



NATURAL DESTINATION

SOURCE OF AUTHENTIC WELLNESS  
FOR THREE MILLENNIA

# Terme di Saturnia between myth and history

Legend tells of Saturn, God of peace and abundance, losing his patience on seeing the constant warfare of men. So, he took a thunderbolt into the earth, causing a river of magical warm water to gush forth and flow through valleys, mountains and plains.

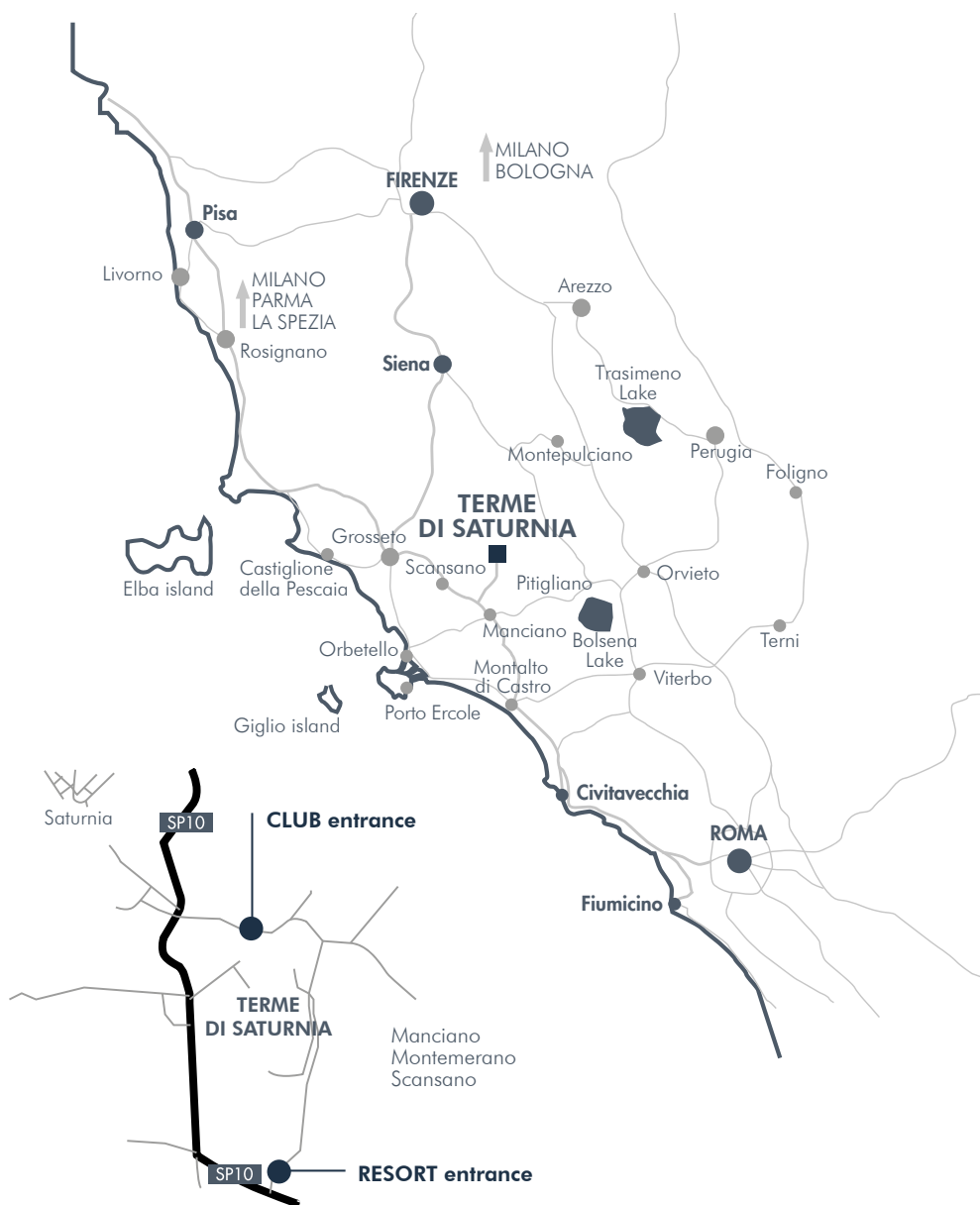
Men and things were warmly envelopped so that their spirits were finally quietened.

