

Ermitage Bel Air

MEDICAL HOTEL®



☆☆☆☆

Spa and Wellness, Prevention and Physical Rehabilitation.
A HOLIDAY THAT SHALL IMPROVE YOUR LIFE

2019 | Edition

VenetianRegion | Abano Terme

Famiglia Maggia



ABOUT US

A comfortable Hotel Residence, supported and easily accessible. A true Thermal Centre. A Modern Rehab and Physical Medicine Medical Centre.

We deal with the main factors that compromise the ability to move and the quality of life: pain, aging, trauma and bad lifestyles.

A complete range of services, in a place where everyone, without age limitations and without barriers, can feel welcome and that all their needs are attended to.

Famiglia Maggia



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CERTIFICATIONS



Sistema di Qualità Certificato
UNI EN ISO 9001, N: 731003087
del 30/03/2010, TÜV Hessen.



Garanzia di Accessibilità
Vacanza senza Barriere

AGREEMENTS



Season 2019
OPENING 9/3/2019

Closed	C	Season	S
Special Season	SP	High Season	H

	C	3 AUGUST	SP
9 MARCH	SP	10 AUGUST	S
16 MARCH	SP	17 AUGUST	S
23 MARCH	SP	24 AUGUST	H
30 MARCH	S	31 AUGUST	H
6 APRIL	S	7 SEPTEMBER	H
13 APRIL	H	14 SEPTEMBER	H
20 APRIL	H	21 SEPTEMBER	H
27 APRIL	H	28 SEPTEMBER	S
4 MAY	H	5 OCTOBER	S
11 MAY	H	12 OCTOBER	S
18 MAY	S	19 OCTOBER	S
25 MAY	S	26 OCTOBER	SP
1 JUNE	S	2 NOVEMBER	SP
8 JUNE	S	9 NOVEMBER	SP
15 JUNE	SP	16 NOVEMBER	SP
22 JUNE	SP	23 NOVEMBER	SP
29 JUNE	SP	30 NOVEMBER	SP
6 JULY	SP	7 DECEMBER	SP
13 JULY	SP	14 DECEMBER	C
20 JULY	SP	21 DECEMBER	H
27 JULY		28 DECEMBER	H
		4 JANUARY 2020	H
		11 JANUARY 2020	

Room Availability
on the day of arrival, from 14:30,
on the day of departure, until 10:00.
Discounts for children
0-3: 90% | 4-6: 50% | 7-14: 30%

HOSPITALITY
Rates per person full board, per day, in double room, without treatments

HOTEL PRICES DAILY RATES			
Hotel 1 night	Special Season	Season	High Season
Suite	€ 116	€ 122	€ 128
Junior Suite	€ 110	€ 116	€ 122
Classic	€ 104	€ 110	€ 116

Surcharges and reductions per day: HB breakfast and dinner: - € 12; BB bed and breakfast - € 16; single room + € 12; double room as single occ. + € 16; panoramic suite + € 20.

TERME AND RELAX WEEKLY RATES			
Hotel 7 nights	Special Season	Season	High Season
Suite	€ 765	€ 800	€ 835
Junior Suite	€ 730	€ 765	€ 800
Classic	€ 695	€ 730	€ 765

LONG STAY WEEKLY RATES		
Hotel 7 nights	One Season	notes
Suite	€ 765	For the third week continued together with other offers.
Junior Suite	€ 730	
Classic	€ 695	

Surcharges and reductions per week HB breakfast and dinner: - €70; BB bed and breakfast - € 90; single room + € 70; double room as single occ. + € 100; panoramic suite + € 140.

A MONTH WITHOUT THOUGHTS PER MONTH		
Hotel 28 nights	One Season	notes
Suite	€ 2.940	Rates for 4 weeks continued in fullboard with water service restaurant & minibar included.
Junior Suite	€ 2.800	
Classic	€ 2.660	

Surcharges and reductions per month: HB breakfast and dinner: - € 260; bb bed and breakfast- € 340; single room + € 260; double room as single occ. + € 380; panoramic suite + € 530.

