



# Price list 2010

valid until 19 December 2010



PERIOD

Period "A" every Saturday, Sunday, Weekday holidays, Bank holidays and High season  
Period "B" weekdays and All other periods not listed "period A" (see below)

### **Period A - 2009**

1 - 6 January 2009  
21 February - 9 March 2009  
4 - 13 April 2009  
1- 3 May 2009  
18 July - 30 August 2009  
5 - 8 December 2009  
  
23 - 31 December 2009

### **Period A - 2010**

1 - 6 January 2010  
12 - 21 February 2010  
27 March - 5 April 2010  
1- 2 May 2010  
17 July - 31 August 2010  
30 October - 1 November  
2010  
4 - 8 December 2010  
23 - 31 dicembre 2010

### **Period A - 2011**

1 - 9 January 2011  
5 - 20 March 2011  
16 - 25 April 2011  
2 - 5 June 2011  
16 July - 31 August 2011  
29 October - 2 November  
2011  
7 - 11 December 2011  
21 - 31 December 2011

**NOTE.** Bormio Terme has the right to close for a period of time throughout the year to carry out maintenance work.

This period is usually the month of May. For more information contact our office (0342 901325) or visit our website [www.bormioterme.it](http://www.bormioterme.it)

## **OPENING DAYS AND TIMES**

### **Sport and Wellbeing sector**

Sport and Wellbeing sector is open:

Everyday 09.00 - 21.00

weekly closure: **Tuesday**

There will be no weekly closing day in the months July and August.

### **Thermalwater therapies**

The thermal treatment sector is open:

Everyday 9.00 - 12.00 and 16.30 - 19.00

weekly closure **Sunday**

There will be no weekly closing day in the months of July and August.

### **Beauty therapy and massages**

Beauty Therapy and Massages centre is open:

Everyday 9.00 - 12.00 and 15.00 - 19.00

weekly closure: **Tuesday**

There will be no weekly closing day in the months of July and August.

### **Centro Fitness**

Fitness centre is open:

From the Monday until the Friday 9.00 - 22.00

Saturday 9.00 - 20.00

Sunday 9.00 - 12.00 / 15.00 - 18.00



## Swimming pool – Children pool- Thermal relax pool

### Sauna – Steam room

### Sun terrace and relax

Entrance to the well being area includes the following:

#### ZONA INTERNA

- Swimming pool (27°C)
- Children's pool (32°C)
- Open thermal relaxation pool (35°C)
- Sauna (dry heat --85°C)
- Steamroom (humid heat 45°C)
- Relax area a Sun terrace

#### NUOVA ZONA ESTERNA

- Piscina interna/esterna "quattro stagioni" (circa 33°C)
- Piscina bambini interna (circa 33°C) e esterna (circa 28°C)
- Piscina esterna adulti (circa 28°C)
- Scivolo d'acqua

The price depends on the duration of the stay and the period.

#### TIME LIMITED ENTRANCES

Period <sup>(1)</sup>	B	A
Entrance fee for <b>1 hour</b>	8,00	12,00
<i>For every hours over</i>	<i>6,00</i>	<i>6,00</i>
Entrance fee for <b>3 hours</b>	16,00	20,00
<i>For every hours over</i>	<i>3,00</i>	<i>3,00</i>
<b>MORNING ENTRANCE</b> (till 12.00)	10,00	10,00
<i>For every hours over</i>	<i>3,00</i>	<i>3,00</i>
<b>EVENING ENTRANCE</b> (after 19.00)	10,00	14,00
<b>DAILY ENTRANCE</b>	19,00	23,00
<b>INGRESSI THERMARIUM</b>		
<b>ingresso giornaliero</b>	7,00	7,00
(da abbinarsi a qualsiasi tipologia di ingresso benessere)		
<b>abbonamento annuale</b>	120,00	120,00
(da abbinarsi a qualsiasi abbonamento benessere annuale)		

#### MULTI DAY PASSES DAILY

(Personal pass which lasts 7 days from purchase date)

Periodo B <sup>(1)</sup>	
2 entrances (not consecutive)	32,00
3 entrances (not consecutive)	42,00



5 entrances (not consecutive)	65,00
<b>Periodo A <sup>(1)</sup></b>	
2 entrances (not consecutive)	39,00
3 entrances (not consecutive)	49,00
5 entrances (not consecutive)	79,00

## FAMILY PASSES (daily)

<b>Periodo B <sup>(1)</sup></b>	
2 adults + 1 child (6 – 18 years old)	45,00
2 adults + 2 children(6 – 18 years old)	55,00
2 adults + 3 children(6 – 18 years old)	65,00
<b>Periodo A (1)</b>	
2 adults + 1 child (6 – 18 years old)	55,00
2 adults + 2 children(6 – 18 years old)	65,00
2 adults + 3 children(6 – 18 years old)	75,00

Family discount is explained in the family discount section.