Since 1919 Terme di Saturnia has grown up - around this ancient wellspring of health - more than 100 years of hospitality and today is a contemporary five-star resort.

Already known since the Etruscan and the Roman times, for 3000 years Terme di Saturnia has been the ultimate natural destination for unlimited wellbeing. Privately immersed in 120 hectares of Tuscan Maremma countryside, with its own GEO-Certified golf course and a natural SPA, it is the perfect place to leave the busy world far behind, lulled by nature's healing embrace. Here, where thermal water's luminosity infuses all with a sense of renewal, you can finally experience authentic wellness and regain your intimate balance.



NATURAL DESTINATION



**Rome Fiumicino airport 146 Km / 90 Mi**

**Port of Civitavecchia 84 Km / 52 Mi**

**Florence 186 Km / 115 Mi**

**Pisa 206 Km / 128 Mi**

**Siena 122 Km / 76 Mi**





An authentic wellness experience for 3000 years

SOURCE OF NATURAL WELLNESS





THE HOLY BATH

Healing mineral hot springs flowing at 37,5°C / 98°F





A sense of renewal through essential moments

BACK TO THE SOURCE





SPA | SALUS PER AQUAM

Purifying waters to revitalize body and mind





Amazing property with 124 rooms & suites

THE RESORT





THE RESORT

SUPERIOR ROOM Spring View (20 sqm / 215 sqft)





SUPERIOR ROOM Valley View (20 sqm / 215 sqft)

THE RESORT





THE RESORT

DELUXE ROOM (35 sqm / 377 sqft)





JUNIOR SUITE (35 sqm / 377 sqft)

THE RESORT





THE RESORT

GARDEN JUNIOR SUITE (35 sqm / 377 sqft)





GARDEN JUNIOR SUITE (35 sqm / 377 sqft)

THE RESORT









SUITE (40 sqm / 430 sqft)

THE RESORT





THE RESORT

GRAND SUITE Spring View (75 sqm / 810 sqft)





GRAND SUITE Spring View (75 sqm / 810 sqft)

THE RESORT





IL CASALE

Relaxing lounges in a typical Tuscan farmhouse









THE ROMAN BATH

Finnish Sauna and Turkish Bath





53 rooms for treatments inspired by the gifts of nature

NATURAL SPA & BEAUTY CLINIC





THE ULTIMATE SPA

Luxury treatment rooms for exclusive rituals





Skin nourishing and regenerating formulas with Saturnia Bioplancton extract

SPA COSMETICS





FOOD EXPERIENCE

The Resort's 1919 Restaurant | *Al Fresco Terrace*





Farm to table recipes to recapture the natural balance



FOOD EXPERIENCE





FOOD EXPERIENCE

Trattoria La Stellata





Genuine flavours of Tuscan Maremma cuisine at the Golf Country Club

FOOD EXPERIENCE





FOOD EXPERIENCE

Breakfast





Zesty meals soaked in the natural lights of the hot spring

BAR & FOOD LIBRARY









Relax moments in a cosy environment with private lounge corners

BAR & FOOD LIBRARY





LA CANTINOLA

Local gourmet offering and wine tasting experience





Shopping of Terme di Saturnia Style: SPA cosmetics and selected products

LA BOUTIQUE





BODY & MIND WELLNESS

Active training in the gym room





Morning hike in the Tuscan countryside

BODY & MIND WELLNESS





BODY & MIND WELLNESS

Yoga and meditation embraced by healing nature





E-bike discovery tours combining exercise and fun

BODY & MIND WELLNESS





DIET

# REBALANCE

Recapture your natural balance



SPA



MOVEMENT



NATUROPATHY

MEDICAL SPA PROGRAMMES

Activate all the necessary processes  
for a healthy body and renewed overall wellness.




