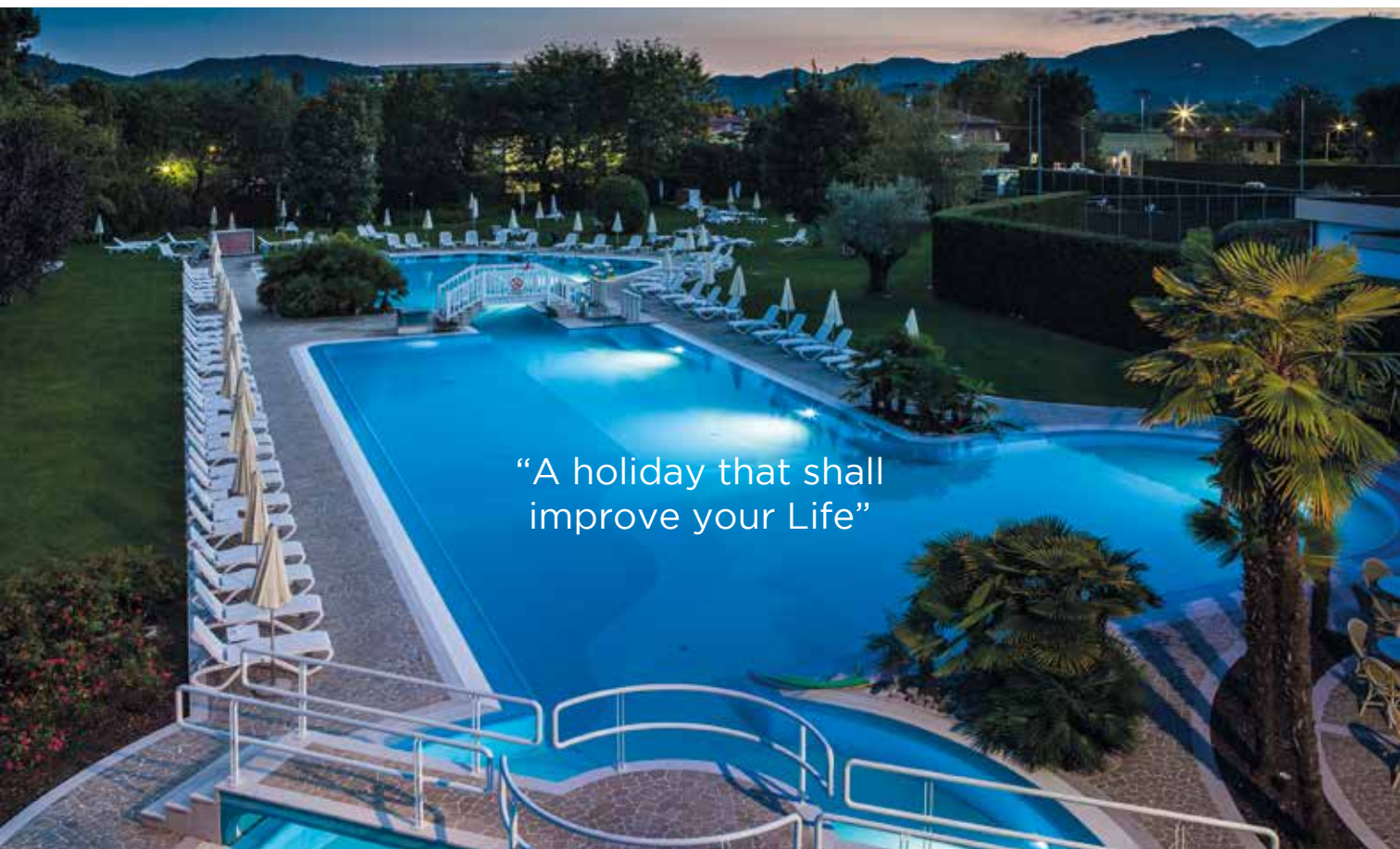


Ermitage Bel Air

MEDICAL HOTEL®
Abano - Teolo (PD) Italia



“A holiday that shall
improve your Life”

THERMAE

PHYSICAL REHABILITATION

NUTRITION & FITNESS

WELLNESS

2017 | edition

Venetian Region

Famiglia Maggia

Hotel prices, stay only, for 1 - 7 - 21 nights:

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ABOUT US: "A comfortable Hotel Residence, supported a and Physical Medicine. Prevention and Rehabilitation. Health an

"Four generations of this family have been caring for the health compromise the ability to move and the quality of life: pain, aging, with in a completely natural and effective way, without age limitation and the completeness of our medical services. Hospitality, Ther services for a holiday that will truly improve your quality of life, in a p are attended to."

ERMITAGE BEL AIR

The peace of a big hotel placed in the middle of its lush gardens. The quiet of the surrounding hills. The careful and personal welcome of the Maggia family. A place where one can rediscover the Unique and Authentic Tradition of Italian Hospitality, designed to guarantee accessibility and safety for all guests.



Certified Quality System
UNI EN ISO 9001, N: 731003087
del 30/03/2010, TÜV Hessen.



Holiday without barriers
Guarantee of Accessibility



and easily accessible. A true Thermal Centre. A Modern Clinic for Rehabilitation and Pleasure. A unique venue for a Holiday that Improves your Life”.

and well-being of our guests, dealing with the main factors that causing trauma and bad lifestyles are only some of the factors we deal with, without barriers, thanks to the quality of our thermal springs and services, Specialised Medicine and Wellness. A complete range of services to place where everyone is welcome and can feel that all their needs

Famiglia Maggia

MEDICAL HOTEL

Thermal and Wellness services that are perfectly integrated into a modern rehabilitation and Physical Medicine centre. A complete system of services that address the prevention and rehabilitation needs of each individual guest, with custom therapies and a thorough specialised medical assistance that includes: Orthopaedics, Neurology, Lymphology and Nutrition. This is the reason why the main Italian insurance companies decided to execute direct agreements with our specialised medical centre.



