



NATURAL DESTINATION

## TERME DI SATURNIA NATURAL DESTINATION

The most famous thermal spring of Italy.

At the foot of the eponymous medieval village in the heart of the Tuscan Maremma, lie 120 hectares of wellness: the history of Terme di Saturnia has evolved around the ancient Spring of the Resort, which regales us a thermal water of great potency, one which has no equal anywhere in the world. This is the land of an authentic, natural and storied beauty.

### SPA DESTINATION

The Terme di Saturnia brand comprises:

- The 5-star Natural Spa & Golf Resort with a Hot Spring, an associate of the "The Leading Hotels of the World" collection;
- The 1919 Restaurant signed by starred chef Roberto Rossi;
- The Beauty Clinic with 53 treatments rooms offering pluri-awarded and innovative spa and beauty treatments, massage and medical consultations;
- The Terme, a thermal water and nature experience offered by one of the most extensive spa facilities in Europe;
- The Club, for the exclusive use of members and visiting guests who also wish to use the Spring and Resort facilities;
- The Golf course, an eco-friendly, 18-hole competitive course extending over 6,316 metres on 70 hectares of uneven land, designed by acclaimed US architect Ronald Fream.

### HISTORY

Mythology would have it that Saturn, the god of peace and abundance, lost his patience one day on seeing the constant warfare of men. So, he took a thunderbolt and hurled it into the crater of a volcano, causing a river of hot sulphurous water to gush forth and flow through valleys, mountains and plains, to envelop all men and things so that their spirits were finally quietened. This was the start of a golden age dedicated to Saturn, a happy period, illuminated by the beauty of women and the strength of men, converted to agriculture, hunting and love. The legend was set in the heart of the Tuscan Maremma, at Saturnia, where the spring water still gushes out at a constant temperature of 37°C. Legend apart, which attributes to Saturnia the status of the most ancient Italic city, what we do know for certain is that it already existed in Etruscan times, when it was known as Aurinia, later to be named Saturnia by the Romans. The centuries of Christianity and the Middle Ages were dark years for the Baths, considered in fact to be places of lust and perdition. However, it was in the ashes of the Middle Ages that hydrotherapy planted its roots and, with it, Terme di Saturnia. Having reacquired their prestige, the Baths were fought over by the local Feudal landowners, the Aldobrandeschi, the Santa Fiora and those of Sovana. From then on, there was a succession of disputes and owners until 1454, when the Baths were completely renewed as part of a great land reclamation scheme and flourished once again thanks to colonies from Piacenza, Romagna and Lombardy who applied for and obtained a permit for the Saturnia Baths. The thermal baths of Saturnia were still flourishing under the Great Duchy of Cosimo II of Florence and were considered to be an extraordinary cure for skin diseases on the threshold of the 1700s. However, the modern age only arrived in 1865, when the Baths were acquired by the Ciacci, who reclaimed the site, rationalized the baths and restored the buildings to create favourable conditions for the foundation of a real spa facility. In the course of this century, it was then Gaspero Ciacci's turn to make a further step forward in valorising the thermal springs: it was he in fact who, in 1919, had the first hotel built and commissioned the University of Pisa to carry out the first scientifically complete analyses of Saturnia's thermal waters. In 1946 the Ciacci family transferred ownership of the Baths to Messrs. Passalacqua who, in 1956, sold them to Terme di Saturnia Company, headquartered in Rome. Terme di Saturnia is currently owned by the York Capital Group and Feidos.

## THE WATER OF SATURNIA

For 3,000 years this spring water has gushed uninterruptedly from the centre of the earth, inside a crater at a temperature of 37° C. The constant flow of 500 litres per second enables the thermal water to retain its beneficial qualities without any need for external manipulation. For 40 years it travels underground to resurface in the natural spring in front of the Resort. 2.790 grams of mineral salts are dissolved in each litre of water, together with a considerable quantity of gas, hydrogen sulphide and carbon dioxide. The presence of Bioglea™, the thermal spring plankton which is clearly visible during immersion, is the natural evidence of the power of Terme di Saturnia. An organic-mineral substance of a gelatinous consistency and a variable colour, which forms in the thermal water when the latter comes into contact with air, it is an exclusive and precious active ingredient which has extraordinary normalizing and moisturizing properties when used to treat the skin.

