



TERME DI SATURNIA SPA&GOLF RESORT - AT A GLANCE

Description:

Located in Maremma, one of the most strikingly beautiful corners of Tuscany, the award-winning Terme di Saturnia Spa & Golf Resort is centred around an ancient travertine stone building on the site of a rich thermal spring which dates back beyond the Etruscan era. Legend tells of Saturn, God of the Harvest, striking a volcanic crater with a mighty thunderbolt, causing a river of warm, mineral-infused waters to rush over the valley of Saturnia. Generations of bathers have enjoyed the health-giving properties of the waters, which gush from the spring at a rate of 500 litres per second and at a constant temperature of 37° C. Impressive Roman baths lead from the elegant hotel to the warm spring, which feeds four pools, a Jacuzzi, waterfalls and waterways. The healing powers of the sulphurous spring water are harnessed in luxurious, regenerative therapies at Terme di Saturnia's SPA, which offers a range of tailored medical, nutritional, de-stress, detox and fitness programmes, 53 treatments rooms, and state-of-the-art facilities. An overriding philosophy of seeking harmony with the natural environment is reflected in the design of the 128 guest rooms and in the eco 18-hole golf course, designed to blend seamlessly into the glorious surrounding countryside. The restaurant offers farm-to-table ingredients and Tuscan-inspired fares. Here the Chef's masterful menus are a wholehearted testament to the importance of incorporating the enjoyment of food into the journey to complete wellbeing

Location:

Saturnia, Tuscany, Italy

Website:

www.termedisaturnia.it/en

Address:

Terme di Saturnia Spa & Golf Resort
58014 Saturnia (Grosseto) – Tuscany - Italy

Contacts:

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Email: info@termedisaturnia.it

Affiliations:

The Leading Hotels of the World
Virtuoso

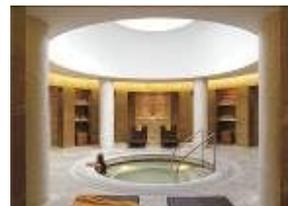
Social Networks:



Airport:

150km from Leonardo da Vinci-Fiumicino Airport in Rome; approximately 2 hours drive to Terme di Saturnia





Tuscan Maremma: Set in a strategic position, 150 km north of Rome and 200 south of Florence, in the ultimate south border of the Tuscan region. Very few destinations can offer visitors art, tradition, history and sports – such as horse-riding and mountain-bike trips – in an almost pristine landscape.

The Maremma is a region containing the best of Italy: its hills, covered in thick undergrowth, defined by horizons of wild beauty; its sea, one of the clearest, is bordered by long uncrowded beaches such as Monte Argentario's and Porto Ercole's.

The villages surrounding the resort seem to watch over everything from on high: Pitigliano, Saturnia, Montemerano, Manciano, Semproniano and Sovana are places where Etruscan, Medieval and Renaissance memories merge together in delightful harmony.

Accommodation: Terme di Saturnia's range of 128 elegantly appointed rooms and suites have been designed to create a harmonious habitat for mind and body, expressed in thoughtfully selected flooring, atmospheric lighting, and the warm tones of the fabrics and finishing, creating an ambience of total well-being. All rooms feature air conditioning, mini-bar, telephone, television, satellite TV and safe deposit box.

COMFORT rooms: compact rooms with one queen size bed, located in the historical building of the Hotel. All are equipped with minibar, air conditioning, safety box, WI-FI, LCD-TV, Pay-TV, swimming pool kit with bathrobe, large towel, slippers and bag. One bathroom with bathtub or shower

SUPERIOR rooms: elegant and comfortable (around 25 sqm) rooms featuring natural and relaxing colors and a tastefully understated décor. Mostly overlooking the natural thermal spring, some others viewing the park with its secular pine trees. Comfortably equipped with minibar, air conditioning, safety box, WI-FI, LCD-TV, Pay-TV, swimming pool kit with bathrobe, large towel, slippers and bag. One bathroom with bathtub or shower.