SEASON 2017
OPENING
25/2/2017

| | | | |
|----------------|----|-------------|---|
| Closed | C | Season | S |
| Special Season | SP | High Season | H |

| | | | |
|-------------|----|----------------|----|
| | C | | |
| 25 FEBRUARY | SP | 29 JULY | SP |
| 4 MARCH | SP | 5 AUGUST | SP |
| 11 MARCH | SP | 12 AUGUST | S |
| 18 MARCH | S | 19 AUGUST | S |
| 25 MARCH | S | 26 AUGUST | H |
| 1 APRIL | S | 2 SEPTEMBER | H |
| 8 APRIL | H | 9 SEPTEMBER | H |
| 15 APRIL | H | 16 SEPTEMBER | H |
| 22 APRIL | H | 23 SEPTEMBER | H |
| 29 APRIL | H | 30 SEPTEMBER | S |
| 6 MAY | H | 7 OCTOBER | S |
| 13 MAY | S | 14 OCTOBER | S |
| 20 MAY | S | 21 OCTOBER | S |
| 27 MAY | S | 28 OCTOBER | S |
| 3 JUNE | S | 4 NOVEMBER | SP |
| 10 JUNE | S | 11 NOVEMBER | SP |
| 17 JUNE | S | 18 NOVEMBER | SP |
| 24 JUNE | SP | 25 NOVEMBER | SP |
| 1 JULY | SP | 2 DECEMBER | SP |
| 8 JULY | SP | 11 DECEMBER | C |
| 15 JULY | SP | 21 DECEMBER | H |
| 22 JULY | | 28 DECEMBER | H |
| | | 4 JANUARY 2018 | H |
| | | 8 JANUARY 2018 | |

| DAILY RATES | HOTEL PRICES | Hotel 1 night | Special Season | Season | High Season |
|--|--------------|---------------|----------------|--------|-------------|
| Daily discounts and extra charges for accommodation Half-Board (Breakfast & Dinner): - € 12, B&B: - € 16 / Single Room: + € 12, Double Room for single occupancy: + € 16, Panoramic Suite: + € 20 | Suite | € 110 | € 120 | € 125 | |
| | Junior Suite | € 105 | € 115 | € 120 | |
| | Classic | € 95 | € 105 | € 110 | |

| WEEKLY RATES | TERME AND RELAX | Hotel 7 nights | Special Season | Season | High Season |
|---|-----------------|----------------|----------------|--------|-------------|
| Daily discounts and extra charges for accommodation Half-Board (Breakfast & Dinner): - € 60 B&B: - € 90 / Single Room: + € 70 Double Room for single occupancy: + € 100 Panoramic Suite: + € 140 | Suite | € 710 | € 760 | € 790 | |
| | Junior Suite | € 680 | € 730 | € 760 | |
| | Classic | € 630 | € 680 | € 710 | |

| WEEKLY RATES | LONG STAY | Hotel 7 nights | Classic | Junior Suite | Suite |
|----------------------------|------------|----------------|---------|--------------|-------|
| Starting from the 3rd week | One Season | | € 630 | € 680 | € 710 |

Room Availability
on the day of arrival,
from 14:30,
on the day of departure,
until 10:00.

Discounts for children
Low and High Season:
0-3 years old - 90%
4-6 years old - 50%
7-14 years old - 30%
Special Season:
Free weekly stay

Pets
€ 12 per day, without meals,
in a suite-type room
on the ground floor.

Services included in the hotel rates: Free access to the thermal swimming pools, equipped with a relax circuit and waterfalls, complimentary bathrobe, slippers, bathing towel and swimming cap, internet wi-fi access. Health and fitness menu with a controlled caloric content available, daily Stretching Aqua Gym and Pilates classes, tennis court and free golf green fees reservation, Musical evenings (Sundays, Tuesdays and Thursdays), Free shuttle service to and from Padua (Saturday afternoons). **Services available on request:** Late check-out € 25, Private garage € 15 a day, Extra meal € 35, Room service € 10 for person, Travel basket € 10 per person, Car and Bicycle rental, riding stables, guided tours of the art cities (Venice, Padua, Ferrara), 4 Golf Courses 10 minutes from the hotel.





Basil Menu® The best products, the most advanced cooking techniques, the direct collaboration with researchers from the Universities of Milan and Padua all contribute to the creation of an optimal and healthy menu, customised to the needs and wishes of our guests, thanks to the several nutritional versions available: **Enjoy, Balanced, Veggie & Basil Plus.**

ENJOY. The Enjoy line includes local traditional dishes that are exclusively designed for the pleasure of tasting a meal, without calorie restrictions and without excluding any food. The Enjoy line is recommended for younger people, and should be associated with an especially active, non-sedentary lifestyle. (Free of charge).

BALANCED. The Balanced line includes foods that make for a sensible and balanced nutrition. This menu is available to all our guests, irrespective of age and lifestyle, and includes all possible ingredients, used following the latest nutritional and preventive medicine guidelines published by the World Health Organisation strictly; this means, in particular: 1) correct daily and weekly balance of fats, proteins, carbohydrates and fibre intake according to the dictates of the food pyramid; 2) limited 1600 calories daily regime (excluding bread and additional seasonings); 3) limited inclusion of red meat and animal fats, simple sugars and refined flours. (Free of charge).

VEGGIE. Thanks to our direct collaboration with some of the leading Ita-

lian experts of vegan and raw foodism cuisine, we developed the Total Vegan line. This line was developed to satisfy the taste and physiological or ethic requirements of some of our guests and does not use ingredients of animal origin. The fantasy of our kitchen in creating appetizing dishes shall allow even the most sceptical of our guests to discover that Total Vegan can be tasty, as we linked our recipes to the traditions, tastes and ingredients of the past, when fish, meat, dairy products and eggs were a luxury and common people had to make do with cereals and legumes. (Free of charge).

