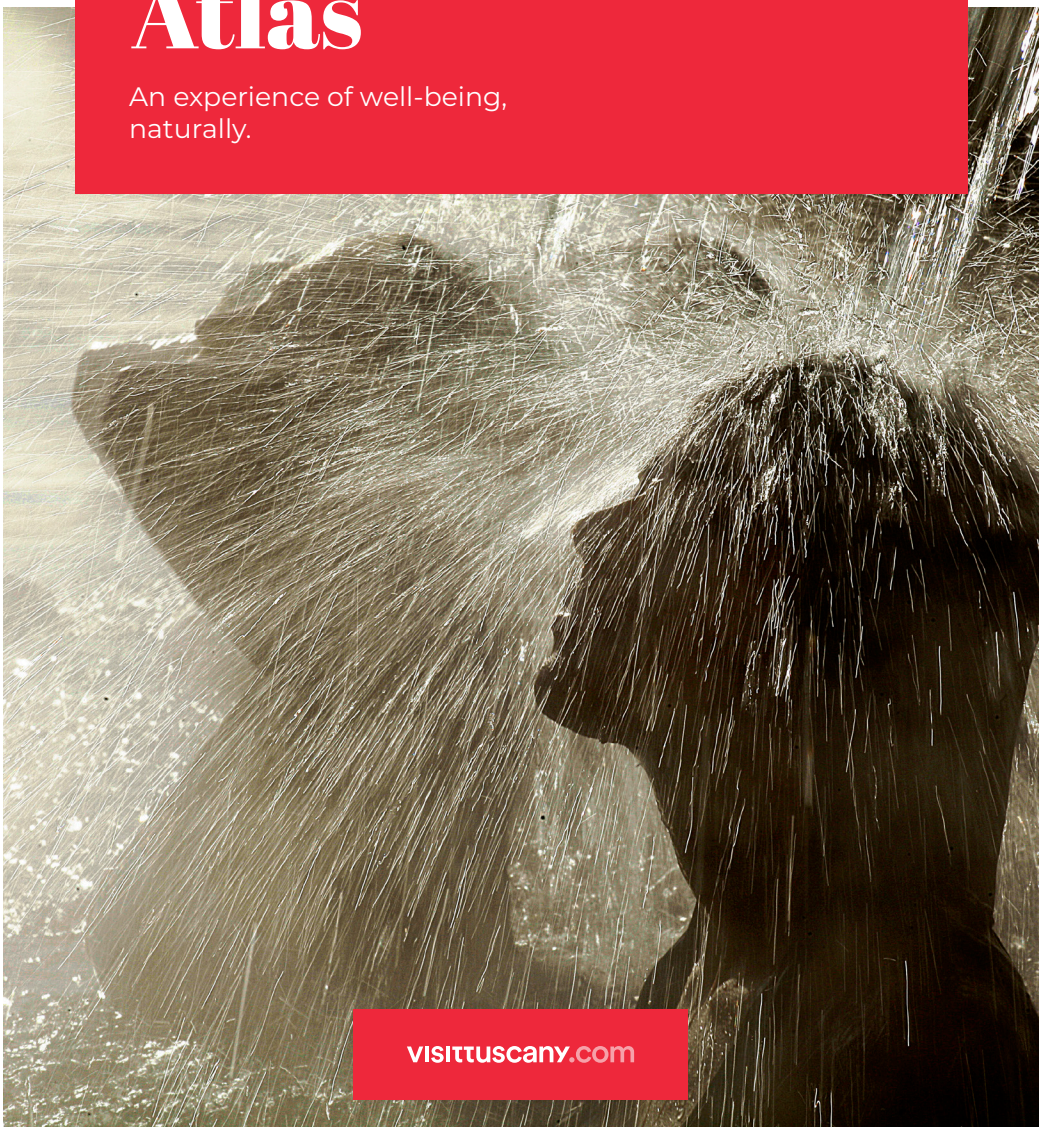
Thermal spas and well-being

The Tuscan Well-being Atlas

An experience of well-being, naturally.



