

ENG

ED. 3/2026



PREMIÈRE



Luxury hotel
terme & spa



S P A M E N U

INDEX

Thermal treatments	4
Inhalation therapies	9
Personal Trainer	10
Massages	11
Body	16
Face	21
Aesthetic medicine	25
Beauty	26
Therapy & Wellness programs	28
Première Thermal SPA	34

THERMAL TREATMENTS



Thermal mud application is performed according to the medical evaluation, so every treatment is customized. The effectiveness of mud and thermal bath treatment has been proved by the University of Padua (Naiade Project). These treatments help slow articular degeneration and osteoarthritis, improve mobility and support post-traumatic recovery. The ozone hydromassage, being enriched oxygen (C3), is relaxing, stimulates venous circulation and promotes the replacement of dermis cells.

- **Medical evaluation aimed at thermal treatments € 50,00**

Required for thermal and physiotherapeutic treatments.

- **Application of thermal mud, thermal shower and ozonized bath* € 55,00**
- **Application of thermal mud with thermal shower* . € 50,00**
- **Partial application of thermal mud for hands or feet* .. € 40,00**
- **Thermal ozonized bath * € 40,00**

** The thermal treatments require a preliminary medical interview.*

THE STAGES OF MUD THERAPY

1. **Compulsory doctor's appointment for admission to the treatment.**
2. **Scrub / peel:** recommended to prepare the skin for the thermal treatment; it cleanses deeply, allowing minerals and beneficial substances to penetrate better and reach the body.
3. **Application:** the mud is applied to the parts of the body and at the temperature established during the doctor's appointment, so each treatment is personalized.
4. **Thermal bath:** once the mud has been removed, the guest is washed with a hot shower and then immersed in the thermal bath for 8-10 minutes at a temperature of 36°-38°C.
5. **Sweat reaction:** after the mud treatment, the guest rests for the sweat reaction, whose duration and intensity vary from person to person.
6. **Massage:** after sweating, a physio-massage of your choice is recommended to reactivate circulation and complete the mud therapy protocol.





INHALATION THERAPIES

Inhalation thermal therapies are used and recognized by the health care system for their efficacy during respiratory disease treatments and against worsening. Special nebulizers work on thermal water particles, making them an effective treatment in chronic diseases involving the upper and lower respiratory tracts.



- Inhalation for the upper respiratory tract
(pharynx, larynx, trachea) € 12,00
- Aerosols for the lower respiratory tract
(bronchi, pulmonary alveoli, frontal sinuses) € 12,00
- Nasal irrigation
(sinuses, paranasal sinuses and ear tubes) € 12,00

