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**The flower of wellness blossoms at the Grand Hotel Terme Astro**

*"Poppies", "Daisies", and "Sunflowers": three proposals to restore body and mind*

**/24-7PressRelease/** - April 30, 2008 - "Poppies", "Daisies", and "Sunflowers": in the language of flowers they symbolize simplicity, freshness and joy. In the dictionary of Grand Hotel Terme Astro they correspond to three proposals to indulge in a relaxing break into wellness. Why waiting for the summer holidays to fill up with energy?

"Poppies" is the perfect choice to escape from the stress and mad rhythms of life: two days, full board, in a hotel, immersed in the green hills of Salsomaggiore, which will open the doors of its Spa to let you enjoy the exotic pleasures of the "Istanbul Baths", much more than a simple Hammam. It begins with a savonage and a body gommage in the Tepidarium to prepare the skin for the wrapping vapours of the Turkish bath in the Calidarium, followed by the hydromassage in the Frigidarium. Last but not least, herbal teas and pastries to be tasted lying on soft chaise longues.

Flying from the Turkish bath to the toning Polynesian rain, a charge of energy for the body. One last cuddle of the Thermal Spa: an aromatic massage, a delicious pleasure for both skin and mind due to the precious perfumes used by professional staff.

The "Daisies" you can pick at the Tabiano Hotel are unique: a 3 days wellness package including a full board in one of the 115 elegant rooms of the structure. It comprehends free access to the beauty farm for an immersion into the "Istanbul Baths", an antique traditional ritual for your wellness. A revitalising peeling to purify the skin and make it luminous and a tonifying massage will give you the perfect energy to fully enjoy your stay.

At the Tabiano Hotel a "Sunflower" blossoms and it smells of wellness. The package comprehends four days, full board, free access to the Hammam and to the Beauty Spa treatments: a regenerative peeling for the body, to make the skin healthy and luminous, an anti-stress massage, to relieve tensions and soothe muscles, finally a face treatment based on essential oils carefully chosen according to the types of skin.

At the Thermal Hotel, surprises never end. Grand Hotel Terme Astro, which is only a few miles from important cultural centres in the Emilia-Romagna region, takes care of its guests not only with the special treatments of the Beauty Spa, the delicious tidbits of the "Delle Calle" restaurant, but also with interesting ideas and suggestions for the spare time. Restored by the Hammam and massage pleasures, those who love history and culture can visit the antiques castles of the surroundings, or have a walk along the river Po, discovering the places where the grand Verdi and Guareschi lived. For those who love sports, there is a vast choice among golf, trekking on the enchanting landscapes of the Appennino, bike routes to explore the soft hills around the Tabiano Hotel.

Offers are valid until Monday the 5th of May 2008. For further information on the wellness packages please consult the site: <http://www.grandhoteltermeastro.it>  
or please contact Grand Hotel Terme Astro via Castello 2 - 43039 Tabiano Bagni (PR), telephone number: 0039 0524 565523 fax: 0039 0524 565497

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