

# Terme dei Papi

There is a place in the heart of Italy where history,  
nature and health merge together, offering  
an extraordinary balance and a

*natural privilege*



# THERMAL WATERS AND NATURAL MUDDS

**Thermal water.** The thermal and mineral resources found in Viterbo historic water basin are undoubtedly among the most extensive and valuable in Italy. Numerous springs emerge along its twelve-kilometre course running from north to south of the city. The most important and famous of these is the “Bullicame” spring which is used exclusively by Terme dei Papi. The water from this source is classified as sulphate-bicarbonate-alkaline, fluoridated, earthy. It emerges from its source at a temperature of 58°C. Terme dei Papi uses this water in multiples ways, thanks to the rare balance between its gaseous and salt elements, combined with Terme dei Papi vast clinical experience over the years.

**The natural mud used in Terme dei Papi is unique.** It is neither made in a laboratory nor by adding clay to thermal water. Terme dei Papi uses natural mud in its unadulterated and mature form just as it comes from the source. It is taken from the thermal lake bottom which is replete with sulphur springs and has been enriched for millennia by beneficial organic and inorganic elements. An almost white, creamy mud is used for beauty treatments while other types are used for mud therapy. Differing from other spas, Terme dei Papi only ever uses mud once. So, the mud applied to patients comes directly from the bottom of the “Bagnaccio” Lake where it has matured over thousands of years.

**Services Run by the Italian National Health Service (ASL).** Terme dei Papi has an agreement with the Italian National Health Service (ASL). It is classified as a Super First Category institution for inhalation treatments, mud, bath and grotto therapy, vaginal douche treatments and cures for peripheral vascular diseases. You can obtain these treatments by presenting a prescription from your family doctor and then paying a fee.



# HEALTH TREATMENTS

LIST OF THERMAL TREATMENTS RUN BY THE ITALIAN NATIONAL HEALTH SERVICE (ASL)  
Ministry of Health Decree-15 December 1994

DIAGNOSIS	THERMAL TREATMENTS AVAILABLE
<b>RHEUMATIC DISEASES</b> -Osteoarthritis and other degenerative forms -Extra-articular rheumatism	Therapeutic baths* Mud baths* Mud baths with a shower Grotto
<b>RESPIRATORY SYSTEM DISEASES</b> - Chronic rhinosinusitis and bronchial syndromes. - Simple chronic bronchitis or accompanied by an obstructive component (excluding cases of advanced emphysema and asthma which are complicated by severe respiratory failure or chronic heart and lung disease)	Inhalation Treatments
<b>DERMATOLOGICAL DISEASES</b> - Psoriasis (excluding pustular and erythrodermic types) - Eczema and atopic dermatitis (excluding acute vesicular and exudative types) - Recurring seborrhoeic dermatitis	Therapeutic baths*
<b>GYNAECOLOGICAL DISEASES</b> - Painful sclerosis of pelvic connective tissue caused by scarring or involution - Persistent leucorrhoea linked to vaginitis with chronic, non-specific and dystrophic symptoms.	Vaginal douche* Vaginal douche with bath*
<b>ENT DISEASES</b> - Vasomotor rhinopathy - Chronic Laryngitis - Chronic sinusitis	Inhalation Treatments
- Tubal stenosis - Chronic catarrhal otitis - Chronic purulent otitis without cholesteatoma	Treatments for rhinogenic deafness*
<b>VASCULAR DISEASES</b> - After effects of chronic phlebotopies	Treatments for peripheral vascular diseases

\*Marks booking needed: T. 0761/3501



## THERMAL TREATMENTS

Inhalation	€ 5,00
Aerosol	€ 5,00
Humage	€ 5,00
Micronised nasal irrigation	€ 7,00
Politzer	€ 10,00
Tubal catheterisation	€ 11,00
Gingival irrigation	€ 7,00

## CURES FOR PERIPHERAL VASCULAR DISEASES

Vascular Course with carbon dioxide gas	€ 15.00
Hydromassage	€ 15.00
Hydrobike	€ 15.00
Pressotherapy	€ 30.00
Manual lymphatic drainage (50 min)	€ 70.00

## MUD THERAPY

Mudbath therapy	€ 30.00
Therapeutic bath	€ 10.00
Single-session additional charge for hydromassage	€ 5.00
Localised session mud (for hands- <sup>feet</sup> )	€ 15.00

## GROTTO THERAPY

Natural Grotto (weekdays)	€ 13.50
Natural Grotto (Sundays and holidays)	€ 18.00

## GYNECOLOGICAL TREATMENTS

Vaginal Irrigation	€ 13.00
Vaginal Irrigation with bath	€ 18.00
Mud treatment for pelvic area	€ 15.00
Mud treatment for pelvic area with bath	€ 20.00