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Thermal spas and well-being





The Tuscan Well-being Atlas. *This project by Toscana Promozione Turistica tells the story of the region through one of its defining qualities: the ability to put visitors' hearts and minds in tune with beauty and living well. The Atlas highlights places that bring something precious to a visit, such as the chance to rest deeply, spend time in nature and benefit from its soothing and healing effects, particularly through its waters. For thousands of years, Tuscany has been chosen as a special place for its many hot and cold thermal springs, whose therapeutic properties were known to the Etruscans long before the advent of science. Alongside its springs, the region holds a treasure of landscapes: quiet amid greenery, views of infinite beauty, gentle hills or steep mountains. These touches of colour make up a picture of complete visual, physical and mental well-being. The flavours and tastes of Tuscany's food and wine traditions complete this harmony rather than disturb it: a mosaic of excellence recognised around the world, with a piece in every little village, every small town and every city of this extraordinary region.*

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Tuscany's thermal spas and places for well-being



TUSCANY
NEVER-ENDING RENAISSANCE

'In Tuscany, everything's a delight. Even the way I feel inside.'

Discover the Tuscan Well-being Atlas
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TUSCANY: a landscape for well-being today

These days, well-being meets a very real and growing need. Our days soon fill with commitments, notifications and urgent demands, and what we often lack goes beyond time: it is space within ourselves, somewhere to breathe without feeling pulled in all directions. Finding clarity also means finding our own pace again, stepping away, at least for a while, from the rhythm imposed on us by the outside world. Places play a part in this. Some surroundings work on us quietly: the body begins to relax before the mind does. In Tuscany, this quality lies not only in the landscape, but in the balance between villages, forests, countryside and coast. Here, silence does not need filling: it leaves room, and in that space something falls back into place. It is a kind of endless Renaissance: less a heritage to admire than a calling that gradually puts people back at the centre and restores a sense of proportion. We regain energy in villages where our pace naturally slows, in countryside that protects our sleep, and in woods, thermal waters and the sea, which help us let go of the noise that has built up. Technology stops taking up all the space, and our attention returns to stone, wind and light. Then there are the islands, where the horizon opens up a sense of distance, and routes towards the Apuan Alps and the Apennines, where thoughts fall into step with our breathing. From the most iconic views to the parks, Amiata and the boric acid steam vents, the landscape invites us to reconnect with deeper roots. This is the starting point for the Atlas: the idea that well-being offers a different way to experience the region. A place's value lies not only in what it shows us, but in how it makes us feel and in what stays with us afterwards.



An invitation to find your rhythm, make space and be present

Experiencing a destination. More often than not, what we are looking for is not a destination, but a change. We may need to slow down, clear our minds, sleep better, let go of tension or find a more authentic way of life again. Seen in this light, Tuscany offers a different experience: one shaped not only by what it has to offer, but by the effect particular areas can have on body and mind. Nature, the sea, thermal spas, walking routes, villages, cities rich in art and spiritual places all offer different ways to restore balance. This guide explores the needs that certain places can meet and nurture, rather than simply the places themselves.

1 The rhythm of the land:

where time finds its natural pace

When one day runs into the next without a pause, rushing becomes second nature. Tuscany boasts places where the land, the seasons and the landscape set the pace, easing the pressure and bringing life back to a more human rhythm.

Val d'Orcia ~ Gentle hills, winding roads, rows of cypress trees. An orderly, harmonious landscape that slows your breathing.

Crete Senesi ~Clay, erosion gullies, gravel roads and wide expanses of silence. A landscape stripped back to its essentials, almost lunar, that helps you shed what you do not need.

Maremma ~ Woods, tuff, stone and nature with a rougher edge. The rhythm here is less tame, inviting you to slow down and find a firmer footing.

Val di Cecina ~ Broad valleys, mineral-rich land, steam vents, fumaroles and biancane. A primordial landscape that brings you back into touch with the elements.

Garfagnana ~ Centuries-old woods, majestic peaks and deep caves. Here, time follows the wild pulse of the mountains and the rhythm of the springs, with silence and space to listen to nature.

2 The rhythm of sleep:

where the body learns to move with ease

There are times when the body remains tense even at rest. Simply 'switching off' is not enough: we need direct contact with the elements. The sea and thermal waters help ease tension and restore a sense of fluidity.

Etruscan Coast ~ Beaches, cliffs and pine forests. A varied, welcoming landscape, where the sea reconnects you with your body and a sense of lightness.

Migliarino, San Rossore and Massaciuccoli Park ~ Gently shelving seabeds, broad horizons and water that invites calm. Here, the coast lets you move at an unhurried pace, easing thoughts and tension.