The health-giving properties of the thermal water and the Bioglea™ of Terme di Saturnia are countless, with beneficial effects for the cardiovascular system, the respiratory apparatus, muscles and bones. Furthermore, this water, which has no equal in the world, exerts a strong protective action which is antioxidant and purifying; it exerts a natural peeling action on the skin with exfoliating, deterging and moisturizing properties.

## NATURAL SPA & GOLF RESORT

Resulting from the conversion of an ancient building in travertine, for 100 years the elegant 5-star resort has embraced the ancient thermal water spring. Its 130 rooms decorated in a way that harmonizes with the natural and architectural context of the location, are defined by the understated colours of wood and travertine, to reconcile the linearity of a contemporary style with the Tuscan tradition. Here, every detail speaks of wellness: the Maremma countryside which seems to have no bounds, the sounds of nature, a water which regenerates the body, Tuscan cuisine. For the guests of the Resort, wellness takes the form of numerous activities associated with the thermal water, the pool of the ancient spring, pools and hydro-massage tubs, cascades, a Roman bath with sauna and a Turkish bath. In addition, the Resort offers all guests the opportunity of guided morning walks, Golf lessons and a slow course for practising, Tennis court, fitness area and the possibility to hire mountain bikes.

## 1919 RESTAURANT

Tuscany is a region of gourmet excellence and it is here, in our own region, that we seek out and select the local products which abound on our land. The choice of ingredients and raw materials is dictated by extremely high-quality standards which also implies great respect for processing techniques and cooking methods. The signature is that of Roberto Rossi, Chef Owner of the "Silene" at Seggiano (GR), a one Michelin star establishment, enacting here his philosophy of elegance and tradition, while coordinating the work of chef Alessandro Bocci, central player of 30 years at the Terme di Saturnia Restaurant, and that of Luca Cecconi who has flanked him since 2012. The gourmet offering of the Resort extends to the Bar, a location enjoying an exclusive view of the Hot Spring, where it is possible to take a relaxing pause at any time of the day.

## BEAUTY CLINIC

The natural properties of thermal water regenerate the body and calm the spirit. This is a place in which guests can acquire a total self-awareness of body and mind. The innovative and pluri-awarded Beauty Clinic is where guests may receive personalized advice from a specialized team and choose from numerous treatments those most suited to their needs. Here they receive tailor-made consultations from a team of experts: massage, medical advice and beauty treatments, specialized services, nutritional guidance and spa treatments. The Beauty Clinic provides several personalized treatment and psycho-physical regeneration programmes based on the precious heritage of sulphurous thermal mineral waters, integrated with the most cutting-edge equipment and methods. Indeed, the Saturnia Collection offers numerous face and body beauty and wellness treatments, experiences and massages. Among the spa treatments, balneotherapy in the pool is the most ancient and simple way to stimulate the full potential of body and mind, enhanced by hydrofitness which takes the form of a series of water trails animated by showers, water-jets and cascades, underwater massage, carried out in tubs with water-jets, and by drinking the thermal waters, equally good for the respiratory tract which, thanks to the presence of sulphur, draws benefit from vapor and nebulization treatments.

Besides these, another available spa treatment is that of mud therapy: the application of "thermal mud" on the body or on certain parts of the body requiring treatment. This mud consists of thermal water and clay to which, when mature, organic substances deriving from the growth of algae are added. Mud therapy treatments are ideal for curing and preventing pathologies of the bones and joints, but they are also a remarkable beauty aid, since they combat the signs of ageing thanks to their relaxing detox effects. The Saturnia muds, left to mature for 12 months in sulphurous water, are composed of a siliceous-calcareous clay which, when mixed with water, takes on the consistency of a cosmetic paste.

The Beauty Clinic also provides physiotherapy treatments such as physio kinesitherapy, hydrokinesis, therapeutic massages and Tecartherapy. Among the aesthetic medical treatments available to guests, there are: dermal fillers, injection therapy, peeling, laser treatments. Furthermore, our specialist services range from spa medical consultations, to dermatology, physiatry and naturopathy.

## TERME

With its four open-air thermal pools, hydro-massage tubs and cardiovascular hydrotherapy trails, the Spa facility is one of the largest in Italy. A vast spa area entirely given over to wellness. Here it is possible to take dips in the warm sulphurous vapours and enjoy the benefits of thermal hydro-massage. Lulled by the water, with its naturally warm temperature of 37° C and the sounds of the surrounding nature, the body relaxes, and the skin becomes smooth in a way that is totally natural. The experience may be integrated with beauty treatments, even of a limited duration, or spa treatments in the nearby Beauty Clinic. The Bistrot serves breakfast, lunch, snacks and aperitifs beside the pool.

