



NATURAL DESTINATION

FACT SHEET

TERME DI SATURNIA

Natural Destination



The 5* Resort is nestled among beautiful, unspoiled countryside in the heart of Tuscan Maremma. It features a SPA&Beauty Clinic, Hot Spring Pools and a Geo-certified 18-hle Golf Course. Here a millenary Natural Hot Spring has been flowing for 3,000 years.

A LAND TO DISCOVER

Tuscan Maremma



Saturnia is located in the heart of Tuscan Maremma, an unspoiled region full of enchanting panorama including the Argentario coastline, Mount Amiata, small medieval villages and ancient Etruscan and Roman sites.

The ultimate destination to enjoy nature in all its shades of beauty.

HOW TO REACH TERME DI SATURNIA

Terme di Saturnia can be reached by car or by plane. The nearest airports are Rome, Pisa and Florence, which have regularly scheduled flights and private jet charters. A transfer via van or helicopter is required from each airport.

The resort has a private helipad and an excellent helicopter charter company to ensure a safe and comfortable journey.

The carpark has two Tesla charging stations (up to 22kW).

by Car

Rome	1 hr 50min
Florence	2 hr 45min
Siena	1 hr 50min
Grosseto	1 hr

by Helicopter

Rome Fiumicino FCO	35min
Florence Peretola FLR	45min
Milan Malpensa MPX	65min
Pisa Airport PSA	50min



A MILLENNARY NATURAL SOURCE OF WELLBEING

Where it all began, 3,000 years ago



Mythology would have it that Saturn, the god of peace and abundance, lost his patience one day on seeing the constant warfare of men. So, he took a thunderbolt into the earth, causing a river of hot magical warm water to gush forth and flow through valleys, mountains and plains, to envelop all men and things so that their spirits were finally quietened.

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SALUS PER AQUAM

The water of Saturnia

For 3,000 years thermal spring water has continuously flowed from the centre of the earth to the resort's crater, at a temperature of 37.5 °C.

The spring naturally refills itself with 500 litres of fresh water every 4 hours, without any human interference. This process allows the water to retain its purity and natural health benefits. The water flows underground for 40 years through passages lined with 60 metres of clay, before emerging in Saturnia. 2,790 grams of mineral salts are dissolved in each litre of water in addition to sulphurous gas and carbon dioxide.

Terme di Saturnia's water contains sulphur (14 mg per litre of hydrogen sulphide), carbon dioxide (462 cc per litre), sulphate, bicarbonate and alkaline as well as calcium and magnesium.

While taking a dip in the spring, one will notice natural thermal plankton. This organic-mineral substance has a gelatinous consistency, varies in colour and appears when coming into contact with the air.

Its unique properties have an extraordinary impact on the skin and extracts are used in Terme di Saturnia's treatments and range of cosmetics.

The key benefits of Terme di Saturnia's water:

- Heals and improves skin
- Reduces blood pressure
- Increases lung ventilation
- Acts as a natural exfoliant, skin peel and antiseptic
- Has an anti-ageing effect on liver
- Reduces pressure on cardiovascular and respiratory systems



TIMELESS WELLBEING

The Resort

The resort's old travertine stone facade has surrounded the millenary thermal spring for over 100 years. Terme di Saturnia is a member of The Leading Hotels of the World, Virtuoso and Starhotels Collezione.

The resort has undergone a complete renovation in 2020, merging nature and architecture to create a harmonious balance where indoor and outdoor spaces flow between one another.

The distinct colour palette inspired by the vibrant hues of the Natural Hot Spring compliments the soft shades of wood and travertine stone and brings a contemporary touch to the traditional Tuscan architecture.

