



# Treatments and Services

2018





## Terme di Casciana: Our heritage

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**Terme di Casciana**, known as Aqui or Balneum ad Aguas from the start of the 19th century, then as Antica Aqui until after the world wars and Bagni di Casciana until it acquired its current denomination, is a spa with a tradition of wellness lasting literally thousands of years and millions of visitors who have obtained the benefits it offers.

The baths themselves are situated in a park-like setting only a few kilometres from the most beautiful cities in Tuscany. Up on a hill, surrounded by a charming village where the waters emerge, the baths are only a short distance from Pisa, Volterra, Siena, San Gimignano, Lucca, Firenze [Florence] and Livorno [Leghorn], allowing guests to combine wellness and culture, rest and tourism.

The legend that describes the discovery of the miraculous healing powers of the waters is a fascinating and sweet tale that dates back to the time of Matilda of Tuscany. The noblewoman had an old and ailing blackbird, which, she noticed, flew away every day and every day when it returned was more sprightly after diving into a pool of hot water. Having understood the motive of her faithful pet's rejuvenation, the Countess began to bathe herself in the same pool thereby reducing the aches and pains that troubled her due to her age and the gout she suffered from.

Whether or not one gives credit to this fascinating legend, history indicates that it was indeed the Countess Matilda who sponsored development of the spa about the year 1100 by constructing the buildings and infrastructures, landscaping and promoting the activities related to spa treatments.

**Terme di Casciana** maintained a rather precarious equilibrium until about the year 1300 when Federico da Montefeltro, lord of Pisa, ordered restructuring of the baths. These works gave the baths a more rational layout that was maintained until about the year 1700. The bathing area was divided into four distinct areas for men, women, the sick and animals. After an earthquake in 1846, Ferdinand III of the Habsburg-Lorraine line renewed the entire establishment, adapting it to the requirements of the times and the aristocratic Tuscan families who chose it as their preferred destination for taking the waters and socialising while resting.

In the years that followed and until approx. 1945, the spa was known as a well-equipped and gracious resort over a long period of splendour and fame throughout all of Italy.

The current overall structure of the spa was inaugurated in 1963, while new treatment facilities were introduced in the early 1990s including post-traumatic physical rehabilitation and aesthetics, which required additional restructuring and expansion. In 1999, the new aesthetics department and the external bathing pool with a surface area of 500 m<sup>2</sup> were inaugurated.

Today, **Terme di Casciana** is an ideal location for a vacation dedicated to health and relax, offering an extensive variety of specialised treatments for circulatory, rheumatic, respiratory and dermatologic pathologies. Medical and qualified personnel are available to provide guests with the finest services and cutting-edge technology ranging from mud baths to hydromassage baths, mineral water therapies, inhalations and therapeutic massages. ■



The hot spring waters of Casciana are known as **Acqua Mathelda** and flow uninterruptedly from a spring situated at a depth of 700 metres at the natural temperature of 35.7°C [96.3°F]. It is classified in the bicarbonate, sulphate, calcium alkaline earth metals family, with a mixture of natural mineral salts that distinguish it for peculiarity and therapeutic force.

The composition is particularly endowed with salts and carbon dioxide, which stimulates dilation of blood vessels, provoking a higher venous rhythm and general improvement of circulation. If used for inhalations, the water improves respiratory activity and is particularly effective in treatment of pathologies of the oropharyngeal cavity (sinusitis, rhinosinusitis, pharyngitis, laryngitis and tracheitis). It is particularly recommended for children as an adjuvant for raising immune response. The cycle of the water uses is completed by oral ingestion: drinking a glass stimulates activity of the gastrointestinal organs, combats hepatic intoxication and improves the digestive functions.

