

TRAVEL

## Winter Wellness: Top European Spas And Trends

From thermal baths to quirky spa treatments and fun new fitness trends, here's where and how to warm up this winter and chase away your stress



### Spring For The Best

*Terme di Saturnia (Tuscany, Italy)*

Taking a dip at this Tuscan retreat is good for more than just the soul. Built right over a volcanic crater, the main pool is naturally replenished every few hours with mineral-rich water at a comfortable 37.5°C, said to relieve everything from skin conditions to respiratory ailments, muscle pain and digestive issues. Ideal for a full-on wellness getaway, the spa offers several aesthetic and medicinal treatments to complement the healing waters, including mud therapy, botox facials, fitness programmes and homeopathic consultancy. All healed up and looking good, guests and spa visitors can hit up the Turkish bath, sauna, hydromassage waterfalls or alfresco jacuzzis, or simply take it easy in a lounge under the Tuscan sun.

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

Article by *Jessica Keller*