



# Thermal Medical SPA

## AQUARIA

For more than 130 years, Terme di Sirmione has been committed on a daily basis to treat and protect your health and well-being.

Starting a lifestyle change today brings you an immediate benefit on the body and it is an investment in your future.

In the new Thermal Medical SPA you are at the center of a regenerative spa experience to consciously restore harmony between body and mind by benefiting from the natural elements water and mud.

Based on scientific evidence and the professionalism of a highly qualified medical staff our **WHealth** Programs are aimed at the improvement of Breathing, the treatment of Osteoarticular and Rheumatic Pain and the relief of Skin.

Take care of you: start your change from here.



Wellness & Health

### WHealth Experience

#### BREATH 1 day



A natural purification of the breath through sulfur water.

Day SPA:

- 1 entry Thermae&Sauna 3 hours
- + 2 inhalation treatments
- + 1 pack of Acqua di Sirmione

Available online

[aquaria.termedisirmione.com](http://aquaria.termedisirmione.com)

€56

### WHealth Experience

#### BODY 1 day



The warmth of the mud, relief for the body's aches and pains.

Day SPA:

- 1 entry Thermae&Sauna 3 hours
- + 1 therapeutic mud and shower
- + 1 Soothing Cream Terme di Sirmione

Available online

[aquaria.termedisirmione.com](http://aquaria.termedisirmione.com)

€66

### FIND OUT OUR THERMAL CURES

Never had a thermal cure? Try one!

- Ionized aerosol + micronized shower € 20
- Therapeutic bath with whirlpool € 20
- Localized therapeutic mud and shower + bath therapeutic € 30
- Localized therapeutic mud and shower € 28

### MEDICAL EXAMINATIONS

- Medical examination for treatment admission € 55
- Psychiatric examination € 105
- Orthopedic examination € 105
- Functional physiotherapy assessment 30' € 28
- With same-day purchase of 3 physiotherapy treatments € 0

### THERMAL CURES

- Inhalation € 14
- Balneotherapy with whirlpool € 15
- Mud and balneotherapy with whirlpool € 37
- Therapeutic mud and shower € 32
- Therapeutic hand or foot mud € 20
- Manual lymphatic drainage 50' € 77
- Therapeutic massage 25' € 45

### Round of treatments affiliated with the Italian National Health Service.

- Admission examination + 12-day course of treatment with Italian National Health Service Full ticket € 55
- Partial exemption ticket € 3,10
- Ticket for children resident in Lombardia under 14 € 3,10

### COMBINE WELL-BEING

By purchasing a minimum 3-day **WHealth** Program, you can access Aquaria with a 5-hour Day Lux Entry at a discounted price of ~~35€~~ 44€ Promotion valid from Monday to Thursday during your treatment period. Admission upon availability. Purchase on site by presenting the prescription for treatment at the reception.

## THERMAL MEDICAL SPA

### OPENING HOURS

Mon - Fri 10am-1pm  
Sat - Sun 9am-2pm

### WHERE WE ARE

Piazza Don A. Piatti, 1  
Sirmione old town centre (BS)

### BOOKINGS

Contact Center: + 39 030 916044  
[aquaria@termedisirmione.com](mailto:aquaria@termedisirmione.com)

### INFO

<https://www.termedisirmione.com/en/aquaria-thermal-medical-spa-en>

### FOLLOW US

@aquariathermalspa | AquariaThermalSPA



Dr. Alessandro Signorini  
Health Scientific Director  
Terme di Sirmione



## WHealth PROGRAM

### Otolaryngology



#### For a better and deep breath.

The benefits of inhalation sulfur thermal therapy are several due to its action anti-inflammatory, antiseptic, direct mucolytic and normalizing of mucous membranes. Reduce in a natural way the discomforts related to **sinusitis, rhinitis, tonsillitis, pharyngitis** and **rhino sinusitis syndromes bronchial**. Inhalation therapy helps to reduce episodes and consequently the use of mucolytic drugs and antibiotics. Better and more protected breathing also from the aggression of air pollution.

#### Thermal Cure

2 inhalation treatments  
3 inhalation treatments  
4 inhalation treatments

#### 3 days | 6 days | 12 days

€80	€110	€180
-	€150	€250
-	€180	€290

#### Additional inhalation

3rd inhalation treatment  
3rd and 4th inhalation treatment  
3rd, 4th and 5th inhalation care


-	€80	€160
-	€160	€210
-	€190	€240

#### Respiratory physiokinesitherapy

€90	€160	€300
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#### Respiratory physiokinesitherapy

single | from 5 cures  
€35    €33

 It is necessary to make an **admission to treatment or medical examinations** in order to access the **WHealth Program**

## WHealth PROGRAM

### Rheumatology



#### To relieve pain and improve movement.

Mud balneotherapy is beneficial on **musculoskeletal, rheumatic and osteoarticulars** such as **osteoarthritis** and **osteoporosis**, but also for **back pain** and **neck pain**, which characterize sedentary work. It slows down the degenerative process of pathology.

#### Thermal Cure


Mud and balneotherapy  
Therapeutic mud and shower  
Therapeutic hand or foot mud  
Therapeutic massage 25'  
Balneotherapy with whirlpool

#### 3 days | 6 days | 9 days | 12 days

€95	€185	€265	€335
-	€170	€234	€300
-	€110	€150	€180
-	€240	€320	€380
-	€90	€125	€155

#### single | from 5 cures

€55	€50
€55	€50
€45	€40

 It is necessary to make an **admission to treatment or medical examinations** in order to access the **WHealth Program**

### Dermatology



#### A Relief for Skin.

It takes advantage of the natural anti-inflammatory, moisturizing and soothing action of thermal water, and of its mud for **dermatitis, psoriasis and acne**. Benefits: lengthening of regression time, reduction of itching and patchy erythematous-desquamative.