



Physiotherapeutic techniques
& active well-being



SPA & BEAUTY CLINIC

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Terme di Saturnia is the perfect place to get in form and regenerate your body. All treatments, except for the "Digital Detox" massage, require a preliminary medical consultation.

S **PHYSIOKINESIOTHERAPY • 25 min / 50 min** **€ 60 / 90**

Manual techniques for mobilizing articulation used to restore functions of the locomotor system and to solve muscular problems.

S **INDIVIDUAL HYDROKINESIOTHERAPY • 35 min** **€ 90**

The kinesiotherapeutic techniques are carried out in a special thermal water pool, which allows optimum functionality to be recovered.

NOT AVAILABLE
AT THE
MOMENT

S **THERAPEUTIC MASSAGE • 20 min / 50 min** **€ 60 / 100**

An extremely personalized massage, recommended with a minimum of three sessions, which aims to improve joint mobility and muscle elasticity. The therapist will perform decontracting, connective and myofascial maneuvers according to the clinical symptomatology and the medical prescription.

S **TECAR THERAPY • 20 min** **€ 50**

This path is particularly indicated in cases of motor rehabilitation, going to activate the natural anti-inflammatory and repairing processes that our body has. It also allows us to reduce the pain threshold while accelerating recovery times.

NEW

DIGITAL DETOX MASSAGE • 50 min **€ 120**

A treatment aimed at relieving tension and muscle contractures caused by the digital and sedentary lifestyles. With deep-down and specifically targeted massage on areas of the neck, shoulders, arms and on all paravertebral muscles, our aim is to recover an excellent level of muscle tone by reactivating the nerve centres thanks to the reoxygenation of tissues and the elimination of excess toxins.

S service available by subscription





PILATES REFORMER • 50 min

€ 90

The Pilates method is useful for those who suffer from back and postural problems, for those slightly overweight, but also women following pregnancy. Exercises using spring and wire-based.

NORDIC WALKING - INDIVIDUAL SITTING • 50 min

€ 90

An outdoor guided walk with sticks support, which reduces the load on the joints and increases energy consumption by reducing the feeling of fatigue. It is more effective than traditional walking and is a great way to play sports in contact with nature.