The resort comprises 124 rooms and suites:

- 2 Grand Suites
- 14 Suites
- 7 Junior Suites
- 16 Garden Junior Suites
- 49 Deluxe rooms
- 16 Superior rooms
- 13 Spring Superior rooms
- 7 Comfort and Single rooms





UNLIMITED WELLNESS

Experiences and Facilities

Guests at the resort have unlimited access to a variety of wellness experiences:

- Unlimited access to the Natural Hot Spring and pools with flowing water at water at a temperature of 37.5°C
- Access to the Club with sauna, relaxation areas and tea-rooms
- Natural hydro-massaging waterfalls
- Outdoor hot tubs
- Roman bath with sauna and Turkish bath
- Sun loungers by the Natural Hot Spring (assigned at check-in)
- Hydropinical therapy
- A team of medical doctors
- Complimentary guided morning hikes
- Complimentary use of the Golf Driving Range and 20% off Green fees
- Tennis court
- Fitness studio with Technogym equipment
- Complimentary mountain bike rental





THE ULTIMATE SPA REGENERATION

SPA & Beauty Clinic

The innovative and world-renowned SPA & Beauty Clinic is dedicated to improving health and beauty. A place of quiet and contemplation pervaded by the tranquility of the surrounding nature, Terme di Saturnia offers an exceptional and personalised experience.

The innovative SPA & Beauty Clinic, one of the largest and most highly acclaimed worldwide, offers personalized advice provided by a specialized team and enables you to choose from numerous treatments those which most suit your personal needs.

53 treatments rooms in which to receive personalized advice imparted by a team of experts: massages, medical and beauty treatments, specialized services, nutritional guidance, thermal spa therapies.

The SPA & Beauty Clinic offers a series of personalized programs and experiences to nourish the body and mind straight from the source. The rejuvenating power of thermal water paired with innovative methods help guests find a new sense of wellbeing. The Saturnia Collection includes various beauty and wellness treatments for the face and body, rituals and massages. Balneotherapy, or bathing in thermal water, is one of the most ancient and pure forms of treatment for reenergizing the body and the mind. Hydro-fitness involves a series of movements in water flowing from showers, jets and waterfalls. Inhaling the vapor of healing thermal water during hydropinotherapy is used as an effective treatment for respiratory problems. In addition, the resort's mud therapy helps treat and prevent osteoarticular pathologies and is also prescribed for anti-ageing. Saturnia's mud is matured in sulphurous water for 12 months and blended with thermal water and algae before being applied to the body.

The SPA & Beauty Clinic also offers physiotherapy treatments including: kinesiotherapy, hydrokinesis, therapeutic massage and Tecartherapy. Cosmetic treatments such as: fillers, injections, skin peels and laser are also available. Specialist services include medical thermal, dermatological, physiatric and naturopathic consultations.



ALL-YEAR-ROUND GOLF DESTINATION

Golf Course

The Maremma's mild climate and the thermal spring make Terme di Saturnia's golf course the ideal place for playing all year round.

It's the only golf course in Italy designed by the Californian architect Ronald Fream from Studio Golf Plan. His design preserves the breathtaking surrounding natural landscape and obtained the prestigious GEO Certification, one of the most sought-after in the world.

The championship course of 6,316 metres stretching over 70 hectares of rolling Tuscan hills takes on new shades of colour and scenery with each passing season. Every hole has its own unique and distinct identity and after completing all 18 holes the ponds, streams, large fairway bunkers, green slopes, and landing areas will leave a long-lasting impression. The varied landscape and forward tees enhance a player's experience and each hole requires a precise and intelligent choice of club.

The golf course is a haven for wildlife and in the early hours of the morning you often spot roe deer, porcupines, hares, pheasants and numerous species of birds which inhabit the Maremma. The underlying philosophy is experiencing wellbeing through enjoying the game. The golf course seeks to stimulate regular players and support those who are less experienced.





FINE DINING EXPERIENCES

Restaurants & Bar

The 1919 Restaurant invites guest to a journey into the Tuscan flavours, transforming local, seasonal ingredients into dishes that celebrate the culinary Mediterranean tradition. Intimate and elegant, the restaurant offers an authentic, sustainable dining experience, inspired by the timeless and inventive heritage of Italian cooking. The wine list complements the nature of the dishes and showcases some of the region's finest labels. The excellent team of chefs add contemporary touches to traditional cuisine and offer lighter and balanced variations of hearty recipes.

