

WHAT'S AQUARIA: the Thermal Day SPA of Terme di Sirmione, **unique in its kind** with **thermal pools, whirlpools, vascular path, effervescent beds and infinity pool** in which to immerse yourself and be reborn; **sauna circuit and steam baths**; large range of treatments with classical manual techniques, latest generation technologies and the use of the **natural thermal resources**: water, mud and the products of the Terme di Sirmione Cosmetics line.

*Find out why our Thermal Water is so SPECIAL:
Experience the Thermal Water Journey through our multi-sensory relaxation rooms*



Download here the price list and share it with your friends



Follow us!



AQUARIA

Thermal Water, Lake Experience

ENTRANCES 2023

Entry to Thermae&Sauna includes access to the thermal swimming pools, infinity pool, saunas circuit, steam baths, multisensorial relaxation areas. Swimsuit and slippers required, not included.

AQUARIA DAY LUX

Thermae&Sauna entry **5 hours**

Welcome kit with swimming cap, bathrobe and towel.

Mon - Thu | Fri - Sun - Holidays
44 € | **56 €**

AQUARIA EVENING

Thermae&Sauna entry **evening** until closing

Welcome kit with swimming cap, bathrobe and towel.

Sun - Thu | Fri - Sat
34 € | **40 €**

AQUARIA SHORT

Thermae&Sauna entry **2 hours**

Welcome kit with swimming cap and towel.

Upon availability
25 €

AQUARIA DAY LUX JUNIOR

Thermae&Sauna entry **5 hours**

(children from 30 months to 11 years old)

Access to the relaxation areas on the first floor for children under the age of 16 is allowed only if accompanied. Welcome kit with swimming cap and towel.

Mon - Sun
28 €

AQUARIA YOGA&MIND

Thermae&Sauna entry **5 hours + 30'**

yoga in the relaxation area + 30' Thermal Water Yoga + fruit juice

We kindly ask you to bring a pair of comfortable and light trousers (or leggings). Welcome kit with swimming cap, bathrobe and towel.

Upon availability
39 €

AQUARIA ALL DAY

Thermae&Sauna entry **all day**

Includes wellness salad with soft drink + 24-hour cream 30ml + Terme di Sirmione Scented Water Spray + 1 Acqua di Sirmione package

Welcome kit with swimming cap, bathrobe and towel.

Limited availability
Mon - Fri
86 €

OPENING TIMES

SUN - THU
9am - 22pm

FRI - SAT
9am - 12am

BOOKING

Access to Aquaria always requires reservations. Admission is not guaranteed without a reservation or in the time slots other than the one selected during purchase. **Book at Aquaria on: bit.ly/bookingaquaria**

HOLIDAYS

There are days of highest demand when holiday rates are applied, times and the need for reservations may vary.