BASIL PLUS. Based on the menus of the Veggie and Balanced lines, the Basil Plus menu is tailored to the specific needs of the individual client: customised caloric regime, calorie intake distributed over 5/6 meals, protein intake consistent with the client's physiological needs and their drug intake. Recommended for elderly people, overweight people, orthopaedic, neurological or lymphological patients, the Basil Plus regime is prescribed after a specialised medical examination at a price of € 100 per week.

THE WATERS, of meteoric origin, come from the Piccole Dolomiti (Little Dolomites). The water went underground at heights over 1500 m, and reaches us after an underground voyage of thousands of years, after filtering down to depths of over 4000 metres. These are ancient and very pure waters, rich with minerals they collected thanks to the heat and pressure they were subject to. The geological structure of the Euganean Hills made them emerge and created the largest thermal basin in Europe in Abano. Ermitage has 3 thermal springs of salt-bromide-iodine water that naturally flow at temperatures between 72 and 82°C, with an available flow rate of over 10,000 litres per minute.

THE MUD is a unique and irreplaceable therapeutic element Ancient: in Abano, people received mud therapy already in Roman times. Fully natural: the thermal clay comes from a lake in Arquà Petrarca, on the Euganean Hills. Processed: mud ripens in thermal water for at least 60 days, acquiring the plasticity and chemical and physical characteristics that make it therapeutic. Effective and scientifically patented: the pain-relief and anti-inflammatory active principle of Abano mud was isolated at the Mario Negri Institute pharmacological and biomedical research centre, and is currently protected by a European patent.

Information

AUTHORISATIONS

Thermal establishment with auth. Nr: 16427 of 23/10/09. Specialised thermal establishment offering mud and thermal water bath therapy and inhalation therapy. We co-operate with the Italian National Health Service, and are classified as I Super by the Ministry of Health

MEDICAL ADMINISTRATOR

Dr Alberto Dattilo, specialist in Nephrology and Nutrition

ACCESS TO THE THERAPIES

In order to obtain optimal therapeutic results, guests are required to cooperate. Please bring with you the results of any recent clinical tests and a list of drugs you take.

POLICY

As the combination of stay and treatments is purchased in a single package, no refunds shall be given in case individual treatments are missed. Any additional treatments not mentioned above shall be paid for separately.



14 DAYS . BLUE WEEKS

Natural treatment of pains and bone and joint inflammations.

It includes: 14 nights in full board, 1 medical examination, 10 complete spa treatments: 10 mud applications with shower; 10 thermal ozone baths and 10 reaction massages 20', all hospitality services free of charge expected from hotel tariff list.

| 14 Nights and 10 complete thermal treatments | Special Season | Season | High Season |
|--|----------------|---------|-------------|
| Suite | € 1.670 | € 1.770 | € 1.830 |
| Junior Suite | € 1.610 | € 1.710 | € 1.770 |
| Classic | € 1.510 | € 1.610 | € 1.670 |

7 DAYS . BLUE WEEK

Natural prevention of pains and bone and joint inflammations.

It includes: 7 nights in full board, 1 medical examination, 5 complete spa treatments: 5 mud applications with shower; 5 thermal ozone baths and 5 reaction massages 20', all hospitality services free of charge expected from hotel tariff list.

| 7 Nights and 5 complete thermal treatments | Special Season | Season | High Season |
|--|----------------|--------|-------------|
| Suite | € 890 | € 940 | € 970 |
| Junior Suite | € 860 | € 910 | € 940 |
| Classic | € 810 | € 860 | € 890 |

7 DAYS . THIRD WEEK

Long Stay

Optional extension-stay in full-board. For those who book one of our 14 days-programs, it is possible to add a third week which includes 7 nights in full-board and all the hospitality services free of charge expected from hotel tariff list at the convenient rates of the Special Season, during the whole season.

| One Season Hotel 7 nights | Classic | Junior Suite | Suite |
|---------------------------|---------|--------------|-------|
| | € 630 | € 680 | € 710 |

Weekly reductions and surcharges applicable to the programs' rates

Half-Board (Breakfast & Dinner): - € 60, B&B: - € 90

Single Room: + € 70, Double room as single occupancy: + € 100, Panoramic Suite: + € 140

PRICE LIST OF THERMAL TREATMENTS

| | | |
|---|---|-----|
| Medical Examination and assistance during the treatment | € | 60 |
| Supplementary medical assessment | € | 30 |
| Thermal mud treatment with shower and ozone thermal bath | € | 32 |
| Reaction massage 20' | € | 33 |
| Inhalation / Aerosol | € | 10 |
| Aerosol medicine included | € | 12 |
| Cream for the reaction massage | € | 15 |
| Intensive muscular massage 30' (Trigger; Connective, Localized Draining, Plantar) | € | 44 |
| Draining massage with cold bandage 60' | € | 62 |
| Complete cycle of 5 thermal treatments | € | 385 |
| Complete cycle of 10 thermal treatments | € | 710 |
| Nursing services Injections, dressings | € | 10 |
| Customised hourly health and local care | € | 18 |



Our rehabilitation and physical medicine service is completely integrated with both the hotel and the thermal establishment, and was designed to promote the return to active life.

MEDICAL ASSISTANCE A complete medical team comprising Orthopaedics and Traumatology, Rehabilitation and physical Therapy, Rheumatology and Nephrology specialists can help all our guests that are burdened with light or severe limitations to their ability to move freely. The medical team guarantees that a skilled medical staff shall be always available to recognise the specific needs of each guest, according to the specific causes of the motor deficit, be they traumatic, orthopaedic, post-surgical or neurological in nature.