# REBALANCE. Slim




The **Slim programme** is specifically aimed at **reactivating metabolic and anti-inflammatory processes for an immediate remodelling of volumes and shape**. Both formulas include a nutritional advisory session with a shared and personalized **dietary plan** for your stay and a long-term diet strategy, **draining and remodelling treatments, physical exercise sessions and a naturopathy consultancy** to rebalance energy flows for the purpose of recovering an optimal body weight.



## THE 7-NIGHT REBALANCE SLIM PROGRAMME INCLUDES:

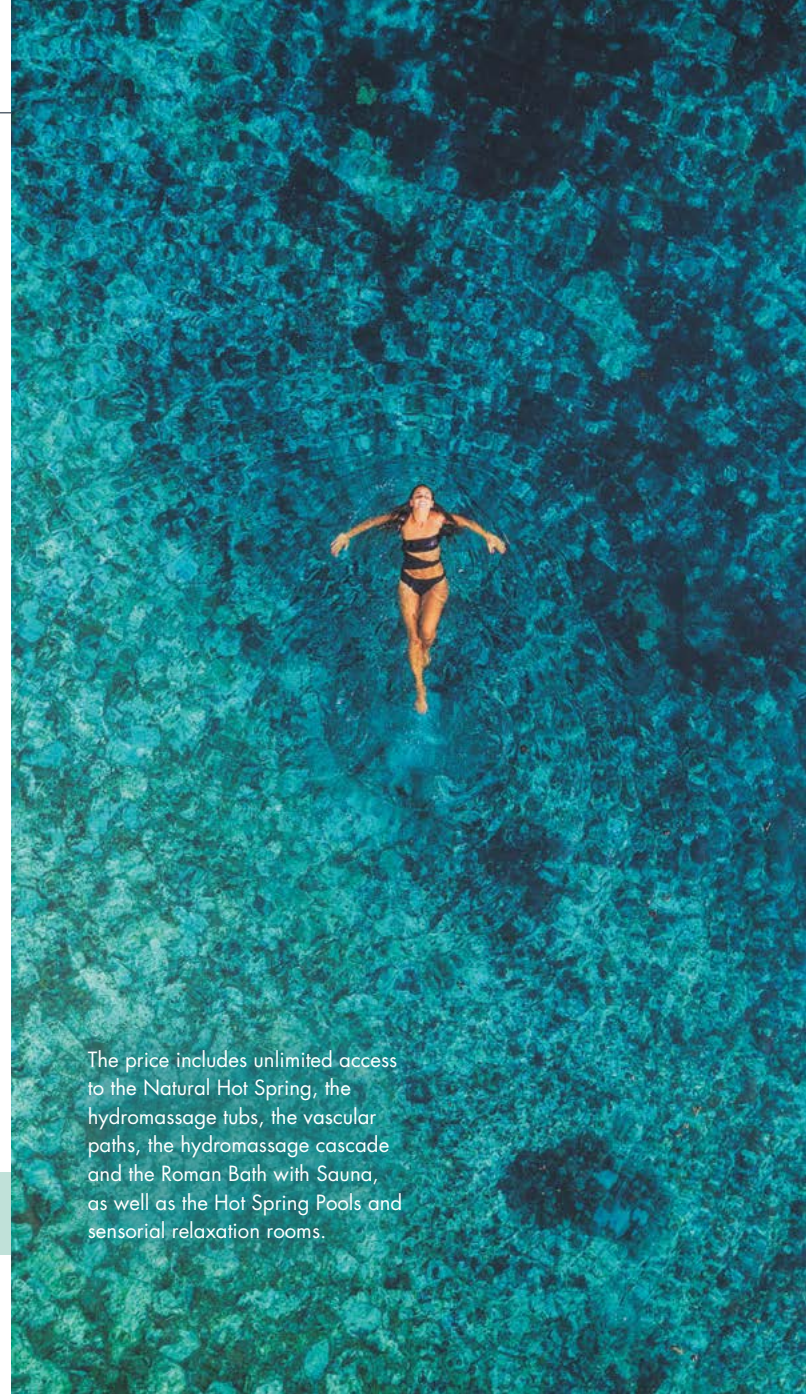
-  **Morning hydropinic ritual**
- Breakfast, lunch and dinner with **Rebalance Slim menu**
- **Medical check-up** with anthropometric assessment and BIA, physiological and dietary anamnesis, introduction to the diet plan to be followed during the stay
- **Medical check-up during and at the end of the stay** with **indications on dietary** follow-up at home
- **2 Rebalance aperitifs** on the 3rd and 7th evening
- **Herbal tea evening ritual**