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).

RESTAURANT

Choose your menu knowingly.

The best local products chosen from the best local producers; our chefs and scientific consultants are constantly striving to offer a cuisine that can combine health and pleasure.



Andrea
VICE CHEF

MENU ENJOY. This menu focuses exclusively on pleasure and taste, with no calorie restrictions. With a lot of local recipes and products, it is recommended for younger guests and should be associated with a highly active, non sedentary lifestyle. (Free)

MENU BALANCED. For a more conscious and healthy diet. Recommended for all our guests, independently of their age or lifestyle, this menu is planned in compliance with the most recent dietary and preventive medicine guidelines: correct balance between fats, carbohydrates, protein and fibre. With 1600 calories a day, excluding bread and added seasoning, it is slightly hypocaloric. There is a limited presence of red meat, animal fats, sugars and refined flours. (Free)

MENU VEGGIE. Created to cater to the tastes and physiological needs of some of our guests, this menu does not contain any food of animal origin. Even the most sceptical guests will be able to enjoy the flavours and ingredients of the past, when fish, meat, milk and eggs were a luxury for the few and vegetables, legumes and cereals, often forgotten today, had to be presented in a pleasant way. (Free)

MENU BASIL PLUS. This menu comprises the dishes of Veggie and Balanced lines, adapted to the specific needs of our customers. It offers a tailored calorie regime, distributed in 6 meals to avoid glycemic drops and peaks. The protein load is tailored to the guest's physiological requirements or adjusted in connection with the taking of drugs. 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.

Scientific Consultant: Prof. Fulvio Ursini, Biochemist at UNIPD

Services available on request: Late check-out € 25, Private garage € 15 a day, Extra meal € 36, 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.

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

CLASSIC THERMAE

A gift of nature to treat and prevent pain and ageing of the joint systems.

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.

SURCHARGES AND REDUCTIONS PER WEEK

HB breakfast and dinner: - €70; single room + € 70; double room as single occ. + € 100.

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	€ 36
Reaction massage 20'	€ 36
Inhalation / Aerosol	€ 12
Aerosol medicine included	€ 15
Cream for the reaction massage	€ 15
Intensive muscular massage 30' (Trigger; Connective, Localized Draining, Plantar)	€ 45
Draining massage with cold bandage 60'	€ 65
Complete cycle of 5 thermal treatments	€ 420
Complete cycle of 10 thermal treatments	€ 780
Nursing services Injections, dressings	€ 12



DOC. ALBERTO DATTILO
Nephrology and Dietology Specialist
Therme & General Medicine Supervisor

CLASSIC THERMAE

Arthritis - Ageing

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

14DAYS BLUE WEEKS

2 weeks with 10 thermal treatments included
Including thermal treatments for a value of € 780
(1 medical examination, 10 mud applications, 10 thermal ozone
baths, 10 reaction massages 20') .

Hotel 14 Days + 10Treatm.	Special Season	Season	High Season
Suite	€ 1.780	€ 1.850	€ 1.920
Junior Suite	€ 1.710	€ 1.780	€ 1.850
Classic	€ 1.640	€ 1.710	€ 1.780

7DAYS BLUE WEEK

1 week with 5 thermal treatments included
Including thermal treatments for a value of € 420
(1 medical examination, 5 mud applications, 5 thermal ozone baths,
5 reaction massages 20').

Hotel 7 Days + 5 Treatm.	Special Season	Season	High Season
Suite	€ 950	€ 985	€ 1.020
Junior Suite	€ 915	€ 950	€ 985
Classic	€ 880	€ 915	€ 950

Third optional week: page 4.

TERME PLUS, CUSTOMIZE YOUR SPA JOURNEY

- 1 Specialistic Examination € 120

3 Physiotherapy 30' €130

3 Physiotherapy in thermal water € 140
- 3 Draining massage with cold bandage 60' € 170

3 Intensive muscular massage 30' €120

3 Intensive muscular massage 60' € 240
- Manicure + Pedicure € 80

2 Face treatment € 145

Manicure Pedicure + 2 Face treatment € 225



PHYSICAL REHABILITATION

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.

