

MONTECATINI - ITALIAN SPA TOWN



Montecatini is an Italian spa town located in the region of Tuscany in the Pistoia province. The town is well known for its curative springs and is sometimes called Montecatini Terme. The springs have already been known in the ancient times which testify the Roman statues found during the expansion of spa facilities. There are also 15 documents that refer to the town's three baths, one described as "ancient." Montecatini Terme is inhabited by some 20,000 people but it hosts thousands and thousands of tourists every year. The local curative waters are used in various ways. Except drinking the springs mud treatments are also popular. There are thermal pools that soften skin, remove wrinkles, or help with fat reduction. Each of the town's springs is said to have specific healing powers. Leopoldina improves intestinal functions. Tettucio purifies the liver and reduces cholesterol. Rinfresco restores minerals lost through sporting activities. Regina corrects the flow of bile from the liver to the intestine. The waters come from a source some 80 meters underground. They are enriched with minerals and filtered through limestone, jasper, and clay as they bubble to the surface. The spa resort can provide much more than just massages or other treatments. There is nearly 115 acres of parkland available for walkers, runners or cyclists. Interesting place is Montecatini Alto ("Upper Montecatini"), a tiny village high above Montecatini Terme. This medieval village offers a beautiful view of the town and the surrounding Tuscan landscape. The village is connected with the town by cableway. The town itself has an interesting architecture as there are many Liberty Style (the Italian version of art nouveau) buildings. There are many hotels as well as bars, pubs, and restaurants. Another attraction is the local 18-hole golf course. Combination of all those attractions should make Montecatini a pleasant destination for every tourist.

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