-  **6 guided morning walks**
- **2 sessions with Personal Trainer**

-  **1 detox treatment** to eliminate fluids and toxins
- **1 personalized body massage**
- **2 body shaping treatments** with toning and slimming action
- **2 sessions of personalized body endermologie** for firming and reactivating cell activity
- **4 Criotherapy sessions**

-  **Naturopathic Consultancy** with iridological check-up
- **1 Bioenergetic Douche** of vibrational sound therapy with monochord

Price for 7 nights:  
€ 2,210 excluding accommodation



The price includes unlimited access to the Natural Hot Spring, the hydromassage tubs, the vascular paths, the hydromassage cascade and the Roman Bath with Sauna, as well as the Hot Spring Pools and sensorial relaxation rooms.



# REBALANCE. Detox



The **Detox programme** is specifically aimed at **depurating the organism and eliminating inflammations and oxidative stress** while conferring **an immediate sensation of lightness and newfound respiration** of cell flows.

The diet plan contemplates a **limited calories intake** to facilitate a reduction of inflammations: in your first encounter with our experts, based on the intake levels of the various nutrients and the recommended calories for your age and gender, consumption will be reduced by 25/30%.

The day of your arrival will be characterized by a total depuration with **herbal teas and plant extracts**, and for the following days of your stay meals and snacks will be largely **"plant-based" and anti-inflammatory**: a **prevalently natural and plant-based** diet consisting of foods that have **not been industrially processed**, or treated, do not derive from the exploitation of resources and animals, free of refined sugars and hydrogenated fats. **Your organism will fill up on micronutrients**: *mineral salts, such as calcium, iron, magnesium, potassium and zinc, and vitamins such as A, C, E folic acid*, but also *plant sterols*, which combat cholesterol, and fibre for a healthy gut; and *antioxidants* like polyphenols, anthocyanins and carotenoids that are precious for their natural anti-inflammatory properties.

We will reactivate lymph and blood flows with **detox and anti-inflammatory SPA treatments** which exploit the most powerful ally for our health and beauty, the natural elements in which Terme di Saturnia is immersed: oil, basil, clay and mud. And you will learn how to breathe again as you take walks every day, guided by our wellness in movement experts.

## THE 3-NIGHT REBALANCE DETOX PROGRAMME INCLUDES::



- **Morning hydromassaging ritual**
- Breakfast, lunch and dinner with **Rebalance Detox menu**
- **Medical check-up** with anthropometric assessment and BIA, physiological and dietary anamnesis, introduction to the diet plan to be followed during your stay
- **1 Rebalance aperitif** on the 3rd evening
- **Evening herbal tea ritual**



- **3 guided morning walks**



- **1 Ulivitas**, a skin preparation aimed at making subsequent treatments even more effective, by activating the lymph and blood circulatory response.
- **2 detox treatments** to eliminate fluids and toxins
- **1 Oleobenessere** with detox, draining and anti-inflammatory action
- **3 sessions of Cryotherapy**



- **Naturopathy consultancy session** with iridology check-up
- **1 Bioenergetic douche** with vibrational Sound Therapy

Price for 3 nights:  
€ 1,275 excluding accommodation

The price includes unlimited access to the Natural Hot Spring, the hydromassage tubs, the vascular paths, the hydromassage cascade and the Roman Bath with Sauna, as well as the Hot Spring Pools and sensorial relaxation rooms.