February 13 and 14, 2023

April 10, 2023 | April 24-25, 2023

May 1, 2023 | June 2, 2023

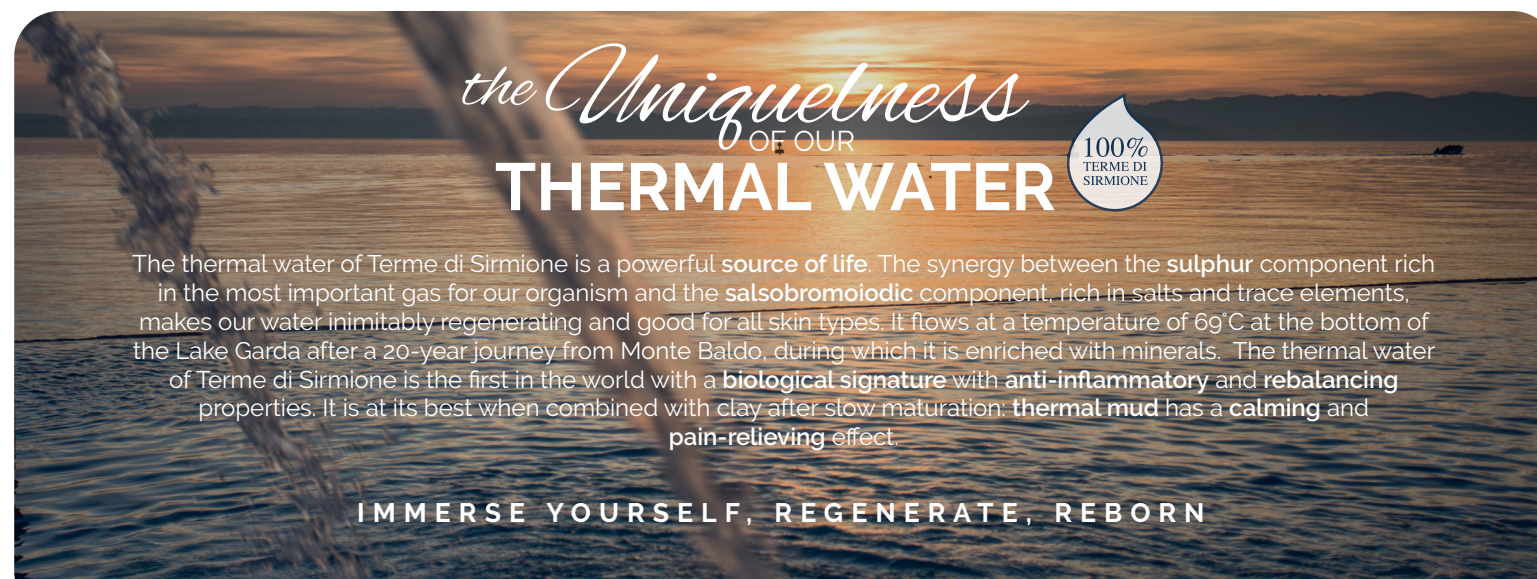
August 15, 2023

November 1, 2023

December 8 to 10, 2023

**December 25, 2023
to January 7, 2024**

Updated holidays and schedules can be found at website www.termedisirmione.com/en



The thermal water of Terme di Sirmione is a powerful **source of life**. The synergy between the **sulphur** component rich in the most important gas for our organism and the **salsobromoiodic** component, rich in salts and trace elements, makes our water inimitably regenerating and good for all skin types. It flows at a temperature of 69°C at the bottom of the Lake Garda after a 20-year journey from Monte Baldo, during which it is enriched with minerals. The thermal water of Terme di Sirmione is the first in the world with a **biological signature** with **anti-inflammatory** and **rebalancing** properties. It is at its best when combined with clay after slow maturation: **thermal mud** has a **calming** and **pain-relieving** effect.

IMMERSE YOURSELF, REGENERATE, REBORN



Winner Spa
2023 | 2022 | 2021

DAY SPA | ENTRANCE + TREATMENT

Welcome kit with swimming cap, bathrobe and towel.

THERMAL EXPERIENCE | Massage 50'

Day SPA: Thermae&Sauna entry 3 hours + body massage 50' + moisturizing body Massage Cream Terme di Sirmione

108 €

THERMAL EXPERIENCE | Massage 25'

Day SPA: Thermae&Sauna entry 3 hours + body massage 25'

66 €

THERMAL EXPERIENCE | Mud

Day SPA: Thermae&Sauna entry 3 hours + thermal mud body wrap 50' + Soothing Cream gel Terme di Sirmione

108 €

ACUPUNCTURE WELLNESS

Day SPA: Thermae&Sauna entry 5 hours + face and body acupuncture 45'

176 €

THERMAL EXPERIENCE | Beauty Treatment

Day SPA: Thermae&Sauna entry 3 hours + 50' facial treatment (thermal secret antiage o thermal light and white illuminante) + Age Defence Mask Terme di Sirmione

108 €

LUGANA WINE EXPERIENCE

Day SPA: Thermae&Sauna entry 3 hours + 50' body massage with BIO grape seed oil + tasting of local Lugana + Thermal Mud and Olive Oil Soap

108 €

THERMAL SKIN RITUAL

Day SPA: Thermae&Sauna entry 3 hours + personalized face mask 25' + body wrap with balancing and emollient thermal mud 50' + massage with vegetable butters 50'

Includes Massage Cream and Face Mask with Terme di Sirmione Purifying Clay used during the treatment.