DELUXE rooms: elegant rooms (around 35 sqm) featuring one open-space bedroom with sitting-area, walk-in closet and one king size bed which can be separated upon request to form two single beds. Each room has one large travertine bathroom with separate shower and bathtub. Connecting De Luxe rooms are available. The rooms feature carpet or wooden floor. The De Luxe rooms overlook the gardens or the rolling Tuscan hills, some of these rooms are pet friendly and have access to internal green courts. WI-FI, minibar, air conditioning, safety box, LCD-TV, Pay-TV, swimming pool kit with bathrobe, large towel, slippers and bag



EXECUTIVE rooms: spacious rooms (over 35 sqm) featuring elegant design and VIP amenities. One open-space bedroom with sitting-area, walk-in closet and one king size bed which can be separated upon request to form two single beds. Each room has one large travertine bathroom with separate shower or bathtub. Connecting Executive rooms are available. The rooms feature carpet or marble floor. Overlooking the gardens or the rolling Tuscan hills, some of them are pet friendly and have access to internal green courts, some others have a private balcony or an exclusive view on the thermal spring. WI-Fi, minibar, air conditioning, safety box, LCD-TV, Pay-TV, swimming pool kit with bathrobe, large towel, slippers and bag.

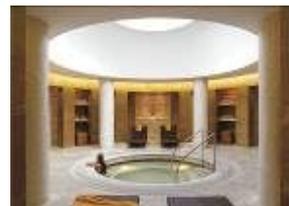
GRAND SUITES: comfortable apartment of 75 square meters, combining elegance and fine design, with a suggestive view on the thermal spring and the countryside. Located in the historical building, it features a large living room with a dedicated lunch area, two wardrobes, one bedroom with a king size bed, two travertine bathrooms (one with shower and the other with bathtub). Appointed with high Speed Internet Wi-Fi, 2 LCD TV, Pay TV, SKY TV, 2 minibars, air conditioning, safety box, swimming pool kit with bathrobe, large towel, slippers and bag and VIP amenities.

Spa & Wellness:

The 53-treatment room, state-of-the-art SPA at Terme di Saturnia focuses on improving guests' wellbeing through the five equally fundamental and integral elements of hydrotherapy, fitness, beauty, stress management and nutrition. For an atmosphere of total wellbeing, the spa's design includes soothing interiors and chromotherapeutic lighting by Parisotto & Formenton Studio, and evocative installations by German artist Herbert Hamak.

An extensive menu of specialist regenerative treatments is based on the therapeutic powers of the natural spring waters, including mud therapy, inhalation and Roman baths.

The spa's beauty menu includes a full range of massages, facials, body wraps and scrubs. A comprehensive medical spa offers a series of aesthetic therapies and innovative, personalised wellbeing programmes. The spa's expertise in diagnostics and the anti-ageing process is embodied by the exclusive signature Medical and Anti-Oxidant Programmes, in which the most suitable treatments to preserve and repair are recommended accordingly.



The guests are also advised on how to maintain a healthier, balanced lifestyle as part of a 'take home' formula, so that a deepened sense, and understanding, of their individual wellbeing lasts well beyond their time in Saturnia.

A 'world away from a spa', The Ultimate is a private luxury relaxation area dramatically decorated in black and dark grey, offering guests the ultimate in exclusive treatments, such as the Oxygen Infusion and the Saturnia Gold Facial. All treatments incorporate Terme di Saturnia's own skin care range, based on the plankton and minerals that are harvested from Saturnia's thermal springs.

Rebalance@Saturnia

Global well-being is the objective pursued by Terme di Saturnia through the programme **Rebalance@Saturnia** which helps guests re-discover lost physical and mental energy by guiding them towards a healthy lifestyle and showing that the combination of physical activity and balanced eating can help with many problems caused by "dietary mistakes" and a "sedentary" approach. Global well-being should inspire all our activities and should make us choose the best for ourselves each and every day. We know it is not easy, so we need to apply a little common sense. Take a break at least once a year from daily routine and unwind: leave everything behind you and set off for an oasis where you will be lovingly cared for, pampered and guided step by step towards physical and mental re-birth. Terme di Saturnia can be that oasis. Here the individual is the centre of attention. Here we work for your health that equates to mental and physical balance to be tackled from all sides. Our diet is a fundamental area for our health. This must be joyful and gratifying as nourishing our body correctly through the consumption of necessary substances unquestionably has a positive effect on our state of mind. The method of cooking and the various tricks of the trade suggested by the chef during the cooking workshop will help to simplify daily life and the rules for the use of food will help make correct choices come automatically. The initial visit by a doctor, followed by that of the Spa tutor, is an important starting point for the development of reciprocal awareness and the strategy that we will build together.