Maremma and Parco dell'Uccellina Broad beaches, wild nature, deep silence. A place where the body relaxes and the mind finds space again.

Argentario and the Tuscan Archipelago ~Coves, rocks, clear waters and open horizons. Leaving the mainland behind and finding yourself somewhere else naturally helps the mind unwind.
Tuscany's thermal spas ~ Warm waters, steam, natural pools and ancient healing traditions. Thermal spas help the body let go of what it holds on to.



3 The rhythm of silence:

where the mind finds space again

Messages, notifications, unfinished thoughts and constant demands on our attention leave the mind overloaded. Tuscany has places that give you space rather than more stimulation: woods, trails, walking routes and spiritual places help you find quiet, focus and a sense of inner order again.

Foreste Casentinesi ~ Tall tree trunks, footsteps muffled by leaves, deep silence. Here, walking helps put thoughts and priorities back in order.

Vallombrosa ~ Centuries-old fir woods, an atmosphere of contemplation, ancient spirituality. A place pared back to the essentials, where the unnecessary falls away and the mind can breathe.

La Verna and Camaldoli ~ Hermitages, monasteries, stone, woods and silence. Walking here is also a way to listen, a passage from one state to another and a chance for quiet reflection.

Monte Amiata ~ Beech woods, dark earth, cool air. The ancient volcano invites you to feel the ground beneath your feet and regain a sense of stability.

Tuscany's paths and walking routes The Francigena, trails, gravel roads and routes to take slowly. The steady repetition of footsteps frees the mind and restores a sense of presence.

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4 The rhythm of rest:

where sleep becomes renewal

You can get enough sleep and still feel drained, when your body comes to rest but your mind stays on alert. To recover fully, you need night, darkness, silence, clean air and places that safeguard your rest.

Lunigiana ~ Valli nascoste, borghi in pietra, Hidden valleys, stone villages, woods and streams. A secluded landscape where the quiet of the night encourages deep rest.

Casentino ~ Forests, tranquillity and peaceful nights. A sheltered valley, ideal for letting your mind lower its guard and regaining energy.

Mugello ~ Centuries-old woods, cool air, timber, unspoilt views. Here, sleep regains its natural rhythm and the body awakens feeling more grounded.

Chianti ~ Farmhouses, rows of vines, stone, terracotta and silence. An orderly, peaceful landscape, where rest comes from a sense of balance.

Cities rich in art, at a slower pace ~ Take your time in Tuscany's cities: their courtyards, cloisters, museums, squares and evening walks help bring the day to a calmer close.



5 The rhythm of connection:

where you can settle into life

Between the traffic, the screens and days that all feel the same, what is missing is sometimes something simple: the essentials. A more human pace, a quiet street in the morning, a greeting from someone who recognises you: Tuscany's villages keep this possibility alive. There is a whole constellation of different places where your pace slows of its own accord.

Hilltop villages ~where the view opens up, the sun sets behind the outlines of houses and time seems to stretch.

Stone villages ~ Where weathered walls, narrow streets and the smallest details sharpen your attention, stir memories and bring you back to the present.

Villages overlooking the sea ~ Where light, wind and the horizon help you breathe more freely and feel lighter.

Villages along walking routes ~ Where every arrival begins with a step, and the body finds its bearings again in a simple, tangible, essential way.

Rural villages ~ Where relationships are closer, sounds are softer and even a greeting can bring back a sense of belonging. Every village has its own voice. Set off and let the first village that strikes a chord with you show you the way.





Tuscany's thermal spas

Together, Tuscany's thermal spas offer health and well-being experiences with particular international appeal. They combine the inherent appeal of places already blessed with extraordinary art, nature and flavours with the special qualities of ancient thermal waters, effective in many different ways. The spas have embraced inclusive approaches to physical and mental well-being while retaining all the therapeutic potential of their waters, used in baths, mud treatments and inhalations. Tuscany boasts many types of thermal water, all of which you can always bathe in: mineral pools with jets and currents, or still and steaming, surrounded by greenery or indoors, where they can also be enjoyed in winter. Following the cycle of the thermal water, they offer bathing, relaxation and renewal for body and mind. People had been visiting these springs for thousands of years before scientific studies revealed the true therapeutic value of Tuscany's thermal waters. They have always been naturally drawn to their warmth and the innate sense of well-being the waters bring. This apparently simple idea has inspired most Tuscan spas to develop new well-being experiences, including residential retreats. They combine the qualities of their waters with elements native to the area, such as diet, raw materials, flavours, scents and traditions, meeting the steadily growing worldwide demand for natural, effective wellness retreats.