## Main compositional characteristics of Acqua Mathelda

Temperature at the spring	°C	35.7
Hydrogen potential – pH		6.6
Total dissolved solids (TDS)		2949.0
Electrical conductivity at 20°C [68°F]	S/cm	2580.0
Water hardness (Ca and Mg content)	°F	212.5
Calcium	mg/l	617.2
Magnesium	mg/l	142.2
Iron	mg/l	0.3

Sulphates	mg/l	1635.2
Chlorides	mg/l	35.4
Bicarbonate	mg/l	448.3
Metasilicic acid	mg/l	30.0
Selenium	mg/l	0.002
Sodium	mg/l	24.0
Potassium	mg/l	2.1
CO <sub>2</sub>	mg/l	200



## Booking and Reception

Further information about our services, our medical and wellness treatments is available from our reception desk. Our personnel is at your service every day of the year except Christmas Day. When you arrive, you will receive an electronic pass (€ 3.00) for access to the treatments and our Services Charter, which outlines the procedures to be respected during your stay in our facility. Up to date schedules are available for consultation on our website at [www.termedicasciana.com](http://www.termedicasciana.com) or you can call on no. 0587-644608.

The temperature of the thermal spring waters at Casciana Terme is 35.7°C [96.3°F] at the spring. The temperature of the water in the outdoor pool and, to a lesser extent, in the other locations (Roman pools and indoor bathing pool) is slightly lower and can undergo perceptible variations depending on the environmental temperature and, for the outdoor pool, meteorological precipitations (rain, hail or snow), due to dispersion of the heat. The subscriptions for access to the outdoor bathing pool are valid for 365 days from the date of issue. Subscriptions are not valid during special initiatives.

Access to the outdoor pool will be denied to children under the age of 14 years unless accompanied by a parent.

Customers, informed of the therapeutic and preventive benefits of the services provided in the therapeutic bathing spa pools, are expected to review the spa regulations before use. ■



## Bathing Pools

<b>OUTDOOR THERAPEUTIC BATHING POOL</b>	
Weekdays	€ 14.00
Saturdays, Sundays and holidays	€ 16.00
Saturday, Sunday and holiday afternoons (after 2.30 p.m.)	€ 13.00
Weekday afternoons (after 2.30 p.m.)	€ 11.00
<b>Subscription for 6 sessions</b>	€ 75.00
<b>Subscription for 12 sessions</b>	€ 144.00
<b>Subscription for 30 sessions</b>	€ 300.00
<b>CHILDREN:</b>	
0-3rd birthday	no charge
Daily 4 - 14 years	€ 10.00
Afternoons (after 2.30 p.m.) 4 - 14 years	€ 8.00

<b>INDOOR THERAPEUTIC BATHING POOL WITH CARDIOVASCULAR CIRCUIT</b>	
	€ 10.50
<b>Subscription for 6 sessions</b>	€ 58.00
<b>Subscription for 12 sessions</b>	€ 110.00

<b>CARDIOVASCULAR CIRCUIT</b>	
	€ 8.50
<b>Subscription for 6 sessions</b>	€ 45.00
<b>Subscription for 12 sessions</b>	€ 84.00

<b>RELAXATION IN THE WATER 30'</b>	€ 45.00
<b>GROUP HYDROGYMNASTICS IN THE SPRING WATER BATHING POOL WITH INSTRUCTOR 60'</b>	€ 15.00

Subscriptions are not cumulative with any other form of discount or promotion.

### Services and Accessories

Deck chair hire per day	€ 5.00
Bathrobe hire per day	€ 4.00

<b>ACCESSORIES</b>	
Slippers	€ 5.00
Bathing cap	€ 2.00
Pool towel	€ 15.00
Adult's bathrobe	€ 25.00
Child's bathrobe	€ 15.00
Complete adult kit (bathrobe, bathing cap, slippers)	€ 27.00



## Mud and therapeutic bathing

Mud is used to treat and prevent pathologies such as osteoarthritis and other degenerative forms, non-articular rheumatism and dermatological pathologies such as psoriasis. The mud is heated to a temperature of approx. 45-48°C [113-118°F] and applied to the joints requiring treatment, according to the instructions of the spa physician. The mud session lasts 20 minutes and is completed by bathing in the thermal spring water pool for 10 minutes.

## Treatment cycle for peripheral vascular disease (hydromassage or ozonized baths)

Indicated for treating the after-effects of chronic phlebitis, chronic venous insufficiency (CVI), post-thrombotic syndrome (PTS), varices, capillaropathy and venous insufficiency with peripheral oedema. The treatment consists of immersion in the pool at the temperature of 35.7°C [96.3°F] for approx. 20 minutes. This causes peripheral vasodilation thus favouring venous return. This is associated with an underwater massage by expert operators.