MOTION REHABILITATION AND PHYSICAL THERAPIES

Thanks to a customised, one-on-one assisted method that guarantees a steady 1:1 therapists/patients ratio, the hotel's own rehabilitation centre allows each of our guests to go through their rehabilitation autonomously and without worries. Modern electromedical equipment, large gyms and swimming pools freely accessible also for motion-impaired patients make it possible to alternate active and passive rehabilitation, and effectively control pain and acute inflammation.

HYDROKINESITHERAPY IN THERMAL WATER Helped by physical therapy and motor science professionals, our guests shall have the possibility to integrate their rehab protocol with rehabilitation in thermal water, with a complete lack of architectural barriers. The chemical and physical characteristics of thermal water (temperature, viscosity, specific weight) promote muscle relaxation and make it possible to perform the isokinetic work that is especially important in the first stage of active rehab, where it is necessary to correct postural defects and recover muscle tone with a controlled muscle effort without risks or exacerbations.

Informations

AUTHORISATIONS

Specialised Clinic for Rehabilitation and Physical Medicine Auth. Nr: 4067 of 16/08/2002. Specialised Clinic for Rehabilitation and Physical Medicine For physical recovery after Trauma, surgery, orthopaedic, neurological or lymphology pathologies that limit movement.

MEDICAL ADMINISTRATOR

Dr Simone Bernardini, Specialist in Physical Medicine.
Dr Angelo Rioda, Orthopaedics Specialist

ACCESS TO THE THERAPIES

In order to obtain optimal therapeutic results, guests are required to cooperate. Please bring with you the results of any recent clinical and imaging tests and a list of drugs you take.

POLICY

As the combination of stay and treatments is purchased in a single package, no refunds shall be given in case individual treatments are missed. Any additional treatments not mentioned above shall be paid for separately.

WEEKLY REDUCTIONS AND SURCHARGES

Half-Board (Breakfast & Dinner): - € 60, B&B: - € 90

Single Room: + € 70, Double room as single occupancy: + € 100,

Panoramic Suite: + € 140.

Reduction Starting from the 3th week -50 €



SCIENTIFIC COMMITTEE

Prof. Stefano Masiero. Physiatrist. University of Padua, Department of Neuroscience

14 DAYS . ORTHOPEDICS REHA

After the acute phase: In the event of Trauma and Surgery, (Hip, Shoulder, Knee replacement) It includes: 14 nights in full-board, First Medical Examination, 3 specialized medical examinations (Orthopedics-Physical Medicine), 2 hours per day of individual rehabilitation: 10 physiotherapies 60', 10 physiotherapies in water 30', 10 sessions of physical therapy or additional rehabilitative gym 30' if compatible with the clinical conditions of the Client. Functional assessment Results, Diet Basil Plus, All hospitality services free of charge expected from hotel tariff list.

| REHA 14 Nights and Intensive rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 3.300 | € 3.400 | € 3.460 |

7 DAYS . ORTHOPEDICS PHYSIO

Chronic Pathologies or Pain Syndromes that Limit Motor Skills

It includes: 7 nights in full-board, First Medical Examination, 2 specialized medical examinations (Orthopedics-Physical Medicine), 1½ hour per day of individual rehabilitation: 5 physiotherapies 30', 5 physiotherapies in water 30', 5 sessions of physical therapy or additional rehabilitative gym 30' if compatible with the clinical conditions of the Client. All hospitality services free of charge expected from hotel tariff list.

| PHYSIO 7 Nights and rehabilitative Protocol | One Season | | |
|--|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.290 | € 1.340 | € 1.370 |

7 DAYS . ACTIVE AGING

Age-connected motor skills limitations

It includes: 7 nights in full-board, First Medical Examination, 2 specialized medical examinations (Orthopedics-Physical Medicine), 1 hour per day of individual rehabilitation: 5 physiotherapies 30' or 5 physiotherapies in water 30', 5 sessions of physical therapy or additional rehabilitative gym 30' if compatible with the clinical conditions of the Client. All hospitality services free of charge expected from hotel tariff list.

| ACTIVE AGING 7 Nights and rehabilitative Protocol | One Season | | |
|--|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.040 | € 1.090 | € 1.120 |

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|---|----------------|
| First Medical Examination | € 60 |
| Orthopaedics-Physical Medicine Examination | € 80 |
| Second Specialistic Examination | € 50 |
| Functional assessment Results | € 80 |
| Individual Physiotherapy 30' | € 44 |
| Physiotherapy in thermal water 30' | € 48 |
| Joint Infiltrations (without medicament) | € 44 |
| Physical Therapies (15'): Laser, Electro, Ultrasound, Ionophoresis | € 24 |
| Magnet therapy 60' | € 24 |
| Cold Mud 30' | € 24 |
| Rehabilitation gymnastics administered by professionals as group activity | € 24 |
| Nursing services Injections, dressings | € 10 |
| Customised hourly health and local care | € 18 |
| Diet Basil Plus | € 100 per week |



NEUROLOGY PROGRAMS

Parkinson's disease - Multiple Sclerosis

Treatment and Stay prices, per person, in double room, full board

PRICE LIST OF NEUROLOGIC REHABILITATION

SCIENTIFIC COMMITTEE

Prof. Angelo Antonini. Neurologist. University of Padua

14 DAYS . NEUROLOGIC REHA

To improve the autonomy and quality of life of neurological patients

It includes: 14 nights in full-board, First Medical Examination, 3 Neurologic-Physical Medicine Examination, Setting or checking the Drugs Therapy 2 hours per day of individual rehabilitation: 10 physiotherapies 60', 10 physiotherapies in water 30', 5 sessions of additional rehabilitative gym 30', 5 Speech therapies 45' or 5 Neurocognitive Stimulation therapies 45' according to guests needs, Functional assessment Results, Basil Plus nutritional regime, all hospitality services free of charge expected from hotel tariff list.

| REHA 14 Nights and rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 3.590 | € 3.690 | € 3.760 |

