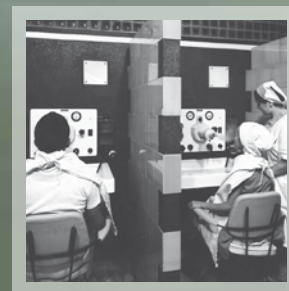
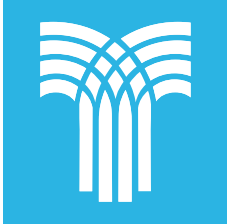


health and well-being since 1960



**Terme di Cervia**





thermae



precious elements



in the ancient town of salt



holistic well-being



cares



“displaces the water”



muddy on the outside clean on the inside



benefits for all ages



values



the thermal spa of sports



thermal science and nature



spa in wellness valley





# saline water and muds naturally special

The treatments and health care available at **Terme di Cervia** greatly rely on the natural therapeutic properties of special muds and saline water, containing sodium chloride, bromine and iodine. This saline water comes from the nearby salt lagoons: after the extraction of the salt, the remaining water, rich in precious mineral elements, arrives directly to our spa.

With proven beneficial effects on adults and children, this special saline water is used to treat and prevent many diseases, especially those involving the respiratory tract (ear, nose and throat), osteoarthritis and other degenerative and vascular conditions. It's also used for **balneotherapy** (thermal pool and bath).

In the salterns, under the water, settles the typical **“liman”** or lagoon mud, a homogeneous and dense mixture, black in color and shining, that is similar to the Dead Sea black muds for its beneficial effects. This mud is used for “mud therapy” at **Terme di Cervia**.







# terme di cervia one hundred years of health

In Cervia, the ancient town of salt, the spa resort is a place in which you can take care of your body. The first salt workers, during their hard work in the water and in the mud of the salt pans, discovered the **therapeutic properties of the black mud** which disinfected their cuts and eased their pains.

In the late 1930's a temporary open air establishment was built, but the thermal complex first opened its doors to the public in the 1950s and became one of the most prestigious and important bathing establishment in the north of Italy.

The Spa is located in a peaceful setting, right at the edge of a nature park, with a fitness track and miles of charming paths, ideal for quiet walks and bike rides.

Apart from the thermal saline water and the mud therapies, a wide range of services are offered to the client to meet **any special needs for physical well-being and beauty**.







# wellness 2.0 social, local, thermae

At **Terme di Cervia** relations and social aspects are sources of well-being. Personal participation, warmth and spontaneity are distinctive features of the people of Romagna. Trained medical staff assist the patients throughout their treatments, monitor results carefully and make sure that the patient receives the maximum benefit from each treatment. This close contact between doctor and patient guarantees **a unique personalized experience**.

On-line services (website, social network, newsletters) provide all the information for activities at the spa and the world of thermal therapies. The connection between the spa and its surroundings is strengthened by: the provision of training sessions, events that are regularly held in the conference hall and a program of outreach and support to sports clubs and local associations.

In the Emilia-Romagna region, **Terme di Cervia** has been classified as a 'First Level Super' by the Italian Ministry of Health for its structural standards and highly specialized medical assistance. For several years the spa has obtained the "**certification of quality management system** for the design and the supply of spa treatments".













# “displaces the water”

The thermal pool is unquestionably one of the key features of the Spa. Measuring **30 x 15 m**, its shallowest end is 1,30 m gradually increasing to 1,7 m. The water is kept at a constant, comfortable 33° C and the salt concentration at a density of about 6° Baumé. Lateral jets, set at various heights, produce an efficacious underwater hydro-massage, beneficial to articulation of the joints, during the therapeutic hydro-course .

Thanks to the **unique analgesic and anti-inflammatory qualities** of the water and the support of at least 90% of body weight, it is possible to perform rehabilitation and physical therapy with a reduction of stress, optimising the quality and effectiveness of the rehabilitation.

Guest therapists provide exercise classes in the thermal pool in the use of **thermal waters as a preventative instrument and good practice of well-being**. Near the thermal pool, in a dedicated area, you can perform a vascular circuit to improve the circulation of the lower limbs.