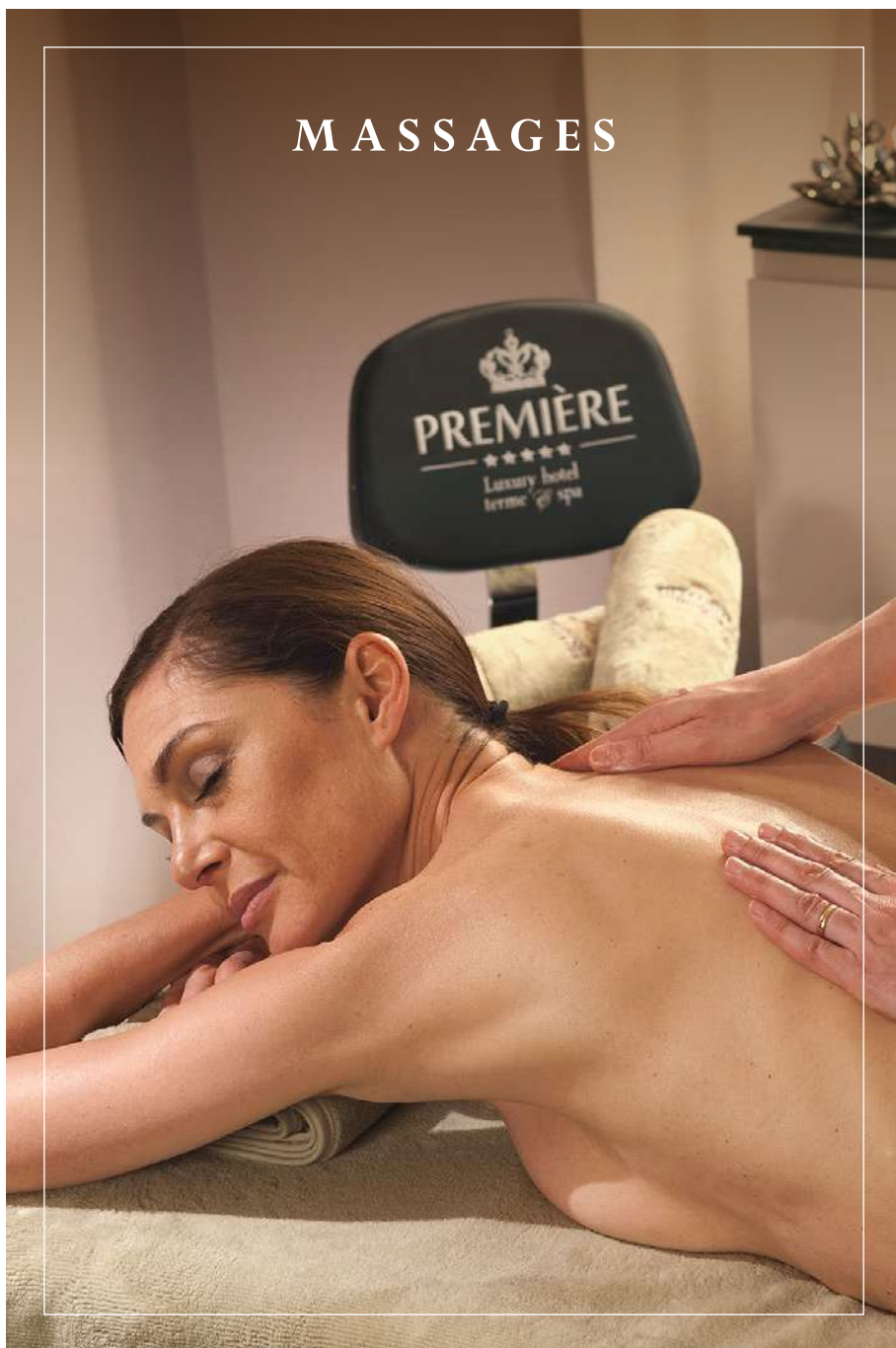
** The thermal treatments require a preliminary medical interview.*

PERSONAL TRAINER

- 25 min. € 60,00
- 50 min. € 90,00
 - Toning training
 - Medical and respiratory gymnastics
 - Rehabilitation gymnastics in water
 - Functional training
 - Muscle stretching, PancaFit method
 - Acquarelax
 - P.T. in Technogym-equipped gym
 - Pilates Reformer



MASSAGES



MASSOTHERAPY

- **Decontracting deep tissue massage** (50 min.) € 85,00

Especially indicated after mud application, it stimulates tissues and muscle bands in depth.

- **Relaxing face-neck-head massage** (25 min.) € 50,00

- **Vodder lymphatic drainage** (50 min.) € 85,00

It is a sequence of gentle, slow and rhythmic movements that stimulate the lymphatic system, promoting the drainage of excess fluids, toxins and proteins from the tissues.

- **Draining / hemolymphatic massage** (50 min) € 85,00

This technique combines figure modeling with anti-edema stimulation.

- **Foot reflexology**

(25 min) € 50,00

(50 min) € 85,00

This massage is performed on the sole of the foot by stimulating specific reflex points that correspond to the internal organs, producing a beneficial effect on them as well.