7 DAYS . NEUROLOGIC FISIO

To keep neurological patients functional

It includes: 7 nights in full-board, First Medical Examination, 2 Neurologic-Physical Medicine Examination, Setting or checking the Drugs Therapy 1½ hours per day of individual rehabilitation: 5 physiotherapies 60', 5 physiotherapies in water 30', 3 Speech therapies 45' or 3 Neurocognitive Stimulation therapies 45', according to guests needs. Basil Plus nutritional regime, all hospitality services free of charge expected from hotel tariff list.

| FISIO 7 Nights and rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.760 | € 1.810 | € 1.840 |

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|--|----------------|
| First Medical Examination | € 60 |
| Neurologic-Physical Medicine Examination | € 80 |
| Ckeck-up | € 50 |
| Functional assessment Results | € 80 |
| Setting or checking the Drugs Therapy | € 80 |
| Individual Physiotherapy 30' | € 44 |
| Physiotherapy in thermal water 30' | € 48 |
| Speech therapy 45' | € 60 |
| Neurocognitive Stimulation 45' | € 60 |
| Rehabilitation gymnastics administered by professionals as group activity | € 24 |
| Nursing services Injections, dressings | € 10 |
| Customised hourly health and local care | € 18 |
| Neuro-psychological assessment at admission psychological support autogenic training to treat anxiety (upon request) 60' | € 80 |
| Diet Basil Plus | € 100 per week |

Information

An intensive approach that can guarantee maximum therapeutic success and a correct assessment of the effectiveness of the therapeutic drug administration requires a stay of 3-4 weeks and integrates the services of the Reha and Fisio protocols.

We ask our distinguished guests to provide the most recent medical information on their health status during their initial medical assessment.



LYMPHOLOGY

PROGRAMS

Primary or secondary lymphedema
Outcomes of autologous lymph node transplant

Treatment and Stay prices, per person,
in double room, full board

PRICE LIST OF LYMPHATIC REHABILITATION

SCIENTIFIC COMMITTEE

Dr. Denisa Giardini AIDMOV Losanna

International Association for Manual Lymphatic "Original Method" Vodder Massage

14 DAYS . LYMPHATIC REHA

Treatment and intensive rehabilitation of lymphedema patients

This programme includes a 14-day stay with full board, First Medical Examination, 3 Lymphatic-Physical Medicine Examination, 1 metabolic test, 1 analysis of body composition and aerobic capacity, 10 Medical-Fitness sessions with a personal trainer of 30' each, 10 therapeutic manual lymphatic massages of 60' each with the "Vodder Original Method", 10 therapeutic after lymphatic massage bandaging sessions of 30' each, Basil Plus nutritional regime, 6 rehabilitation gymnastics sessions (including outdoors, according to the season), functional assessment outcomes, the hospitality services detailed in the Hotel price list.

| REHA 14 Nights and rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 4.140 | € 4.240 | € 4.300 |

7 DAYS . LYMPHATIC FISIO

Lymphedema patient follow-up and maintenance programme

This programme includes a 7-day stay with full board, First Medical Examination, 2 Lymphatic-Physical Medicine Examination, 1 metabolic test, 1 analysis of body composition and aerobic capacity, 5 Medical-Fitness sessions with a personal trainer of 30' each, 5 therapeutic manual lymphatic massages of 60' each with the "Vodder Original Method", 5 therapeutic after lymphatic massage bandaging sessions of 30' each, Basil Plus nutritional regime, the hospitality services detailed in the Hotel price list.

| FISIO 7 Nights and rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.970 | € 2.020 | € 2.050 |

| | |
|---|----------------|
| First Medical Examination | € 60 |
| Lymphatic-physical Medicine Examination | € 80 |
| Check up | € 50 |
| Functional assessment Results | € 80 |
| Individual Medical Fitness Physiotherapy 30' | € 44 |
| Physiotherapy in thermal water 30' | € 48 |
| Rehabilitation gymnastics administered by professionals as group activity | € 24 |
| Therapeutic manual lymphatic massage with the "Vodder Original Method" | € 88 |
| Therapeutic after lymphatic massage bandaging 30' | € 44 |
| Nursing services Injections, dressings | € 10 |
| Customised hourly health and local care | € 18 |
| Diet Basil Plus | € 100 per week |

Information

An intensive approach that can guarantee maximum results in case of outcomes of autologous lymph node transplant requires a stay of 4 weeks and integrates the services of the Reha and Fisio protocols, according to the needs of each individual patient.

For surgical issues (autologous lymph node transplant), please refer to Dr. Corinne Becker, Lymphedema Surgery specialist. Paris. Milan.

At the end of the treatment, a customised elastic support will be provided for maintenance purposes (price quote upon request).



NUTRITION FITNESS

PREVENTION OF CARDIOVASCULAR PATHOLOGIES

Nutrition, physical exercise, thermal therapies and physical medicine for the prevention of cardiovascular pathologies due to ageing, excessive body weight and bad lifestyles.

THE MEASURE OF WELL-BEING Thanks to the co-operation between the physical rehabilitation and fitness centres, Ermitage guarantees customised consultancy services. The medical consultation with the dietician is integrated by a physiological check-up that includes digital analysis of basal metabolism and aerobic capacity, bioelectrical impedance analysis of body composition with anthropometric measurements. A convenient blood tests service is also available for those who are interested. Having detailed measurements means that we can customise our guest's diet and training program, providing complete and objective data on the results attained by the end of the stay.

