



Services and Thermal Treatments 2024



*Welcome to Terme di Casciana:
Spring water that has been healing
your body for over 1000 years.*

OUTDOOR THERAPEUTIC BATHING POOL WITH WATER PLAYGROUND AND WHIRLPOOLS


INDOOR THERAPEUTIC BATHING POOL WITH CARDIOVASCULAR CIRCUIT

SPA AND COSMETICS

THERMAL ESTABLISHMENT

REHABILITATION CENTRE

HEALTH CENTRE



*Terme di Casciana is
a paradise where
you can find
your inner wellbeing*

Acqua Mathelda's properties:

- Temperature at source 35.7°C
- Family: Bicarbonate-Sulphate-Calcium
Alkaline Earth Metals
- Hydrogen potential – pH 6.6
- Total dissolved solids (TDS) 2949.0
- Electrical conductivity at 20°C [68°F] 2580.0 S/cm
- Water hardness (Ca and Mg content) 212.5 °F

- Sulphates 1635.2 mg/l
- Chlorides 35.4 mg/l
- Bicarbonate 448.3 mg/l
- Metasilicic Acid 30.0 mg/l
- Selenium 0.002 mg/l
- Calcium 617.2 mg/l
- Sodium 24.0 mg/l
- Magnesium 142.2 mg/l
- Potassium 2.1 mg/l
- Iron 0.3 mg/l
- CO2 200 mg/l

Acqua Mathelda has been flowing from the earth to offer you health and beauty for over 1000 years

What makes Terme di Casciana different from a non-thermal wellness centre?

"Acqua Mathelda is characterised by soothing, relaxing and microcirculation activating properties.

As a result, it is very suitable for wellness treatments aimed at relaxation, body firming and skin imperfections reduction. "

"Effects are immediately visible following a thermal treatment, as the skin appears smoother and healthier.

For instance, thermal muds possess and enhance thermal water's characteristics and, thus, are highly recommended in wellness therapy."

As follows, all the pathologies treated at Terme di Casciana:

- Arthrosis
- Rheumatism
- Chronic pain
- Physical rehabilitation
- Blood circulation problems
- Skin problems (including Psoriasis)
- Damaged skin treatment (scars and after burn injuries)
- Sinusitis, Rhinosinusitis, Pharyngitis, Laryngitis, Catarrhal Otitis

A photograph of an outdoor therapeutic bathing pool. A woman in a dark bikini is sitting on the edge of the pool, looking towards the water. In the center, a water jet is spraying water into the pool. To the right, another water jet is visible. The background features a building with arched windows and a dark facade. The entire image has a blue tint.

*Outdoor Therapeutic
Bathing Pool*

OUTDOOR POOL THERAPEUTIC BATH

One day entrance	€	25,00
Morning or afternoon entrance	€	15,00
Last hour (in some periods of the year)	€	8,00
Evening entrance	€	15,00
SUBSCRIPTION FOR 6 SESSIONS	€	110,00
SUBSCRIPTION FOR 12 SESSIONS	€	210,00
SUBSCRIPTION FOR 30 SESSIONS	€	390,00

CHILDREN:

0 - 3rd birthday		free
4 - 12 years - One day entrance	€	12,00
4 - 12 years - Morning or Afternoon entrance	€	7,00
Last hour (in some periods of the year)	€	5,00

SERVICES

Deck chair hire	€	5,00
Bathrobe hire	€	5,00

An indoor therapeutic bathing pool with a blue tint. The pool is large and rectangular, with a tiled deck around the edge. Several people are in the water, some using floating devices like pink and yellow rings. The room has a high ceiling with recessed lighting and large windows on the right side. A lifebuoy is mounted on the wall near the windows.

*Indoor Therapeutic
Bathing Pool*

INDOOR POOL THERAPEUTIC BATH WITH CARDIOVASCULAR CIRCUIT

Entry ticket	€	12,00
Subscription for 6 sessions	€	60,00
Subscription for 12 sessions	€	118,00

CARDIOVASCULAR CIRCUIT	€	9,00
Subscription for 6 sessions	€	48,00
Subscription for 12 sessions	€	90,00

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

Sessions have a validity of 365 days from the effective date of issue.