SCIENTIFIC ASSESSMENT OF REHAB PROTOCOLS

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

The protocols described are inspired by criteria of scientific evidence and are designed according to the indications of our scientific consultants thanks to the continuous collaboration between Emetage Bel Air – Medical Hotel and the Faculty of Medicine of the University of Padua.

SCIENTIFIC COMMITTEE

The protocols described are inspired by criteria of scientific evidence and are designed according to the indications of our scientific consultants thanks to the continuous collaboration between Emetage Bel Air – Medical Hotel and the Faculty of Medicine of the University of Padua.

ORTHOPAEDICS REHABILITATION: Prof. Stefano Masiero, Physiatrist, University of Padua, Department of Neuroscience

NEUROLOGY REHABILITATION: Prof. Angelo Antonini, Neurologist, University of Padua

LYMPHOLOGY REHABILITATION: Dr. Denisa Giardini AIDMOV Losanna

CARDIOVASCULAR PREVENTION: Prof. Domenico Corrado, Cardiologist and Sport Medicine Doctor, University of Padua

DIAGNOSTIC

Thanks to the direct co-operation with partner, Emetage Medical Hotel can offer you a useful Diagnostics and Prevention service.



PHYSICAL REHABILITATION

Important Information

The access to therapy and residential programmes

The rehab and physical medicine programmes offered by Ermitage Bel Air - Medical Hotel are designed exclusively for collaborative, clinically stable and/or stabilised patients who, when entering the programme, do not require intensive and emergency medical care.

The hotel stay for the length of the treatment is an integral part of the care activities and facilitates the integration between the specialised medical care and rehab therapies of the integrated Medical Centre and the highly accessible hotel services offered.

The described care protocols are evidence-based and planned according to the instructions of our scientific consultants, thanks to the ongoing co-operation between Ermitage Bel Air - Medical Hotel and the Department of Medicine of the University of Padua.

Starting on any of our standard or customised care programmes is possible only after a medical examination at admission, which is always mandatory.

In order to offer a correct and effective therapeutic approach, all guests are required to provide up-to-date information on their health status during the first examination.

Individual social, health care and nursing services on request

Individual social, health care and nursing services during the stay for customers who are not entirely self-sufficient, are not included in the room rates and have to be booked together with the room and will be personalized upon guests needs.

Nursing services (Injections, dressings) 30' € 12

Customised hourly health and local care 60' € 25, 3 continuous hours € 60

CARE GIVER SPECIAL PRICES

For the possible Care Giver, family member or assistant, who share the room with the guest in treatment with REHAB or PHYSIO Program, Special rate of stay "Terme &Relax".

Hotel 7 Days - CARE GIVER	One Season
Suite	€ 735
Junior Suite	€ 700
Classic	€ 665

ORTHOPAEDIC SURGERY, GLOBAL CARE



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 1 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 XIII 4 Days	Ermitage Bel Air 14 Days	25 Days	~ € 22.000
Hip Replacement	Ermitage Bel Air 7 Days	Casa di Cura Giovanni XIII 6 Days	Ermitage Bel Air 14 Days	27 Days	~ € 24.000
Total Knee Replacement	Ermitage Bel Air 7 Days	Casa di Cura Giovanni XIII 8 Days	Ermitage Bel Air 21 Days	36 Days	~ € 26.000

NB diagnostics and surgery prices are indicative only for an exact price quotation, seeing the patient and and an introductory medical examination on our premises are required.

ORTHOPAEDICS

Trauma and Surgery

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

SCIENTIFIC COMMITTEE

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

7 DAYS ORTHOPEDICS REHAB POST ACUTENESS

Rates per week including medical assistance and a cycle of 5 rehab days

Including rehab treatments for a value of € 1255 (1 medical examination + Dieta Basil Plus, 2 specialized medical examinations, 5*30' individual physiotherapy in thermal water, 5*60' individual physiotherapy, 5*30' rehabilitative gym in groups, gym card).