NUTRITION, THERMAE AND FITNESS, THE SYNERGIES

Clinical studies carried out at our establishment in co-operation with the University of Milan have shown that there is a healthy correlation between mud and thermal water bath therapy and lipid metabolism. Thanks to the skill of our kitchen staff, to the assistance of skilled personal trainers and to the possible integration with thermal therapies (mud and thermal water bath therapy and individual aquagym sessions in thermal water), the programs offered by Ermitage make it possible for the guests to become fit without foregoing the pleasure of a relaxing holiday. Our guests may be certain that they shall obtain lasting results, and they shall have been obtained in a healthy way, by taking into account not only their weight, but also their metabolism, the reduction of fat body mass and the enhancement of their aerobic capacity. The highly customisable offer, the assistance of a skilled staff and the complete accessibility of gyms and swimming pools make it possible, even for our elderly or disabled guests to take part in our fitness programs with a high degree of success.

Physical exercise and nutrition, if followed correctly and consistently with regard to age and life style make it possible to prevent the onset of several orthopaedic, cardiological and oncological pathologies, ensuring healthy, active and satisfying ageing. Nutrition and physical exercise can also improve tone, physical appearance and self-perception, thus enhancing one's relational skills, mood and psychic and physical balance.

Informations

ACCESS TO THE THERAPIES In order to obtain optimal therapeutic results, guests are required to cooperate. Please bring with you the results of any recent clinical and imaging tests and a list of drugs you take.

POLICY As the combination of stay and treatments is purchased in a single package, no refunds shall be given in case individual treatments are missed. Any additional treatments not mentioned above shall be paid for separately.

WEEKLY REDUCTIONS AND SURCHARGES

Single Room: + € 70, Double room as single occupancy: + € 100, Panoramic Suite: + € 140

BASIL PLUS Customised nutritional program with tailored daily calorie intake. Expert consultant: Prof. Fulvio Ursini, biochemist specialised in nutrition, University of Padua.



NUTRITION FITNESS

PROGRAMS

Overweight - Cardiovascular Prevention

Treatment and stay rates, per person,
in double room, full board

PRICE LIST OF CARDIOVASCULAR PREVENTION

SCIENTIFIC COMMITTEE

Prof. Arsenio Veicsteinas Cardiologist and Sport Medicine Doctor: University of Milan

14 DAYS . WEIGHT MANAGEMENT

For seriously overweight patients or localised fat accumulations

(Nutritional program, Cardio-Training, Cycle of Thermal therapies, Massage Therapy).

It includes 14 nights in full board, 2 medical examinations with dietician, 1 metabolic test, blood examinations, digital analysis of body composition, 10 complete thermal treatments, 10 cardio-fitness sessions with personal trainer (hydro- kinesitherapy in case that the weight limits the capability of movements), 10 draining massage 30', Functional assessment Results, Eating program with a personalized calorie scheme with Basil Menu. Access to cardio-fitness circuit, all hospitality services free of charge expected from hotel tariff list.

| WEIGHT MANAGEMENT 14 Nights and Intensive rehabilitative Protocol | One Season | | |
|--|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 3.360 | € 3.460 | € 3.520 |

7 DAYS . FIT

For overweight patients with mild metabolic syndromes (Nutritional program,

Cardio-Training, Cycle of Thermal therapies). It includes 7 nights in full board, 2 medical

examinations with dietician, 1 metabolic test, blood examinations, digital analysis of body composition, 5 complete thermal treatments, 5 cardio-fitness sessions with personal trainer 30', Functional assessment Results, Eating program with a personalized calorie scheme with Basil Menu. Access to cardio-fitness circuit, all hospitality services free of charge expected from hotel tariff list.

| FIT 7 Nights and Intensive rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.340 | € 1.390 | € 1.420 |

7 DAYS . DETOX

For slightly overweight patients with unhealthy lifestyles (Nutritional program

+ Cardio-Training). It includes 7 nights in full board, 2 medical examinations with dietician, 1

metabolic test, digital analysis of body composition, 5 cardio-fitness sessions with personal trainer 30', Eating program with a personalized calorie scheme with Basil Menu. Access to cardiofitness circuit, all hospitality services free of charge expected from hotel tariff list.

| DETOX 7 Nights and rehabilitative Protocol | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.120 | € 1.170 | € 1.200 |

| | | |
|---|---|----|
| Initial Medical Examination with a Nutritionist (includes a digital analysis of body composition) | € | 80 |
|---|---|----|

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| Medical assistance during the stay | € | 60 |
|------------------------------------|---|----|

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| Functional assessment Results | € | 80 |
|-------------------------------|---|----|

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| Biochemical blood tests | € | 50 |
|-------------------------|---|----|

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| Digital Metabolic Test (VO2) | € | 44 |
|------------------------------|---|----|

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|---------------------------------------|---|----|
| Personal Trainer (Cardio Fitness) 30' | € | 44 |
|---------------------------------------|---|----|

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|--|---|----|
| Personal Trainer (Cardio Fitness) in the water 30' | € | 48 |
|--|---|----|

| | | |
|--------------------------------------|---|-------------|
| Access to the Cardio Fitness circuit | € | 30 for week |
|--------------------------------------|---|-------------|

| | | |
|-----------------|---|--------------|
| Diet Basil Plus | € | 100 for week |
|-----------------|---|--------------|

| | | |
|------------------------|---|----|
| Step computer analysis | € | 44 |
|------------------------|---|----|

| | | |
|--------------------------------------|---|----|
| Digital analysis of body composition | € | 24 |
|--------------------------------------|---|----|



A Modern Wellness Centre designed to promote the return of the patient to a state of complete psychological and physical balance, thanks to an accurate selection of spa, holistic and natural treatments.

Ermitage is a treatment structure focusing on prevention and rehabilitation. However, the natural heat of the springs, the pleasant and relaxing moments spent in our quiet gardens, the changing colours of the surrounding hills and of the large swimming pools, the attention paid to the tastes and freshness of our cuisine make our hotel also a pleasant place to spend time in.

BEAUTY AND PLEASURE Our professional staff in the thermal centre and the medical rehabilitation centre shall dedicate the same degree of attention they offer their patients also to our other guests who do not have any specific health issues and are only looking for the pleasure of being lazy and relaxed.

