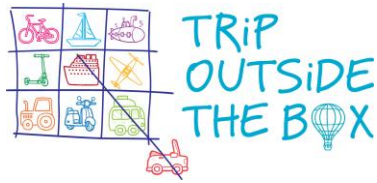


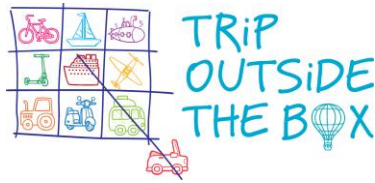
Italy (Mainland, Tuscany region)





- Accommodation in an iconic 5* hotel in the Hills of Saturnia - **an icon of hospitality and well-being since 1919** ! This Saturnia Resort is nestled amidst 120 hectares of unspoilt nature and includes a hotel with 124 rooms and suites, a pluri-awarded spa, a GEO-certified 18-hole golf course, and two stellar restaurants. Its ultimate experience is a millenary and immensely potent Hot Spring, that feeds the natural pool from which spring water flows, all the thermal pools, whirlpools and vascular paths. A thermal water unique in the world for its extraordinary antioxidant, myorelaxant and transformative power. A heaven of relaxation and well-being. A legendary thermal destination in the heart of the Tuscan Maremma (situated between Florence & Rome).

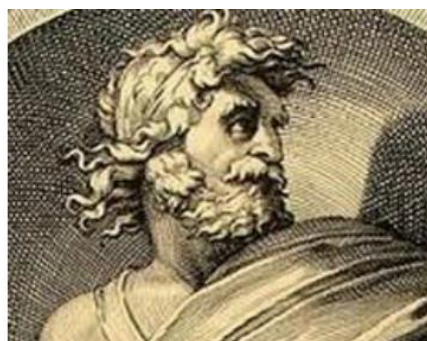


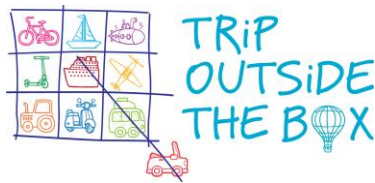


- Thermal waters of Saturnia : Unique benefits and properties ! The unique power of Terme di Saturnia Hot Spring between history, nature and science. Deep in the Maremma land, where primordial heat meets ancient layers of limestone, lies a natural phenomenon that has spanned geological eras and civilizations, transcending the boundaries between myth and science.



According to legend, Saturn, the god of harvest and abundance who chose this land as his home, lost patience with men who were constantly at war. He hurled a thunderbolt at the earth and suddenly hot sulphurous water gushed from the crater, which flowed through the valleys and plains, calming the spirits of the humans, bringing serenity and harmony. It was the beginning of a golden age devoted to agriculture, hunting and love. Going beyond the mythological narrative, what literally emerges from the telluric depths embodies a process of extraordinary biochemical and geological complexity that continues to challenge the knowledge of contemporary science.





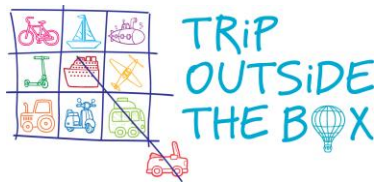
The Etruscans, with their wisdom, recognized in these waters a sacred manifestation, a symbol of the connection between earth and sky, where telluric energies materialized in liquid form, emerging at the perfect temperature of the human body – 37.5°C . The Romans, with their pragmatism, called them *Aquae Sanctae*, attributing this name to the extraordinary therapeutic effects observed. As Bacci documented in 1588 : ‘*Saturniae, item coloniae, balneum trans Umbronem fluvium, antiquum est... Extant et balnei antiqua vestigia*’ – testimony to the enduring importance of this place.

A key document, a Papal Bull of 1188 by Pope Clement III, preserved in the State Archives of Siena, confirms the existence of a *hospitale* and a *molendinum de balneo cum omnibus pertinentiis suis*, highlighting how Saturnia was already a structured “spa complex” in the Middle Ages.

In 1865, the Bagni were acquired by the Ciacci family. In 1919, Gaspero Ciacci built the hotel. The foundation year was later chosen for the name of the 1919 Restaurant, the oldest restaurant in the Maremma – the fine dining *pie pieds dans l’eau* on the thousand-year-old thermal spring of the resort.