## Inhalation treatments and aerosol therapy

Inhalation therapy is applied and is scientifically recognized in the treatment and prevention of various chronic diseases of the upper and lower tracts such as laryngopharyngitis, chronic sinusitis, vasomotor rhinitis (VMR) and chronic bronchial rhinosinusitis syndromes. They are particularly indicated in childhood where they boost immune system defence. Inhalation therapy is executed with the aid of special devices that mix the thermal spring water with air to obtain a vapour carrying the active principles of the water to the mucosa of the upper and lower respiratory tracts. The complete cycle consists of 24 inhalation sessions of 10 minutes each, conducted at intervals of 10 minutes between them.

## Therapeutic cycle for sensorineural hearing loss (SNHL) (tubo-tympanic insufflation)

The therapeutic cycle for sensorineural hearing loss is applied for treatment of chronic suppurative catarrhal otitis and tubal stenosis. The treatment cycle consists of tubo-tympanic insufflation and/or the Politzer technique accompanied by inhalation therapy. The purpose of the insufflations or the Politzer technique is to bring nebulized sulphureous water through the Eustachian tube into the ear drum at controlled pressure.

## Hydropinotherapy

Hydropinotherapy is recommended in the case of the following disturbances: gastrointestinal or biliary dyspepsia and irritable bowel syndrome (IBS) of the type with constipation. Hydropinotherapy consists of drinking thermal spring water, generally in the morning before having breakfast. The quantity and type of water are specified by the spa physician during the visit, depending on the disturbance to be treated and the tolerance of the individual. ■



## Thermal Spring Water Treatments

**MEDICAL EXAMINATION** € 30.00

**THERAPEUTIC/DERMATOLOGIC BATH IN ROMAN TUB** € 19.00

**TREATMENT CYCLE FOR PERIPHERAL VASCULAR DISEASE:**

Ozonized bath in Roman tub € 23.00

Bath with underwater massage € 31.00

**MUD WITH CLEANSING SHOWER** € 27.00

**MUD WITH THERAPEUTIC/DERMATOLOGIC BATH** € 31.00

**INHALATION TREATMENT** € 9.00

**NASAL SHOWER** € 10.00

**THERAPEUTIC CYCLE FOR SENSORINEURAL HEARING LOSS** € 22.00

**CONTROLLED PULMONARY VENTILATION** € 13.00

**RESPIRATORY REHABILITATION** € 24.00

**THERAPEUTIC MASSAGE 15'** € 20.00

Subscription for 6 therapeutic massages (15') € 114.00

Subscription for 12 therapeutic massages (15') € 216.00

**THERAPEUTIC MASSAGE 30'** € 32.00

Subscription for 6 therapeutic massages (30') € 182.00

Subscription for 12 therapeutic massages (30') € 346.00

**THERAPEUTIC MASSAGE SPECIFIC NECK OR SHOULDER 30'** € 32.00

Subscription for 6 therapeutic massages neck or shoulder (30') € 182.00

Subscription for 12 therapeutic massages neck or shoulder (30') € 346.00

**DRAINAGE MASSAGE FOR THE LEGS 30'** € 32.00

Subscription for 6 Drainage massages for the legs (30') € 182.00

Subscription for 12 Drainage massages for the legs (30') € 346.00

**LYMPHATIC DRAINAGE FOR THE BODY 60'** € 65.00

**HYDROPINOTHERAPY** € 6.00

For customers who are already following a treatment cycle, the subscriptions for a cycle of 12 hydropinotherapy treatments and 24 inhalation treatments will be discounted by 50%; the cycle of 12 inhalation treatments will be discounted by 25%.

For customers who intend to undergo a second treatment cycle, the subscription for 6 or 12 treatments will be discounted by 20%.

Residents in the City of Casciana Terme Lari are entitled to a 15% discount on thermal spring water treatments.

Subscriptions are not cumulative with any other form of discount or promotion.