Pampered by skilled hands, cradled in the warmth of our thermal waters and steam, our guests can try several different massage techniques or, if they so choose, they can be helped to eliminate any small flaws of the body and face and gift their skin with new opportunities to be healthy and energised. Our guests are guaranteed constant attention from our skilled staff and that the treatments are all of completely natural origin.

Informations

AUTHORISATIONS

Wellness Centre Auth. Nr. 18913 of 31/12/2009.

MANAGER

Caterina Greggio, Specialist in Beauty treatments and massage therapy.

HAIRDRESSER SERVICE

An internal hairdresser and coiffeur service is available to all our guests every Thursday and Saturday afternoon.

BEAUTY PRODUCTS

All the products used for the massage therapy and beauty treatments are dermatologically tested and free from allergens

POLICY

As the combination of stay and treatments is purchased in a single package, no refunds shall be given in case individual treatments are missed. Any additional treatments not mentioned above shall be paid for separately.



7 DAYS . GLOBAL WELLNESS

To recover one's psychic and physical balance: the treatments promote muscle relaxation and nourish the skin of the body and face (Massage Therapy + Thermal Wellness + Natural Beauty Treatments).

It includes 7 nights in full board, 1 Thermal Steam Parcours individual or for pair; 1 Body peeling with mud, 1 Face treatment 'Principi' 60', 1 Face treatment 'Feeling Time' 60', 2 body lymphatic drainages 60', 2 Antistress massages 60', 1 manicure and 1 pedicure with paraffin, all hospitality services free of charge expected from hotel tariff list.

| GLOBAL WELLNESS 7 Nights and Intense Wellbeing-Program | One Season | | |
|---|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.390 | € 1.440 | € 1.470 |

7 DAYS . ANTISTRESS

To recover one's psychic and physical balance: the treatments promote muscle relaxation (Massage Therapy + Thermal Wellness).

It includes 7 nights in full board, 1 Thermal Steam Parcours individual or for pair 40', 1 Body peeling with sea salt 60', 1 individual relaxing treatment in thermal water 30', 2 Antistress massages 60', 1 body lymphatic drainage 60', 1 feet reflex massage 30', all hospitality services free of charge expected from hotel tariff list.

| ANTISTRESS 7 Nights and Wellbeing Program | One Season | | |
|--|------------|--------------|---------|
| | Classic | Junior Suite | Suite |
| | € 1.200 | € 1.250 | € 1.280 |

7 DAYS . EVERY DAY MASSAGE

It includes 7 nights in full board, 1 general medical assessment to authorise access to massage therapy. A massage a day: 5 classic massage therapy sessions of 30 minutes each, with massaging techniques dating back to the Greek-Roman tradition: Lymphatic Drainage, relaxing, or tonifying, according to the specific needs of each guest. 1 Thermal Steam session, all hospitality services free of charge expected from hotel tariff list.

| EVERY DAY MASSAGE 7 Nights and Wellbeing Program | One Season | | |
|---|------------|--------------|-------|
| | Classic | Junior Suite | Suite |
| | € 820 | € 870 | € 900 |

Weekly reductions and surcharges applicable to the programs' rates

Half-Board (Breakfast & Dinner): - € 60, B&B: - € 90

Single Room: + € 70, Double room as single occupancy: + € 100, Panoramic Suite: + € 140

| | | |
|---|---|-----|
| Complete Body massage 60' | € | 88 |
| Complete Body massage 30' | € | 44 |
| Watsu, Water Shiatsu 30' | € | 48 |
| Steam Parcours (Inhalation + Steam bath + Emotional shower) 40' | € | 20 |
| Facelymphatic drainage with personalized mask 60' | € | 80 |
| Face treatment nutritive "Principi" 60' | € | 80 |
| Face treatment Anti-age "Feeling Time" 60' | € | 80 |
| Body Peeling 60' | € | 88 |
| Tone up Body Treatment M.S.B. 60' | € | 88 |
| 'Cristalli' Breast firming program 60' | € | 88 |
| Regenerating body treatment 'Strato Sottile' 90' | € | 140 |
| Presso therapy 30' | € | 60 |
| Manicure 60'; Pedicure 60' | € | 44 |
| Peeling Hammam 90'; Dermo pure Lift 90' | € | 100 |
| Dermo pure body massage 90'; Body mask 90' | € | 100 |



THERMAE & PHYSICAL REHABILITATION, WELLNESS AND FITNESS. 3 nights' programmes



1. OTIUM The Thermae

One Season

€ 495

per person

For muscle wellness and deep-reaching relaxation

HOSPITALITY 3-night stay with full board in a Suite double room or Classic single room.

THERAPIES Initial medical assessment, 2 relaxing or tonifying 30-minute massages, 2 individual decontracting treatments in thermal water of 30 minutes each, 1 single or couple access to the steam treatments (inhalation and steam bath), daily access to the cardio-fitness circuit.



2. MOMENTUM Rehabilitation area

One Season

€ 560

per person

To correct posture and treat cervical pain, sciatalgia, joint pains.

HOSPITALITY 3-night stay with full board in a Suite double room or Classic single room.

THERAPIES Initial medical assessment, 1 digital analysis of walking gait, 2 individual physical therapy sessions of 30 minutes each, not in water, 2 customised pain-relief physical therapy sessions, 2 individual physical therapy sessions, in thermal water of 30 minutes each, access to the cardio-fitness circuit.



3. VITALIS Nutrition and fitness area

One Season

€ 680

per person

For the assessment of your biological age and cardiovascular risk

HOSPITALITY 3-night stay with full board in a Suite double room or Classic single room.