1. Terme di Equi

Piazza delle Terme, 1 Fivizzano (MS)
Tel. +39 0585 949339
www.termediequi.it - info@termediequi.it

Open seasonally ~ ***Description:*** *Shaped over the centuries by the Lucido, a tributary of the Magra, Terme di Equi sits among chestnut trees, its setting picked out by the river's black stones, coloured by minerals in the water. The spa offers seasonal treatments and has a thermal pool.* ***Therapeutic indications:*** *Saline alkaline waters containing sulphates. Suitable for bathing and ENT treatments; indicated for respiratory, skin, bone and joint, and vascular conditions.*

2. Terme della Versilia

c/o Hotel Undulna, Viale Marina ang. Viale Gramsci, Cinquale di Montignoso (MS)
Tel. +39 0585 807788
www.termedellaversilia.com - hotel@villaundulna.com

Open all year ~ ***Description:*** *Known for its distinctive thermal peat, applied to the skin, the spa has a beautiful thermal pool, a thermal spa and a wellness circuit in its wet area. Set within the elegant 4* Hotel Villa Undulna in the heart of Versilia, it is open all year, a stone's throw from the sea.* ***Therapeutic indications:*** *The saline waters containing bromide and iodide in which the peat is steeped give it therapeutic properties for skin, bone and joint conditions, as well as anti-inflammatory benefits.*

3. Terme Bagno Bernabo'

Via Bagni Caldi, 36 Bagni di Lucca (LU)
Tel. + 39 331 171 9014
www.termebagnobernabo.it - info@termebagnobernabo.it

Open all year ~ ***Description:*** *Bagno Bernabò is an elegant thermal spa in Bagni di Lucca, in Garfagnana. A favourite of Napoleon's sister, it was renovated in 2006 and offers a place to recharge, with thermal waters and original materials. Bathing and mud therapies in marble tubs, together with innovative therapies, offer a true sense of well-being.* ***Therapeutic indications:*** *Waters containing sulphate and calcium, indicated for bone and joint disorders, emerge at 39°C.*

4. Bagni di Pisa

c/o Bagni di Pisa Palace & Thermal SPA Hotel 5*, Largo P.B. Shelley, 18 S. Giuliano Terme (PI)
Tel. +39 050 88501
www.bagnidipisa.com - pabooking@bagnidipisa.com

Open all year ~ ***Description:*** *This sumptuous, fully renovated thermal spa complex has several indoor and outdoor thermal pools and a wide choice of thermal and well-being treatments. Bathing and mud therapies and inhalations are available alongside an extensive range of wellness and relaxation circuits and options, all within an elegant 5* hotel.* ***Therapeutic indications:*** *Waters containing magnesium, sulphate and calcium, indicated for muscle relaxation and respiratory and ENT conditions. The water emerges at 38°C.*

5. Terme di Casciana

Piazza Garibaldi, 9 Casciana Terme-Lari (PI)
Tel. +39 0587 64461
www.termedicasciana.com - info@termedicasciana.com

Open all year ~ ***Description:*** *An advanced residential rehabilitation centre, Terme di Casciana has also become a leading destination for circulatory and respiratory well-being thanks to the restorative action of its thermal waters. Its two thermal pools, one indoor and one outdoor, are open all year, as is its range of thermal and well-being treatments, making it a sought-after centre for health and well-being.* ***Therapeutic indications:*** *Water containing bicarbonate, sulphate and calcium, known as Acqua Methelda and indicated for osteoarthritis, rheumatism and sciatica, with rehabilitative, dermatological, relaxing and anti-inflammatory uses.*

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6. Terme di Montecatini

Viale Verdi, 41 Montecatini Terme (PT)
Tel. +39 0572 7781
www.termemontecatini.it - info@termemontecatini.it

Open all year ~ ***Description:*** *Part of The Great Spa Towns of Europe, a UNESCO World Heritage Site, Montecatini is a whole town devoted to well-being, with thermal waters available across several spa facilities. Tettuccio and Redi are open for drinking cures, mud and bathing therapies, and inhalations. There is also a modern wellness centre offering treatments with thermal mud.* ***Therapeutic indications:*** *Saline alkaline waters containing sulphates, indicated for liver and biliary, intestinal, musculoskeletal, and bone and joint disorders, urinary and skin problems, stress and anxiety, and fibromyalgia.*

