

SALUTE E
BENESSERE
NEL PARCO
NAZIONALE
DELLO STELVIO
SPA AND WELLBEING
IN THE STELVIO NATIONAL PARK

VAL DI PEJO

Val di Sole

TRENTINO



TERME DI PEJO

MOUNTAIN SPAS



Summer Winter

www.termepejo.it

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THERMAL TREATMENTS





THE BENEFICIAL PROPERTIES OF THERMAL WATERS

Water has the leading role in Val di Pejo: glaciers, lakes, snow and mineral springs are some of its expressions. At Terme di Pejo, the *Antica Fonte*, *Nuova Fonte* and *Fonte Alpina* springs help to cure in a natural way some disorders of the joints, the venous and linfatic flow, the skin, the respiratory tract, the gastrointestinal apparatus and the urinary tract.

The mineral springs of Val di Pejo originate in the bowels of the Ortles-Cevedale mountain massif, which encompasses the highest peaks of the Eastern Alps.

MEDICAL SERVICES PROVIDED

At Pejo Spa it is possible to benefit from the best spa treatments, even as part of the State Healthcare services, thanks to the presence of three different mineral springs – *Antica Fonte*, *Nuova Fonte* and *Fonte Alpina* – which are particularly suited to cure, in a natural way, many inconveniences of the joints, the venous and lymphatic flow, the skin, the respiratory tract, the gastrointestinal apparatus and the urinary tract.

PRE-TREATMENT MEDICAL EXAMINATION	30,00 €
ELECTROCARDIOGRAM	30,00 €
ORL EXAMINATION	80,00 €
BODY AESTHETICS TECAR (55')	70,00 €
FACE AESTHETICS TECAR (25')	50,00 €
FACE AND DÉCOLLETÉ BIOREVITALIZATION (25')	150,00 €
MANDELIC ACID FACE PEELING (40')	100,00 €

HYDROTHERAPY

Fonte Alpina, poor in mineral salts, allows to eliminate the gallstone formations and the gravel located in the urinary system.

Antica Fonte, rich in iron and carbon dioxide, improves the biliary secretion, regulates the intestinal movements and rebuilds the iron reserves in case of anaemia due to lack of iron.

Nuova Fonte, thanks to the presence of bicarbonates and mineral salts, staunches acids and helps gastric emptying.

MINERAL WATER SAMPLING	1.00 €
FULL DAY PASS	4.00 €
7-DAY PASS	22.00 €
14-DAY PASS	38.00 €



MUD-BATH THERAPY

MUD THERAPY

The application of muds ripened with ferruginous-bicarbonate mineral water from *Nuova Fonte* reduces joint inflammations and loosens muscular contractions. The treatment allows a protracted painkilling action.

THERMAL CARBON DIOXIDE BATH

Gases and mineral salts, in high concentration, donate relief against pains of a muscular and articular nature. During immersion, the carbon dioxide bubbles stick to the skin and perform a delicate and continuous micro massage: the general feeling you can experience is one of pleasure and relax.

	NUMBER OF TREATMENTS		
	1	6	12
MUD THERAPY FOLLOWED BY A SHOWER TO REMOVE MUD (25')	25.00 €	140.00 €	270.00 €
MUD THERAPY WITH A THERMAL BATH (55')	40.00 €	230.00 €	430.00 €
THERMAL CARBON DIOXIDE BATH (25')	25.00 €	140.00 €	270.00 €
HYDROMASSAGE SUPPLEMENT	6.00 €	35.00 €	65.00 €
RENTAL BATHROBE	4.00 €	2.00 €	free

VASCULAR THERAPEUTIC BATH THERAPY

The hydrostatics pressure and the chemical substances in the solution induce the activation of the network of small capillaries distributed in the skin and in the sub-cutaneous tissue. As a result of this intensive revascularization, fluid stagnations are drained, with a prolonged benefit for those suffering from dysfunctions of the arterial and lymphatic circulation.