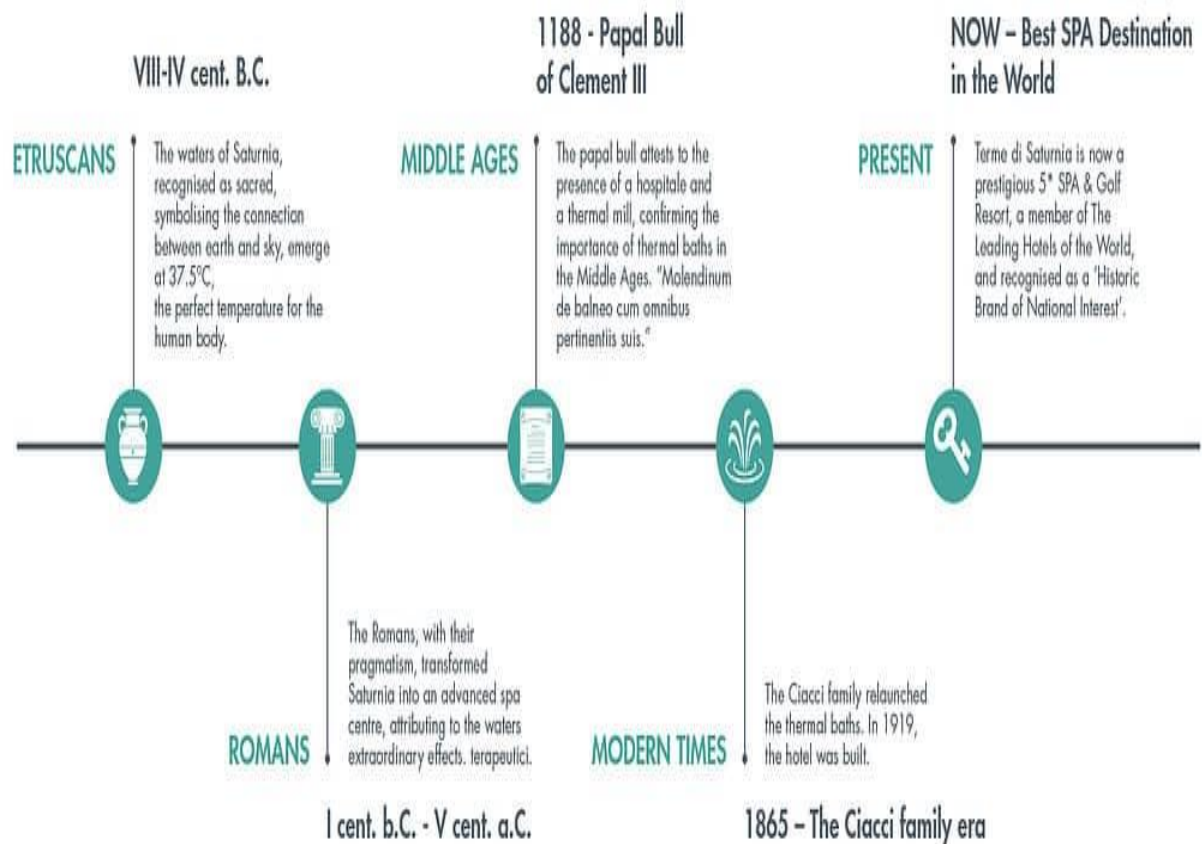
Today, Terme di Saturnia is a prestigious 5* SPA & Golf Resort, member of The Leading Hotels of the World, continuing its tradition as an internationally renowned spa and wellness center. At the forefront of Made in Italy hospitality, Terme di Saturnia is a member of the association of historic brands, which proudly promotes true Italian values around the world, and is recognized as a ‘Historic Brand of National Interest’ by the Ministry of Economic Development.