20% discount if repeating the same treatment done with Health National Service, during the calendar year

**ADD A COURSE OF 10 MASSAGES TO THE CURE**

**25 minutes € 300,00**  
**50 minutes € 520,00**





## WATER WELLNESS

Watsu® in indoor pool 50 MIN	€ 80.00
Watsu® in outdoor pool	€ 100.00
AI-Chi - Tai Chi in water	€ 70.00
Watsu® for expecting couples 50 MIN	€ 80.00

## WATER TREATMENT PROGRAMMES

Hydrosound	€ 15.00
Emotional Bath	€ 15.00
Valentine's Bath HYDROMASSAGE FOR TWO	€ 25.00
Sensorial showers	€ 5.00
Massage under a thermal shower 15 MIN	€ 40.00



Hydrosound

# ONEDAY PROGRAMMES

## EMOZIONI D'ACQUA PROGRAMME

Monumental Thermal Pool | Emotional Bath | Vascular Course with Carbon Dioxide Gas

Daily € 30,00

## THERMAL RELAX PROGRAMME

Monumental Thermal Pool | Natural Grotto | Hydrosound | Sensorial Shower

Weekdays € 35,00

Pre-holidays, Sundays and public holidays € 40,00

## ACQUA RELAX PROGRAMME

Monumental Thermal Pool | Hydrosound | Sensorial showers

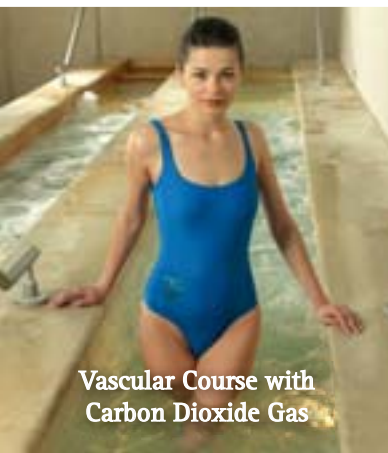
Weekdays € 25,00

Pre-holidays, Sundays and public holidays € 30,00

## TERME ROMANE PROGRAMME

Monumental Thermal Pool | Natural Grotto | Vascular Course with Carbon Dioxide Gas

Daily € 30,00



Vascular Course with  
Carbon Dioxide Gas



Natural Grotto

# WELLNESS PACKAGES

## MY PERSONAL RELAX choose among 25-minute treatments\*

Entrance to the thermal pool or Natural Grotto | Wellness Treatment

*\*The choice of treatment excludes the Candlelight Intense Massage - Foot Reflexology - Facial Radiofrequency*

Weekdays € 40,00 | Pre-holidays, Sundays and public holidays € 50,00

## MY PERSONAL RELAX choose among 50-minute treatments

Entrance to the thermal pool or Natural Grotto | Hydrosound | Wellness Treatment

Weekdays € 80.00 | Pre-holidays, Sundays and public holidays € 90.00

## TDP EXPERIENCE

Let us pamper you with the benefits of thermal waters and salubrious natural mud.

An experience as unique as you.

Entrance to the Thermal Pool or Natural Grotto | Face and body treatment with natural mud

Daily € 100.00 | With Watsu® € 165.00

## LEG WELLNESS

Beneficial treatments focused on legs and abdomen for an immediate draining, invigorating, toning and vaso-reactivating effect.

Vascular course with carbon dioxide gas or Hydrobike | Choose among the following treatments: leg-abdomen dermo-draining treatment or a modelling and toning mud wrap

Daily € 80.00





**SENSORY AWAKENING** - Colour, sounds and scents for finding deep relaxation.  
Hydrosound (sight and sound) | Candle Massage (smell and touch)

Daily € 70.00

### HARMONY OF THE ELEMENTS

Abandon yourself to the natural elements and get back in harmony with yourself.  
Thermal inhalation (air) | Hydrosound or Emotional bath (water) | Natural Grotto (fire)  
Mud body mask followed by Shiatsu or Thai Massage (earth).