WELLNESS MASSAGES

- **Relaxing body massage** (50 min) € 85,00
Gentle movements to reduce stress, promote relaxation, regenerate body and mind and relieve muscle tension.
- **Slimming and draining coffee massage** (50 min) € 95,00
Treatment that stimulates the lymphatic system and lipolysis through specific manual techniques and a high concentration of lipolytics such as caffeine, green coffee and algae.
- **CANDLE MASSAGE** (50 min) € 95,00
A relaxing massage using vegetable butter, melted by the candle, with particularly nourishing and moisturizing properties. The warmth has a dual action: it enhances the moisturizing, nourishing and toning effects of the relaxing massage, while relaxing the muscles and releasing tension.
- **AROMA MASSAGE** (50 min) € 95,00
Aroma massage has many beneficial effects on body and mind. Depending on the oils chosen, it can have a calming, revitalizing or balancing effect. The benefits of essential oils offer a 360 degree relaxation experience for soul, body and mind.
- **FOR YOU ONLY massage** (80 min) € 120,00
It is a personalized massage in which the entire body is treated, including the face and head, according to the client needs. It can be performed using a candle or as an aroma massage.
- **FOR YOU ONLY massage**
for couples with drink and fruit
(2 pax 50 min) € 220,00
(2 pax 80 min) € 270,00

Candle massage / Aroma massage can also be performed as a couple in the double cabin. At the end of the treatment, we offer you a drink with fruit to celebrate a memorable moment.

WELLNESS OVER THE WORLD

- **HOT STONE RELAX MASSAGE** (50 min.) € 90,00
Rhythmic massage, warm oil and stones give new energy that spreads through the body and mind.
- **Abhyanga Vata - Pitta - Kapha** (50 min) € 90,00
The massage is performed using vegetable oil enriched with essential oils that reflect both the three Doshas (vital energies) Vata, Pitta and Kapha and the client psychophysical type. The techniques involve slow, flowing movements that are gentle yet effective.
- **Shiatsu** (50 min) € 90,00
Affects the body and mind through pressure that works in depth by stimulating the meridians, the energy channels that run through the body.
- **Watsu** (50 min) € 105,00
The treatment is performed in a thermal pool. It is a psychophysical rebalancing technique that combines the principles of an ancient massage method with hydrotherapy. Experiencing a Watsu session is unique and different; pressures and stretches alternate with spontaneous movements awakened in the body by warm water, creating a single flow of motion and stillness that forms a silent and harmonious dance.
- **Ritual with Tibetan bells** (80 min) € 135,00
The Tibetan bells are placed on specific energy points (chakras) and made to ring by rubbing the wooden clapper on the bells. During the session the vibrations of the bells penetrate the body emotionally, sensorially and physically.
- **Middle Eastern Ritual** (80 min) € 145,00
Effects: relaxing, purifying, soothing. Black Soap is used to purify the body in depth, while Argan oil and slow movements offer a moment of pure well-being.

• **Ayurvedic Ritual** (80 min) €145,00

Effects: energizing, toning, releases muscle tension. After the energizing scrub, a toning massage follows, alternating energetic rhythms and slow oil movements to relax tension and muscles.

• **Polynesian Ritual** (80 min) €145,00

A massage inherited from the healers of Polynesia and inspired by Lomi-Lomi, using pressure, long continuous forearm movements and hot stones to give relaxation and well-being. The delicate notes of Tiaré flowers accompany the massage.