TRIP
OUTSIDE
THE BOX

Terme di Saturnia: a millenary history of wellness and tradition



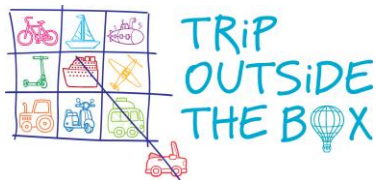
The long journey of this prodigious water begins with the rain falling on the slopes of Monte Amiata. **For 40 years, the water flows underground through layers of rock thousands of years old from the Pleistocene and Mesozoic periods, enriching itself with minerals in a way that is unique in the world.** The combination of constant geothermal pressure and the special stratification of the rocks creates a mineralization process that makes this water inimitable. It then re-emerges in the natural spring pool at the center of the 5* resort. On its way to the surface, it constantly feeds the Thermal Park and crosses the fields of Saturnia until it flows into the iconic "Cascate del Mulino".



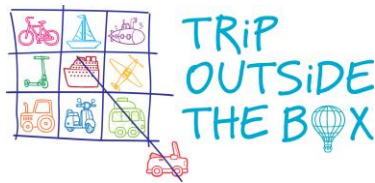
The blue gold of Saturnia

Thermal water with unique properties, a perfect balance of minerals and warmth.





Aspect	Clear
Color	Colorless
Odour	Sulphydrical
Temperature	37,5 °C
Electro-Conductivity Spec.K 18 °C	2890 µS/cm
PH at 18 °C	6,4
Permanent residue 180 °C	2790 mg/l
Oxidizability at the Permanganate	3,1 mg/l
Tot-hardness	193 °F
Sulphidrometric-Grade	14
Bicarbonate (HCO ₃)	661,2 mg/l
Chlorides (CL)	74,4 mg/l
Sulphates (SO ₄)	1480 mg/l
Sodium (Na)	71,2 mg/l
Potassium (K)	10 mg/l
Lithium (Li)	traces
Magnesium (Mg)	129,6 mg/l
Calcium (Ca)	561 mg/l
Iron (Fe)	traces
Tot-Phosphorus (PO ₄)	0,12 mg/l
Nitrates (NO ₃)	>1 mg/l
Nitrite (NO ₂)	absent
Ammonium (NH ₄)	24,9 mg/l
Sulphite (SO ₃)	>0,05 mg/l
Tot-Hydrogen Sulphurate (H ₂ S)	14 mg/l
Carbon-dioxide (CO ₂)	728 mg/l
Carbon-dioxide lose	462 ml/l



HYDROGEN SULPHIDE - A NATURAL HEALTH ALLY !

Hydrogen sulphide (H_2S), present in the thermal waters of Saturnia at an ideal concentration of 14.5 mg/L, has been recognized as a 'gasotransmitter', i.e. a bioactive compound that plays a fundamental role in cellular processes essential for tissue balance.

This element, unique in its bioavailability, acts through several beneficial mechanisms:

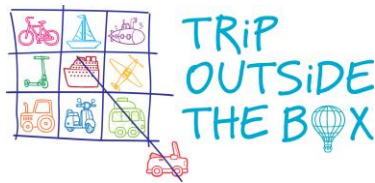
- It regulates cell metabolism, improving cell efficiency.
- It boosts antioxidants, strengthening the body's natural defense systems.
- Reduces inflammation, by modulating the inflammatory response.
- Stimulates tissue regeneration, promoting the natural recovery of skin and organs.
-

Thanks to the synergy between H_2S and the other minerals in the water, the therapeutic effects are particularly effective. Scientific studies have demonstrated concrete benefits, including :

- Reduction of muscle and joint inflammation.
- Regeneration of damaged tissue.
- Strengthening of immune defences.
- Normalisation of skin keratinisation processes, contributing to healthy skin.
-

These properties make hydrogen sulphide a key element in the benefits offered by the waters of Saturnia, internationally recognized for its therapeutic value.





THERMAL BIOPLANKTON - A NATURAL TREASURE FOR THE SKIN

In the sulphurous waters of Terme di Saturnia, a unique element is formed : Bioplankton. This natural microbial system, developed under ideal conditions, represents a valuable therapeutic resource that has been extensively studied in the field of thermal medicine. Bioplankton enhances the bioavailability of minerals, optimising therapeutic benefits for the body and creating perfect microenvironments for the release of active ingredients. Carotenoids and protective phycobiliproteins..

