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Grand Hotel Terme Astro: three ways to call wellness

Grand Hotel Terme Astro and Terme of Tabiano offer three spa packages, three ways to relax and take care of your body and mind. Let yourself be cuddled and you will receive a free entry for a 60' treatment in the thermal pool with hydromassage.

/24-7PressRelease/ - May 17, 2008 - Forget the stressful rhythms of everyday life and dive into wellness. Grand Hotel Terme Astro and Terme of Tabiano offer three different ways to relax.

Indulge in the pleasures of an intense stay totally dedicated to the rest and care of the self in the hotel and beauty centre immersed amidst the green hills of Salsomaggiore.

The massages and treatments of the Beauty Farm Alhambra e T-Spatium, together with the Terme of Tabiano Centre, are a wonderful interlude to regenerate body and mind, while waiting for the summer holidays.

"Sweet wellness", "Harmony of the senses" or "Intense wellness": different packages with the same proposition: regain your balance in the thermal spa in Emilia-Romagna.

"Sweet wellness": a pleasurable all inclusive escape of three days and two nights at Grand Hotel Terme Astro. The hotel, surrounded by a park populated by chestnut and oak trees, offers all kinds of comfort. Each room is tastefully furnished in teak and has its own veranda where to admire the soft hills of the landscape. Besides the swimming pool and the solarium, the hotel includes also the Beauty Farm Alhambra. In this little realm of the senses the Polynesian shower opens the wellness programme which continues at the T-Spatium with a purifying mask with thermal mud accompanied by a face, neck and shoulders massage. To detoxify the skin, the ideal treatment is the thermal mud wrap and to make it as soft as silk, the last body massage of this rich programme.

"Harmony of the senses": this programme starts with the submerged sounds bath, the first step to regain your balance. It is then the time for the treatments at the T-Spatium in Tabiano Terme. The face is certainly the part of the body most exposed to pollution and smog: a thermal ultrasonic skin nebulisation is the solution. For the perfect care of your body two different water sessions: the vascular and the "pleasure of the senses" ones, plus a lymphodrainage massage that will improve the circulation of the water, oxygen and mineral salts. This is the perfect conclusion of a 4 days- 3 nights journey in search of the "harmony of the senses".

If you have some more spare time to spend, you can take advantage of the splendid beauties of the location, visiting castles, parishes and arts centres. The river Po or the paths of the Appennino will surely satisfy the needs of the nature and sport-loving guests.

"Intense wellness": 5 days and 4 nights to break with the same old routine and be swept away by the pleasures of the hotel and its beauty centre. The wellness starts immediately with the submerged sound bath and the polynesian shower. At the T-Spatium you will find an exfoliating body treatment followed by a purifying facial treatment with mud in order to make the skin luminous and free from impurities. To top it all, a thermal footbath and a paraffin foot wrap will give a new smoothness to your feet.

The intense wellness reaches its height with the delicious meals prepared by the "Della calle" chefs. The restaurant is an authentic creative workshop, ranging from the traditional Emilian cuisine to the modern and biological ones.

Hospitality, extraordinary properties of the thermal waters, the natural beauties of the surroundings: these are the main ingredients of the perfect recipe for wellness according to Grand Hotel Terme Astro.

For further information on the wellness packages please visit our website: <http://www.grandhoteltermeastro.it> or Grand Hotel Terme Astro, via Castello, 2 - 43039 Tabiano Bagni (PR), phone number 0039 0524 565523 fax 0039 0524 565497

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