BODY



BODY TREATMENTS

- **Thermal body scrub** (50 min.) € 90,00
 Prepare the skin for the thermal treatment, cleaning it deeply and allowing minerals and beneficial substances to penetrate better and reach the body. The scrub used in the treatment is based on thermal water, honey and linden.
- **DETOX DREN wrap** (50 min.) € 95,00
 PURIFY AND DRAIN. For the treatment of skin imperfections related to water retention. With Dead Sea salts, ivy extract and Centella asiatica, useful for helping compact and tone the skin and giving it a smooth appearance.
- **LIPOLYTIC wrap** (50 min.) € 95,00
 REDUCE AND SCULPT. Created with ingredients for the cosmetic treatment of localized adiposity and cellulite. Reshapes, improves microcirculation and tightens the skin.
- **CRIO CELL LIGHT LEGS wrap** (50 min.) € 95,00
 LIGHTNESS AND FRESHNESS. Elasticizing and refreshing wrap. Firms and tones the skin. Promotes activation of microcirculation. Gives a feeling of freshness. All three wraps are enhanced by the pressotherapy machine.
- **Pressotherapy treatment for legs** (20 min.) € 45,00

CINQ MÔNDES

PARIS

- **Purifying scrub with Beldi Black Soap** (50 min.) € 95,00

Combined with the exfoliating action of the Kassa glove, this ancestral recipe deeply purifies the skin, leaving it soft, silky and delicately scented.

- **Energizing aromatic scrub** (50 min.) € 95,00

Indulge yourself in the delicate scents of this energizing scrub made with spices and sea salts.

- **Sublime scrub with Monoi de Tahiti** (50 min.) € 95,00

Inspired by the islands of Polynesia and perfectly suited to the most sensitive skin, this traditional Monoi preparation is made from macerated Tiaré flowers, sugar and coconut powder.





*For best results
it is recommended to do 5 sessions with 2 Focus.*

- **Session 40 min** (Basic treatment 20' + 1 Focus) € 100,00
- **Session 50 min** (Basic treatment 20' + 2 Focus) € 120,00
- **Any further Focus treatment** (10') € 30,00
- **Package of 5 sessions 40 min**
(Basic treatment 20' + 1 Focus) € 450,00
- **Package of 5 sessions 50 min**
(Basic treatment 20' + 2 Focus) € 540,00



FOCUS:

- **Cellulite**

This targeted treatment visibly reduces the appearance of cellulite. Icoone helps smooth the skin, improve drainage and blood circulation, and harmonize the body shape.

- **Body shaping**

Designed to work on stubborn fat deposits, this treatment reshapes the whole figure, restoring harmony to the silhouette and providing a pleasant feeling of well-being and lightness.

- **Skin tightening / tissue toning**

Thanks to cell stimulation, this treatment encourages the production of collagen and elastin, immediately leaving the skin looking firmer and the body slimmer and more toned. Particularly suitable for toning the skin after weight loss.

- **Improved blood circulation**

Designed to stimulate lymphatic and blood circulation, this treatment helps tone and reshape the legs, offering an immediate feeling of lightness and well-being.