7. Grotta Giusti Thermal SPA Resort 5*

c/o Grotta Giusti Via della Grotta Giusti, 1411 Monsummano Terme (PT) - Tel. +39 0572 9077991
www.grottagiustispa.com - info@grottagiustispa.com

Open all year ~ ***Description:*** *Described as the eighth wonder of the world, the thermal cave at Grotta Giusti is truly one of a kind. Its three chambers, divided by temperature, take their names from Dante: Inferno, Limbo and Paradiso. The cave offers an extraordinary experience that can be combined with traditional thermal treatments and the latest approaches to wellness and well-being. Set within a 5* Marriott hotel, the thermal spa complex is among the most sought-after in Italy.* ***Therapeutic indications:*** *Waters containing bicarbonate, sulphate and calcium, indicated for rheumatic joint diseases and bone and joint disorders; vascular and venous disorders; chronic respiratory and ENT conditions.*

8. Terme di Gambassi

Piazza Giuseppe di Vittorio, 1 Gambassi Terme (FI)
Tel. +39 353 4329301
www.termedigambassi.com - info@termedigambassi.com

Open all year ~ ***Description:*** *On the Via Francigena, not far from Florence, this spa offers an intimate thermal experience in dedicated pools, bringing natural relief to today's pilgrims. Renovated in 2023, it offers thermal therapies and treatments alongside wellness and well-being experiences.* ***Therapeutic indications:*** *Saline water containing bromide and iodide, rich in free carbonic acid, suitable for treating respiratory conditions through inhalations and gastrointestinal conditions through drinking cures.*

9. Tombolo Thalasso Resort 5*

Via del Corallo, 3 Marina di Castagneto Carducci (LI)
Tel. + 39 0565 74530
www.chgroup.eu/tombolo - info@tombolotalasso.it

Open all year ~ ***Description:*** *Certified as 'Thalassotherapie' under the criteria used in France, the world's home of thalassotherapy, Tombolo offers health and well-being experiences based on seawater. Its spa area, one of the largest and most comprehensive in the region, offers circuits and experiences that bring you into close contact with nature and the elements.*

10. Terme di Venturina

Viale delle Terme, 36 Venturina Terme (LI)
Tel. + 39 0565 855759
www.termediventurina.it - info@termediventurina.it

Open all year ~ ***Description:*** *Terme di Venturina draws on the historic Sorgente Cratere, whose water emerges at 37°C and fills the indoor pool, with its geyser and jets, all year round. A stone's throw from the Gulf of Baratti, it is a retreat for winter and summer alike, and a destination for health and well-being. A thermal spa and treatments complete the experience.* ***Therapeutic indications:*** *Alkaline earth waters containing sulphate, calcium, magnesium and bicarbonate, indicated for respiratory, ENT, bone and joint, gastrointestinal, skin and circulatory conditions.*

11. Calidario Terme Etrusche Resort & SPA 3*

Via di Caldana 6, Venturina Terme, Campiglia Marittima (LI) - Tel. +39 0565 855759
www.calidario.it - calidario@calidario.it

Open seasonally ~ ***Description:*** *Set in the Parchi della Val di Cornia, this thermal spring is a rare geological phenomenon. The lake, covering more than 3,000 sq m, is the result of a long and complex natural process. The complex also has a small boutique hotel in delightful farmhouses surrounded by greenery.*

12. Terme di S. Giovanni - *Isola d'Elba* -

Loc. San Giovanni, Portoferraio - Isola d'Elba (LI)
Tel. +39 0565 914680
www.termeisoladelba.it - info@termeisoladelba.it

Open seasonally ~ ***Description:*** *What sets Elba's thermal baths apart is the adjoining basin of saline water containing iodide, silt and thermal marine algae, formed thanks to the nearby sea. This exceptional combination, with its extraordinary marine thermal silt, makes both thermal treatments and thalassotherapy possible. Together with the proximity of Elba's sea, it makes for a one-of-a-kind health and well-being experience.* ***Therapeutic indications:*** *Saline water containing iodide, silt and thermal marine algae. Unrivalled in Europe for its combination of thalassotherapy and thermal silt baths, it is especially indicated for osteoarthritis and rheumatism.*