	NUMBER OF TREATMENTS		
	1	6	12
PHLEBOLOGICAL THERAPY + HYDRO-MASSAGE + KNEIPP THERAPY + VASCULAR THERAPY SESSIONS (55')	20.00 €	115.00 €	215.00 €
THERAPEUTIC BATH FOR LIMBS WITH HYDRO-MASSAGE (55')	15.00 €	85.00 €	160.00 €
RENTAL BATHROBE	4.00 €	2.00 €	free



INHALATION THERAPY

With the inhalation treatment the more or less finely fractioned thermal water, and the gas present in it, are introduced in the respiratory airways and the vaporization of *Antica Fonte* mineral water performs a direct action on the respiratory mucous membranes.

When contacting the mucous membranes of the respiratory tract, the microscopic particles of mineral water, rich in bicarbonates, contrast the inflammatory processes of allergic and chronic nature. The cure, repeated every day, has an anticatarrhal and decongestant effect, greater if undertaken continuously for 12 days.

	NUMBER OF TREATMENTS		
	1	6	12
AEROSOL	10.00 €	55.00 €	105.00 €
INHALATION	10.00 €	55.00 €	105.00 €
AEROSOL + INHALATION	18.00 €	100.00 €	190.00 €
IONIC AEROSOL	12.00 €	65.00 €	125.00 €
SONIC AEROSOL	12.00 €	65.00 €	125.00 €
HUMAGES	10.00 €	55.00 €	105.00 €
NASAL IRRIGATION	12.00 €	65.00 €	125.00 €
MICRONIZED NASAL WASH	13.00 €	75.00 €	140.00 €
PULMONARY VENTILATION	15.00 €	85.00 €	160.00 €
MEDICATED AEROSOL	7.00 €	40.00 €	75.00 €
ACCESSORIES CYCLE INHALATION	2.00 €		



PHYSIOTHERAPY - REHABILITATION

Rehabilitation in orthopedic pathologies and in the outcomes of a trauma is performed by physiotherapists in the thermal swimming pool. The *Nuova Fonte* mineral water makes the recovery of motility easier and contrasts articular pain. In order to make the recovery of the motor activities faster, it is possible to take advantage of the combination of professional physiotherapy and thermal hydrotherapy, particularly in the outcomes of sports accidents and traumas.

PHYSIOTHERAPY, HYDROKINESITHERAPY AND MOTOR ACTIVITY IN WATER

	NUMBER OF TREATMENTS		
	1	6	12
PHYSIOTHERAPY (25')	30.00 €	170.00 €	325.00 €
PHYSIOTHERAPY (40')	45.00 €	255.00 €	485.00 €
PHYSIOTHERAPY (55')	60.00 €	340.00 €	650.00 €
OSTEOPATHIC TREATMENT (55')	70.00 €	400.00 €	755.00 €
PHYSIOTHERAPY WITH KINESIO TAPE (40')	45.00 €	255.00 €	485.00 €
INDIVIDUAL HYDROKINESITHERAPY (45')	50.00 €	285.00 €	540.00 €
PARTIAL LYMPHATIC DRAINAGE Vodder method (25')	40.00 €	230.00 €	430.00 €
TOTAL-BODY LYMPHATIC DRAINAGE Vodder method (55')	65.00 €	370.00 €	700.00 €
WATER AEROBICS	15.00 €	85.00 €	160.00 €
HYDROSPINNING	15.00 €	85.00 €	160.00 €

PHYSICAL THERAPIES

	NUMBER OF TREATMENTS		
	1	6	12
TECAR (25')	35.00 €	200.00 €	380.00 €
TECAR (40')	50.00 €	285.00 €	540.00 €
LASER THERAPY	14.00 €	80.00 €	150.00 €
MAGNOTHERAPY	10.00 €	55.00 €	105.00 €
ELECTROTHERAPY	10.00 €	55.00 €	105.00 €
ULTRASOUND TREATMENT	10.00 €	55.00 €	105.00 €
RADAR THERAPY	10.00 €	55.00 €	105.00 €



THERAPY

SPA

WELLNESS





AN ALL-ROUND WELLNESS EXPERIENCE

Terme di Pejo is not only a healing resort, but an authentic wellness oasis in a holistic sense, which you can turn to in order to recover your psycho-physical balance through a pleasant emotional and sensorial involvement.

The wellness centre is connected with the fitness area, composed of a fitness room and a gym with calisthenics, the swimming pool area and the massage and beauty treatment area.

Particular attention has been dedicated to energy saving and environmental protection through the use of eco-compatible and locally eco-friendly material, such as wood and stone.