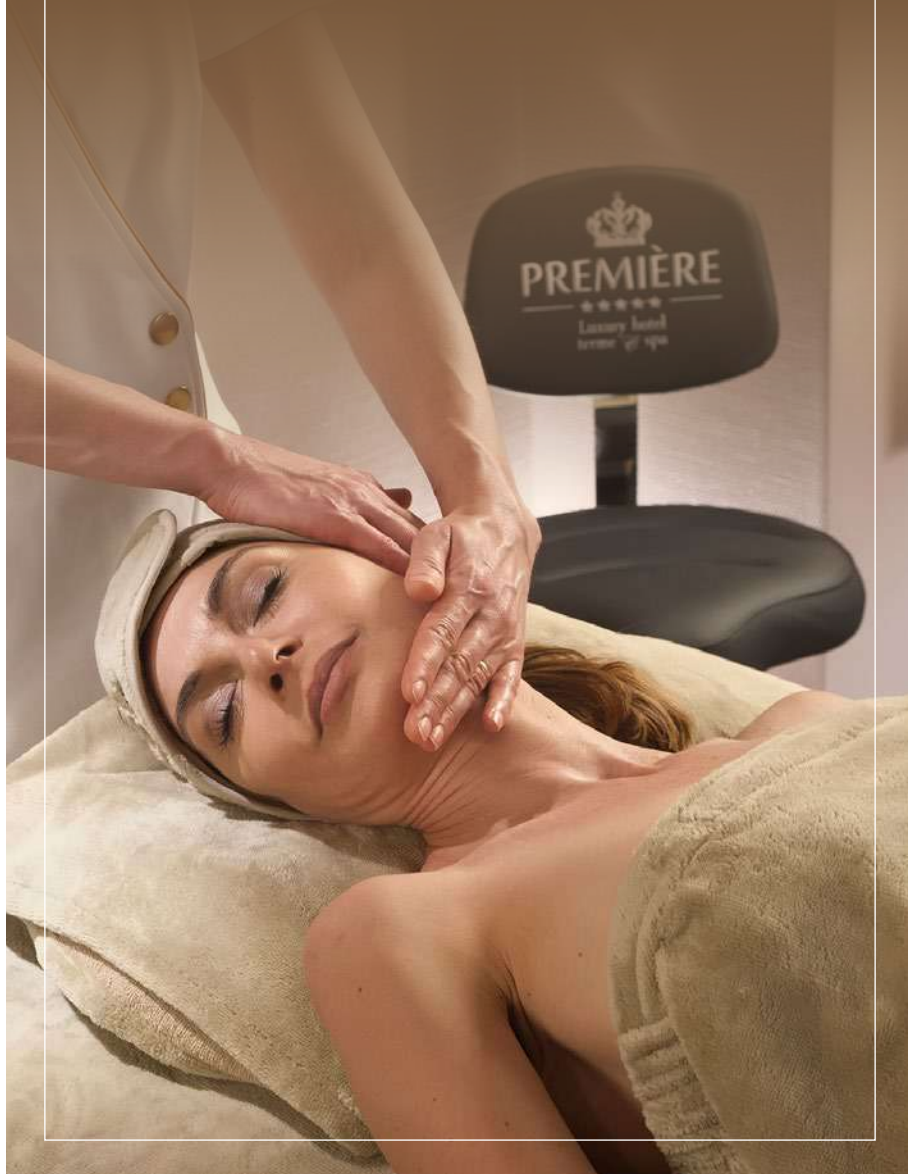
- **Lymphatic drainage**

By performing a symmetrical treatment with two handpieces at the same time, Icoone enables complete drainage of the whole body, stimulating immediate oxygenation of the tissues, improving micro-circulation and promoting the elimination of metabolic waste and fluids.

- **Relaxing and regenerating action**

Icoone provides global relaxation of all tissues, creating a general feeling of well-being.

FACE



FACIAL TREATMENTS

- **Basic facial cleansing (50 min.)** € 90,00

A deep yet gentle facial cleansing that purifies the skin, leaving it especially radiant. A personalized treatment designed to meet the needs of all skin types.



The fruit of four decades of experience, the Biologique Recherche methodology is based on unique and personalized skincare protocols adapted to each individual Skin Instant®.

PERSONALIZED FACIAL TREATMENTS

BIOLOGIQUE RECHERCHE FOR DIFFERENT SKIN INSTANTS.

(50 min.) € 110,00

(80 min.) € 160,00

Soin Biosensible

A treatment ideal for fragile and reddened Skin Instants®. Thanks to its soothing action, the skin of the face, neck and décolleté regains its balance.

Soin Sebum-Rebalancing

A treatment that controls sebaceous secretions, ideal for purifying seborrheic and acne-prone Skin Instants®. It evens out the skin of the face, neck and décolleté, counteracting enlarged pores.

Soin Toleskin

A highly soothing treatment that reduces skin sensitivity, itching sensations and discomfort. It also helps restore and strengthen the skin barrier, which protects the skin from external stress factors. Skin tolerance improves, the skin is soothed and firmer, and redness is reduced.

Soin MC110

A treatment that reduces wrinkles and fine lines, ideal for atonal and asphyxiated Skin Instants[®]. It redefines and tones the face, neck and décolleté.