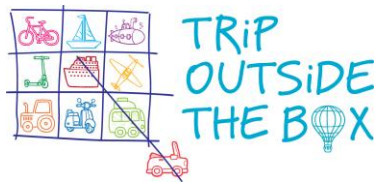
The microorganisms work in synergy with the minerals in the water, creating a perfect microenvironment for the well-being of the skin. Scientific tests have confirmed their biological safety and therapeutic efficacy, also demonstrating moderate antifungal activity.

Furthermore, strict quality controls guarantee the safety and purity of this natural ecosystem, which continues to be the subject of advanced scientific research.



Therapeutic properties of Saturnia's thermal waters :

The very high antioxidant power, capable of protecting cells from oxidative stress. is given by hydrogen sulphide (H₂S), present in Saturnia waters in ideal concentrations (14.5 mg/L). Clinical studies (Pagliarini et al., 2005; Benedetti et al., 2010) have shown that the intake of these waters :



- Reduces lipid peroxidation markers by 36%.
- Decreases protein carbonyls by 48%.
- Significantly increases plasma antioxidant capacity (up to $2377 \pm 88 \mu\text{mol/L}$), with effects lasting for weeks after treatment.

The thermal waters of Saturnia stimulate basal metabolism, reduce water retention, reactivate capillary circulation and increase liver cell activity resulting in reduced blood sugar levels, increased production of bile for fat digestion and reduced intestinal absorption of cholesterol. Drunk on an empty stomach and in small doses, it facilitates digestive processes and has a positive influence on gastrointestinal problems.



ON THE BODY IT HAS A **STRONG ANTIOXIDANT ACTIVITY**, AND IT HELPS **PREVENTING** FROM CONDITIONS RELATED TO THE UNBALANCED PRESENCE OF **FREE RADICALS**



ON THE CARDIOVASCULAR SYSTEM WITH A CUTANEOUS VASODILATION AND **REDUCTION OF THE BLOOD PRESSURE**



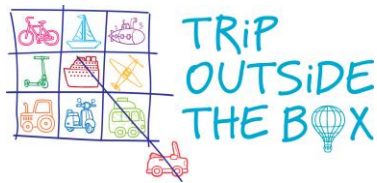
ON THE LIVER WITH A **STRONG PROTECTIVE AND DETOXIFYING ACTION**



ON THE MUSCLE SKELETAL APPARATUS WITH A **MYORELAXANT AND ANTI-INFLAMMATORY EFFECT**



ON THE RESPIRATORY APPARATUS CARBON DIOXIDE (CO_2) DETERMINES **DEEPER BREATHING AND INCREASED LUNG VENTILATION**



- **Wellness options & Yoga sessions** : Yoga retreats & Meditation classes in the heart of Saturnia, an ideal location surrounded by 120 hectares of nature, embracing millenary hot spring, an endless source of wellbeing. Welcome to a sanctuary of serenity nestled amidst the idyllic Tuscan countryside. Saturnia Retreats packages offer a harmonious blend of ancient wisdom & modern tranquility. Immerse yourself in the soothing embrace of natural thermal springs as you embark on a transformative journey of self-discovery.

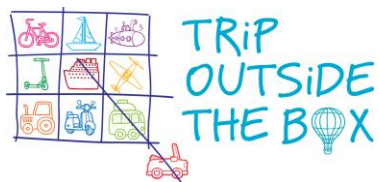


Body, mind and spirit are regenerated thanks to treatments, massages and rituals that are fruit of a longstanding expertise, combined with products of exclusive and efficacious formulations.

The Team's experience is supported using products whose exclusive formulations exploit the beneficial properties of Saturnia's Bioplancton, thermal water and muds. The combo of treatments, thermal cures and cryotherapy are adapted to the goals of individual programs.

Terme di Saturnia Method combines 5 ingredients for your lifelong health and psychophysical well-being: specialist medicine, nutrition, Spa treatments and thermal cures, movement, and energy rebalancing through naturopathy.

Harmonize with the surrounding nature and let our doctors, therapists and SPA consultants accompany you through this journey of consciousness, to build the foundations of your global well-being.