During specific initiatives, subscriptions are not valid.

Entry is forbidden for children under 14 years - unless accompanied by at least one parent.

ACCESSORIES

Slippers	€	6,00	Adult's bathrobe	€	30,00
Bathing cap	€	3,00	Child's bathrobe	€	18,00
Pool towel	€	15,00	Complete adult kit (bathrobe, bathing cap, slippers)	€	35,00

A close-up photograph of a woman's face, tilted slightly upwards, with her eyes closed. A thick, white cream is being applied to her forehead and cheeks with a silver-handled brush. The cream is already partially applied, covering the upper forehead, bridge of the nose, and the upper part of the cheeks. The woman has dark hair and is wearing a white towel or headscarf. The background is a soft, out-of-focus light color. The overall image has a light green tint.

Facial Treatments

FACIAL TREATMENTS

FACIAL CLEANSING 60'	€	50,00
Purification with vaporisation, peeling, mask and personalised beauty cream in order to restore the normal physiology of the skin		
FACIAL GOMMAGE 50'	€	60,00
Anti-gravity treatment aimed at restoring the turgor and tension of the skin, associated with the use of collagen and hyaluronic acid		
SPECIAL FACIAL GOMMAGE NO. 3 APPLICATIONS	€	150,00
PERSONALISED MASK WITH FACIAL MASSAGE 40'	€	40,00
Mask enriched with thermal spring water to balance sebaceous secretions, soothe or rejuvenate the skin		
FACIAL TREATMENT FOR MEN/ WOMEN - ANTI-AGEING, PURIFYING OR SENSITIVE AND DEHYDRATED SKIN 50'	€	60,00
Specific treatment with peel-off mask that helps the skin find the right balance from the first application		
FACIAL PEELING WITH MANDELIC ACID 30'	€	35,00
Mandelic acid skin peeling that promotes cell renewal, helps fight acne and pimples and helps combat wrinkles and skin irregularities in depth		
REGENERATING FACE TREATMENT WITH MANDELIC ACID 50'	€	55,00
Restructuring treatment for skin rejuvenation, which eventually appears brighter and more elastic		

FACIAL TREATMENTS

PERSONALISED AESTHETIC/THERAPEUTIC FACE MASSAGE 45'

€ 50,00

A treatment that deeply restores the balance of the body and the correct flow of energy. It gives excellent results not only from an aesthetic point of view, but also in terms of releasing blockages and tension. In addition, the massage tones, oxygenates, drains and allows a detaching action capable of activating the circulation

FACIAL LYMPHATIC DRAINAGE 25'

€ 40,00

The manual Vodder facial lymphatic drainage is capable of eliminating swelling and draining tissues in depth. The slow and light manual techniques of the treatment reactivate the circulation and stimulate the production of collagen and elastin, giving brightness and elasticity to the face and décolleté



A photograph showing a person lying on a massage table, receiving a body treatment from two therapists. The therapists are wearing white uniforms with a logo on the chest. The scene is overlaid with a semi-transparent teal filter. The text "Body Treatments" is centered in a white, italicized serif font.

Body Treatments

BODY TREATMENTS

NOURISHING BODY MASK 40' € 45,00

Moisturising and relaxing treatment that enhances skin's elasticity

ANTI-AGE TREATMENT WITH HYALURONIC ACID 50' € 65,00

A stimulating, perfumed scrub based on shea butter and hyaluronic acid, oil, salt and officinal herbs, followed by a massage with a hyaluronic acid emulsion

PERSONALISED BODY SCRUB WITH RECRYSTALLISED SALT 40' € 50,00

Manual scrub with recrystallised salt for profoundly smooth and silky skin. The addition of dry extract of red vine, coffee powder, hazelnut and almond oils results in a very stimulating exfoliant treatment that restores mineral equilibrium

