

Wellbeing for body and soul
Rejuvenate yourself like the Emperors did

By choosing Friuli Venezia Giulia you have the chance to immerse yourself in an oasis of wellness and body care. By combining centuries-old traditions of thermal baths and herbal skills with a vast range of innovative techniques, the region's three spa centres promise to transform your holiday into a relaxing and rejuvenating experience such as you have never experienced before. Moreover, with the **FVG Card, aesthetic and beauty treatments** offered by the Grado and Lignano health spas are **discounted by 30%**.

The ancient Romans were the first to discover the healing effects of the mineral waters that from the Pudia source supply the **Spa of Arta Terme** (Udine). The spa's location in the midst of unpolluted nature and the mild mountain climate are particularly favourable to renewing exhausted energy and, at a low altitude (only 420 metres above sea level), Arta has pure, balsamic air: the best possible combination of conditions for a healthy holiday. The curative powers of this precious source are perfect to combat respiratory affections, liver and skin diseases, arthritis and arthrosis. While Arta awaits completion of its third pavilion – which will house an extensive wellness centre with pool, sauna and relaxation area – the **Aquadea Wellness Centre** is open for you to enjoy: a large complex with beauty, slimming, wellness, aesthetic medicine, solarium and holistic aroma therapy sections.

Saline and thermal waters and sand baths are the strong points of the **Wellness Centre in Grado** – the most fashionable spa resort during the Hapsburg Empire - famed for the extraordinarily beneficial properties of the available natural elements. Rich in micro-organisms and mineral salts, Grado sands are a panacea for all kinds of rheumatic illnesses, problems with the joints, and an aid to rehabilitation. But there is far more than sand. The jewel in the crown of this vanguard structure is the **Thermal Water Park**, which offers **FVG Card** holders a **25% discount** on entrance fees. The facility allows guests to use the thermal water swimming pool with hydromassage and waterfall jets to tone up your body, as well as games, spring boards and a bar service within the swimming pool area. The recently renovated hot area of the Grado Spa is composed by a relaxation area, a sauna with sea fog, which using sea water is particularly good for the respiratory tract, a whirlpool and a bio sauna.

In another seaside location, but deep in age-old pinewoods facing the Adriatic, the **Lignano Sabbiadoro Spa Centre** is housed in an ultra-modern building with all the advantages of progressive thalassotherapeutic techniques and the beneficial properties of the sun-and-water formula. These seawater-based treatments are ideal for treating arthritis and, by means of nebulisation, ailments of the respiratory system. The centre also has a celebrated beauty centre which offers initial checkups and personalised treatments to combat and eliminate cellulite, stress and weight problems by applying methods that combine body care with the pleasure of being pampered.

Showcase on wellness

- ✓ **Health:** sand baths, thalassotherapy, balneotherapy, ozonized baths, water massage, solarium, inhalatory cures, kinesitherapy, mekhydro (ozone + hydro massage), colour therapy... and don't forget to try the new, Hydrocare heated waterbeds.
- ✓ **Beauty:** besides the usual treatments (facial cleansing and care, depilation, drainage, anti-cellulite), the region's centres offer skin checks, personalised slimming programmes, glycolic acid peelings, mesotherapy, reflexology, panthermal regeneration, lymphatic drainage and biostimulation.
- ✓ **Wellness:** Shiatsu, Thai, and Ayurvedic massage, aroma therapy, holistic massage, light baths, special water, stone and Tuina massages.



A picture of good health



Grado Water Park



The spa in Arta Terme



Swimming pool

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