Hotel 7 Days + 5 Treatm. 2h/day	One Season
Suite	€ 1.990
Junior Suite	€ 1.955
Classic	€ 1.920

7 DAYS ORTHOPEDICS PHYSIO CHRONIC PAIN

Rates per week including medical assistance and a cycle of 5 rehab days

Including rehab treatments for a value of € 805 (1 medical examination, 2 specialized medical examinations, 5*30' individual physiotherapy in thermal water, 5*30' individual physiotherapy, gym card).

Hotel 7 Days + 5 Treatm. 1 h/day	One Season
Suite	€ 1.540
Junior Suite	€ 1.505
Classic	€ 1.470

7 DAYS ORTHOPEDICS PREVENTION ACTIVE AGING

Rates per week including medical assistance and a cycle of 5 rehab days

Including rehab treatments for a value of € 460 (1 medical examination, 1 specialized medical examination, 5*30' individual physiotherapy or in thermal water according to needs, gym card).

Hotel 7 Days + 5 Treatm. 30'/day	One Season
Suite	€ 1.195
Junior Suite	€ 1.160
Classic	€ 1.125

REDUCTION OF € 120 STARTING FROM THE SECOND WEEK.

Surcharges and reductions per week

HB breakfast and dinner: - €70; single room + € 70; double room as single occ. + € 100.

Doc. Simone Bernardini

PHYSICAL MEDICINE SPECIALIST ORTHOPEDY
& NEUROLOGY GENERAL REHAB SUPERVISOR



Doc. Angelo Rioda

ORTHOPEDIC SURGEON POST TRAUMA
& SURGERY REHAB SUPERVISOR



NEUROLOGY

Treatment and Stay prices, per person,
Parkinson's disease, Multiple Sclerosis, Stroke in double room, full board.

SCIENTIFIC COMMITTEE

Prof. Angelo Antonini. Neurologist. University of Padua

7 DAYS NEUROLOGIC REHAB INTENSE PROGRAM

Rates per week including medical assistance and a cycle of 5 rehab days	Hotel 7 Days + 5 Treatm. 2h 15'/day	One Season
	Suite	€ 2.265
	Junior Suite	€ 2.230
	Classic	€ 2.195

Including rehab treatments for a value of € 1530 (1 medical examination + Dieta Basil Plus, 2 specialized medical examinations, 5*30' individual physiotherapy in thermal water; 5*60' individual physiotherapy, 5*45' neuro-stimulation sessions, gym card).

7 DAYS NEUROLOGIC PHYSIO LIGHT PROGRAM

Rates per week including medical assistance and a cycle of 5 rehab days	Hotel 7 Days + 5 Treatm. 1h 45'/day	One Season
	Suite	€ 2.040
	Junior Suite	€ 2.005
	Classic	€ 1.970

Including rehab treatments for a value of € 1305 (1 medical examination + Dieta Basil Plus, 2 specialized medical examinations, 5*30' individual physiotherapy in thermal water; 5*30' individual physiotherapy, 5*45' neuro-stimulation sessions, gym card)

REDUCTION OF € 120 STARTING FROM THE SECOND WEEK.