13. La Cerreta Terme Sassetta, Biodinamic Resort

Via della Cerreta, 7 Sassetta (LI)
Tel. +39 0565 794532
www.lacerretaterme.it - info@lacerretaterme.it

Open all year ~ ***Description:*** *At La Cerreta, people and the elements of nature come together in a harmony long forgotten. Its precious water rises naturally from an underground basin at a constant temperature of 51°C. The Podere and Terme Sassetta form a single complex, with pools, circuits and thermal and well-being treatments that draw on the presence of nature.* ***Therapeutic indications:*** *Water containing sulphate and calcium, with therapeutic effects on the respiratory system, the skin and the musculoskeletal system.*



14. Fonteverde Lifestyle & Thermal Retreat 5*

Località Terme, 1 San Casciano dei Bagni (SI)
Tel. +39 0572 7781 - www.fonteverdespa.com
ricevimento.terme@fonteverdespa.com

Open all year ~ ***Description:*** *Fonteverde has its origins in the spring on the slopes of Amiata and a tradition of waters that heal and renew. This elegant 5* retreat in the Val d'Orcia, a stone's throw from the world's most famous Etruscan treasure, is a true sanctuary of well-being and balance. It combines thermal treatments with advanced techniques for a new approach to physical and mental well-being.* ***Therapeutic indications:*** *Sulphurous water containing calcium, fluoride and magnesium. Indicated for bone and joint conditions and respiratory treatments: inhalations, aerosols, humage, nasal douches and irrigations.*

15. Terme di Chianciano

Parco Acqua Santa Viale Roma, 30 Chianciano Terme (SI)
Tel. +39 0578 68501 - www.termechianciano.it
prenotazione@termechianciano.it

Open all year ~ ***Description:*** *At Terme di Chianciano, water, health, nature and tradition come together in a varied choice of well-being experiences. In the heart of Tuscany, between the Valdichiana and the Val d'Orcia, it is a true 'spa town', with pools and thermal well-being facilities, a sensory spa, a park for drinking cures, a health gym and facilities for thermal therapies.* ***Therapeutic indications:*** *Water containing bicarbonate, sulphate and calcium, whose specific properties determine its uses. Especially well known for liver therapy, it is used in drinking cures, bathing therapy, inhalation treatments and thermal mud treatments.*



16. Terme di Montepulciano

Via delle Terme sud 46, Montepulciano (SI)
Tel. +39 0578 7911 - www.termedimontepulciano.it
info@termedimontepulciano.it

Open all year ~ ***Description:*** *Devoted to health, this thermal spa complex offers an extensive range of thermal therapies, as well as medical practices, diagnostics and rehabilitation services. Just a short distance from Montepulciano, it provides a wealth of treatment and healthcare options.* ***Therapeutic indications:*** *Sulphurous saline waters containing bromide and iodide, particularly indicated for preventing and treating respiratory disorders, rheumatic joint conditions and skin diseases.*

17. Castello di Velona 5*L

Località La Velona, 53024 Montalcino (SI)
Tel. + 39 0577 839002
www.castellodivelona.it - reservation@castellodivelona.it

Open all year ~ ***Description:*** *Montalcino's only thermal spa lies at the heart of the well-being experience at Castello di Velona, a 5* resort in a beautifully restored tenth-century fortress, perched on a hill with panoramic views over the Val d'Orcia. Just 8 km from Montalcino, the castle overlooks the Val d'Orcia, home of the celebrated Brunello.* ***Therapeutic indications:*** *Studies carried out by the University of Pavia, which specialises in thermal hydrotherapy, have shown that the water in the pools helps improve blood circulation and has effects on the skeletal system and the skin, while steam from the hot thermal waters cleanses the respiratory system.*

18. Terme Antica Querciolaia

Via Trieste, 22 Rapolano Terme (SI)
Tel. +39 0577 724091
www.termeaq.it - info@termeaq.it

Open all year ~ ***Description:*** *42,000 sq m of parkland with 8 thermal pools at different temperatures, thermal waters and therapies, a wellness centre and well-being and relaxation circuits that are always accessible. Set in the Crete Senesi, the thermal park's pools can be visited without a reservation.* ***Therapeutic indications:*** *The waters contain high levels of calcium, magnesium, sodium and potassium, substances indicated for treating respiratory, bone and joint, and skin conditions.*