MASSAGES

Through kneading and gradual pressures, the massage helps to loosen up muscular tensions, alleviate pains and drain fluids. In addition to the more traditional techniques aimed at rehabilitating particular body parts, at Terme di Pejo you can experience treatments coming from the eastern culture for a general relaxation and an energetic re-balance. Techniques proposed: general massage, anti-stress massage, sports massage, rehabilitation massage, lymph-drainage Vodder, Ayurveda, shiatsu, hot stone, plantar reflexology.

PARTIAL MASSAGE (25')

30.00 €

Relieves muscle tension in specific areas of the body.

SPORTS MASSAGE (40')

50.00 €

A vigorous massage that prepares the body's muscles for exercise or it can also decrease muscle soreness after exercise.

REGULAR MASSAGE (55')

60.00 €

Reduces muscle contraction and pain in addition to helping to restore proper joint functionality.

ANTI-STRESS MASSAGE (40')

50.00 €

A soft and delicate full body massage that reduces stress and fatigue while restoring vital energy.

SHIATSU MASSAGE (55')

65.00 €

This type of massage, developed in Japan, combines acupressure and stretching of the body's muscles. Elbows, fingers and palms are used to apply pressure to the energy pathways in the body called meridians in order to restore balance in the energy system and harmony to the body.

THAI MASSAGE (55')

65.00 €

It combines the acupressure points of Chinese medicine with assisted stretching inspired one to yoga. It is practiced by coordinating the pressures and tractions with the patient's breathing, increasing vascular activity and promoting the release of toxins from the cells.



AYURVEDIC MASSAGE (55') 65.00 €

A traditional Indian technique that helps to restore the balance that exists between the three Doshas (Vata, Pitta and Kapha) with the use of precious oils. Re-establishes psychophysical harmony while providing energy and vitality.

CANDLE MASSAGE (55') 65.00 €

A gentle kneading and the application of vegetable butter, slowly warmed up on a flame and spread on the skin, loosen the muscle tension and restore tone and strength to the body.

LOMI LOMI MASSAGE (55') 65.00 €

This technique, which was developed in Hawaii, applies continuous rhythmic movements using hands and forearms just like gentle waves moving over the body.

HOT STONE MASSAGE (55') 65.00 €

Hot lava stones are directly placed on specific key energy points on the body and then used for a full body massage.

FOOT REFLEXOLOGY (55') 65.00 €

According to this ancient oriental art, the soles of the feet reflect the internal organs and various zones of the body. Therefore applying pressure on the nerve endings of the feet, revitalizes the body and activates self-healing processes.

INVIGORATING ARGAN OIL MASSAGE (55') 65.00 €

Argan oil is rich in linoleic acid, vitamin A and vitamin E. The qualities of this oil include internal and external healing as well as effective skin protection. This is a relaxing massage and the oil will also make skin healthy and glowing.

HEART AND MIND ALPINE MASSAGE WITH PINE TREE ESSENTIAL OIL (55') 65.00 €

Pine tree essential oil has always been used to provide well-being and serenity against the stress of daily life. It has an aromatic scent with a relaxing effect on the respiratory tract. The pleasant sensation of well-being that this massage provides has an antibacterial and purifying action, causing an immediate relaxing effect for body, mind and spirit.

PARTIAL LYMPHATIC DRAINAGE (25') 40.00 € TOTAL-BODY LYMPHATIC DRAINAGE (55') 65.00 €

The Vodder method is a gentle manual technique that applies pressure on connective tissue in order to move fluid into the venous and lymphatic circulation which prevents stasis or swelling.

SEQUENTIAL PRESSURE THERAPY (25') 20.00 €

Gradual pressure is applied on the upper and lower limbs, the equipment enhances fluid flow in the body, therefore venous and lymphatic circulation is reactivated.

SEQUENTIAL PRESSURE THERAPY WITH BANDAGE (40') 40.00 €

The action of sequential pressotherapy is enhanced thanks to the use of caffeine bandages to obtain the maximum result of lightness of the legs. Thanks to the specific bioactive contents, this treatment stimulates detoxification and shapes the lower limbs.

LOCALIZED TONING MASSAGE (25') 35.00 €

Treatment that targets localized adipose deposits to reduce edema and increase firmness and elasticity.