170 €

ENRICH YOUR EXPERIENCE

THERMAL ARGILLARIUM

Steam bath

Ancient 25 minutes ritual for luminous and velvety skin. Includes 1 bottle of water + 1 Thermal Mud Soap bar.

17 €

AUFGUSS

Ritual in Finnish sauna

The Aufgussmeister will create a magical atmosphere between music, ice crystals and essential oils. Includes 1 centrifuge.

5 €

HAMMAM

Steam bath

25 minutes purifying ritual to regenerate the body through deep skin cleansing.

15 €

AUFGUSS HAPPY HOUR

Ritual in Finnish sauna

Ritual led by our Aufgussmeister + appetizer with a drink of your choice and a platter of cold cuts and cheeses.

15 €

SAVONAGE

Steam bath

Deep cleansing ritual skin purification through the scrub massage with thermal soap flakes. The 100% natural fiber scrub glove from Terme di Sirmione used during the treatment is included.

20 €

AUFGUSS SCRUB

Steam bath

Ritual to exfoliate your skin gently.

7 €

SAUNA RITUALS



Thermal Medical SPA of Aquaria

Make a lifestyle change today brings an immediate benefit to your body and represents an investment in your future.



Improve your life.
Combine **Wellness & Health** at Aquaria's New Thermal Medical SPA

WH Health EXPERIENCE | Breath

Day SPA: 3h Thermae&Sauna entry + 2 inhalation treatments + package of Acqua di Sirmione

For natural breath purification through sulfur water. Welcome kit with swimming cap, bathrobe and towel.

56 €

WH Health EXPERIENCE | Body

Day SPA: 3h Thermae&Sauna entry + 1 therapeutic mud and shower + Soothing Cream gel Terme di Sirmione

To relieve body aches and pains with the warmth of thermal mud. Welcome kit with cap, bathrobe and towel.

66 €

Discover 3, 6, 9, 12 day cure programmes at bit.ly/wellness_care





TERME DI SIRMIONE METHOD Exclusive treatments of Terme di Sirmione that follow protocols validated by dermatologist and employ high classical dexterity skills and natural products. The use of our resources, thermal water and mud, with the collaboration of highly specialised professionals and medical staff have always represented the history and identity of Terme di Sirmione.



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Aquaria

Thermal Water, Lake Experience

FACE



KOBIDO FACE TREATMENT 50'

Massage of eternal youth, immediate tensor effect. Manual treatment that has an effect on the face, neck and décolleté like a natural lifting. The combination of harmonious light movements, brushing and kneading produce an improvement in blood circulation, acting on the deep muscles, also redefining the oval of the face in this way. Suitable for all skin types and for men and women of all ages.

70 €

DETOX TREATMENT 50'

A latest generation antioxidant facial treatment. Protects the skin from pollution thanks to the action of a particular molecule that acts rapidly on the activation of free radicals in synergy with thermal water. Nourishing Face Mask of our line cosmetics Terme di Sirmione is included. Suitable for all skin types.

80 €

LUXURY CAVIAR FACE TREATMENT 50'

50 minutes dedicated to facial beauty through caviar in its purest and most concentrated form. A quintessential anti-aging treatment with the application and processing of caviar patches and finger tips manual dexterity, with a refreshing and moisturizing effect. Ideal for prematurely aged, marked, dehydrated and stressed skin. Expression marks and wrinkles are smoothed out and the appearance of the face looks younger.

90 €

THERMAL MUD OXYGENATING FACIAL CLEANSING 50'

Detoxifying and smoothing action with thermal water and mud.

Thermal water and mud, rich in active ingredients, characterize facial cleansing in synergy with products for all skin types. Terme di Sirmione Thermal Water Spray is included.

