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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Saturnia – Terme Di Saturnia – Maremma**

**By Giulio Detti**

Located at the foot of the village of Saturnia, in the heart of Tuscany. Terme di Saturnia Spa Resort

is an ancient restored building of travertine stone surrounded by an old-age park. The Resort includes 140 rooms, a dining room, a brand new spa, a well equipped gym, a tennis court and a golf practice range. In the pool park in addition to the thermal spring and the four thermal pools there is a boutique, a snack bar and the Art Gallery.

The cuisine of Terme di Saturnia is typically mediterranean, with a particular attention to the Tuscan culinary tradition. The restaurant Villa Montepaldi has three rooms: a section for no-smokers and one for light menus are available.

Terme di Saturnia Resort is oper all year round.

In 1998 Terme di Saturnia Spa Resort received the prestigiuos awards af the Italian hetellerie as "Hotel of the Year" in the category Health and Well-Being Centers. In year 2000 the renowned America magazine Travel & Leisure has placed Terme di Saturnia in 3rd position among the 10 best spas in the world.

**Villa Montepaldi Restaurant**

Provided with a non-smoker section, this renowned restaurant overlooks the thermal spring and the park. The rich and varied menu is based on the Mediterranean cuisine with a particular attention to the typical culinary traditions of Tuscany, and features international dishes as well.

**Activities**

A good way to start your stay at Terme di Saturnia is a relaxing massage pampered by your favourite music and by the finest perfumes, while expert hands take care of your body. Or abandon yourself to beauty treatments designed to exploit the beneficial properties of the water to tone and smooth the face and the body's skin. And when you feel like a little exercise, the well-equipped gym offers various ways of working -out , from Yoga to Personal Training, from Pilates to Aquagym. For the more sporty

there's a tennis court and a golf driving range in the lush greenery of the sweeping Saturnia valley. Or you can simply immerse yourself and enjoy the warmth of the sulphurous water for an extraordinary sensorial experience.

For further information please contact:

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Site:www.termedisaturnia.it

<http://www.terme-di-saturnia.info>

<http://www.tuttosaturnia.com>

<http://www.tuttomanciano.com>

## **Saturnia –Terme Di Saturnia – Maremma**

### **By Giulio Detti**

Saturnia is an ancient Etruscan city located in southern Tuscany. This area of Italy is known as the Maremma. Saturnia boasts two fabulous restaurants and a gelateria where you can taste some wonderful ice cream. The town is surrounded by many olive groves, and a wonderful rolling countryside. Not only is Saturnia very beautiful, but it also boasts a wealth of Etruscan history. The entrance to the town is a perfect example of a Roman arch. The arch is placed at the entrance of an old Etruscan road which is surrounded by high walls and leads all the way to Rome. Saturnia has great history and a very beautiful surrounding area, but it is most well known for its healing natural sulfur springs.

The Terme Di Saturnia is a spa in Saturnia that is very well known for its abilities to heal many different ailments. Some of these ailments include ailments of the digestive system, ailments of the female genital organs, air, nose and throat ailments, as well as many different skin diseases. You can find many different pools where you can rest your weary body in the hot springs, or you can just bathe in the river itself. However if you want to enjoy the complete spa experience, then the Terme Di Saturnia is definitely the place to visit. The Terme Di Saturnia offers many different types of spa treatments including facials, hydro massage, kinetic physiotherapy, hydroponic treatments, saunas, tanning beds, as well as rectal and vaginal irrigations. The spa's main attraction is the ability to cure ailments, so if you are having problems, then visiting the spa might just be what you need to feel better.

If you would just like to visit Saturnia, but you do not want to pay the fees to visit the Terme Di Saturnia, then you can just bathe in the waters of the river. On the outskirts of town there are many different areas where the hot sulfur springs are prevalent. Many of these locations have naturally occurring bathing pools that have formed over time. These bathing pools are located on the sides of the hills where waterfalls flow with the natural sulfur spring waters. These baths do not cost any money, but they also do not boast the healing amenities of the spas. Whether you are looking for healing, or just to have a good time, Saturnia is definitely a must visit town in the Maremma.

<http://www.tuttomanciano.com>

<http://www.terme-di-saturnia.info>

<http://www.tuttosaturnia.com>

<http://www.bellamaremma.com>

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