SWIMMING POOL AREA

Swimming is the ideal exercise to strengthen and tone up your body, enjoying at the same time, a pleasant sensation of lightness: in the water the movements are easier and more fluid, as the joints don't have to sustain the weight of the body. The swimming pool area has the perfect structure and dimension for children of all ages, who, thanks to the immersion in water, live an experience of play and freedom.

ADULTS	8.00 €
JUNIORS (age 6-10)	7.00 €
CHILDREN (under age 5)	6.00 €
FAMILY PACKAGE 2 adults + 2 children (both under 10 years)	1 GETS IN FREE (THE YOUNGEST)

FITNESS AREA

The achievement of a particular sports performance, or simply the need of training to keep a good shape requires a specific training program. The fitness area is equipped with Technogym machines for isotonic exercises and for cardio-fitness and it boasts a gym with calisthenics where it is possible to improve your endurance and model your body profile.

DAY PASS	7.00 €
7-DAY PASS	28.00 €
MONTHLY PASS	40.00 €
SEASONAL PASS	100.00 €





WELLNESS AREA

The wellness area of Terme di Pejo, built with warm and refined materials, occupies a whole floor and allows you to experience unique sensations.

The warm area allows you to enjoy the Finnish sauna, the biosauna, the roman bath, the steam bath, whereas the humid area offers whirlpool, cervical waterfall, kneipp stepping bath, ice waterfall, emotional showers and scottish showers.

The relaxing moments take place in our environments with salt diffusion, in our chromotherapy rooms and in the living room with herbal tea corner, where you can spend a pleasant break in good company.

DAY PASS

WELLNESS AREA

(including the use of a towel)

20,00 €

Children under 14 are NOT permitted into the wellness area.

RESERVATION IS REQUIRED to access into the thermal spa.

BASIC CARD

SWIMMING POOL + FITNESS + WELLNESS

(including the use of a towel)

25,00 €

PLUS CARD

SWIMMING POOL + FITNESS + WELLNESS + PHLEBOLOGICAL THERAPY

(including the use of towel & bathrobe) 35,00 €





PROGRAMS DISCOVER OUR ADVANTAGEOUS PROPOSALS...

WELLNESS DAY

1 DAY - 85.00 €

- 1 day of hydrotherapy
- 1 thermal carbon dioxide bath
- 1 anti-stress massage
- 1 basic card (swimming pool + fitness + wellness)

FACE BEAUTY

3 DAYS - 160.00 €

- 3 days of hydrotherapy
- 1 deep cleansing facial with massage and mask
- 1 alpino lifting treatment with specific actives
- 1 facial massage
- 1 basic card (swimming pool + fitness + wellness)

ANTISTRESS

3 DAYS - 175.00 €

- 3 days of hydrotherapy
- 2 thermal carbon dioxide baths
- 1 anti-stress massage
- 1 ayurveda massage
- 2 basic cards (swimming pool + fitness + wellness)

ARTICULAR REACTIVATION

3 DAYS - 175.00 €

- 1 pre-treatment medical examination
- 3 days of hydrotherapy
- 3 mud therapies with thermal bath
- 3 physiotherapy sessions (25')

INHALATION THERAPY

6 DAYS - 220.00 €

- 1 pre-treatment medical examination
- 6 days of hydrotherapy
- 6 inhalations
- 6 aerosols
- 6 humages
- 6 pulmonary ventilations

INVIGORATE YOUR DAY

1 DAY - 85.00 €

- 1 day of hydrotherapy
- 1 mud therapy by a shower to remove mud
- 1 sports massage
- 1 basic card (swimming pool + fitness + wellness)

BODY BEAUTY

3 DAYS - 160.00 €

- 3 days of hydrotherapy
- 1 body peeling
- 1 personalized body treatment
- 1 invigorating argan oil massage
- 1 basic card (swimming pool + fitness + wellness)

THERMAL RELAX

3 DAYS - 185.00 €

- 3 days of hydrotherapy
- 2 thermal carbon dioxide baths
- 1 mud therapy by a shower to remove mud
- 3 partial massages
- 2 basic cards (swimming pool + fitness + wellness)