80 €

DE-PUFF EYE TREATMENT 25'

Ideal in cases of puffy or tired eyes. Suitable for mature skin. Anti-aging, moisturizing and emollient action. It gives a soothing effect on expression lines and a revitalized look by giving radiance and elasticity. Eye Contour Gel of our line cosmetics Terme di Sirmione is included.

40 €

FACIAL MICRONEEDLING 50'

Non-invasive deep aesthetic skin rejuvenation treatment using state-of-the-art technology in synergy with 100% Terme di Sirmione protocols. Promotes collagen production with a toning, recompacting, brightening action. Suitable for mature skin and for reducing acne scars.

80 €

FACIAL CAPACITIVE-RESISTIVE RADIOFREQUENCY 50'

50 minutes anti-aging treatment that uses latest generation technologies in synergy with the 100% Terme di Sirmione protocols based on thermal water and mud.

Non-invasive, it firms the tissues, counteracting the natural process of relaxation and loss of elasticity. The result obtained is a natural lifting effect, stretching of the skin, which becomes visibly more toned and compact after the first session.

90 €

FACIAL RADIOFREQUENCY 3 + 1

4 for the price of 3 facial beauty treatments. Capacitive or resistive radiofrequency, in synergy with 100% Terme di Sirmione thermal water and mud protocols.

Non-invasive, it tightens tissues counteracting the natural process of sagging and loss of elasticity. The result is a natural lifting, skin-stretching effect, which becomes visibly firmer and more toned already after the first session.

270 €

MULTIVITAMIN TREATMENT 50'

Antioxidant and ultra moisturizing 50 minutes treatment, suitable for all skin types.

A functional synergy between thermal water and a vitamin mix with immediate results on the skin: increased skin elasticity and tone; improved skin thickness and a visible reduction in wrinkle depth. Multivitamin Serum of our line cosmetics Terme di Sirmione is included.

80 €

GOLD AND CORAL POWDER TREATMENT 50'

50 minutes elasticizing and plumping treatment reduces the visibility of wrinkles.

Mineral-rich coral powder stimulates fibroblastic activity responsible for collagen and elastin production.

80 €

FACE ACUPUNCTURE AND GUA SHA MASSAGE 50'

50 minutes treatment to make facial skin more nourished, toned and relaxed.

Aesthetic acupuncture, a natural and painless method, works by giving a lifting effect on the neck, face, and eyelids by producing collagen and improving blood and lymphatic circulation. This is followed by Gua Sha massage: a method of facial stretching, a facial exercise performed with jade or quartz stones to counteract the signs of aging and make the face more relaxed.

120 €

DNA GOLD ANTI-AGING TREATMENT 50'

50 minutes Terme di Sirmione Method treatment, validated by dermatologists. Combining water, thermal mud and professional cosmetics. Indicated for mature and thickened skin.

The DNA-based treatment, a valuable patented molecule, can stimulate fibroblast production, increasing skin elasticity. This molecule promotes cellular repair and tissue regeneration.

The golden pigment, based on natural Mica, gives a golden appearance to the product and gives radiance to the face.

80 €

FACIAL THERMAL SECRET ANTI-AGE 50'

50 minutes Thermal Water signature treatment.

Thermal Water signature treatment suitable for skin showing signs of aging with lifting result and also ideal for younger skin with anti-stress flash effect. From the Terme di Sirmione laboratories comes the thermal evolution of the facial ritual with latest-generation peptides that combined with thermal water rich in trace elements enhance the treatment, making it unique, with an immediate tensor effect.

80 €

THERMAL LIGHT AND WHITE - FACIAL BRIGHTENING 50'

50 minutes Thermal Water signature treatment with hyaluronic acid.

Tissues are deeply oxygenated and hydration is increased. For an instantly more even and radiant complexion at all ages. An innovative formulation with low molecular weight hyaluronic acid and snail slime in synergy with trace element-rich thermal water.

80 €

FOR THE COUPLE

Share your spa passion and choose one of the Day Spa and treatments for the well-being of the couple.