Daily € 120.00

### ETHEREA PROGRAMME

Tune in to your senses and rediscover the ancient balance between mind and body.  
Emotional bath (sight) | Mud body mask (touch)  
Resonanz Eseeence Massage (sound, smell) | A moment of flavour (taste)

Daily € 110.00

**BODY OR FACE DETOXIFYING TREATMENT** - Naturally detoxify and oxygenate your skin.  
Natural Grotto or Hydromassage | TdP Body Scrub or Facial with natural mud

Daily € 70.00

### COCCOLE PER DUE

A dream day to share with your loved one away from the daily grind.  
Natural Grotto | Valentine Hydromassage Bath (for two)  
Treatments for couples. Your choice of either the couples' massage or body beauty treatment for two

Daily € 180.00



# BEAUTY TREATMENTS

## FACE

Intensive face-neck-chest lava mud treatment

Facial with lava mud treatment

TdP Anti-age treatment with lava mud

TdP Thermal-Goji Antioxidant Treatment

Skin spots lightener

Decongestant treatment

Biolift

Lava mud mask

Customized mask

Eye Contour mask

Filiform shower

Facial massage

Facial Radiofrequency

25 MIN

50 MIN

€ 80,00

€ 60,00

€ 65,00

€ 65,00

€ 70,00

€ 60,00

€ 75,00

€ 40,00

€ 35,00

€ 40,00

€ 20,00

€ 40,00

€ 60,00



# BODY

25 MIN

50 MIN

80 MIN

**NEW** Moisturizing treatment with Body Brushing

€ 40,00

Leg-abdomen circulatory massage

€ 40,00

Ultrasonic adipoclasia massage

€ 40,00

**NEW** Firming Buttocks Treatment

AVOID SUN AND HEAT SOURCES EXPOSURE POST-TREATMENT

TdP natural Scrub with lava mud

€ 65,00

Full body beauty treatment with lava mud

€ 70,00

TdP Anti-cellulite treatment with lava mud and crenosomi® lipogel

€ 70,00

Focused treatment for abdomen with lava mud

€ 60,00

Manual lymph drainage

€ 60,00

Radiofrequency treatment for the body

€ 70,00

\*Toning or draining or lipolytic wrap

€ 80,00

\*Toning leg-abdomen wrap with lava mud

€ 65,00

Special anti-cellulite leg-abdomen treatment with lava mud

€ 80,00

\*TdP Leg-abdomen dermo-draining with lava mud

€ 80,00

Complete face-body treatment with lava mud

€ 80,00

€ 100,00

\* **Simultaneously:**

Face Treatment (€ 30 supplement) or quic manicure

OUR  
TREATMENTS



10% Discount  
by purchasing  
5 Treatments  
of the same type

# WELLNESS TREATMENTS

25 MIN

50 MIN

75 MIN

Holistic Massage

€ 95,00

Rebalancing Massage with *Bach flowers*

€ 95,00

Ayurvedic Massage with *Shirodhara*

€ 95,00

Stone Massage

€ 95,00

NEW

Natural Bronze face and body relaxing treatment

€ 65,00

"*lomi lomi nui*" Hawaiian Massage

€ 70,00

TdP Resonanz Back Massage

€ 70,00

TdP Resonanz Relaxing Massage

€ 70,00

Aromatic Massage

€ 70,00

Ayurvedic Massage

€ 70,00

Thai Massage

€ 70,00

Rebalancing "*shuijia*" Massage

€ 70,00

Kerala head Massage

€ 50,00

Candle Massage

€ 70,00

Shiatsu

€ 40,00

€ 70,00

Traditional Chinese Massage

€ 40,00

€ 70,00

Relaxing Massage

€ 40,00

€ 65,00

Zonal foot Massage

€ 35,00

Relaxing Beauty Massage

€ 40,00

Foot Reflexology

€ 50,00

Candlelight Intense Massage *with 4 hands*

€ 85,00



# BEAUTY

Foot beauty treatment 50 MIN	€ 40,00
Quick manicure	€ 20,00
Pressotherapy 25 MIN	€ 30,00
Complete wax*	€ 40,00
Partial wax**	€ 25,00
Underarm wax	€ 8,00
Upper lip wax	€ 5,00

**\* Simultaneously:**

Face Treatment (€ 30 supplement) or quic manicure

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\*full legs or arms + small areas 50 MIN

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\*\*half leg or arms + small area 25 MIN

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## TREATMENTS FOR COUPLES

Full face and body treatment with TdP lava mud 80 MIN	€ 180,00
Beauty treatment for the body with TdP lava mud 50 MIN	€ 140,00
Candle Massage 50 MIN	€ 140,00
Ayurvedic Massage 50 MIN	€ 140,00
Couple Relax Massage 50 MIN	€ 130,00



## Get your FIDELITY CARD with:

- € 300,00 of Wellness Treatments
- Aesthetic Medicine Packages
- 30 weekday entrances subscription