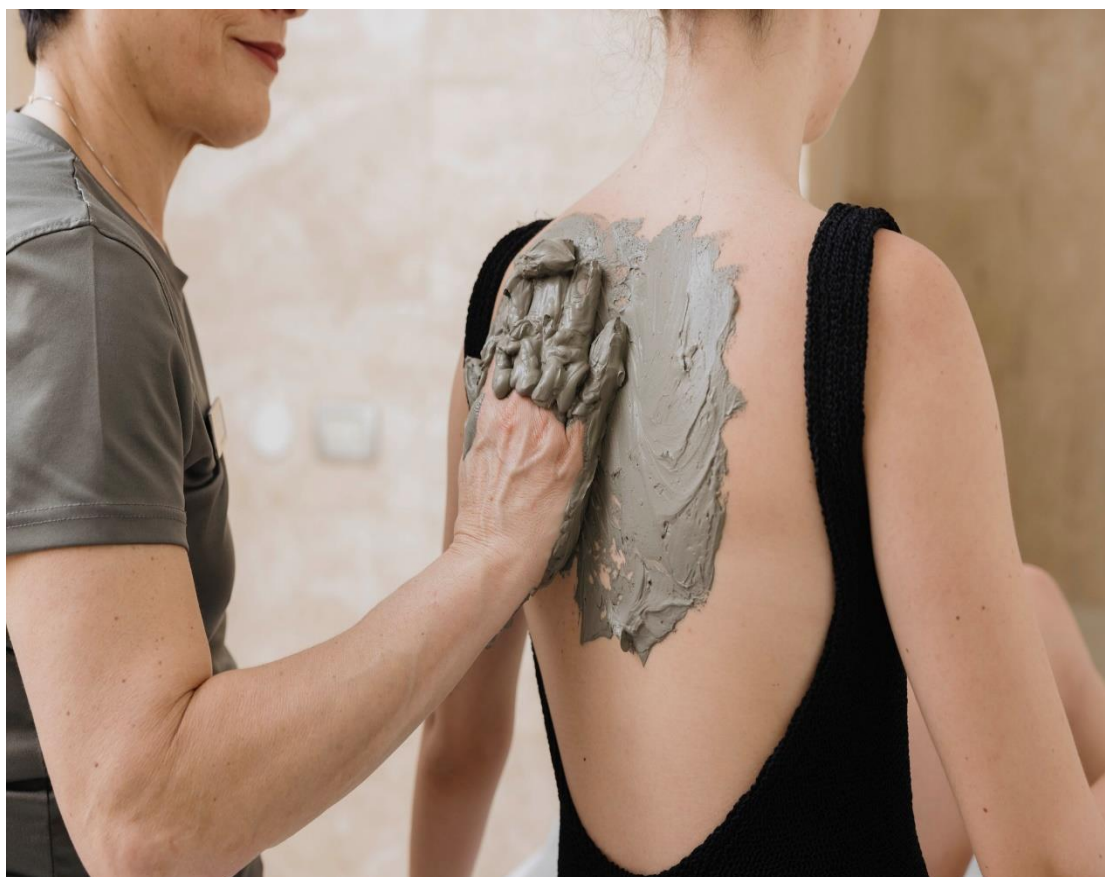


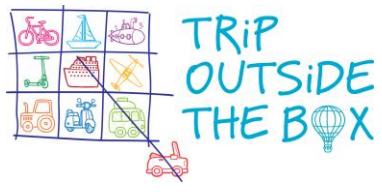
- **Your energy boost**

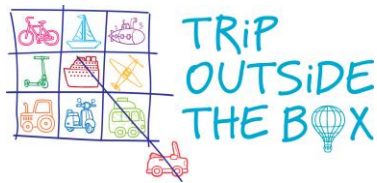
Movement and contact with nature can stimulate and circulate positive energies. Regenerate yourself in magnificent natural surroundings. Relax body and mind with the pleasant flow of water, reinvigorate yourself practicing sports in close contact with nature.

At Terme di Saturnia you will also find an illuminated tennis court, a gym and an 18-hole golf course to have fun.









- **Food for the soul**

Every Rebalance program includes a naturopathic consultancy : a natural experience aimed at rebalancing all energy systems and reinforcing the psychophysical health conditions.