RESHAPING OR DRAINING THERMAL MUD BODY TREATMENT 90' € 90,00

Reshaping/Draining treatment with thermal mud enriched with essential oils

RESHAPING OR DRAINING LYOPHILISED MUD BODY TREATMENT 50' € 65,00

Seaweeds reshaping mud or draining mud enriched with carnation and sweet fennel essential oils

DRAINING OR INVIGORATING LEG BANDAGE 40' € 50,00

Elastic cotton bandages soaked in mint and camphor essential oils intended to promote and restore microcirculation

CELLULITE BLEMISHES REDUCTION MASSAGE 50' € 60,00

Classic massage technique that stimulates circulation and helps prevent and reduce cellulite blemishes with an invigorating action

BODY TREATMENTS

SAUNA

€ 15,00

Treatment in a hot dry room at 80°C [176°F] aimed at eliminating toxins, giving a relaxing effect and making skin more receptive to further treatments

MANICURE

Manicure	€	23,00
Manicure with long-lasting nail polish 50'	€	30,00
Nail polish application	€	10,00
Long-lasting nail polish application	€	15,00

PEDICURE

<i>Aesthetic</i> pedicure: nail cutting, filing and smoothing, foot smoothing, nail polish application	€	28,00
<i>Curative</i> pedicure: corns and calluses removal, nail cutting, filing and smoothing, foot smoothing, nail polish application	€	37,00

WAX DEPILATION (depending on targeted area)

from € 10 to € 60

DEPILATION WITH SUGAR PASTE (depending on targeted area)

from € 10 to € 80



A woman is lying on her back on a white surface, possibly a massage table. Her eyes are closed, and she has a serene expression. A hand is resting on her upper chest, and another hand is holding a lit candle in a glass jar, positioned near her shoulder. The entire scene is bathed in a soft, teal-green light, creating a calm and relaxing atmosphere.

Body Harmony

BODY HARMONY

RELAXING MASSAGE 25' € 35,00

RELAXING MASSAGE 50' € 55,00

Body and mind relaxing massage. During the treatment, the mind is relieved of concerns and negative thoughts, muscles are relaxed and tension is permeated with profound wellness

COUPLES MASSAGE 25' € 70,00

Relaxing massage for couples willing to experience special moments together

CANDLES MASSAGE 50' € 70,00

Body massage with cosmetic candles that liquefy into vegetal fluids and spread out on the skin. Candles' temperature and fragrance provide a sensation of well-being and relieve body and mind of tensions

FACIAL AND BODY MASSAGE WITH SHEA BUTTER 50' € 70,00

A real beauty treatment for face and body skin with the regenerative, nutritional and protective qualities of pure shea butter

CALIFORNIAN MASSAGE 50' € 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 muscles up and makes joints more elastic. Particularly appropriate for relaxing and reducing stress levels

A woman is lying on her side, receiving a hot stone massage. Several smooth, dark, oval-shaped stones are arranged in a line along her back. The scene is bathed in a soft, teal-green light, creating a serene and relaxing atmosphere. The woman's eyes are closed, and her expression is peaceful. The text "Oriental Experience" is written in a white, elegant, cursive font across the center of the image.

Oriental Experience

ORIENTAL EXPERIENCE

HOT STONE MASSAGE 25' (NECK AND BACK)	€	50,00
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HOT STONE MASSAGE 50'	€	80,00
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Relaxing massage with lava stones and warm sunflower or sesame oil and essential oils. The stones are heated in a special device and placed all over the body in order to dissolve muscle tension and contractures

SHIATSU MASSAGE 25'	€	45,00
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SHIATSU MASSAGE 50'	€	70,00
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Japanese technique based on pressure on muscle mass and stretching. The physician uses palms, thumbs and elbows and applies pressure on acupuncture meridians in order to rebalance the energetic and structural status of the receiver, as necessary. Relaxing and energising treatment, excellent for joint mobility

FOOT REFLEXOLOGY 25'	€	40,00
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Relaxing treatment that stimulates specific points of the foot corresponding to certain body organs and systems. The massage consists of joint releasing manoeuvres and digital pressure on reflected zones