### **FOR OWNERS FOR A YEAR FROM THE RELEASE**

- \* 15% discount on all *Wellness Treatments*
- \* 15% discount on *Thermal Treatments*  
Combined with *Wellness Treatments*  
during the same day
- \* 15% discount on Cosmetics Products  
of TdP line
- \* 10% discount on à la carte menu  
at RISTORANTE ITALIANO

### **For more information contact SPA Desk**



# SPECIALIST SERVICES

DIAGNOSTICS | DERMATOLOGY  
AESTHETIC MEDICINE | PHYSIOKINESITHERAPY



# DIAGNOSTICS

Medical examination for gaining access to treatments and assistance **Free**

Follow-up check  
(within 30 days from the end of the ASL thermal treatment cycle) **20% Discount**

## ENT

ENT Visit + audiometry + impedance test	€ 100,00
ENT Visit	€ 60,00
Audiometry	€ 30,00
Bioelectrical impedance test	€ 30,00
Ear washing	€ 35,00
ENT treatment	€ 30,00
Inspection Visit	€ 40,00

## CARDIOLOGY

ECG	€ 50,00
ECG + Cardiological Visit	€ 120,00
ECG + ECC + Cardiological Visit	€ 170,00

## CLINICAL NUTRITION CENTER

Consultation with specialist with personalized diet program	€ 1 00,00
Check up	€ 50,00

## GYNAECOLOGY

Gynaecological visit	€ 80,00
Obstetrical consultation	<b>Free</b>
Visit with a specialist plus ultrasound	€ 120,00
Gynaecological or breast ultrasound	€ 70,00
Pap Test	€ 40,00

**\* Complete list of other types  
of gynaecological exams and  
consultations is available on  
request at the Reception Office**

## ULTRASOUND EXAMS

Single organ ultrasound	€ 70,00
Full abdomen ultrasound	€ 120,00
Vascular ecodoppler ultrasound	€ 70,00

# PHYSIOKINESITHERAPY

25 MIN

50 MIN

Specialist rehabilitation protocols	€ 100,00		
Check-up visit with specialist	€ 80,00		
Intra-articular therapy	€ 60,00		
Eco-guided hip infiltration	€ 180,00		
Antalgic Mesotherapy	€ 52,00		
Manipulative Therapy	€ 60,00		
Ultrasound	€ 10,00		
Myofascial techniques		€ 35,00	
Tecar therapy		€ 35,00	
Respiratory kinesis therapy		€ 30,00	
Neuroconnective massage		€ 40,00	
Assisted crenokinesis therapy		€ 30,00	€ 50,00
Assisted kinesis therapy		€ 30,00	€ 50,00
Physiotherapeutic massage		€ 40,00	€ 65,00
Tecar therapy with therapeutic massage Ultrasound			€ 50,00
Postural exercises			€ 50,00

## PHYSIOTHERAPY € 190,00

NECK - BACK - LUMBAR REGION

MEDICAL CHECK-UP

Physiotherapy assessment

3 crenokinesis therapies 50 MIN

2 grottos or 2 hydromassages

2 therapeutic massages 25 MIN

## LIGHT LEGS

€ 210,00

MEDICAL CHECK-UP

Physiotherapy evaluation

2 vascular courses

2 crenokinesis or

kinesis therapies 25 MIN

2 lymph drainage physiotherapies

2 hydrobike sessions

## BACK RELAXATION

€ 175,00

MEDICAL CHECK-UP

Physiotherapy assessment

2 crenokinesis therapies 50 MIN

2 back massages 25 MIN

1 hydrosound treatment

1 grotto



## DERMATOLOGY

Dermatological specialist visit	€ 60,00
Dermatological checkup	€ 40,00
Diathermal coagulation	€ 100,00
Dermatological peel with salicylic acid	€ 50,00
Skin peeling with glycolic acid	€ 50,00
Epiluminescence	€ 100,00
Hair Examination	€ 100,00
Mycological Samples	€ 30,00

## AESTHETIC MEDICINE

Treatment protocols for skin blemishes	€ 40,00
Mandelic acid peeling	€ 50,00
Mesotherapy	€ 35,00
Carboxy therapy	€ 40,00
Hyaluronic acid implant	
COST PER 1.0 ML VIAL	€ 250,00
COST PER 0.6 ML VIAL	€ 150,00
Intradermal biostimulation with vitamins and amino acids	€ 80,00
Intradermal biorestructuring with hyaluronic acid	
COST PER 1.0 ML VIAL	€ 100,00
COST PER 2.0 ML VIAL	€ 170,00
Revitalising intradermic treatment for face and neck with Co <sub>2</sub>	€ 100,00