Andrea
PHYSIOTHERAPIST
Pietro
GUEST

PRICE LIST OF REHAB

GENERAL PRICE LIST AND ORTHOPAEDICS

First Medical Examination	€ 60
Specialistic Examination	€ 120
Second Specialistic Examination	€ 60
Individual Physiotherapy 30'	€ 45
Physiotherapy in thermal water 30'	€ 50
Physical Therapies (15'): Laser, Electro, Ultrasounds, Ionophoresis	€ 25
Magnet therapy 60'	€ 25
Cold Mud 30'	€ 25
Rehabilitation gymnastics as group activity	€ 25
Joint Infiltrations (without medicament)	€ 45

NEUROLOGY

Speech therapy 45'	€ 80
Stimulation 45'	€ 80
- Neurocognitive	
- Gondola AMPS	
- Bemer	
- Occupational Therapy	
Neuro-psychological assessment at admission	€ 80 individual
psychological support	€ 40 groups
autogenic training to treat anxiety (upon request) 60'	

LYMPHOLOGY

Therapeutic manual lymphatic massage with the "Vodder Original Method" 60'	€ 90
Therapeutic after lymphatic massage bandaging 30'	€ 45

DIETOLOGY

Dieta Basil Plus	€ 100 per week
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LYMPHOLOGY

Primary or secondary lymphedema, lymphatic deficit

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

SCIENTIFIC COMMITTEE

Dr. Denisa Giardini AIDMOV Losanna - International Association for Manual Lymphatic "Original Method" Vodder Massage

7 DAYS LYMPHATIC REHAB FOR LINFEDEMA DISEASE ACTIVE PROGRAM

Rates per week including medical assistance and a cycle of 5 rehab days

Including rehab treatments for a value of €1650 (1 medical examination + Dieta Basil Plus, 2 specialized medical examinations, 1 metabolic test & Body Index, 5*30' individual personal trainer sessions in the sports hall or in thermal water according to the needs , 5*60' lymphatic drainage Vodder method, 10*30' therapeutic bandage, gym card).

Hotel 7 Days + 5 Treatm. 2h 30'/day	One Season
Suite	€ 2.385
Junior Suite	€ 2.350
Classic	€ 2.315

7 DAYS LYMPHATIC PHYSIO FOR LINFEDEMA DISEASE POST SURGERY PASSIVE PROGRAM

Rates per week including medical assistance and a cycle of 5 rehab days

Including rehab treatments for a value of € 1780 (1 medical examination + Dieta Basil Plus, 2 specialized medical examinations, 10*60' lymphatic drainage Vodder method, 10*30' therapeutic bandages, gym card).

Hotel 7 Days + 5 Treatm. 3h/day	One Season
Suite	€ 2.515
Junior Suite	€ 2.480
Classic	€ 2.445

7 DAYS LYMPHATIC WELLNESS FOR LIGHT LEGS ACTIVE PROGRAM

Rates per week including medical assistance and a cycle of 5 rehab days

Including rehab treatments for a value of € 1200 (1 medical examination + Dieta Basil Plus, 2 specialized medical examinations, 1 metabolic test & Body Index, 5*30' individual personal trainer sessions in the sports hall or in thermal water according to needs , 5*60' lymphatic drainage Vodder method, gym card).

Hotel 7 Days + 5 Treatm. 1h 30'/day	One Season
Suite	€ 1.935
Junior Suite	€ 1.900
Classic	€ 1.865

REDUCTION OF € 120 STARTING FROM THE SECOND WEEK.

Surcharges and reductions per week

HB breakfast and dinner: - €70; single room + € 70; double room as single occ. + € 100; panoramic suite € 140.

CARDIOVASCULAR PREVENTION

Nutrition, physical exercise, thermal therapies and physical medicine

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.

PREVENTION 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.

CARDIOVASCULAR PREVENTION PRICE LIST

Initial Medical Examination with a Nutritionist (includes a digital analysis of body composition)	€ 120
Medical assistance during the stay	€ 60
Functional assessment Results	€ 80
Biochemical blood tests	€ 50
Digital Metabolic Test (VO2)	€ 45
Personal Trainer (Cardio Fitness) 30'	€ 45
Personal Trainer (Cardio Fitness) in the water 30'	€ 50
Access to the Cardio Fitness circuit	€ 30 per week
Basil Plus Dieta	€ 100 per week
Step computer analysis	€ 45
Digital analysis of body composition	€ 25



Michela
PERSONAL TRAINER

CARDIOVASCULAR PREVENTION

For the prevention of cardiovascular pathologies due to ageing, excessive body weight and bad lifestyles

