



## Anti-Aging Bristol Buja Thermal Spa, Abano Terme ★★★★★

Bristol Buja, Italy (2 hrs. drive from **Venice** or 1/2 hr. drive from **Padua**).

**Welcome to the Hotel Terme Bristol Buja!** Every single thing reflects selected and refined elegance, loving and precise care, both inspiring well-being and harmony. Nothing is left to chance: for three generations, happiness has been our most important interest

**Hotel Terme Bristol Buja** is renowned as one of the most important spa not only in Italy but throughout the world. The mineral waters are produced directly by the residual activity of the dormant volcano that created the surrounding Euganean hills. According to the legend, the Abano waters were warmed by the fall of Phaeton, son of the sun. The Abano area was inhabited by man in prehistoric times and is considered to be the oldest spa center in the world

**Hotel Terme Bristol Buja** is privately owned and feature their very own thermal establishments and in-house doctors on the premises. Guests can undergo all the thermal treatments at the hotel under the supervision of highly trained, experienced staff. Hotel Bristol Buja in Abano Terme has 3 outdoor thermal pools and a luxury wellness centre with a swimming pool and beauty farm. It also features a great restaurant. Bristol Buja has been in the family for 3 generations.

**Hotel Terme Bristol Buja** has indoor and outdoor thermal pools, lounge, bar, television room and they all serve fine Italian and international cuisine. Following the daily treatments, guests have plenty of opportunity to enjoy sports or leisure activities. Golf courses, tennis courts, pleasant walks, jogging and fitness trails are just some of the enhancements available at the facilities.

**Thermal water** possess springs of basic element of all the treatments. The water flows at a temperature of 87 C from various sources scattered over the territory of the Euganean Hills, and is classified as salso-bromiodic, hyperthermal and radioactive.

**Mud therapy** of the thermal basin is a greyish-brown pulp composed of clay-like marl mixed with organic substances of vegetable and algae. Mud therapy can be beneficial for locomotor and joint problems, arthritis, fibrosis neuritis, as well as metabolic problems, gout and hyperuricaemia. Mud therapies are complemented with toning and slimming massages, physic and kinesitherapy, special diets, facial mud packs and beauty treatments.

**The classic treatment** offered by Hotel Terme Bristol Buja is a 14-day package that includes 10 or 12 days of treatment including mud therapy, curative massages, robe rental and physical check-up which is required in order to be accepted for treatment. The treatments are conducted early in the morning and are integrated throughout the day with the use of the thermal swimming pools and other side activities such as group gymnastics in the thermal waters as well as outdoors.