(1) The difference between Period A and Period B is explained on the first page.

### IMPORTANT NOTICE

The water temperature is variable.

Opening hours for the various sector can vary; please check at reception.

If **hired objects** (towels and bathrobes) **are not returned**, the full cost of the object will be debited to the client. If the **transponder bracelet is lost** then a payment must be made for the maximum stay in the wellbeing sector, the hire of towel and dressing gown and the cost of the bracelet itself which adds up to 83,00 in Period A and 80,00 in Period B.

### dressing gowns and towels

Dressing gowns and towels can be hired or bought:

	<i>Hire</i>	<i>Purchase</i>
Dressing gown	2,00	30,00
Towels	1,00	15,00

**NOTE:** The clients are asked to leave the swimming pool, sauna and steam room, 30 minutes before closing time.

All the prices are in Euros.

For opening times see page 1.



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## Therapies

Inhalations - Aerosol

Aerosol - ionic – sonic

Micronised Nasal showers

Mud therapy

Thermal baths

## Hydromassages

Bath with ozone

Curative massage

Physiotherapy – Rehabilitation

Vascular hydrotherapy circuit

Hydrobike (Spinning in water)

## Doctor's visit

Initial doctor's visit	25,00
Specialist's visit	by appointment only
Blood pressure control (after 1st visit)	3,00

## Bath / mud therapy

An old and natural therapeutic approach to help prevent and cure rheumatic illness. The mud's composition is very beneficial for the skin. The thermal water baths have a decontracting action so gives the client full relaxation.

It is very important to complete the full cycle of thermal cures to help reinforce the body's immune system to give longer lasting benefit.

<i>By appointment only</i>	<i>Single</i>	<i>course of 6</i>
Thermal bath	12,00	60,00
Thermal bath with jacuzzi	15,00	75,00
Thermal bath with jacuzzi and ozone	15,00	75,00
Thermal bath with jacuzzi and mud	20,00	100,00
Partial mud treatment with thermal bath	20,00	100,00
Total mud treatment with thermal bath	24,00	120,00

## Inalation therapies

With only thermal water.

Indicated for all forms of sinusitis, cronic bronchitis and various allergies which are becoming more frequent.

From 2004, ionic and sonic aerosols are available for different forms of allergy.

Micronised nasal shower are very useful to clear away mucose crusts and secretions before a cycle of inhalations.

<i>By appointment only</i>	<i>Single</i>	<i>course of 6</i>
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Inalation or aerosol	9,00	45,00
Sonic or ionic aerosol	11,00	55,00
Micronised nose shower	11,00	55,00

## Physiotherapy and Rehabilitation

With the doctor's supervision and the physiotherapist's constant guide, the client can follow their daily therapeutic individual programme.

These cures work well for clients with traumas, before arthritic problems and clients with neurological problems.

<i>By appointment only</i>	<i>Single</i>	<i>course of 6</i>
Kinesitherapy - rehabilitation session in gym (25 mins)	33,00	
Kinesitherapy - rehabilitation session in gym (45 mins)	55,00	
Postural exercises (45 mins)	44,00	
Hydrokinesitherapy - rehab session in pool (25 mins)	39,00	
Hydrokinesitherapy - rehab session in pool (45 mins)	60,00	
Hydrobike combined with other rehab treatments (15 mins)	10,00	
Assisted exercises in swimming pool (single) (25mins)	35,00	
Assisted exercises in swimming pool (group of 2-3 people)	22,00	
Massage combined with rehab session (15 mins)	18,00	
	23,00	
Total curative massage (25 mins)	28,00	
Lymphdrainage massage (50 mins)	48,00	
Ultrasound	20,00	100,00
Ultrasound combined with other rehab therapy	10,00	50,00
Ionoforesis	15,00	75,00
TENS (Stimolazione elettrica transcutanea)	15,00	75,00

## Massages

<i>By appointment only</i>	<i>Single</i>
Total curative massage (25 mins)	30,00
Total curative massage (50 mins)	50,00
Lymphdrainage massage (50 mins)	50,00
Connective tissue massage (25 mins)	30,00

## Leg therapies



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Passing from hot water to cold water is a perfect vascular exercise for healthy legs. It is particularly indicated for vascular related illness including flebitis, but works well for cellulite, fragile capillaries and swollen ankles.