**INITIAL MEDICAL EXAMINATION** € 20.00

## Facial treatments

<b>FACIAL CLEANSING 60'</b>	€ 50.00
Purification with vaporization, peeling, masks and personalized beauty cream to restore normal physiology to the skin	
<b>FACIAL GOMMAGE 50'</b>	€ 60.00
<b>SPECIAL FACIAL GOMMAGE NO. 3 APPLICATIONS</b>	€ 150.00
Anti-gravity treatment to restore turgor and tension to the skin, associated with use of collagen and hyaluronic acid	
<b>PERSONALIZED MASK WITH FACIAL MASSAGE 40'</b>	€ 40.00
Mask enriched with thermal spring water to balance sebaceous secretions, soothe or rejuvenate the skin	
<b>PERSONALIZED GAUZE MASK 40'</b>	€ 45.00
Gauze modelled on the face, enriched with active ingredients to purify, soothe or elasticize the skin	
<b>ANTI-AGE FACIAL TONE-UP TREATMENT 50'</b>	€ 60.00
Specific and complete for mature skin with peel-off mask based on hyaluronic acid, vitamin E and Argan oil to restore the proper tone of elasticity from the first application.	
<b>PURIFYING FACIAL TREATMENT 50'</b>	€ 60.00
Peel-off mask on the basis of cryogenic cucumber extract and kaolin profoundly purifies stressed skin and confers a smooth luminous appearance.	
<b>FACIAL TREATMENT FOR SENSITIVE DEHYDRATED SKIN 50'</b>	€ 60.00
The moisturising and soothing properties of Argan oil, vitamin E, fig extract and shea butter contained in the peel-off mask significantly reduce the blemishes caused by rashes and/or hyperpigmentation. Skin is more uniform, soft and fresh.	



## Body treatments

<b>REMODELLING OR DRAINAGE TREATMENT WITH THERMAL MUD 90'</b>	€ 90.00
Remodelling treatment with sea alga or drainage treatment enriched with essential oils of cloves and sweet fennel.	
<b>AROMATIC WRAP WITH MASSAGE 40'</b>	€ 40.00
Relaxing treatment with essential oils of myrrh, vanilla, balsam and citrus that purifies and invigorates.	
<b>ANTI-AGE TREATMENT WITH HYALURONIC ACID 50'</b>	€ 65.00
A stimulating, perfumed scrub based on shea butter and hyaluronic acid, oil, salt and officinal herbs, followed by a massage with a cream of hyaluronic acid.	
<b>PERSONALIZED BODY SCRUB WITH RECRYSTALLIZED SALT 40'</b>	€ 48.00
Manual scrub with recrystallized salt for profoundly smooth and silky skin. The additional of dry extract of red vine, coffee powder, hazelnut and almond oils make this a very stimulating exfoliant treatment that restores mineral equilibrium.	
<b>DRAINAGE OR TONIC TREATMENT FOR THE LEGS 40'</b>	€ 48.00
Stretch cotton strips soaked in essential oils of mint and camphor to favour recovery of microcirculation.	
<b>SAUNA</b>	€ 12.00
Treatment in a hot dry room at 80°C [176°F] to eliminate toxins, relaxing effect, makes skin more receptive to further treatments.	
<b>MANICURES</b>	€ 15.00
<b>POLISH APPLICATION</b>	€ 5.00
<b>LONG-LASTING POLISH</b>	€ 8.00
<b>GEL POLISH</b>	€ 25.00
<b>AESTHETIC PEDICURE</b>	€ 25.00
<b>CURATIVE PEDICURE</b>	€ 35.00
<b>MOISTURIZING TREATMENT OF THE HANDS OR FEET 30'</b>	€ 25.00
Smoothing, lightening, moisturising and softening with use of thermal mud.	
<b>WAX DEPIILATION</b> (second treatment zone) from	€ 10.00
to	€ 60.00
<b>DEPIILATION WITH SUGAR PASTE</b> (second treatment zone) from	€ 10.00
to	€ 80.00

