



NATURAL DESTINATION

In full compliance with regulations laid out in the latest decree,
TERME DI SATURNIA NATURAL AND SAFE DESTINATION
Will remain open.
The health and serenity of guests remains our top priority.

Terme di Saturnia is a safe and peaceful destination to visit.

*The millenary waters are rich in natural elements
which serve to strengthen the immune system and fight off seasonal colds and viruses.
Free serological tests available for all Resort Guests upon arrival
or can be organized on request during their stay at "the largest natural open-air
aerosol in the world".*

Saturnia, October 2020. Terme di Saturnia is a safe and natural destination to visit. The prestigious 5-star Resort, one of the most important and beloved hot springs and spa destinations in the world remains open in full compliance with regulations outlined in the Prime Minister's recent decree thanks to onsite medical care and internal safety protocol.

Terme di Saturnia is a safe and quiet location, ideal for a dedicated health stay. Strengthen your immune system to ward off seasonal colds and viruses, without sacrificing any amenities, thanks to the elegance and comfort of the 5-star Resort. In September the structure reopened after a complete renovation of all rooms and common areas.

To guarantee the safety of the Resort Staff and Guests, in addition to having implemented the "[Saturnia Safe Destination Protocol](#)", guests staying at the Resort can choose to take a free serological test onsite, to enjoy a peaceful stay.

Saturnia's thermal waters flow at the potency of 550 liters of water per second, with a temperature of 37.5 ° C. The continuous supply of this flow completely replaces the content of pools 6 times each 24 hours. Thanks to the water's natural chemical composition, artificial purifying products are not required. Natural elements found in the water are adequate treatment. The waters are rich in sulfur compounds, bicarbonate ions, calcium, magnesium and free carbon dioxide and act as therapeutic natural therapy for the body. Sulfur is a powerful bactericide, and a key element of antioxidant molecules, useful in the fight against viruses and bacteria, free radicals and to promote longevity.

Terme di Saturnia Natural SPA & Golf Resort is a natural oasis comprising of 120 hectares of carefully maintained and controlled countryside. The “holy waters” of Saturnia have flowed uninterruptedly for 3,000 years. The waters begin their journey from underneath the slopes of Mount Amiata. The water flows for 40 years along underground courses, filtering through micro cracks in the rock and clay to re-emerge at the natural Hot Spring pool of the Resort enriched with beneficial health elements.

Terme di Saturnia offers its visitors “the largest natural open-air aerosol in the world”: the waters can be used in solid state (in the form of mud applied to the skin at a temperature of 45 ° C), liquid (ideal for hydroponic treatments) and gaseous form (for inhalation therapies). The sulfurous waters boast proven therapeutic properties in various medicinal fields.

The waters can prevent and treat respiratory illness, dermatological issues, such as psoriasis, and otolaryngology concerns. Bathing in Saturnia’s waters is an excellent joint rehabilitation therapy and the waters are particularly helpful for treating arthritis and osteoporosis.

The Baths of Saturnia were considered a *panacea* by Roman legionaries and Popes of the Middle Ages and were mentioned by Pope Clement III in 1118 as *hospitale de balneo*, a testimony to how the sulfur fumes were a cure for various ailments of the body. In a document by Giorgio Santi (1795 - 1798) it was stated that the Baths of Saturnia were suitable for the treatment of the most serious skin diseases, such as psoriasis.

Terme di Saturnia is the ideal destination for the modern ‘workation’. This popular combination of remote working and holidaying in a quiet and relaxing destination has gained traction recently due to the pandemic. Smart working is a trend destined to stay, and workation allow you to alternate work hours with pure relaxation and exclusive Resort amenities in a safe and natural location.

For golf enthusiasts, Terme di Saturnia has an 18-hole championship course, par 72, spread over 70 hectares. The course was designed to dialogue with the natural conformation of the territory and landscape. Managed with total respect for the environment, the golf course has been awarded the prestigious GEO Certification, one of the most sought after worldwide.

PRESS NOTE

At the foot of a medieval village, 120 hectares of wellness nestle close to a centuries-old Natural Hot Spring, flowing from which is a potent water that has no equal anywhere in the world. Here stands Terme di Saturnia Natural SPA & Golf Resort which, with over 100 years of hospitality, has hosted illustrious personages, affectionate clients, people from all over the world. A unique establishment in the heart of the Tuscan Maremma, an icon in the hospitality and wellness industry, where professional services of excellence, attention to detail and a close contact with nature are the secret of a longstanding success story.

A 5-star resort affiliated with "The Leading Hotels of the World", "Starhotels Collection" and "Virtuoso"; a refined gourmet offering with the 1919 Restaurant and La Stellata | Trattoria; the SPA & Beauty Clinic with 53 cubicles providing pluri-awarded and innovative spa and beauty treatments, massage and medical advice; the Hot Spring Pools facility, with its thermal water and nature trail, is one of the largest in Europe; the Club, open to members and external guests also wishing to access the Natural Hot Spring and the Resort facilities; the Golf course, an eco-friendly course of Championship standing with 18 holes of 6,316 metres extending over 70 hectares of uneven land, designed by renowned US architect Ronald Fream; the Spa Cosmetics Line.

All of this would not suffice to describe Terme di Saturnia, without mentioning the sensations and emotions experienced by those clients who have chosen it as their ideal wellness destination for countless years.

www.termedisaturnia.it

FOR INFORMATION

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