19. San Giovanni Terme Rapolano 4*

Via Terme S. Giovanni, 52 Rapolano Terme (SI)
Tel. +39 0577 724039
www.termesangiovanni.it - info@termesangiovanni.it

Open all year ~ ***Description:*** *With a hotel, parkland and thermal pools in the heart of the Crete Senesi, this complex uses sulphurous thermal waters that emerge at 39°C. Its varied choice of well-being experiences, food, relaxation and accommodation makes Terme San Giovanni a well-being destination in its own right in Tuscany.* ***Therapeutic indications:*** *Waters rich in sulphur and calcium bicarbonate are ideal for skin, respiratory and muscular treatments. They improve the appearance of the skin, combating conditions such as psoriasis and dermatitis.*

20. Adler Bagno Vignoni, Resort 5*

Strada di Bagno Vignoni 1, 53027 San Quirico d'Orcia (SI)
Tel. +39 0577 889001
www.adler-thermae.com - info@adler-thermae.com

Open all year ~ ***Description:*** *A place of pure well-being among the hills of the Val d'Orcia, with welcoming, highly skilled staff, a thermal park, a spa, indoor activities and excellent dining. Everything sits in harmony with the distinctive landscape of this part of Tuscany, which Adler Bagno Vignoni has brought together with the Adler brand to remarkable effect.* ***Therapeutic indications:*** *The thermal pool water contains bicarbonate and sulphate and is at a pleasant temperature of 36°C, particularly beneficial for bones, skin and joints.*

21. Hotel La Posta Thermal SPA 5*

Via Ara Urcea 43, 53027 - Bagno Vignoni (SI)
Tel. +39 0577 887 112
www.lapostahotel.it - info@lapostahotel.it

Open all year ~ ***Description:*** *In the medieval village of Bagno Vignoni, in the heart of the UNESCO-listed Val d'Orcia, La Posta is a five-star hotel shaped by thermal waters, authentic Tuscan culture and a slower pace of life. Children over 14 are welcome.* ***Therapeutic indications:*** *The thermal waters of Bagno Vignoni emerge rich in valuable minerals such as carbonates, sulphates, calcium and magnesium. As well as offering an unmatched way to relax, they have beneficial properties for the skin, joints and muscles.*

22. Albergo Le Terme, 4*

P.zza delle Sorgenti 13, Loc. Bagno Vignoni, 53027 San Quirico d'Orcia (SI) - Tel. +39 0577 887150
www.albergoleterme.it - info@albergoleterme.it

Open all year ~ ***Description:*** *An iconic image of Tuscany, the hotel is reflected in Bagno Vignoni's celebrated Piazza delle Sorgenti, a large thermal pool dating from Etruscan times, where water emerges at 49°C. Le Terme Spa & Resort welcomes guests to a fifteenth-century palazzo once used by the Pope as a summer residence.* ***Therapeutic indications:*** *Valued for centuries, the water's warmth makes it particularly suitable for relieving muscle tension. Recommended for skeletal conditions and for its toning action, it soothes the skin with exceptional gentleness thanks to its rich content of salts, calcium, iron carbonates, and sodium and magnesium sulphates.*

23. Terme di Petriolo

Strada Provinciale di Petriolo, Monticiano (SI)
Tel. + 39 0577 757104
www.termepetriolo.it - info@termepetriolo.it

Open seasonally ~ ***Description:*** *Set in the Basso Merse nature reserve, amid enchanting woods and hills, the spa offers a chance to fall back into step with nature and yourself. It enjoys a one-of-a-kind location where peace and silence evoke a primordial world beyond time.* ***Therapeutic indications:*** *Hyperthermal water emerging at 43°C, with high concentrations of hydrogen sulphide. It is also rich in free carbon dioxide, calcium, fluoride, chloride ions, sulphate and hydrogen carbonate. These components give the thermal water at Terme di Petriolo beneficial effects on bones and joints, the respiratory system and the skin.*

24. Terme di Sorano Resort 4*

Località Fileta 25, Cerreto, 58010 Sorano (GR)
Tel. +39 0564 633306
www.termedisorano.it - info@termedisorano.it