## Body harmony

<b>MASSAGE TO REDUCE CELLULITE BLEMISHES 50'</b>	€ 55.00
Classic massage technique to stimulate circulation helps to prevent and reduce cellulite blemishes with an invigorating tone up action.	
<b>RELAXING MASSAGE 25'</b>	€ 35.00
<b>RELAXING MASSAGE 50'</b>	€ 55.00
<b>CUSTOMIZED FACE MASSAGE THERAPY &amp; AESTHETICS</b>	€ 50.00
A deep work in every part that goes to rebalance the body and the flow of energy. It achieves excellent results both aesthetically and linked to the melting of blocks and tensions. Invigorates, oxygenates, drains and allows action breakaway able to reactivate the circulation.	
<b>SHIATSU MASSAGE 25'</b>	€ 45.00
<b>SHIATSU MASSAGE 50'</b>	€ 65.00
Japanese technique based on pressure on muscular masses and stretching. The operator will use the palm, thumbs, and elbows, applying pressure to acupuncture meridians, to rebalance the energetic and structural status of the receiver as necessary. Relaxing and energising treatment, excellent for joint mobility.	
<b>FOOT REFLEXOLOGY 25'</b>	€ 40.00
Massage of the soles of the feet in the zones that reflect the organs and skeletal structures. Joint releasing manoeuvres and digital pressure on the reflected zones. A relaxing treatment.	
<b>COUPLES MASSAGE 25'</b>	€ 70.00
Relaxing couples massage to experience special moments together.	
<b>CONNECTIVE TISSUE MASSAGE 50'</b>	€ 68.00
This massage technique interacts with deep layers of muscular tissue.	
<b>LIGHT BATH 50'</b>	€ 68.00
Body massage with cosmetic candles that liquefy into vegetal fluids and spread out on the skin with welcome heat and fragrance, releasing a sensation of well-being and chasing tensions from the mind.	
<b>FACIAL AND BODY MASSAGE WITH SHEA BUTTER 50'</b>	€ 70.00
True beauty treatment for the skin of the face and body with the regenerative, nutritional and protective qualities of pure shea butter.	
<b>CALIFORNIA MASSAGE 60'</b>	€ 80.00
Massage technique consisting of fluid rhythmic movements that surround and envelope the entire body surface, with tangential brushing, muscular pressure and gentle stretching. Frees the mind of concerns, tones up muscles and makes joints more elastic. Particularly appropriate for the scope of relaxing and reducing the discomforts of stress.	
<b>HOT STONE MASSAGE 25'</b>	€ 45.00
<b>HOT STONE MASSAGE 50'</b>	€ 75.00
Massage with lava stone and hot sunflower or sesame oil and essential oils. Relaxing, warming massage directed specifically to the muscles, dissolves tensions and contractures. The lava stones are heated in a special stone warmer device.	
<b>EVIAN SHOWER WITH FOUR HANDS MASSAGE 25'</b>	€ 60.00
The combination of a jet of thermal spring water and massage with oil conducted by two operators.	