## CLUB

The Club is dedicated to members and external guests who wish to make use of the Spring and the Resort services. A typical Tuscan farmhouse is entirely given over to wellness: sauna, indoor and outdoor areas for relaxation and lounges serving infusions. The Club is the ideal solution for those seeking exclusive relaxation and privacy or who wish to spend a day of complete regeneration.

## SPA COSMETICS

The Terme di Saturnia cosmetic line, used for all the beauty treatments practised in the wellness centre, has been created to enable our guests to enjoy the benefits deriving from the active ingredients of the precious thermal waters, also when they return home. The line comprises avant-garde cosmetic products which are all "spa cosmetics": in fact, their formulas contain the exclusive natural active ingredient Bioglea™, a plankton extract obtained from the algae collected periodically from the Spring waters, which is renowned for its extraordinary moisturizing properties. In the precious thermal spring plankton extract rich in amino acid, sulphur, potassium and magnesium, lies the secret of its efficacy.

## GOLF

The gem of the Resort located just 100 metres away from the hotel, the golf course extends over an area of 70 hectares, with an 18-hole, par-72 championship course of 6,316 metres. Elected as the "Best new Italian golf course" in 2008, it was designed by architect Ronald Fream of the acclaimed Californian Golfplan studio which, since 1972 has signed many other prestigious golf courses around the world. On undulated ground, the Golf course winds its way between water obstacles and bunkers in the green Saturnia valley and its breathtaking landscapes: the streams and natural vegetation make the entire structure particularly scenic while enhancing the technical aspects. In line with the philosophy of resort course, the Terme di Saturnia golf course offers a high-quality experience, making it highly entertaining for players of all levels. Thanks to a high number of teeing grounds, it is suitable for beginners yet particularly technical and stimulating for more expert players; in this way, the course provides a perfect location for amateur competitions, high profile championships and golf clinics. The course has been designed in complete compliance with legislative provisions aimed at safeguarding the natural local environment. Here, in the early hours of the morning, it is not unusual to encounter roe deers, porcupines, hares, pheasants and the many bird species living in the Maremma. Terme di Saturnia Golf has obtained the prestigious GEO Certification, one of the most sought-after worldwide. Playing in the extensive valley of Saturnia regales spectacular views of the surrounding countryside given over to the farming of wheat, sunflowers and oats, neatly planted olive groves, plentiful areas of woodlands, the

splendid villages of Saturnia, Montemerano and Poggio Murella and, in the distance, Mount Amiata and the surrounding hills. The mild climate of the Maremma and the hot springs make Terme di Saturnia a location that is highly appreciated by top class Italian players who choose it for the running of their Golf Clinics and premium Golf holidays, thereby combining the benefits of sport with those of thermal water and the new Swing&SPA philosophy, a line of spa treatments and massage specifically studied for golf players.

## THE MAREMMA

Saturnia is surrounded by fascinating unspoilt landscapes and cultural-archeological destinations of great interest: apart from the beautiful uncontaminated landscapes of Mediterranean maquis, it is possible to visit medieval fortresses and villages, Etruscan burial grounds and ancient Roman remains. The Maremma extends between the two promontories of Piombino and Argentario and encapsulates a variegated landscape of sea, flatlands, mountains, sandy dunes, marshlands and forests. Different environments and different cultures, different paces and forms of life gathered together in this frontier land between Latium and Tuscany.

Be sure not to miss Montemerano, a splendid medieval village perched on a hill, which is renowned for its charming narrow streets and wealth of artworks, or Manciano with its impressive Castle which towers over the landscape of Maremma extending as far as the sea. A particularly interesting itinerary is that of the "Triangle of the Maremma", fortified by the Aldobrandeschi, with Pitigliano, the "Little Jerusalem", an ancient village clinging onto breathtakingly steep tuff cliffs; Sovana, with its ancient walls and streets paved by the Etruscans, widely known as the birthplace of Hildebrand the monk, later to become Pope Gregory VII; Sorano, a village which stand on a volcanic rock famous for its enchanting tower and alleys, its fortress and castle. As well as the Triangle of the Maremma, the itinerary of the Albegna hills also takes in the towns of Magliano, Pereta, Scansano and, of course, Saturnia. Not far away, stand the renowned Parco dell'Uccellina, Capalbio and the Argentario with its numerous villages looking out onto the sea.



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

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