PHYSIOTHERAPY

6 DAYS - 270.00 €

- 1 pre-treatment medical examination
- 6 days of hydrotherapy
- 3 hydrokinesitherapy sessions
- 3 physiotherapy sessions (55')

LEGS IN THE FRONT LINE

6 DAYS - 270.00 €

- 1 pre-treatment medical examination
- 6 days of hydrotherapy
- 6 phlebological paths + hydro-massage + kneipp
- 3 partial lymphatic drainages
- 3 sequential pressure therapy sessions
- 1 thermal hydro treatment for legs



BEAUTY TREATMENTS

Beauty treatments and cosmetics combine with the purifying action of the mineral waters, helping the skin's hydration and cellular renovation. The beauty treatments for body and face use formulas composed of thermal waters, *Fonte Alpina* and *Antica Fonte*, and with products of the territory such as apple, blueberry, gentian, edelweiss and arnica. These components help to maintain the flexibility and glow of the skin and have an anti-aging effect. The products of the *Fonte Alpina* and *Antica Fonte* cosmetic line can also be purchased for everyday use.

FACIAL

DEEP CLEANSING FACIAL WITH MASSAGE AND MASK (55')

65.00 €

It gives a deep cleansing to the skin, preparing it to regenerate naturally. Including a facial scrub, a thermal mud mask and a skin moisturizer applied using a specific cream depending on the type of skin.

IDROLIFT TREATMENT WITH EDELWEISS AND HYALURONIC ACID (55')

65.00 €

A high-performance treatment with a maximum concentration of edelweiss. The whole skin structure is globally activated to obtain maximum compactness and revitalization. Designed to define the whole face and redraw its contours.

ANTI-AGE TREATMENT USING PLANT MELATONIN (55')

65.00 €

Rejuvenating anti-aging treatment with phyto-melatonin extracted from alpine plants. With the mineral water, it penetrates the skin deeply and stimulates protein mediators. For ageing, tired skin to give it a smoother texture and to treat lines and wrinkles.

PHYTOMELATONIN TREATMENT FOR SCALP AND HAIR (25')

35.00 €

It is specific for brittle and devitalized hair, it moisturizes, soothes and nourishes the scalp. Giving vigor and volume to the hair and benefits to the scalp.

HYDRO SENSITIVE MYRTILLIN TREATMENT (55')

65.00 €

Effective in the treatment of dry and sensitive skin. Myrtillin extracts, vitamins, hyaluronic acid, and mineral water from the «Fonte Alpina» spring will restore the skin's natural glow and luminosity by deeply moisturizing it.

ALPINO LIFTING TREATMENT WITH SPECIFIC ACTIVES (55')

65.00 €

This is personalized treatment designed specifically for each type of skin. It's made with super functional pure actives for an immediate beauty effect.

ANTI-AGING REGENERATING AND ILLUMINATING FACIAL TREATMENT (55')

65.00 €

Repairing anti-aging treatment to reduce photo-aging and chrono-aging. Staminal Green and Q10 are good skin care products. Skin will appear younger, facial profile, furrows and wrinkles will be much smoother.

TREATMENT FOR MEN USING GENTIAN (55')

65.00 €

This treatment will detoxify, invigorate and soothe the male skin types. The products used are low in mineral content and contain gentian extracts.



BODY

CELLULITE TREATMENT WITH BLUEBERRY (55')

65.00 €

Bioactive substances like myrtillin, bioflavonoids and vitamin C, stimulate microcirculation, the reabsorption of liquids and the removal of toxins in the body. The treatment, draining, antioxidant and slimming, helps to define the body silhouette, to restore tissue elasticity and to stimulate the metabolism for a sculpted body.

THERMAL HYDRO MUD TREATMENT FOR LEGS (55')

65.00 €

Innovative treatment to counteract cellulite blemishes. It facilitates the removal of excess liquids and improves tissue firmness.

Thanks to specific bioactive substances contained in the horse chestnut, this treatment reactivates microcirculation, eliminates toxins, shapes the body and reduces the unsightly «orange peel skin».

STAMINAL GREEN BODY TREATMENT (55')

65.00 €

Organic extracts made from grape stem cells contrast micro inflammation, stimulate cell metabolism and perform a restructuring action. Total body treatment that shapes adiposities, tightens the whole body and restores skin vitality.