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

SCIENTIFIC COMMITTEE

Prof. Domenico Corrado, Cardiologist and Sport Medicine Doctor. University of Padua

7 DAYS WEIGHT MANAGEMENT REHAB&SPA FOR SERIOUS OVERWEIGHT

Rates per week including medical assistance and a cycle of 5 days treatments

Including thermal & rehab treatments for a value of € 1270 (1 medical examination + specialized medical examination with dietician pre post, Dieta Basil Plus, 5 mud applications/5thermal ozone baths/5 reaction massages 20', 1 metabolic test & Body Index, blood examinations pre post, 5*30' individual personal trainer sessions, 5*30' lymphatic drainage Vodder method, 1 autogenous Training, gym card).

Hotel 7 Days + 5 Treatm. 2 h/day	One Season
Suite	€ 2.005
Junior Suite	€ 1.970
Classic	€ 1.935

REDUCTION OF € 300 STARTING FROM THE SECOND WEEK

7 DAYS MEDICAL FIT&SPA FOR LIGHT OVERWEIGHT

Rates per week including medical assistance and a cycle of 5 days treatments

Including thermal & rehab treatments for a value of € 1045 (1 medical examination + specialized medical examination with dietician pre post, Dieta Basil Plus, 5 mud applications/5 thermal ozone baths/5 reaction massages 20', 1 metabolic test & Body Index, blood examinations pre post, 5*30' individual personal trainer sessions, 1 autogenous Training, gym card).

Hotel 7 Days + 5 Treatm. 1h 30'/day	One Season
Suite	€ 1.780
Junior Suite	€ 1.745
Classic	€ 1.710

REDUCTION OF € 300 STARTING FROM THE SECOND WEEK

7 DAYS DETOX FOR OVERWEIGHT PREVENTION

Rates per week including medical assistance and a cycle of 5 days treatments

Including thermal & rehab treatments for a value of € 585 (1 medical examination + specialized medical examination with dietician pre post, Dieta Basil Plus, 1 metabolic test& Body Index, 5*30' individual personal trainer sessions, 1 autogenous Training, gym card).

Hotel 7 Days + 5 Treatm. 1h/day	One Season
Suite	€ 1.320
Junior Suite	€ 1.285
Classic	€ 1.250

REDUCTION OF € 200 STARTING FROM THE SECOND WEEK

Surcharges and reductions per week

Fullboard only with DIETA BASIL PLUS: customised nutritional program with tailored daily calorie intake
single room + € 70; double room as single occ. + € 100; panoramic suite + € 140.

Expert consultant: Prof. Fulvio Ursini, Biochemist Specialised in Nutrition, University of Padua.

WELLNESS

A Modern Wellness Centre designed to promote the return of the patient to a state of complete psychological and physical balance

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; of 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.

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.

SURCHARGES AND REDUCTIONS PER WEEK

HB breakfast and dinner: - € 70; BB bed and breakfast - € 90; single room + € 70; double room as single occ. + € 100.

PRICE LIST OF WELLNESS TREATMENTS

Complete Body massage 60'	€ 90
Complete Body massage 30'	€ 45
Watsu, Water Shiatsu 30'	€ 50
Steam Parcours (Inhalation + Steam bath + Emotional shower) 40'	€ 25
Facelymphatic drainage with personalized mask 60'	€ 80
Face treatment nutritive "Principi" 60'	€ 80
Face treatment Anti-age "Feeling Time" 60'	€ 80
Body Peeling 60'	€ 90
Tone up Body Treatment M.S.B. 60'	€ 90
'Cristalli' Breast firming program 60'	€ 90
Regenerating body treatment 'Strato Sottile' 90'	€ 140
Presso therapy 30'	€ 60
Manicure 60'; Pedicure 60'	€ 45
Peeling Hammam; Dermo pure Lift 90'	€ 100
Dermo pure body massage ; Body mask 90'	€ 100



WELLNESS

Beauty and relax

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

7 DAYS GLOBAL WELLNESS

Rates per week including wellness treatments

Including WELLNESS & SPA treatments for a value of € 900
(1 steam parcours + 1 Body Peeling with mud, 1 face treatment "Principi", 1 face treatment "Feeling Time", 2 lymphatic drainages 60', 2 Antistress-Massages 60', 2 plantar reflexologies 30', 1 Manicure, 1 Pedicure, Paraffin, 1 individual relaxing treatment in thermal water 30', gym card).

