydrating and restorative properties, gathered from the spring.

Stress Management. A programme to tackle general fatigue, low energy levels and accumulated stress, to help you reattune.

Diet We are what we eat. So here's a detox programme, dietary principles, menus with correct nutritional content and the culture of eating properly.

At Terme di Saturnia a diet becomes a lifestyle according to a founding principle that well-being also derives from food.

Physical Activity An area to develop education in movement not only at Terme di Saturnia, but also back at home with a programme of personalized suggestions and advice.



## **YOUR TEE SHOT**

### **THE GOLF COURSE**

Golf not just as a game, it is a way of achieving a state of physical and spiritual well-being, the most sophisticated form of sport in the midst of Terme di Saturnia's natural setting. A golf course set over 100 hectares, 18 holes to experience all year around in the mild climate of Maremma's privileged location.

Designed by architect Ronald Fream, the prestigious Californian firm behind some of the most famous golf courses in the world, the course adjacent to the Resort has been planned in respect of the local natural environment and aims to be awarded the Italian Golf Federation's 'ecological certification'.

A combination of soft turf, created in total respect for local nature and water resources, with small protected streams flowing through the course and wild shrubbery sprouting in the roughs, poetic panoramas, beautiful historic villages like Saturnia, Montemerano and Poggio Murella with Monte Amiata as their backdrop, transform a game into a multisensory experience.

Thermal and beauty treatments, bathing pools, healthy eating and a game of golf for a top-quality stay.

## **YOUR THERMAL SPRING**

### **THE HOT SPRING and THE OUTDOOR SWIMMING POOLS**

The Etruscans and Romans loved immersing themselves in the hot water, regarding it as a divine gift when its beneficial and therapeutic benefits were then unknown. The style and convivial atmosphere of Roman baths two thousand years ago have been created once more in Terme di Saturnia's hot springs.

#### **The thermal spring**

Magic and well-being. Beauty and pleasure.

For millennia the hot-spring water from the Saturnia source has been gushing forth from a natural crater at the rate of around 800 litres per second and a constant temperature of 37.5°C.

The constant flow of this impressive water serves to regulate its chemical components and biological attributes at the same time as stabilizing its health and therapeutic properties.

**The water of Saturnia** is rightly termed 'mineral' since 2.79 grams of mineral salts are dissolved in each litre. The principle characteristic of the water is the presence of large levels of hydrogen sulphide and carbon dioxide resulting in its definition as sulphurous, carbonic, sulphate, bicarbonate, alkaline and earthy.

The hydrogen sulphide (sulphurous gas) is beneficial for the cardio-circulatory and respiratory system (cutaneous vasodilatation, reduction of arterial pressure), the muscular and skeletal apparatus (muscle relaxant, anti-inflammatory effects) and the respiratory tracts (fluidification of secretions, anti-inflammatory effects).

Even its inherent carbon dioxide has predominantly beneficial effects on the cardio-circulatory and respiratory systems.

The water temperature of 37°C also has numerous attributes resulting in arterial and venous vasodilatation with increased cardio-circulatory activity, muscle relaxation and reduction in osteoarticular symptoms.

It has a natural peeling effect on the skin, with exfoliating, cleansing and antiseptic properties.

Lastly, drunk on an empty stomach, it can have positive effects on gastrointestinal digestive processes.

### **The Thermal pools**

Four open-air **thermal pools**, Jacuzzis and hot & cold watercourses in undoubtedly one of the largest and most beautiful swimming pool parks in the world. An oasis of relaxation in the tranquillity of the soothing panorama of the surrounding countryside.

## **YOUR HOTEL RESTAURANT**

### **THE RESTAURANT**

A well-being cuisine based wisely on fresh local produce. Local fish and meat, alongside seasonal fruit and vegetables. All strictly top-quality ingredients. These are the guiding principles behind Terme di Saturnia's two restaurants which share the philosophy: well-being through food.

International-style cookery, a refined ambience overlooking the pool, minimalist elegance and the welcoming atmosphere of the *Aqualuce* restaurant offering a menu of innovative dishes to satisfy even the most sophisticated of palates. There's also great attention to detail in the aesthetics of the dishes, which alternate harmonies and contrasts of colour and form.

On other hand, the *All'Acquacotta* restaurant features traditional Tuscan gastronomy. The flavours and pleasure of fine traditional dishes, prepared with high-quality local produce. With ambiances ranging from the intimate to the convivial, fine eating and drinking for natural well-being.

Booking is advised. The food is so good, even booking a double slot (8 – 10 o'clock and 10 o'clock – midnight) might not suffice.

Light and detoxifying dishes are part of the nutritional programme and dietary menus drawn up by Terme di Saturnia's medical team. Treating general fatigue, low energy levels and accumulated stress.

Determined to combine well-being without sacrificing the pleasures of eating, Chef Pierluigi Marani's innovative and imaginative menu masterfully conveys the decisive authentic flavours of tradition at the same time as respecting well-being and each dish's correct nutritional balance.



## TERME DI SATURNIA SPA & GOLF RESORT YOUR OWN LUXURY

### How to get to Terme di Saturnia

There are many ways to get to Terme di Saturnia, in the heart of the Tuscan Maremma.

By air: Roma Fiumicino Leonardo da Vinci airport at around 150 km from Saturnia

By train: Grosseto railway (Rome – Genoa line) at around 60 km from Saturnia, Orvieto station (Milan – Rome line) at around 85 km from Saturnia

By car: From the north

A1 Milano-Bologna-Florence.

Take the Florence Certosa exit, then follow the dual carriageway towards Siena-Grosseto-Scansano-Montemerano-Saturnia.

Around 450 km from Milan, 5.5 hours by car.

Around 200 km from Florence, 2.5 hours by car.

A1 Milano-Parma, A15 Parma-La Spezia, A12 La Spezia-Livorno-Rosignano Marittimo-Grosseto.

Take the Grosseto Est exit, then follow the road towards Scansano-Montemerano-Saturnia. Around 500 km from Milan, 4.5 hours by car.

From the south

Rome-Civitavecchia

Exit at Civitavecchia, then follow the SS1 dual carriageway to Montalto di Castro. As soon as you pass Montalto di Castro, exit at the turn for Vulci and follow the signs for Manciano-Saturnia.

Around 180 km from Rome, 2 hours by car.

For info:

Terme Di Saturnia Spa & Golf Resort

Tel. +39 0564-600111

Fax +39 0564-601266

E-mail: [info@termedisaturnia.it](mailto:info@termedisaturnia.it)

[www.termedisaturnia.it](http://www.termedisaturnia.it)

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