THERAPIES Initial medical assessment, 1 complete physiological check up: Digital analysis of basal metabolism, digital analysis of aerobic capacity with a cycloergometer, Anthropometric measurements, Bioelectrical impedance analysis of body composition, Blood chemistry analysis, 2 cardio-fitness training sessions with a personal trainer, 30 minutes each, 2 individual or couple accesses to the steam treatments (inhalation and steam bath), 2 Body Lymphatic Drainage massages of 30 minutes each, customised nutritional and calorie intake programme, access to the cardio-fitness circuit.



4. AMBROSIA Wellness area

One Season

€ 620

per person

For the balance and health of your face and body.

HOSPITALITY 3-night stay with full board in a Suite double room or Classic single room.

THERAPIES 1 Peeling treatment in the Hammam (Turkish bath with emotional shower - Full Body Peel treatment with scented salt + body massage), duration 90 minutes, 1 Demo Pure Lift face treatment with ripe thermal mud, duration 90 minutes, 1 Body Lymphatic Drainage, 60 minutes, Manicure + Pedicure treatments, access to the cardio-fitness circuit.



Prevention check-up

Thanks to the direct co-operation with the laboratories of the Data Medica Group, Ermitage Medical Hotel can offer you a useful Diagnostics and Prevention service, including the availability of specialised medical consultants and of radiology equipment for prevention purposes:

Available check-up:

- Complete medical check-up Women up to 45 years of age € 580
- Complete medical check-up Women above 45 years of age € 840
- Complete medical check-up Men up to 45 years of age € 460
- Complete medical check-up Men above 45 years if age € 680

Other specific diagnostic and radiological services are available upon request.

To organise your complete medical check-up you need to book it two weeks in advance of your expected date of arrival. The complete medical check-up requires 4/5 hours and shall take place in the course of one morning during your stay. The results shall be available in 5 business days and shall be integrated by the final report by the internal medicine specialist, available also in English.

ORTHOPAEDIC SURGERY, GLOBAL CARE



The Global Care programs include all the diagnostics, surgery and rehabilitation services.

In the field of orthopaedic surgery, all the treatment phases, Before, During and After surgery contribute to the attainment of the desired therapeutic results. The Ermitage Global Assistance Programs are designed to manage all the treatment steps simply and effectively, and to guarantee continuous assistance until the patient attains full functional autonomy. The program is designed to promote a quick restoration of active life, reducing the costs and psychological and physical discomfort of both patients and their families.

| TYPE OF SURGERY | PHASE I Assessment and preparation | PHASE 2 Surgery and hospital rehabilitation | PHASE 3 Post-surgery rehabilitation | TOTAL DURATION | TOTAL COST |
|--------------------------|---------------------------------------|--|--|----------------|-------------|
| Partial Knee Replacement | Ermitage Bel Air 7 Days | Casa di Cura Giovanni XXIII 4 Days | Ermitage Bel Air 14 Days | 25 Days | euro 18.500 |
| Hip Replacement | Ermitage Bel Air 7 Days | Casa di Cura Giovanni XXIII 6 Days | Ermitage Bel Air 14 Days | 27 Days | euro 20.500 |
| Total Knee Replacement | Ermitage Bel Air 7 Days | Casa di Cura Giovanni XXIII 8 Days | Ermitage Bel Air 21 Days | 36 Days | euro 22.500 |

WELLNESS WITHOUT BARRIERS

Where others stop we give
our best performance

Accessibility and the removal of architectural barriers are slowly gaining ground, thanks to an increased awareness and concern in everybody. In this specific sector, too, Ermitage Bel Air - Medical Hotel decided to adopt an original and innovative approach: Accessibility does not simply mean to overcome the barriers that divide people and spaces. For us, accessibility means to remove any barriers that divide people from people, to offer everyone a healthy and comfortable experience.

The hotel, the wellness area, the thermae and our swimming pools are places that people visit for therapy and to socialise, and are therefore designed to address both the prevention requirements of able bodied guests and the needs of guests who might be temporarily or chronically motion-impaired.



ELEONORA PROJECT

Eleonora's Dream: "A Normal Life".

Starting in 2014 and thanks to the direct collaboration of some health care structures and non-profit organisations, Ermitage Bel Air - Medical Hotel shall make available for the full duration of the season and completely free, a highly accessible Suite room for people with severe motion impairment and their families. The goals of this project are:

- Provide completely free assistance and high-level rehabilitation therapies
- Allow the families to enjoy a respite from their daily toil the rest of the year.
- Allow the families and patients to Experience a pleasant Holiday together!

In cooperation with
Padua Pediatric Hospice.

For info: www.ilsognodieleonora.it





LOCATION

Between enchanting art cities
At just 45 km from Venice.

The hotel, surrounded by a large private garden, stands at the feet of the Natural Park of the Euganean Hills, in the quiet village of Monteortone, about 1 Km from the very centre of Abano Terme.

The hotel is 15 Km from the historic centre of Padua, while the cities of Venice, Verona, Treviso, Vicenza and Bologna are less than one hour's drive away, thanks to the A4 and A13 highway connections.

LOCATION

BY CAR A4 exit: Padova Ovest, or A13 exit: Terme Euganee - follow the signs to Terme Euganee - Abano Terme, from Abano then follow the directions towards Monteortone. The hotel is 150 m past the Sanctuary of the Madonna della Salute. You can download a map from our website or set the following GPS coordinates in your navigator:

GPS lat. 45.35128948765311 - long. 11.758412718772888

BY PLAN The hotel operates a minibus shuttle service to and from the Airports of Venice and Treviso Price per person, round trip: Venice Airport: - Hotel € 60.00 - Treviso Airport: - Hotel € 80.00

For the Verona, Bologna and Brescia airports, shuttle service fares per person are available upon request.

For info and booking:

FREE EUROPEAN NUMBER: 0080015112006

Web: www.ermitageterme.it

E-mail: ermitage@ermitageterme.it

Ermitage Bel Air

MEDICAL HOTEL®
Abano - Teolo (PD) Italia



“A holiday that shall
improve your Life”

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