Soin Restructurant et Lissant

A reconditioning treatment that tones, plumps and smooths the epidermis. It is suitable for all Skin Instants[®].

Soin Booster VIP02

A treatment that eliminates toxins and stimulates the epidermis by re-oxygenating the skin tissue for dull Skin Instants[®] oxidized by pollution. After the treatment the integrity of the skin barrier is restored, the complexion is surprisingly radiant, and the skin is brighter and revitalized.

Soin Lift CVS

An exfoliating and lifting treatment thanks to a modeling massage. Ideal for mature Skin Instants[®], it smooths, tones and refines the skin texture.

Soin Masque PIGM400

An exfoliating and regenerating treatment for keratinized and uneven-grained Skin Instants[®]. It evens, smooths and brightens the skin.

Soin Aux Acides De Fruits

An exfoliating and regenerating treatment for keratinized skin with wrinkles. It smooths the skin and stimulates skin turnover.

FOR THE BEST VISUAL RESULTS, AT LEAST 3-5 SESSIONS ARE RECOMMENDED.

3 x 50 min - € 295,00

3 x 80 min - € 430,00

- **Exclusive BR Second Skin facial treatment (80 min) .. €295,00**

A world first in professional beauty products, this regenerating and lifting treatment uses an electrospun mask containing 80% pharmaceutical-grade hyaluronic acid, ideal for Skin Instants[®] subject to aging. A cycle of three sessions at one-week intervals is recommended, to be repeated once every three months.



icoone®
L A S E R

icoone is the new method for facial and body treatments based on Roboderm®. Roboderm is the only device in the world to perform Multi Micro Alveolar Stimulation (MMAS), with visible results after the

first session. The innovative Roboderm® patent treats skin flaws and blemishes by stimulating connective tissue effectively and in depth.

For best results

it is recommended to do 5 sessions with 2-3 Focus.

- Session 25 minutes (2 Focus) € 75,00
- Session 40 minutes (3 Focus) € 90,00
- Any further Focus treatment (10 min) € 30,00
- Package of 5 sessions (2 Focus) € 335,00
- Package of 5 sessions (3 Focus) € 400,00

FOCUS:

• Anti aging and skin rejuvenation

By stimulating the production of collagen and elastin, ICOONE is able to restore tissue firmness, smooth the signs of aging and give the skin new brightness and elasticity in a completely natural and painless way.

• Face, breast and décolleté lift

Designed to oxygenate and revitalize the skin, this treatment reduces double chin and swollen eyes, plumps the lips, smooths the décolleté, firms the neck and remodels the breast. For a rejuvenated, radiant look without surgery.

• Reduction of wrinkles and stretch marks

Treatment designed to promote tissue oxygenation and skin regeneration, restoring elasticity and firmness to the tissues. ICOONE smooths wrinkles, giving the face a visibly younger appearance and new harmony.

AESTHETIC MEDICINE

The goal of aesthetic medicine is to improve the patient appearance by counteracting the effects of skin aging and correcting minor flaws or imperfections without resorting to surgery.

Our specialized aesthetic medicine doctor, with many years of experience, is available to help you address skin imperfections and restore a youthful, radiant appearance.

- **MESOTHERAPY** starting from €380,00

A minimally invasive treatment that injects vitamins, minerals and hyaluronic acid into the skin, providing both cosmetic and therapeutic effects. It helps counteract deficiencies and the early signs of aging.

- **BOTULINUM TOXIN** starting from €300,00

Botulinum toxin injections are a simple, safe and standardized procedure that takes only a few minutes.



