

# Spa and Wellness – The Thermal Springs of Tuscany

Close your eyes and free your mind of work, traffic, pollution, and stress. This is the dream of many in a modern society, overcome by an ever increasing pace of life and evermore pressing needs.



It is a dream that Tuscany can make come true! It is a well know fact that more than 2 million tourists each year choose this region to escape the anxieties and stress of everyday life and to spend a period of complete relaxation in one of the thermal spas present in our territory.

A land of natural wonders, artistic treasures and gastronomic delicacies, Tuscany has always been renowned for its many natural thermal springs, rich in natural healing elements. Its waters, after having made their way through underground rocks, come to the surface, creating wonderful natural pools which you can dive into to regenerate and regain balance between the physical form and inner happiness. Spas are the tourism of the new millennium and Tuscany, in Italy, is one of the most sought out spa destinations, with the largest number of structures: 39 in total. In these new temples of health, from prestigious hotels to innovative and professional health centres, Tuscany can offer a wide range of treatments, purposefully thought out to satisfy an increasingly demanding clientele. These distinguishing traits have allowed Tuscan thermal baths to become, today, the cutting edge of Italian thermal tourism.



From traditional cures to innovative treatments aimed at achieving a perfect psycho–physical balance. Spas in Tuscany have always been considered some of the world's most famous for the prevention and treatment of many pathologies. Thermal mud is very useful for curing rheumatisms or for the treatment of pathologies resulting from traumas as well as for the prevention and treatment of liver diseases. Inhalation treatments can alleviate respiratory problems and are used to cure rhinogenous deafness. Thermal hydro–massages are used to treat and prevent peripheral vascular pathologies, while hydroponic treatments cure gastro–enteric problems and purify the liver. But to choose Tuscany as your preferred 'wellness' destination also means spending time in luxury

accommodations, situated close to world renowned cities of art (Florence, Pisa, Siena), or fashionable seaside resorts (Forte dei Marmi and Versilia) or estates in the beautiful Tuscan countryside (such as Val d'Orcia, a UNESCO Heritage Site) which have, throughout the centuries, inspired the masterpieces of artists such as Michelangelo or Leonardo da Vinci.



A holiday in Tuscany also means shopping in the most famous brand name shops (Prada, Ferragamo, Gucci and others) or relaxing on one of the many golf courses in this region. It will also be possible to sit at a table and enjoy delicious dishes, accompanied by famous wines such as the Brunello di Montalcino, Chianti or the Nobile di Montepulciano.

It is a unique holiday experience that allows you to enjoy Tuscany in total comfort and relax.

<http://www.turismo.intoscana.it>

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