A balanced mental and physical condition that can only be achieved through a programme that, with the help of the expertise of a team of professionals, takes into account and integrates fundamental factors such as: balanced diet, exercise, spa treatments, benefits of the thermal water, the philosophy of habitat and nature and that, at the end of the stay, will leave guests with invaluable information and strategies that can be easily followed at home as well.

Rebalance@Saturnia has been devised by our team of doctors, specialists and Chefs.



Skin-care line:

Terme di Saturnia skin care line incorporating the spring's thermal plankton. Terme di Saturnia Cosmetics can rightfully claim the title of "thermal cosmetics", unlike many product lines that increasingly flourish in non-thermal locations. Indeed, the effectiveness of these formulas is largely due to the exceptional component known as Bioglea™, which is regularly collected from the Spring waters and is rich in amino acids, sulphur, potassium and magnesium, with outstanding moisturising properties. The thermal skin care includes all the basic products for face and body; specific products for all skin types: normal, dry, oily and sensitive; a wide range of anti-ageing treatments; bathroom toiletries and a complete range of sun-care products..

Roman Bath:

Recalling the thermal bathing rituals of ancient Rome, the resort's Roman Bath, lined in Italian travertine stone, includes a plunge pool, showers with orange and blue mood lights, a steam bath and bio-sauna.

Thermal Park:

Terme di Saturnia's Thermal Pool Park comprises four thermal pools, a Jacuzzi, warm and cold vascular courses, waterfalls and waterways heated by the hot spring water at a constant temperature of 37° C all year round, a rich thermal spring, whose waters cascade at a rate of 500 litres per second. Embraced by generations of bathers, the legendary health-giving properties of the silky smooth, sulphurous anti-oxydant waters continue to seduce even the most discerning of spa goer

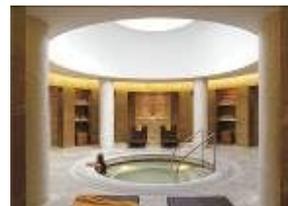
Fitness:

Our gym room is very well equipped with most advanced machines for daily workout. Pilates is also available for guests upon request.

Golf:

The natural splendour of the Saturnia valley coupled with the mild climate of the Tuscan Maremma and the nearby hot springs, makes Terme di Saturnia's golf course an ideal year-round golf destination. Terme di Saturnia's environmentally-friendly course is located just 100 metres from the hotel and is set over 70 hectares of Tuscan terrain, gently undulating with ascending and descending fairways. The 18-hole, par 72, 6,316 metre course features a pitching and putting green, and driving range with video camera facilities and high-tech analysis equipment for swing correction.

The course has been expertly designed to be as 'green' as possible, incorporating conservation strategies, water resource management and environmental preservation from the outset of the planning and development of the new course. Designed by internationally-renowned architect Ronald Fream, the course features no artificial structures and is designed around natural geographical features such as the many small streams and waterways found throughout the 247 acre course. As a result



of the preservation of natural habitats, indigenous wildlife such as deer, porcupines, hares, pheasants and many other indigenous bird species often greet early morning players.

The Italian Golf Federation has awarded **Terme di Saturnia Golf Club** with its "Green Commitment – Landscape category" environmental award. This award was established by the Italian Golf Federation to raise awareness for golf clubs and players on environmental issues with the aim of sensitively integrating golf courses and the landscape.

Terme di Saturnia Golf Club has been GEOCertified™ in April 2014 by the Golf Environment Organization the symbol of great golf environments worldwide – designating that a golf facility has met a credible standard in the areas of nature, water, energy, supply chain, pollution control, and community, and is committed to continually improve. GEO Certified™ is widely trusted and endorsed by a growing number of organizations and people, both inside and outside golf.