## Ayurveda

<b>ABHYANGAM - Traditional ayurvedic massage with oil according to constitution</b>	€ 72.00	50 min.
Traditional Ayurvedic massage on the whole body. Helps to detoxify and strengthen the body, relax tensions and rebalance the mind.	€ 102.00	80 min.
<b>SNEHANA</b>	€ 68.00	50 min.
Through a deep oleation, Snehana practice allows to eliminate toxins that prevent the correct functioning of body and mind; lubricates tissues and cleans the body channels.		
<b>THANDABHYANGAM - Back and cervical massage</b>	€ 40.00	30 min.
Specific to relieve cervical, back and lumbar tensions. It works at muscular level relaxing back and cervical regions giving a total relaxation effect.	€ 68.00	50 min.
<b>PADABHYANGAM - Massage of feet and legs</b>	€ 40.00	30 min.
Recommended to stimulate venous, arterial and lymphatic circulation, gives a real feeling of lightness to the legs. Useful for people suffering from fluid retention, cellulite and circulatory problems.	€ 68.00	50 min.
<b>SHIROABHYANGAM - Massage of head, neck and shoulders</b>	€ 40.00	30 min.
Helps to relax the mind and strengthen the nervous system. It is considered a highly rebalancing treatment because, working directly on the head, helps to restore the right balance between mind, body and soul.	€ 68.00	50 min.
<b>MUKABHYANGAM - Massage of face and neck</b>	€ 40.00	30 min.
Delicate and precise treatment that helps stimulate blood microcirculation of the face. Thanks to targeted movements and use of natural oils, it helps to relax, tone and nourish the muscles giving new light to the face.		
<b>PHENAKAM - Drainage treatment</b>	€ 72.00	50 min.
Specific draining treatment to help the natural elimination of excess water and bodily fluids. Helps to eliminate toxins, eliminate swelling, water retention and gives an immediate feeling of lightness and deep well-being.	€ 102.00	80 min.
<b>SHIRODARA</b>	€ 90.00	50 min.
Ayurvedic treatment acting on the central nervous system that induce a state of deep mental relaxation. It consists of a regular and continuous flow of warm oil on the forehead at the point of third eye. The treatment can be booked prior consultation with the operator.		
<b>PINDASWEDA</b>	€ 90.00	50 min.
Made with warm cotton bundles containing herbs and vegetable flours. The treatment helps to eliminate stiffness, muscle tensions, toxins and promote the body's natural drainage.		

## Massages and Holistic Treatments

<b>TRADITIONAL THAI MASSAGE</b>	€ 40.00	30 min.
A very ancient massage practiced by Buddhist monks in Thailand, combines acupressure points of Traditional Chinese Medicine with an assisted stretching inspired to Yoga. The Thai massage helps to increase the flexibility of the body, improve blood circulation, stimulate the flow of energy and helps to produce a feeling of intense vitality. It is advisable to receive this treatment dressed in comfortable clothes.	€ 72.00	50 min.
	€ 102.00	80 min.
<b>LOMI LOMI HAWAIIAN MASSAGE</b>	€ 72.00	50 min.
This massage from the Hawaiian tradition is characterized by an extensive use of the forearm to release the tensions deeply seated in the muscles of back and legs, and for the fast pace long movements resembling the motion of sea waves.		
<b>PERSONALIZED HOLISTIC MASSAGE</b>	€ 40.00	30 min.
The operator will evaluate and choose the best and most suitable techniques to balance body and mind, wisely ranging from Ayurveda to Thai, from meditation to reiki, from Hawaiian massage techniques to those of Californian massage.	€ 72.00	50 min.
	€ 102.00	80 min.
<b>REIKI TREATMENT</b>	€ 55.00	40 min.
Japanese discipline for energy rebalance. Gives physical relaxation and mental tranquility. It is advisable to receive treatment dressed in comfortable clothes.		
<b>GUIDED MEDITATION</b> Individual session	€ 30.00	25 min.
<b>BREATH RELAXATION TECHNIQUES</b> Individual session	€ 30.00	25 min.

Residents in the City of Casciana Terme Lari are entitled to a 15% discount.



## Day Spa

<p><b>A DAY JUST FOR YOU</b> Access to the outdoor therapeutic bathing pool Relaxing massage 25' Personalized facial mask with massage of the face and bust</p>	<b>€ 77.00</b>
<p><b>RELAX 25'</b> Access to the outdoor therapeutic bathing pool Relaxing massage 25'</p>	<b>€ 43.00</b>
<p><b>RELAX 50'</b> Access to the outdoor therapeutic bathing pool Relaxing massage 50'</p>	<b>€ 60.00</b>
<p><b>SHORT RELAX</b> Access to the outdoor therapeutic bathing pool Sauna</p>	<b>€ 20.00</b>
<p><b>FOR COUPLES "PAMPERED WITH ATTENTIONS"</b></p> <p><b>For her</b> Access to the outdoor therapeutic bathing pool Bathing in the spa suite for the couple One relaxing couples massage 25'</p> <p><b>For him</b> Access to the outdoor therapeutic bathing pool Bathing in the spa suite for the couple One relaxing couples massage 25'</p>	<b>€ 65.00</b>
<p>Blood pressure is controlled before all programmes. Customers who do not intend to undergo the control must sign a declaration assuming responsibility for their decision before the services are provided. These proposals are not cumulative with any other form of discount or promotion.</p>	

