



SPA VENUES IN TUSCANY

A region rich in natural thermal springs, Tuscany offers nothing but an embarrassment of choice from among the numerous structures spread out across the territory, particularly in the areas of Siena and Grosseto. In addition to the famous and historic Montecatini and Chianciano, full-blown health towns, there are more "discreet" structures, often associated with resorts, offering a different experience of relaxation and wellbeing. Here are some suggestions. (E.P.)

Bagni San Filippo

A small town not far from the slopes of Mount Amiata, famous for millennia for its sulphur waters, which were used by the Etruscans, and for the white calcareous deposits that form the small, spectacular hot water falls (48 °C) of the Fosso Bianco. Unlike the well-being and spa treatment centre, access to this area is free of charge.

Terme San Filippo, www.termesanfilippo.it. Via San Filippo, 23. T: 0577 872982. **B&B Il Fosso Bianco**, Via San Filippo, 22. T: 392 3449596. Bagni San Filippo (Siena).

Bagno Vignoni

This tiny ancient stone village has one unique and unforgettable characteristic: at its centre is Piazza delle Sorgenti, an ancient pool measuring 49x29 metres (not for bathing) where the sulphur waters are collected, gushing out at a temperature of 52 °C and shrouding the village in evocative steam during the cold months.

Albergo Le Terme, www.albergoletterme.it. Piazza delle Sorgenti, 13. Bagno Vignoni di San Quirico d'Orcia (Siena). T: 0577 887150. **Spa Resort Hotel Adler Thermae**.

www.adler-thermae.com. Strada di Bagno Vignoni, 1. San Quirico d'Orcia (Siena). T: 0577 889001.

Castello di Velona

An 11th-century fortress transformed into a residential villa in the Renaissance, the castle - now a 5-star resort - is located on a hill overlooking the greenery of the Val d'Orcia, between Sant'Antimo and Montalcino. The indoor and outdoor swimming pools (and the bathrooms of some of the rooms) use water from a nearby thermal spring originating on Mount Amiata.

Castello di Velona Resort Thermal SPA & Winery, www.castellodivelona.it. Località La Velona, Montalcino (Siena). T: 0577 839002.

Grotta Giusti

The spectacular Grotta Giusti, on the outskirts of Montecatini, is a natural cave that winds its way among stalactites and stalagmites to a stretch of crystal clear water, the temperatures of which vary from 27°C to 34°C. Above all mud therapy and balneotherapy are practised there in baths enriched with ozone to stimulate the

metabolism of the blood vessels.

Grotta Giusti, www.grottagiustispa.com. Via Grotta Giusti, 1411 - Monsummano Terme (Pistoia). T: 0572 90771.

San Casciano dei Bagni

Classified among the "Most Beautiful Towns of Italy", San Casciano stands on a hill immersed in the Siena countryside. The Bagno Grande and the Bagno Bossolo are ancient washtubs where it is possible to bathe freely, while there are indoor and outdoor baths, wellbeing treatments and a splendid resort at Fonteverde, sheltered by a magical garden with views of Mount Amiata.

Fonteverde, www.fonteverdespa.com. Località Terme, 1 - San Casciano dei Bagni (Siena). T: 0578 57241.

Saturnia - Cascate del Mulino

Among the most beautiful free thermal baths in the world, the Cascate del Mulino are small natural pools supplied by small waterfalls that form a unique, unrepeatable environment. Next to them, the Terme di Saturnia complex has spring water pools, a wellbeing centre and a 5-star resort.

Cascate del Mulino, www.cascate-del-mulino.info. **Terme di Saturnia Spa & Golf Resort**, www.termedisaturnia.it. Località Follonata, Saturnia - Manciano (Grosseto). T: 0564 600111.

Terme di Petriolo

The thermal baths are sited on a natural spring in the Valley dell'Ombrone, along the course of the River Farma. The waters, rich in salts, gush out at a temperature of 43 °C and are traditionally used to treat various pathologies of the respiratory tracts. www.termedipetriolo.it. Strada Provinciale di Petriolo, Monticiano (Siena).

Petriolo Spa Resort, www.atahotels.it/hotel/petriolo-spa-resort. Località Bagni di Petriolo, Frazione Pari, Civitella Paganico (Grosseto). T: 0577 1606059.