## LINFODRAIN PROGRAMME

€ 364,00

4 sessions of carboxy therapy  
4 lymph drainage sessions  
2 mud bath sessions

## SLIMMING PROGRAMME

AGAINST LOCALIZED FAT

€ 280,00

5 sessions of mesotherapy  
5 adipoclasia ultrasounds 25 MIN

## ANTI-CELLULITE PROGRAMME

€ 280,00

5 circulatory massages 25 MIN  
5 mesotherapies/carboxy therapies



# THE THERMAL POOL

## THE POOL

Weekday admission	€ 12,00
Pre-holidays, Sunday and public holidays	€ 18,00
Children (2-12)	€ 8,00
Saturday Evening (9:00pm -01:00am)	€ 20,00

## SUBSCRIPTIONS

VALID FOR ONE YEAR FROM THE DATE OF ISSUE

10 entrances for pre-holidays Sundays and holidays	€ 170,00
10 weekday entrances	€ 98,00
30 weekday entrances*	€ 240,00

*\*Issuing of Fidelity Card*

## FOR RENT

Sun Umbrella + 2 lounge chairs	€ 15,00
Deck chairs	€ 3,00
Lounge chair	€ 5,00
Isola Terrazza Bonifacio IX area	ADDITIONAL CHARGE € 10,00
2 LOUNGE CHAIRS, UMBRELLA, TABLE	

## THERMAL SWIMMING POOL OPENING TIME:

**Open all year, all day from 9:00am-7:00pm**

**Saturday night open 9:00pm-1:00am | CLOSED ON TUESDAYS**

# OUR PRODUCTS

Thermal Crenosomi® is an exclusive formula based on Terme dei Papi research. It represents a new and unique way to provide the skin active ingredients containing beneficial sulfuric elements.

Crenosomi® contains phospholipid liposomes and mineral water encapsulated within hollow, microscopic, multi-wall spherules which can cross the skin barrier, carrying mineral water with them.

Thanks to Crenosomi®, the natural active ingredients of mineral water are rapidly conveyed to the skin, exerting their beneficial action on the epidermis.

Terme dei Papi is the first to offer this exclusive dermocosmetic formulation.







## HEALTH & BEAUTY PRODUCTS

Fangonetta - THERMAL MUD SOAP	€ 8,00
Cleansing Milk	€ 12,00
Moisturizing face serum	€ 18,00
Sensitive Skin Serum	€ 18,00
Eye Contour cream	€ 15,00
Eye Contour gel	€ 15,00
TdP After Sun lotion	€ 15,00
Balancing Shampoo	€ 16,00
Rejuvenating fluid with Crenosomi®	€ 18,00
Moisturizing Body cream	€ 21,00
Anti-Cellulite Lipogel with Crenosomi®	€ 25,00
Facial moisturizer	€ 28,00
Anti-Aging Cream with Crenosomi®	€ 42,00

## MEDICAL PRODUCTS

Nasal Spray	€ 14,50
Intimate Wash	€ 12,50

DISCOVER THE ONLINE SHOP!  
**TERME.IT**





## CARIBBEAN FEELING

PRIVATE Gran Turismo Bus FROM ROME (just one hour trip)

# DEPARTMENT LOCATIONS

## ON THE LOWER LEVEL

Natural Grotto  
Hydrosound  
Vascular Course  
Therapeutic Pool  
Hydromassage Baths  
Emotional Bath  
Valentine's Bath  
Sensorial Showers  
Hydrobike  
Mud Therapy Department

## ON THE GROUND FLOOR

### Thermal Area

Central Reception  
TdP Shop Selection  
Inhalation Treatments Department  
Check-in Medical Offices  
Doctors' Offices  
Central Bar  
Hotel Reception

### Pool Area

Thermal Pool Ticket Office  
Swimming Pool Bar  
Self-Service Restaurant  
A La Carte Restaurant

## ON THE FIRST FLOOR

Relaxation Room For Mud Therapy  
Fitness area  
Physiotherapy Department  
Hotel Rooms

## ON THE SECOND FLOOR

Wellness Centre Relaxation Room  
Wellness Centre  
Aesthetic Medicine

## CONNECTIONS WITH ROME

### ROME-TERME DEI PAPI

Daily departures from  
Rome to Terme dei Papi  
Intermediate stops upon request

ROUND TRIP TICKET € 8,00

### SUBSCRIPTION:

12 DAYS FOR € 80,00

For further information:

Tel. 0761.3501 or [www.terme.it](http://www.terme.it)



[www.termedeipapi.it](http://www.termedeipapi.it)  
[info@termedeipapi.it](mailto:info@termedeipapi.it)  
Tel. 0761 3501