Hotel 7 Days + 5 Treatm. 2h 15'/day	One Season
Suite	€ 1.635
Junior Suite	€ 1.600
Classic	€ 1.565

7 DAYS ANTISTRESS

Rates per week including wellness treatments

Including WELLNESS & SPA treatments for a value of € 710
(1 steam parcours + 1 Body Peeling with sea salt 60', 2 Lymphatic drainages 60', 2 Antistress Massages 60', 2 plantar reflexologies 30', 1 individual relaxing treatment in thermal water 30', 1 autogenous Training , gym card).

Hotel 7 Days + 5 Treatm. 1h 30'/day	One Season
Suite	€ 1.445
Junior Suite	€ 1.410
Classic	€ 1.375

7 DAYS EVERY DAY MASSAGE

Rates per week including wellness treatments

Including WELLNESS & SPA treatments for a value of € 340
(1 medical examination + 1 steam parcours, 5*30' therapeutic massage, gym card).

Hotel 7 Days + 5 Treatm. 30'/day	One Season
Suite	€ 950
Junior Suite	€ 915
Classic	€ 880

REDUCTION OF € 120 STARTING FROM THE SECOND WEEK



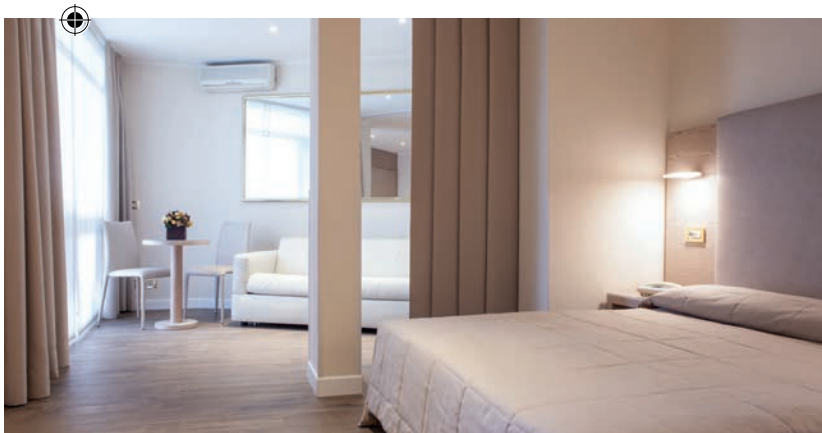
WELLNESS WITHOUT BARRIERS

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.



Best Italian Hotel in Accessible Tourism.

V4ALL AWARD 2018

Mobility & Senior Citizen

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

Villa Barbarigo
VALSANZIBIO

Ermitage Bel Air
MEDICAL HOTEL®
Abano - Teolo (PD) Italia

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.



Gianmaria e Marco
MAGGIA FAMILY

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

GPS ADDRESS Via Santuario, 75 - 35031 Abano Terme

BY PLANE The hotel operates a minibus shuttle service to and from the Airports of Venice and Treviso. Price per person, round trip:
Venice Airport: - Hotel € 76.00
Treviso Airport: - Hotel € 96.00
For the Verona, Bologna and Brescia airports, shuttle service fares per person are available upon request.

For info and booking:

FREE EUROPEAN NUMBER:
00800 15 11 2006

E-mail: ermitage@ermitageterme.it
Web: www.ermitageterme.it

Ermitage Bel Air

MEDICAL HOTEL®



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