This therapy can be combined with other treatments such as massages, lymphpress machine and other Beauty treatments.

<i>By appointment only</i>	<i>Single</i>	<i>course of 6</i>
Vascular hydrotherapy circuit (25 mins) group (max 4 people)	13,00	65,00
Vascular hydrotherapy circuit (25 mins) single	23,00	115,00
Hydrobike-spinning in water (25 mins)	14,00	70,00

All the prices are in Euros.

For opening times see page 1.



**High pressure sun centre**  
**Body Treatments**  
**Waxing - Electrolysis**  
**Lymphpress therapy**  
**Shiatsu**

**Facial treatments**  
**Manicure**  
**Pedicure**  
**Hydrojet**  
**Massages**

The new Beauty and Massage centre at Bormio Terme has been completely reconstructed and now offers a relaxing and peaceful atmosphere.

We have maintained our high standards of customer service and work hygiene but with the addition of new treatments.

In the expert hands of our Beauty Therapists you will obtain complete relaxation letting time and stressful thoughts slip away.

## Facial Treatments

Pulizia Viso (in base alla tipologia di pelle)	38,00
Trattamento pelli sensibili couperose ( + pulizia viso)	43,00
Trattamento pelli impure grasse (+ pulizia viso)	43,00
Trattamento nutriente idratante	43,00
Trattamento antirughe tonificante	43,00
Trattamento al collagene <i>novità</i>	45,00
Trattamento specifico anti - età con apparecchiatura	52,00
Fango termale viso	21,00
Massaggio drenante viso	23,00
Tintura ciglia	12,00
Stone face ( 25 minuti)	32,00

## Body Treatments

Analisi biomorfologica	16,00
Scrub corpo ai sali marini	30,00
Scrub all'uva con crema allo yogurt <i>novità</i>	34,00
Trattamento seno rassodante	25,00
Idromassaggio con oli essenziali	20,00
Trattamento alle alghe anticellulite rassodante con massaggio	
- con idromassaggio	67,00
- con doccia	57,00
Trattamento alle alghe per gambe pesanti	34,00



Treatment draining with apparatus	30,00
Treatment tonifying with apparatus	30,00
<i>novità</i>	
Treatment with bandage	32,00
Treatment with bandage reducing and tonifying	36,00
<i>novità</i>	
Treatment with chocolate	50,00
Lymphopressotherapy	20,00

## Specific Massages

Partial circulatory massage (25 min.)	30,00
Total circulatory massage (50 min.)	50,00
Connective reflexogenic massage (25 min.)	30,00
Plantar reflexology (50 min.)	50,00
Antistress (50 min.)	50,00
Lymphatic drainage (50 min.)	50,00
Stone Massage (50 min.)	52,00

## Manicure - Pedicure

Manicure esthetic	12,00
French manicure	15,00
Paraffin hands	10,00
Reconstruction of nails	70,00
Single refill	5,00
Complete pedicure	24,00
Esthetic pedicure	16,00
French pedicure	20,00
Control	8,00
Defatigating massage for feet	12,00
Silk feet (pedicure plus specific treatment)	28,00
<i>novità</i>	

## Waxing

Pre-depilatory treatment	10,00
Pre-depilatory treatment small areas	5,00
Wax with honey / complete legs and armpits	28,00
Wax with honey / partial legs and armpits	20,00



Cera al miele / bikini	8,00
Depilazione braccia	13,00
Depilazione sopracciglia	5,00
Elettrodepilazione (al min.)	1,00

## Shiatsu Treatments

Shiatsu is a hand treatment Japanese art intended for restoring your own energy balance and leading you to an enduring and optimal welfare state.

Shiatsu (25 mins)	30,00
Shiatsu (50 mins)	50,00

## Hydrojet-Matress massage

Enjoy a pleasurable massage without getting undress!

Lie down on this comfortable water bed and with its powerful water jets, it will give you a gentle but effective massage.

Single session (20 mins)	10,00
Course of six	50,00

## High pressure sun centre

<i>By appointment only</i>	<i>Single</i>	<i>course of 6</i>
Facial U.V.A. (10 mins) + cream	7,00	35,00
Body U.V.A. (12 mins) +cream	14,00	70,00

All the prices are in Euros.

For opening times see page 1.

At Bormio Terme there is also:

Fitness centre - [www.bormiofitness.it](http://www.bormiofitness.it)

Bar/Restaurant (telephone 0342/911612)

conference centre which holds up to 260 people.