Re-establishing a contact with your inner strength is pivotal to achieve harmony. A state of tranquillity will embrace your body, eliminating stress and tension. Vibrant and melodious sounds will regale peace of mind and serenity.



INFLAMMATION REDUCTION

The waters modulate pro-inflammatory cytokines, calming inflammation of the skin.



KERATINISATION REGULATION

They improve the natural processes that promote an even and healthy skin.



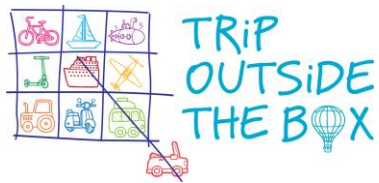
ANTIOXIDANT ACTION

Protection against cell damage caused by free radicals.



SKIN REGENERATION

They stimulate fibroblasts and collagen to repair damaged tissue.

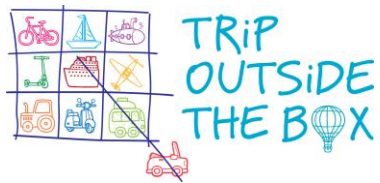


- **Breakfast, Meals & Dinners :**

1919 RESTAURANT - Maremma's oldest pied dans l'eau restaurant

There has always been a restaurant overlooking the Terme di Saturnia Natural Hot Spring, as testified by the Grosseto newspaper 'l'Ombrone', which triumphantly announced the opening of the hotel in August 1919. By naming their main Restaurant "1919" in 2019, they wanted to honor their first one hundred years of history, of passion and care for their guests.

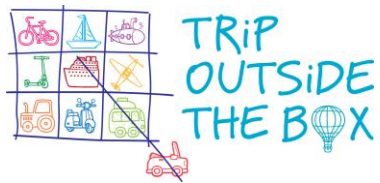




LA STELLATA | COUNTRY RESTAURANT - Tuscan Flavours

In this corner of bucolic Maremma countryside, it is exciting to enjoy the beautiful view of the hills on the horizon, sipping a glass of local wine. You will discover the classic flavors of typical Tuscan dishes.



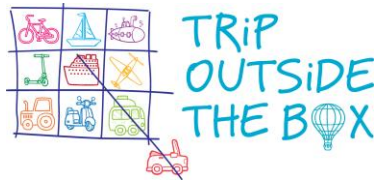


- **IL BAR DRINK & FOOD LIBRARY - "Dolce far niente" by the Spring**

The interiors decorated in shades of green and blue reflect the changing hues of the water. You can sit in the bright interior spaces or outside, on a platform directly overlooking the Spring, for a coffee, an aperitif or a light lunch.







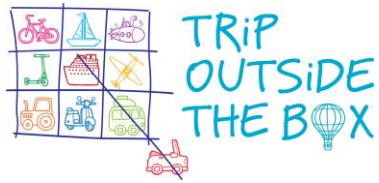
- **Executive Chef Salvatore Quarto**

Chef Quarto embodies a culinary philosophy that celebrates the freshness of local ingredients, creativity in flavor combinations and impeccable presentation. One of the hallmarks of Chef Quarto's cuisine is his ability to emphasize the freshness of products, roots, and culinary culture of the region. Working with local producers, he personally selects the most succulent and genuine ingredients, bringing their authenticity directly to the table.

Chef Quarto's seasonal approach is the basis of his culinary philosophy. Each season brings with it a unique wealth of flavors and Chef Quarto has a talent for making the most of them. His creations evolve with the changing seasons, ensuring a culinary experience that is always fresh and surprising. With a deep awareness of environmental impact, he carefully chooses ingredients and practices that respect the local ecosystem.

Great attention is also paid to nutrition and wellness. His creations not only delight the palate but are designed to nourish the body and soul. Each dish is a symphony of balance and taste, designed to leave you not only satisfied, but energized and vitalized.





- Optional guided excursions with unique experiences : Hot Air Balloon ride, Biking in Maremma's hills, Food & Wine Tasting in a Cappuccinis' old Monastery, Cooking class, Guided day tour either in Rome or Florence, Private dinner experience in a medieval Castello of the area, visit Arezzo (the filming city of the Oscar-awarded film "La vita e' bella") or Perugia – the gems of Umbria region !