A man's silhouette is visible on the right side of the image, looking out a window. The scene is bathed in a deep blue light, creating a serene and focused atmosphere. The man's arm is extended towards the window frame.

# CRYO BENEFITS

SLIM

PERFORMANCE

ANTI-INFLAMMATION

ANTI-CELLULITE

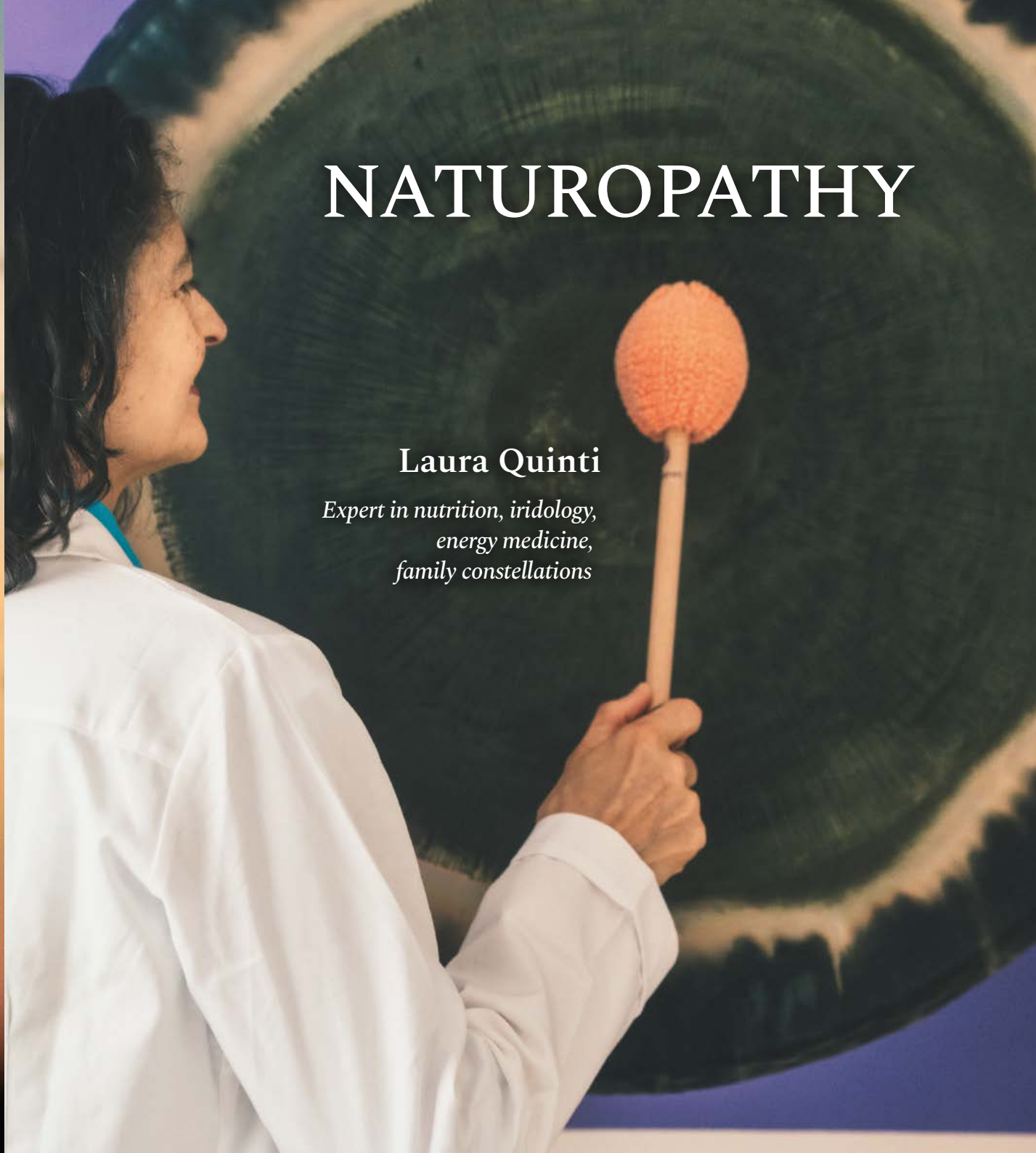
DETOX

REJUVENATION





“Unwind.  
Nurture your soul  
with new energy,  
towards calm and hope.”

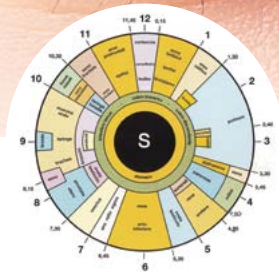


# NATUROPATHY

**Laura Quinti**

*Expert in nutrition, iridology,  
energy medicine,  
family constellations*





### Consulting with iridology check-up

MAPPING OF THE IRIS IS A DIAGNOSTIC TECHNIQUE OF ALTERNATIVE MEDICINE THROUGH WHICH IT IS POSSIBLE TO ASSESS THE PHYSICAL CONDITION OF AN INDIVIDUAL IN ITS ENTIRETY.

### Vibrational sound therapy with monochord

THE MONOCHORD PRODUCES HARMONIC FREQUENCIES ON THE BRAIN WAVES, REBALANCING ALL THE ENERGY SYSTEMS, AND THEREFORE ENHANCING THE PSYCHOPHYSICAL WELLBEING. THIS CHANGE OF FREQUENCY, IN FACT, GENERATES A STATE OF DEEP RELAXATION THAT MOVES BLOCKED EMOTIONS, UNRAVEL STRESS, ANXIETY AND INSOMNIA.

### Family and company constellations

THE CONSTELLATIONS ARE A METHOD OF BECOMING AWARE AND SOLVING PROBLEMS THAT CAN MANIFEST THEMSELVES IN EVERYDAY LIFE IN TERMS OF INDIVIDUAL WELL-BEING, INTERPERSONAL AND PROFESSIONAL RELATIONSHIPS.