TRADITIONAL AYURVEDIC MASSAGE 50'	€	75,00
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Indian massage which makes use of warm oils to treat the muscle mass, promote circulation and improve the lymphatic system. Since it allows to achieve mental and physical wellbeing by restoring the harmony between body and mind, the Ayurvedic massage is a real cure-all

THANDABHYANGAM – Back massage 30'	€	45,00
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The Ayurvedic Thandabhyangam massage is a massage dedicated completely to the back. The back is one of the areas of the body where it accumulates mainly stress and where we unconsciously project tensions. This type of massage dissolves the skeletal muscle stiffness of the neck and shoulders, reduces pain in the cervical lumbar area and shoulders, reduces stress, tiredness and anxiety, facilitates sleep improving the quality, relieves the symptoms of migraine.

ORIENTAL EXPERIENCE

PADABHYANGAM - Feet and legs massage 30'	€	45,00
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The massage of feet and legs is one of the most important Ayurvedic treatments. By relaxing lower limbs, the massage - which is called "Padabhyangam" in Sanskrit - produces beneficial effects all over the body. It is particularly recommended to people suffering from fluid retention, cellulite and circulatory problems

SHIROABHYANGAM - Head, neck and shoulders massage 30'	€	45,00
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This Ayurvedic massage involves head, shoulders, neck and face and helps relax the mind and strengthen the nervous system. It is particularly recommended for preventing headaches and improving sleep quality

TRADITIONAL THAI MASSAGE 50'	€	80,00
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It consists of a series of manoeuvres, such as pressure, movement and stretching, exerted all over the body. The aim is to restore a perfect psychophysical condition and stimulate the body's inner healing system

MARMA MASSAGE 50'	€	75,00
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Ayurvedic technique also known as "reflexology massage", as it makes use of digital pressure not only to work on the individual's treated areas, but also on the body's energy points. Ayurvedic practitioners consider "Marma points" as being points of vital life that, when stimulated, allow to restore the individual's harmony and wellbeing

ORIENTAL EXPERIENCE

SHIRODHARA 50'	€	60,00
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The Shirodhara ritual is a wellness treatment which involves pouring a warm stream of oil onto the forehead of the individual. This practice allows to fight ageing and alleviate muscle tension, as well as reduce anxiety, stress levels and insomnia

SHIRODHARA "TERRA-CIELO" 50'	€	80,00
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While a warm stream of oil pours onto the patient's forehead, the practitioner executes a gentle foot reflexology treatment with light pressure. This ritual enhances body's vitality and purifies the mind, eventually leading to improved concentration, decision-making ability and psychophysical consciousness

GUIDED MEDITATION 25'	€	35,00
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Individual session

BREATH RELAXATION TECHNIQUES 15'	€	25,00
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Individual session

A teal-colored background featuring a dynamic splash of water with numerous bubbles and droplets, creating a sense of movement and freshness.

Our Products

OUR PRODUCTS

Terme di Casciana's cosmetic line is manufactured with Casciana springs' thermal water, known as Acqua Mathelda, as authorised by the decree of the Health Ministry of 15 December 1994 (published on the Official Gazette on 9 March 1995).

Casciana springs' thermal water has over one thousand years of history and contains a wealth of bioavailable skin soothing minerals with recognised and scientifically proven therapeutic and cosmetic properties.

Terme di Casciana's cosmetic line was developed in collaboration with Barbara Stein's biologists, a Tuscan company that has been producing professional cosmetics since 1948, with special expertise in the field of "Crenocosmesi" - the scientific discipline that studies the use of thermal spring waters in cosmetics.

The exclusive formulations provide a synergy between thermal water's exceptional properties and natural functional substances. The latter are accurately selected for their proven efficacy and their beneficial and stimulating dermatological action, which visibly improves the appearance of facial and body skin.

Formulations do not contain parabens and/or isothiazolinone. Products are hypoallergenic, dermatologically tested and are used on a daily basis for the treatments provided at Terme di Casciana's Wellness Centre.