## Holistic Thermal Center

<p><b>AYURVEDA AT THERMAL BATH – DAY SPA</b> Initial Interview with operator for definition of ayurvedic constitution.</p>	<b>€ 48.00</b>	30 min.
<p>1 Snehana Ayurvedic Massage with oil according to the constitution, 30 min or 50 min. 1 Entrance to the Thermal Pool. Ayurvedic infusion Yogi Tea.</p>	<b>€ 69.00</b>	50 min.
<p><b>AYURVEDIC PROGRAM – 2 DAYS</b> Initial Interview with operator for definition of Ayurvedic constitution.</p>		
<p>Ayurvedic Program according to constitution</p>	<b>€ 132.00</b>	
<p>Fee of Ayurvedic Program with nutritional consultation and personal nutrition program: TO BE DEFINED WITH NUTRITIONIST.</p>	<b>€ 222.00</b>	
<p>As a result of the interview will be chosen the suitable program among the three following:</p>		
<p><b>FOR VATA CONSTITUTION – SOOTHING REBALANCING PROGRAM</b> 1 Abhyanga Ayurvedic massage with oil according to constitution, 50 min. 1 Thandabhyangam Ayurvedic massage back and neck, 30 min. 2 Fomentation in Turkish Bath, 15 min. 2 Entrances to the Thermal Pool. Ayurvedic infusions Yogi Tea.</p>		
<p><b>FOR PITTA CONSTITUTION – SOOTHING RELAXING PROGRAM</b> 1 Abhyanga Ayurvedic massage with oil according to the constitution, 50 min. 1 Shiroabhyangam Ayurvedic massage head and neck, 30 min. 2 Relaxation Techniques sessions, 15 min. 2 Entrances to the Thermal Pool. Ayurvedic infusions Yogi Tea.</p>		
<p><b>FOR KAPHA CONSTITUTION – SOOTHING DRAINAGE PROGRAM</b> 1 Abhyanga Ayurvedic massage with oil according to the constitution, 50 min. 1 Padabhyangam Ayurvedic massage feet and legs, 30 min. 2 Fomentation in sauna, 15 min. 2 Entrances to the Thermal Pool. Ayurvedic infusions Yogi Tea</p>		
<p><i>All massages and treatments are performed with organic oils, herbs, vegetable flour and essential oils. Clients are kindly requested to report any intolerance and/or allergy. Thank you.</i></p>		



# Our products



The new line of **Terme di Casciana Cosmetics** is manufactured using the thermal water of the Casciana springs known as Acqua Mathelda, as authorised by decree of the Health Ministry on 15 December 1994 (published in the Official Gazette on 9 March 1995).

It is a thermal spring water with over one thousand years of history, containing a wealth of bioavailable skin soothing minerals with recognized and scientifically proven therapeutic and cosmetic properties.

The **Terme di Casciana Cosmetics line** was developed in collaboration with the biologists of Barbara Stein, a Tuscan company that has been producing professional cosmetics since 1948, with special knowledge and experience in the field of crenocosmesi, that is, the scientific discipline that studies the use of thermal spring waters in cosmetics.

The exclusive formulations provide a synergistic union of the properties of the exceptional thermal water combined with functional substances of natural origin, accurately selected for their proven efficacy and their beneficial and stimulating dermatological action that visibly improves the appearance of facial and body skin.

The formulations do not contain parabens and/or isothiazolinone. The products are hypoallergenic, dermatologically tested and are used daily for the treatments provided at the Wellness Centre of Terme di Casciana.

**Terme di Casciana Cosmetics** products are distributed in an airless primary packaging that is both elegant and practical offering many important advantages:

- it provides efficient, long-lasting protection of the formulation by eliminating air contact with the product even after opening;
- it sharply limits the risk of contamination of the formulation and/or degradation of the functional substances it contains;
- it reduces the need for preservative additives to a minimum;
- it allows for effective use of up to 99% of the packaged cosmetic product in the best possible conditions of stability.