DAY SPA | AQUARIA YOU&ME

Day SPA for 2 people: 2 Thermae&Sauna entry 3h + 1 You&Me massage 50 minutes + Champagne, strawberries and chocolate + 50 minutes at choice:
•in PRIVATE JACUZZI with couples hydromassage
•in PRIVATE SAUNA with finnish sauna for couples
Welcome kit with swimming cap, bathrobe and towel.

266 €

DAY SPA | THE SCENTS OF SIRMIONE

For 2 people: 2 Thermae&Sauna entry 3h + 25 minutes thermal mud scrub + Garda olive oil massage 50 minutes + 1 Scented Thermal Water Terme di Sirmione.

The couple ritual inspired by the scents and vegetation of Sirmione and the sulphurous waters. Welcome kit with swimming cap, bathrobe and towel.

280 €

LOVELY SPA

Ritual for 2 people: 1 You&Me massage 25 minutes + 25 minutes at choice:

•in PRIVATE JACUZZI with couples hydromassage
•in PRIVATE SAUNA with finnish sauna for couples with 2 prosecco flûte and fresh fruit

138 €

ROMANTIC SPA

Ritual for 2 people: 1 You&Me massage 50 minutes + 50 minutes at choice:

•in PRIVATE JACUZZI with couples hydromassage
•in PRIVATE SAUNA with finnish sauna for couples with tasting of finger food, drinks included

208 €

MASSAGGIO YOU&ME

1 You&Me massage + 2 prosecco flûte and fresh fruit
50 min 150 € | 25 min 100 €



BODY

**THERMAL MUD BODY WRAP 50'**

50 minutes treatment
to choice between **balancing** and **emollient**,
reducing and **slimming** or **detox**.
70 €

DRAINING BODY BANDAGE 50'

Draining treatment with specific molecules and
essential oils to combat water retention,
recompact tissues and reactivate microcirculation.
80 €

BODY BRUSH WITH CANDLE MASSAGE 50'

50 minutes body treatment with exfoliating and
rehydrating action for soft, toned skin
Reactivates and stimulates microcirculation with
gentle exfoliation performed dry with natural fiber
brushes, preparing the skin for a warm, enveloping
candle massage with plant butters.
70 €

THERMAL RAIN TREATMENT 50'

Special 50 minutes body treatment in the
Thermal Rain Massage cabin
Scrub and mud combine, the body relaxes and
decontracts under a natural rain of thermal water.
Skin feels velvety, purified and visibly radiant.
70 €

ALEPPO SOAP TREATMENT AND MASSAGE 50'

An ancient body purification ritual with Aleppo
soap savonage followed by an Argan oil massage.
70 €

MUD SCRUB 25'

Body scrub and thermal mud for velvety skin
Reactivating body scrub 25 minutes combines with
the benefits of thermal mud for velvety, purified
and visibly radiant skin.
40 €

**SKINCARE PER AQUAM THERMAL
HYDROMASSAGE 20'**

A 20 minutes soak in our pure, source-like
thermal water
Thanks to the many jets, it stimulates circulation
and promotes a feeling of relaxation.
12 €

**AQUARIA BISTROT**

You will find many tasty dishes prepared by
the Chef with high quality raw materials. Do
not miss the appetizer to be enjoyed next to
the lake. Gluten-free and vegetarian
alternatives are always available.

**FLOATING EXPERIENCE AND TOTAL BODY
MASSAGE 80'**

Special 80 minutes body ritual that combines
the rejuvenating effect of the 36°C waterbed
with the relaxing effect of a long total body
massage
The warm water accompanies and caresses
the body without bathing it: freed from its
weight, the physique relaxes and every muscle
relaxes completely, turning the massage into
an intense and profound wellness experience.
90 €

**FLOATING EXPERIENCE PLANTAR OR
HEAD-NECK 25'**

25 minutes gravity zeroing experience on
floating waterbed with foot or head and neck
massage
Warm water accompanies and caresses the
body without bathing it: freed from its weight,
the physique relaxes and every muscle relaxes
completely. The body is free to produce
endorphins by losing the perception of its own
boundaries.
45 €