Dining:

Terme di Saturnia's fine dining at Ristorante Aqualuce embraces the gastronomic tradition of the region, serving exceptional Tuscan fare bursting with strong, authentic flavours, together with a mouth-watering range of creative and beautifully presented international dishes.

The Chef's masterful menus are a wholehearted testament to the importance of incorporating the enjoyment of food into the journey to complete wellbeing.

Those who prefer lighter, more health-conscious meals can also choose among the Spa Menu Rebalance@Saturnia rich in homegrown produce from the vegetable garden inhouse.

Terme di Saturnia's **Spring Bar** offers a range of creative cocktails made from the freshest fruits and vegetables, including arugula, carrots and pineapple. The thermal pool park also includes a welcoming **Spa Café**.

Meetings:

Terme di Saturnia Spa & Golf Resort can accommodate up to 250 people for conferences, seminars and meetings in the state-of-the-art, soundproofed meeting hall, which can be converted into three separate rooms. Facilities include: audiovisual screen system; video recorder; TV projector; speaker system; and overhead projector. A range of post-conference activities are available on request, from spa and wellness programmes to excursions to experience the local natural and cultural sights and evening entertainment.



Other hotel facilities and services:

Spa Boutique
Spring bar and lounge
Hairstyling by Terme di Saturnia
Full-size, flood-lit tennis court (tennis lessons available on request)
Excursions and guided tours to surrounding region
Free Wireless internet
Golf Driving Range

Guest services:

Concierge
Laundry/valet service
On-site parking
Car rental
Private transfer to and from airport

Awards include:

2017
MICHELIN GUIDE
1* ALL'ACQUACOTTA RESTAURANT

2016
MICHELIN GUIDE
1* ALL'ACQUACOTTA RESTAURANT

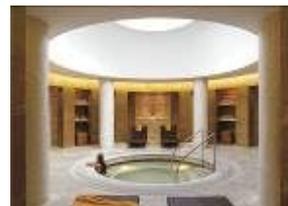
Spafinder Wellness Travel Awards
Best for Hot Springs

2015
Conde Nast Traveller UK Readers' Travel Awards
Terme di Saturnia Spa&Golf Resort among the World's Best Destination Spas
Spafinder Global Wellness Travel Awards
Best for Hot Springs

2014
CNN.COM
TERME DI SATURNIA SPA & GOLF RESORT NAMED TO CNN'S TOP 20 SPA AND WELLNESS RETREATS
ITALIAN GOLF FEDERATION
Terme di Saturnia Golf Club awarded with the "Green Commitment-Landscape category" environmental award
GEOCertified™
Terme di Saturnia Golf Club Geo certified for environmental sustainability

MICHELIN GUIDE
1* ALL'ACQUACOTTA RESTAURANT





CLASS

Terme di Saturnia has been chosen by Class Magazine as Best Spa in the category *Italian Resort*

2013

MICHELIN GUIDE

1* ALL'ACQUACOTTA RESTAURANT

FOODIES GUIDE

ALL'ACQUACOTTA RESTAURANT

GAMBERO ROSSO

ALL'ACQUACOTTA RESTAURANT – 2 FORKS

2012

MICHELIN GUIDE

1* ALL'ACQUACOTTA RESTAURANT

2011

SPAFINDER

Readers' Choice Awards

Best for Medical Programs

WORLD LUXURY HOTEL AWARD

Country Winner – Luxury Golf Resort

Best Luxury Mineral Spring Spa

CONDE NAST TRAVELLER UK

Reader's Travel Awards

Terme di Saturnia Spa & Golf Resort is listed among the top Destination Spas in the World

CENTURION MAGAZINE READERS' CHOICE

Terme di Saturnia has been chosen by Centurion magazine readers as their third favourite hotel in the category Spa & Wellness Hotel Europe

CONDE NAST TRAVELLER UK – READERS' SPA AWARDS

Terme di Saturnia has been awarded as winner in the category Medical , Thermal and Natural Spa

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