### Crystal Reiki

ENERGETIC TECHNIQUE, ENHANCED BY THE ACTION OF CRYSTALS, CAPABLE OF REBALANCING AND HARMONIZING PHYSICAL, MENTAL AND SPIRITUAL WELL-BEING.







GOLF

GEO Certified | 18-hole Golf Course | Par 72 6.316 Meters





Enhanced by the seasonal colours of nature

GOLF





GOLF

70 Hectares of challenging golfing in the Tuscan countryside













Montemerano

DISCOVERING MAREMMA









Monastery of San Bruzio, Magliano in Toscana

DISCOVERING MAREMMA





DISCOVERING MAREMMA

Cala del Gesso, Porto Santo Stefano





Tower of Collelungo, Natural Park of Maremma

DISCOVERING MAREMMA



**TRAVEL+**  
**LEISURE**

**#3 of 5 Best International Spas**  
**WORLD'S BEST AWARDS 2022**

**World's MOST INSTAGRAMMABLE HOT SPRINGS 2020**

Condé Nast  
**Traveler**

**Among the Top 30 Destination Spa Resorts in the World**  
**READERS' CHOICE AWARDS 2021**

**design**etal

**Winner in Spa Global Cat.**  
**THE INTERNATIONAL HOTEL & PROPERTY AWARDS 2021**

**mixology**

**Winner as "Hotel Interiors Project of the Year 2021"**  
**MIXOLOGY AWARDS**







NATURAL DESTINATION

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

A MEMBER OF  
  
THE LEADING HOTELS  
OF THE WORLD®



STARHOTELS®  
COLLEZIONE