> **Recommended for: phlebitis, post-operative rehabilitation and venous diseases.**



Gli elementi preziosi che si trovano nelle acque e nel fango di Cervia: iodio, bromo, magnesio, calcio, solfati, cloruro di sodio, bicarbonati.





# muddy on the outside clean on the inside

The fame of the **“miraculous cures”** that occurred, thanks to the beneficial properties of the black saline mud, began to attract many tourists since the 1920’s. Every day more than 40 people went to the salt pans to cure their ills. Even today the therapeutic effects of the mud are obtained by the application of “Liman” at a temperature of 40°C, in a thin layer called a **“mud shirt”**. Other applications on lower limbs are made at room temperature (**cold mud**) to settle problems related to blood circulation.

After mud applications you can relax having a bath in water containing sodium chloride, bromide and iodide, to which you can add ozone or a hydro-massage to complete the treatment.

The therapeutic effect of this mud is enhanced by lying on the sun terrace, thereby combining the healing properties of ‘Mud therapy’ with the beneficial effects of sunlight.

> **Recommended for: arthritis, rheumatism, osteoporosis and other degenerative conditions**







# benefits for all ages

Cervia's thermal baths are the ideal center for **respiratory health for the whole family**. A spa break, supported by the marine climate and the balsamic effects of the thousand year old Pinery, can help prevent respiratory diseases of adults and children.

Particular care is taken with children. As patients they have reserved wards. (paediatric wards). As guests, waiting for their parents, they are well provided with play areas.

The spa experience becomes a privileged moment of well-being for all.

In particular, the inhalation treatment center is a well-equipped ward, specialising in the prevention and cure of **rhinogenous deafness**. Medical specialists in otolaryngology support and advise the young patients on the various phases of treatment.

> **Recommended for: pharyngolaryngitis, sinusitis, otitis, deafness, bronchial syndromes**













# the thermal spa of sports

The city of Cervia has always had a sporting heart. In addition to the sea and the natural endowment of sports facilities, over the years new structures have been built. The Pinery is undoubtedly the ideal place for an active holiday and for a **healthy and sustainable lifestyle**. In this context, Terme di Cervia has gained a solid reputation in the world of sport with programs and proposals for **prevention, cures and rehabilitation of diseases due to sport**.

The ability to provide thermal treatments, rehabilitation and physical activity in the same environment, allows us to carry out an effective, rapid and risk-free rehabilitation. The regenerative treatments with mud and bath therapy help the body to **achieve and maintain maximum fitness**. A complete range of computerised equipment has been installed to cater for a variety of applications. As well as being ideal for sports these machines are essential for motor re-education and rehabilitation.

Thanks to this activity, the final result is greater than the sum of the therapeutic effects of each single treatment.





# thermal science and nature in perfect synergy

Thermal waters are a source not only of **health, but also of beauty**, achievable only if you abandon yourself to an experience of total well-being.

With the combined action of water and mud, it is possible to remove excess liquids, toning up the tissues and restoring the efficient function of the skin.

A great chance to **get into shape and discover the pleasure of finding your equilibrium**. You can combine health and beauty, putting your trust in the expert hands of masseurs.

The physiokinesy ward offers personalized therapies with modern devices. The medical staff support the patients during all their treatments.







# spa in wellness valley

Physical activity and health; surroundings and nature; healthy diet and proper lifestyle: these are the cornerstones of well-being.

**Terme di Cervia** has successfully reinvented its ancient thermal tradition and offers its clients all the well-being that the surrounding territory and nature itself has to offer. By doing so, the precious harmony between body and soul is rebalanced and restored.

The care concept, understood as a **recovery of energy and physical form**, is related to good food, physical activity and relaxation in an area of great natural beauty and perfect climate. This makes it possible to offer to our patients services of the very highest quality.









Fondazione  
Ricerca Scientifica Termale



Agreed upon SSN, INPS, INAIL  
Enhanced by Emilia Romagna health department - First Level Super



**Terme di Cervia**

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