**Terme di Casciana Cosmetics** offers a complete range of products with a very high degree of reliability and safety, tolerance and efficacy for all types of skin. ■

## Cosmetics

### FOR NORMAL SKIN

Soothing cleansing milk	B	200 ml [7 fl oz]	€ 20.00
Soothing tonic	B	200 ml [7 fl oz]	€ 18.50
Soothing exfoliant cream	B	100 ml [3.5 fl oz]	€ 24.00

### PRO-AGE

Pro-Age Face Cream	B	50 ml [1.75 fl oz]	€ 40.00
Pro-Age Mask	B	50 ml [1.75 fl oz]	€ 28.00
Pro-Age Active Serum	B	30 ml [1 fl oz]	€ 45.00
Eye Contour	B	15 ml [0.5 fl oz]	€ 33.00

### FOR COMBINATION SKIN

Oil Reducing Face Cream	B	50 ml [1.75 fl oz]	€ 32.00
Oil Reducing Mask	B	50 ml [1.75 fl oz]	€ 28.00
Oil Reducing Active Serum	B	30 ml [1 fl oz]	€ 40.00

### FOR SENSITIVE SKIN

Soothing Face Cream	B	50 ml [1.75 fl oz]	€ 35.00
Soothing Mask	B	50 ml [1.75 fl oz]	€ 28.00
Soothing Active Serum	B	30 ml [1 fl oz]	€ 42.00

### FOR MEN

Shave Cream/Mask	B	100 ml [3.5 fl oz]	€ 28.00
After Shave Cream	B	50 ml [1.75 fl oz]	€ 26.00
Pro-Age Face Cream	B	50 ml [1.75 fl oz]	€ 30.00

### BODY CARE

Delicate Exfoliant Cream	J	250 ml [8.75 fl oz]	€ 29.00
Modelling Cream	J	250 ml [8.75 fl oz]	€ 42.00
Massage Cream	J	250 ml [8.75 fl oz]	€ 23.00
Antioxidant Cream	B	200 ml [7 fl oz]	€ 28.00
Anti-stress Gel	B	200 ml [7 fl oz]	€ 21.00
Mountain Arnica Gel	B	200 ml [7 fl oz]	€ 19.00
Hand Cream	B	100 ml [3.5 fl oz]	€ 16.00
Foot Cream	B	100 ml [3.5 fl oz]	€ 16.00
Acqua Mathelda	B	250 ml [8.75 fl oz]	€ 18.00
Tanning Acqua Mathelda	B	250 ml [8.75 fl oz]	€ 22.00



### **Bagni di Casciana S.r.l.**

Piazza Garibaldi, 9 - 56035 Casciana Terme (PI) - Italy  
The City of Casciana Terme Lari

tel. +39(0)587 644.61 - fax +39(0)587 644.629

Information and Booking

tel. +39(0)587 644.608 - fax +39(0)587 644.673

[www.termedicasciana.com](http://www.termedicasciana.com)

## *Information and Booking by Telephone*

### **Rehabilitation Centre**

tel. 0587 64.46.55 - fax 0587 64.46.22

[riabilitazione@termedicasciana.it](mailto:riabilitazione@termedicasciana.it)

### **Spa treatments and Wellness Centre**

tel. 0587 64.46.08 - fax 0587 64.46.73

[info@termedicasciana.it](mailto:info@termedicasciana.it)

*Bagni di Casciana S.r.l. reserves the right to modify the schedules and tariffs depending on its own organisational requirements  
This price list is valid as of 1st February 2018.*



## *Where we are*

### **Casciana Terme (Pisa)**

#### **BY CAR**

A1 - Autostrada del Sole > Firenze-Scandicci Exit > S.G.C. Firenze-Pisa-Livorno > Pontedera Exit

A12 - Autostrada Genova Rosignano > Pisa Centro Exit > S.G.C. Firenze-Pisa-Livorno > Pontedera Exit

#### **BY TRAIN**

Pontedera Station - Casciana Terme > Public bus service for Casciana Terme

#### **BY PLANE**

G. Galilei Airport of Pisa > 35 minute drive by car

A. Vespucci Airport of Florence > 60 minute drive by car