BEAUTY

- **Manicure with / without nail polish (45 min.)** € 40,00
- **Pedicure with / without nail polish (55 min.)** € 55,00
- **Pedicure with semi-permanent gel polish** € 70,00
- **Calluspeeling® (55 min.)** € 65,00
It is a very pleasant and relaxing treatment that restores new radiance and extraordinary softness to the foot. Without using blades or cutters, Calluspeeling® completely removes calluses, hard skin and cracks quickly and easily.
- **Manicure with semi-permanent gel polish** € 50,00
- **Semi-permanent nail polish removal** € 15,00
- **Waxing hair removal** from € 20,00





PREMIÈRE HAIR BEAUTY

- **Men's haircut** € 30,00
- **Women's haircut** € 30,00
- **Blow-dry or curlers styling** € 40,00
- **Colour** from € 70,00
- **Toning reflex** € 40,00

- **Regenerating and protective KEYFIBRE treatment ..** € 65,00

The vegan-friendly 3-step treatment protects the hair during and after bleaching, ensuring a dream final result and maximum benefits even at home. The treatment includes hair styling.

- **Revitalizing reconstruction treatment RE.BLOOM** € 75,00

Reb.loom is a vegan-friendly 4-step treatment specifically designed to rejuvenate, revitalize and make hair bloom again. It is a complete salon treatment and home maintenance system that immediately gives shine and softness for radiant, enviable hair. The treatment includes hair styling.

THERAPY & WELLNESS PROGRAMS



3 FANGO DOC € 420,00

- 1 Medical evaluation and customized treatment program
- 3 Thermal mud applications with ozonized bath
- 3 Therapeutic massages of 50 min.
- Final medical check-up: treatment assessment and issue of the certificate for the general practitioner

6 FANGO DOC € 795,00

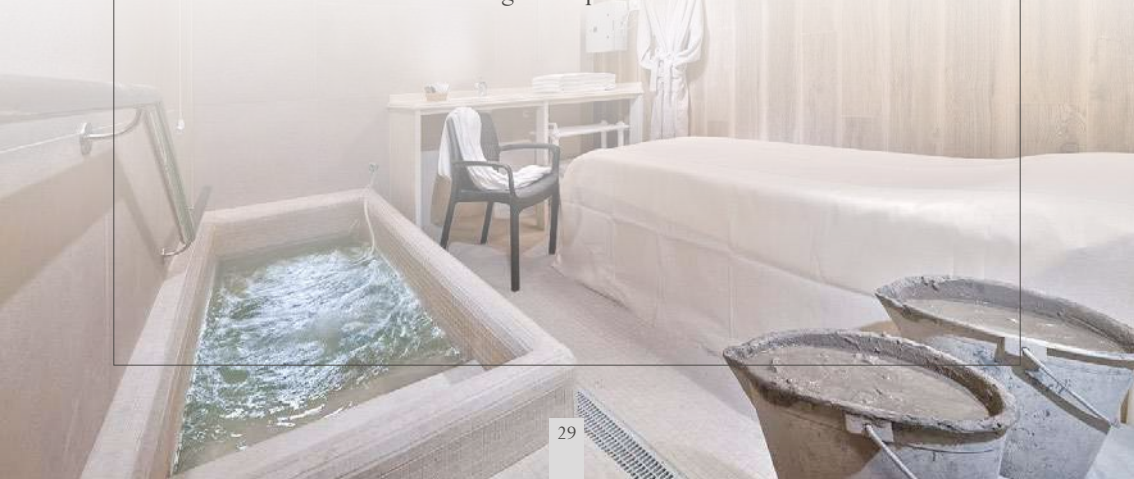
- 1 Medical evaluation and customized treatment program
- 6 Thermal mud applications with ozonized bath
- 6 Therapeutic massages of 50 min.
- 2 Aerosol / inhalation sessions
- Final medical check-up: treatment assessment and issue of the certificate for the general practitioner

10 FANGO DOC € 1.285,00

- 1 Medical evaluation and customized treatment program
- 1 Thermal body scrub 50 min
- 10 Thermal mud applications with ozonized bath
- 9 Therapeutic massages of 50 min.
- 2 Aerosol / inhalation sessions
- Final medical check-up: treatment assessment and issue of the certificate for the general practitioner

12 FANGO DOC € 1.537,00

- 1 Medical evaluation and customized treatment program
- 1 Thermal body scrub 50 min
- 12 Thermal mud applications with ozonized bath
- 11 Therapeutic massages of 50 min.
- 2 Aerosol / inhalation sessions
- Final medical check-up: treatment assessment and issue of the certificate for the general practitioner





A woman is lying on her stomach on a massage table, receiving a back massage. Her eyes are closed, and she has a relaxed expression. The therapist's hands are visible, applying pressure to her back. The background is softly blurred, showing a spa environment with a sign that reads "Luxury Spa".