FLOATING EXPERIENCE ZEROBODY 20'

ZEROBODY offers the benefits of floating in
water, without getting wet
The body, enveloped for 20 minutes by the
36°C water mattress, stops regulating its
temperature and gravitational buoyancy,
producing endorphins. In weightlessness, the
body that slowly reclaims space, promoting
meditation and relaxation.
18 €

FACE-BODY

**BODY AND FACE BAMBOO MASSAGE 50'**

50 minutes body and face massage with the
use of bamboo canes for deep stimulation of
the subcutaneous tissue
It helps fight water retention and stimulate
blood circulation. Bamboo massage has its
origins in oriental which is performed by
combining the beneficial properties of this
plant with the positive effects of manipulation.
90 €

SKIN STATION FACE-BODY 25'

Comprehensive skin diagnosis with
advanced technology
Probes assess the level of hydration, melanin,
PH, sebum, elasticity, advanced wrinkle status,
and skin temperature.
10 €

AYURVEDA FACIAL-BODY TREATMENT 80'

80 minutes treatment anti-age
Gives skin elasticity, relaxes and decontracts
joints by stimulating energy points located
throughout the body. The movements
performed during the massage make the skin
more elastic and firm.
120 €

MASSAGGES

BODY MASSAGE 50'

50 minutes of complete relaxation for nourished
and velvety skin
Relax, draining o soothing almond oil or Garda
olive oil.
80 €

4 HANDS AQUARIA MASSAGE 50'

The 4 hands massage is a treatment that
provides synchronized manual skills of two
massage therapists that create a relaxing and
continuous rhythmic flow.
150 €

HOT DUMPLINGS BODY MASSAGE 50'

Bundles with whole-grain Dead Sea salt and
Himalayan stones
Touching with warm bundles in the energy
points of the body followed by relaxing almond
oil massage.
80 €

FOOT REFLEXOLOGY 50'

Oriental technique of holistic massage for 50
minutes
Acupressure on the sole of the foot helps
mitigate any imbalances and disturbances such
as back pain, migraines, digestive difficulties.
70 €

SPORT MASSAGE 50'

50 minutes massage with special tissue
stimulation to improve performance and
facilitate intense muscle movements
Helps reduce tension and muscle fatigue from
sports.
80 €

ETERNAL MASSAGE 80'

A long massage to restore energy, with slow,
medium-intensity movements
It acts on muscle tension and produces a
feeling of deep relaxation and pleasant
lightness.
90 €

**AQUARIA + HOTEL**

Make your spa wellness experience
unforgettable.

Stay in a hotel at Terme di Sirmione! Let
yourself be cuddled by the water, the
whirlpools and the sauna not only at Aquaria,
but also at the hotel SPA. **Make a
reservation in one of our hotels, entry to
Aquaria is discounted!**

termedisirmione.com/en



Aquaria

HOT STONE MASSAGE 80'

A particular type of 80 minutes massage
performed using hot stones that are placed on the
body
This holistic therapy of very ancient origins helps
to release muscle tension by exploiting the power
of heat.
100 €

HONEY BODY AND FACE TREATMENT 80'

80 minutes moisturizing facial and body treatment
using cosmetic honey
The treatment begins with a drizzle of warm honey
down the body, which is massaged in for a warm,
enveloping sensation.
80 €

SCALP MASSAGE 25'

Relaxing and soothing 25 minutes massage
localized to the scalp
Relieves tension, activates blood circulation and
prevents hair loss.
25 €

LOCALIZED MASSAGE 25'

Classical 25 minutes localized massage to ease
muscle fatigue
You can choose from:
localized cervical head to relax the neck
muscles and soothe the pain;
localized back-neck decontracting and relaxing
aimed at acting on muscle tension;
localized legs to loosen muscle fatigue tone and
drain.
45 €