La Stellata is located in the enchanting hills of Terme di Saturnia's golf course in a country farmhouse. This Trattoria features farm-to-table ingredients like prime cuts of meat, labels from top wineries of the Maremma and the region of Tuscany, delicious soups dressed with extra virgin olive oil of Terme di Saturnia, charcuterie and cheese platters, typical starters and first courses. A food offering that is classical, direct and honest, in harmony with the traditions of Tuscany and the Maremma, served up in the cosy family atmosphere of a country house.

Among the newly renovated spaces, the resort's wine lounge is a place where guests can unwind in an internal courtyard centred around an ancient olive tree whilst sipping on regional and Italian wines.

The Bar is an ideal place for enjoying breakfast and lunch by the spring and tasting a selection of refreshing drinks, fruit cocktails, smoothies, and herbal teas. A cosy environment with corners where you can relax throughout the day. The beautiful view of the spring is perfect for unwinding with a good book.

At La Cantinola guests can purchase local produce including wine, olive oil and honey and the "La Toscaneria" range to enjoy the traditional authentic flavours of the Maremma and Tuscany at home.



DIVING TO WELLNESS

Hot Spring Pools



Five outdoor thermal pools, whirlpools and vascular courses with hot and cold water, indoor and outdoor relaxation areas, a Finnish Sauna with Argillarium: large spaces entirely given to wellness. Here it is possible to take dips in the warm sulphurous vapours and enjoy the benefits of thermal hydro-massage.

Lulled by the water, with its naturally warm temperature of 37° C and the sounds of the surrounding nature, the body relaxes, and the skin becomes smooth in a way that is totally natural. The experience may be integrated with beauty treatments, even of a limited duration, or spa treatments in the nearby SPA & Beauty Clinic.

Eating is also an act of well-being. The Bistrot offers breakfasts, lunches, snacks and appetizers by the pool.

A GIFT OF NATURE

SPA cosmetics



History, magic, nature, water and plankton are encapsulated in our line of spa cosmetics.

Terme di Saturnia stands for 3,000 years of uniqueness: a volcano, a spring, exclusive active ingredients. A process of authentic and deeply rooted regeneration, with beneficial effects for health and beauty.

Nothing but natural ingredients, with no equal anywhere in the world which spring from an uncontaminated land carried by Italy's most famous water.

The products of the Terme di Saturnia cosmetic line are authentic "spa cosmetics". An extraordinary and distinctive character associated with two factors that are unique, exclusive and inimitable: thermal water and plankton, a strength and an important differentiation from other spas, thanks to the presence of a hot spring which has no equal anywhere on earth.

Thermal plankton is the exclusive ingredient of all Terme di Saturnia products, a pure extract obtained from spring waters which is rich in amino acids, sulphur, potassium and magnesium, endowed with extraord.

shop.termedisaturnia.it

A 5* DAY SPA Club



The Club is the spa wellness venue dedicated to members and open to external guests wishing to enter an exclusive area and all the facilities of the Resort: the Natural Hot Spring, spa and services.

A typical Tuscan farmhouse entirely given over to wellness: sauna, indoor and outdoor relaxation areas and small lounges with tea-rooms serving infusions.

THE FIGURES OF TERME DI SATURNIA

3.000 year-old Natural Hot Springs

100 years of hospitality

5 - star resort

120 hectares of Natural Destination

18 - hole golf course

124 rooms and suites

18 millions of total revenue

10 millions invested in the refurbishment

45.000 pax (guests x room nights)

100.000 entrances to the Hot Spring Pools

24.000 entrances to the Club

25.000 treatments at the SPA & Beauty Clinic

1.000.000 annual visitors to the official website *

31.200 Instagram followers**

55.300 Facebook followers**

* consumed 2019

** YTD 31st August 2020



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termedisaturnia.it


THE LEADING HOTELS
OF THE WORLD®


VIRTUOSO
SPECIALISTS IN THE ART OF TRAVEL

STARHOTELS®
COLLEZIONE