BELLESSERE € 275,00

**Beauty programme with essential facial
and body care treatments**

- Basic facial cleansing (50 min)
- Pedicure with / without nail polish (55 min)
- Hair treatment of your choice with styling included

BIRTHDAY € 183,00

A birthday gift that will be remembered

- Relaxing massage (50 min)
- Personalized Biologique Recherche facial treatment (50 min)

RENAISSANCE € 310,00

**Specifically for those who want to reconnect mind,
body and spirit**

- Middle Eastern Ritual (80 min)
- Ritual with Tibetan bells (50 min)
- Personalized Biologique Recherche facial treatment (50 min)

BURN OUT THERAPY

The programme is designed for people who need to stop, take a break from hectic everyday life and deal with accumulated stress. One of the benefits of fangobalneotherapy in Abano is its anti-stress action: the stimulation of endorphins and immune defences, together with a significant reduction in pain, rebalances body and mind. A series of massages and treatments to reduce stress and take care of oneself completes the effectiveness of the thermal programme.

BURN OUT light

Recommended for a 4-5 day stay

Program:

- 1 Admission visit for thermal treatments
- 3 Thermal mud applications
- 3 Thermal baths with ozone
- 1 Ritual of your choice 80'
- 2 Relaxing massages 50'
- 1 Watsu

€ 564,00 *per person*



RESHAPE

The program is designed for those who wish to detoxify and reshape their body. Thermal mud therapy, combined with thermal water, helps purify and lighten the body by eliminating toxins, reducing excess water retention, and relieving tensions that stiffen both muscles and mind. The effectiveness of the program is enhanced by a series of treatments specifically designed to reshape the body and improve its appearance.

RESHAPE

Program:

- 1 Admission visit for thermal treatments
- 1 Middle Eastern Ritual 80'
- 3 Thermal mud applications
- 3 Thermal baths with ozone
- 2 Slimming/draining coffee treatments
- 2 Icoone body sessions, basic and 2 focus

€ 712,00 *per person*



PREMIÈRE THERMAL SPA

Spa Desk Premiere Thermal SPA: 8:00 am - 7:00 pm

Thermal mud and bath department: 6:00 am - 12:00 pm

Inhalation department: 9:00 am - 4:00 pm

Free access to Première Thermal SPA: 8:00 am - 11:00 pm



ARRIVAL AT THE SPA

It is advisable to arrive at the SPA at least 10 minutes before the start of the treatment. This will allow us to welcome you and discuss your expectations and desired results for the treatment. In the event of a delay, please kindly inform us by telephone. We will do our best to guarantee the full duration of the appointment shown in the brochure, although the treatment time may be reduced out of respect for the next booked guest.

CANCELLATION POLICY

Reservations can be cancelled by 7:00 pm on the evening before the treatment. Otherwise, the full cost of the treatment will be charged, as in the case of no-show.

GENERAL CONDITIONS

The atmosphere of the Premiere Thermal SPA is designed for full immersion in peace and harmony with oneself and the surrounding world. Guests are kindly asked to respect the quiet atmosphere, use a discreet tone of voice, switch off the sound on all electronic devices, and refrain from alcohol and smoking. The property cannot be held responsible in any way for loss of or damage to personal belongings; we recommend keeping valuables in the safe in your room. The property cannot be held responsible for injuries or accidents involving guests during their stay at the Premiere Thermal SPA.



PREMIÈRE



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terme & spa

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