Open all year ~ ***Description:*** *A thermal park with a wellness centre and thermal pools in the heart of the tuff towns of Sorano and Pitigliano. Set amid the greenery of the Maremma, it offers a direct, natural approach to health and thermal well-being, supported by the area's lush nature, scents, flavours and food and wine traditions.* ***Therapeutic indications:*** *Water containing bicarbonate, magnesium and calcium, emerging at a temperature of 37.4°C. Therapeutic services for skin diseases, particularly psoriasis and dermatitis.*

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25. Terme di Saturnia Natural Destination 5*L

Loc. Follonata, Saturnia 58014 Manciano (GR)
Tel. +39 0564 600600
www.termedisaturnia.it - spa@termedisaturnia.it

Open all year ~ ***Description:*** *With its thermal spring unlike any other in the world, this elegant 5* resort has long been counted among the world's finest luxury spa hotels. Its thermal spa follows the Saturnia Method. You can also visit the Parco delle Terme di Saturnia and the Club without staying overnight, enjoying the thermal waters and therapeutic spa services.* ***Therapeutic indications:*** *Saturnia's thermal waters are sulphurous, carbonated, sulphate-rich and bicarbonate-alkaline. They emerge at a constant temperature of 37.5°C and are famous worldwide, recognised for their beneficial properties for the skin, joints and respiratory system.*

26. Hotel Saturno Fonte Pura 3*S

Loc. Crocina, 58014 Saturnia (GR)
Tel. +39 0564 601313 - www.hotelsaturnofontepura.com saturnofontepura@gmail.com

Open all year ~ ***Description:*** *A short walk from the thousand-year-old village, Hotel Fonte Pura offers the wonder of Saturnia's thermal waters in peace and privacy, away from the crowds. Guests can enjoy pools with varied water flows and relaxation areas, along with a dedicated skincare range and outstanding cuisine.* ***Therapeutic indications:*** *Saturnia's thermal waters are sulphurous, carbonated, sulphate-rich and bicarbonate-alkaline, recognised for their beneficial properties for the skin, joints and respiratory system, as well as their anti-ageing and antioxidant effects and their ability to counter free radicals.*



Experience the thermal baths as the Etruscans and Romans did

Tuscany's free thermal baths have been known and used since time immemorial. Their regular use reaches back through the cultures that have shaped this region, before the Romans to the Etruscans, and perhaps even their predecessors. And that's not all: the waters' power to 'heal' wounds, irritations and abdominal ailments was recognised too. It is no coincidence that the extraordinary archaeological finds at the 'thermal' temple in San Casciano dei Bagni included many bronze representations of internal organs: votive figurines offered in thanks for healing, or in the hope of it – who knows?

27. Bagni San Filippo

Access on foot from the village of San Filippo (SI)
www.bagnisanfilippoterme.it

Description: *The thermal area of Fosso Bianco covers quite a stretch. Follow the road upstream and the first pools you reach have clear, very hot water. Continue along the path beside the small stream to reach the Cascata della Balena Bianca, an enormous mass of limestone formed by deposits from the white hyperthermal waters. Mixing with the stream, these waters give it its characteristic blue-white colour, a striking contrast to the surrounding woods.* ***Notes:*** *Paid parking. There are no facilities.*

28. Terme libere di Petriolo

Strada Provinciale di Petriolo, loc Monticiano (SI)

Description: *The thermal waters contain hydrogen sulphide, free carbon dioxide, calcium and fluoride. Emerging from the spring at 43°C, they form a series of limestone pools directly beside the Farma stream. Free access all year round.* ***Notes:*** *There are no facilities.*

29. Cascate del Mulino

Strada Vicinale Molino del Bagno, 9/a, 58014 Saturnia, fraz di Manciano (GR)

Description: *Saturnia's Cascate del Mulino is a natural thermal bathing complex in Tuscany, famous for the travertine limestone pools carved out by the Gorello stream. The sulphurous water, at a constant temperature of 37°C, has beneficial properties for the skin and breathing. Always accessible and set amid the nature of the Maremma, the pools offer an unparalleled experience. It is all the richer when enjoyed as part of the wider area that has shaped them: taking in the views and flavours, and making discoveries, both small and great, about the history, culture and traditions of Saturnia and the surrounding area.*
Facilities: *Toilets, bar ~* ***Notes:*** *Paid parking.*

Free thermal baths are marked on the map of Tuscany with this symbol