Terme di Casciana's cosmetic products are distributed in an airless primary packaging that is both elegant and practical and which offers a number of important advantages:

- it provides efficient and 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 effective use of up to 99% of the packaged cosmetic product in the best possible conditions of stability.

Terme di Casciana's cosmetic line offers a complete range of products characterised by a very high degree of reliability and safety, as well as tolerance and efficacy for all types of skin.

COSMETICS

Acqua Mathelda B 250 ml [8.75 fl oz]	€	18,00
Tanning Acqua Mathelda B 250 ml [8.75 fl oz]	€	22,00

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

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

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

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

COSMETICS

BODY CARE

Delicate Exfoliant Cream J 250 ml [8.75 fl oz]	€	29,00
Modelling Cream B 200 ml [7 fl oz]	€	42,00
Massage Cream B 200 ml [7 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





Thermal Establishment

THERMAL SPRING WATER TREATMENTS

(Italian National Health Service Agreement)

MUD AND THERAPEUTIC BATHING

The mud is used to treat and prevent pathologies such as osteoarthritis and other degenerative forms, non-articular rheumatism and dermatological diseases (psoriasis). The mud is heated to a temperature of approx. 45-48°C [113-118°F] and applied to the joints which require 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 OZONISED BATHS)

Recommended 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 a 20-minute immersion in the pool at the temperature of 35.7°C [96.3°F] – combined with an underwater massage conducted by expert physicians. This practice stimulates peripheral vasodilation and, as a result, it favours venous return.

INHALATION TREATMENTS

Inhalation therapy is applied and is scientifically recognised in the treatment and prevention of various chronic diseases of the upper and lower respiratory tracts, such as laryngopharyngitis, chronic sinusitis, vasomotor rhinitis (VMR) and chronic bronchial rhinosinusitis syndromes. These treatments are particularly recommended in childhood, as they boost immune system defence. Inhalation therapy is executed with the aid of special devices that mix 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, at intervals of 10 minutes and for 12 days.

THERAPEUTIC CYCLE FOR SENSORINEURAL HEARING LOSS (SNHL) (TUBO-TYMPANIC INSUFFLATION)

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

HYDROPINOTHERAPY

Hydropinotherapy is recommended in case of gastrointestinal or biliary dyspepsia and irritable bowel syndrome (IBS) of the type with constipation. Hydropinotherapy involves 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 individual's condition and tolerance level.

THERMAL SPRING WATER TREATMENTS

MEDICAL EXAMINATION (FIRST ACCESS)	€	30,00
THERAPEUTIC BATH IN ROMAN TUB	€	19,00
TREATMENT CYCLE FOR PERIPHERAL VASCULAR DISEASE:		
Ozonised 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 (AEROSOL OR INHALATION)	€	9,00
NASAL SHOWER	€	10,00
THERAPEUTIC CYCLE FOR SENSORINEURAL HEARING LOSS	€	22,00
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

THERMAL SPRING WATER TREATMENTS

DRAINAGE MASSAGE FOR LEGS 30'	€	32,00
Subscription for 6 drainage massages for legs 30'	€	182,00
Subscription for 12 drainage massages for 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.



*Rehabilitation Centre
and
Health Centre*

In addition to the Wellness Centre, Terme di Casciana hosts a **Rehabilitation Centre** and a **Health Centre**.

The Rehabilitation Centre provides therapies for:

- Dermatological issues;
- Muscle recovery;
- Parkinson;
- Post covid conditions;
- Respiratory problems.

Rehabilitation treatments and instrumental therapies are carried out either in our indoor therapeutic pool or in our rehabilitation gyms.

The Health Centre is composed of a pool of professionals offering specialised healthcare services in the following areas:

- Dermatology;
- Orthopaedics;
- Otorhinolaryngology;
- Pneumology;
- Sports medicine.

For more information, please check our contacts as follows.



Where are we 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





*Telephone
information and
reservations*

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**

info@termedicasciana.it

www.termedicasciana.com

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 from 1 February 2024





TERRE
DI PISA