TREATMENT FOR NEW AND EXPECTANTMOTHERS (55')

65.00 €

A thermal treatment just for new or expectant mothers: it will moisturize, add elasticity and detoxify the skin. The delicate characteristics of the mineral water from the «*Fonte Alpina*» spring and natural olive and apple extracts are a guarantee that this treatment is safe for both mother and baby.

FIRMING TREATMENT WITH THERMAL LIPO MUD AND EDELWEISS (55')

65.00 €

This treatment is recommended for marked skins, it improves the firmness of the tissues and it restructures the dermis. Performed with thermal muds in vegetable oils, it is a purifying and toning treatment to firm the whole body. The treatment is enriched with edelweiss to awaken cellular energy.

LOCALIZED FATIGUE TREATMENT FOR SPORTSPEOPLE (55')

65.00 €

An anti-stress treatment with de-contracting massage which consist in the application of alpine mud on the tense and painful areas of the body. The application of the thermal mud matured with the ancient Fonte mineral water has a relaxing action on the muscles. The treatment is designed only for specific parts of the body (i.e. back, shoulders and legs).

HOT/COLD BODY REMODELING TREATMENT (55')

65.00 €

Intensive, reducing and draining treatment of localized adiposity to firm and shape. Helps reduce cellulite with unsightly orange peel-like skin.

MASSAGE TREATMENT WITH XIMENYNIC ACID (40')

55.00 €

The ximenynic acid is extracted from the fruit of the sandal plant and serves to counteract water retention and dysfunctions typical of cellulite microcirculation. In combination of the draining massage with the application of aescin gel helps to shape the body and to reconstruct the silhouette of the thighs and legs.



DOUBLE BODY PEELING TREATMENT WITH GRAPES AND PINE WOOD (55') 65.00 €

Two exfoliating and detoxifying massages one another the other to deeply eliminate impurities. The enzymatic peeling reactivates microcirculation with alpha-hydroxy acids extracted from apples and lemons, while the aromatic grape scrub re-oxygenates the skin.

BODY PEEL WITH A MOISTURIZING BODY TREATMENT (25') 35.00 €

Quenching, enveloping and relaxing for dry skin of man and woman. It helps to remove superficial skin cells and stimulates the renewal of deeper skin layers. Moisturizing cream is applied at the end of the treatment for skin elasticity and to leave it with a healthy glow.

SEQUENTIAL PRESSURE THERAPY (25') 20.00 €

Gradual pressure is applied on the upper and lower limbs, this enhances fluid flow in the body, therefore venous and lymphatic circulation is re-activated.

SEQUENTIAL PRESSURE THERAPY WITH BANDAGE (40') 40.00 €

The action of sequential pressotherapy is enhanced thanks to the use of caffeine bandages to obtain the maximum result of lightness of the legs. Thanks to the specific bioactive contents, this treatment stimulates detoxification and shapes the lower limbs.

OTHER TREATMENTS

MANICURE WITH NAIL POLISH 28.00 €

MANICURE WITH SEMI-PERMANENT NAIL POLISH 48.00 €

APPLICATION OF SEMI-PERMANENT NAIL POLISH 24.00 €

REMOVAL OF SEMI-PERMANENT NAIL POLISH 15.00 €

PARAPACK PARAFFIN HAND TREATMENT 20.00 €

PEDICURE 40.00 €

TOTAL BODY WAX 45.00 €

PARTIAL WAX 30.00 €

WAX FOR SMALL AREAS 13.00 €

COSMETIC SOLARIUM SOFT COLLAGEN

The face-body solarium equipped with low-pressure hoses and high-pressure lamps. The combined effect of red and UV light activates the metabolism and oxygenation of the skin for an enhanced collagen stimulation. A feeling of general well-being for the whole body.

9 MINUTES 10.00 €

12 MINUTES 13.00 €

15 MINUTES 15.00 €

OFFER EVERY 5 SESSIONS GET 1 FREE

COSMETIC LINE

ANTICA FONTE & FONTE ALPINA



USEFUL INFORMATION

Acceptance medical check-up

A medical is obligatory and allows us to decide which personal therapy and course of treatment is best suited to the client.

Reservation required

Reservation is always required in order to access to the spa center.

Contact us using the following contact details:

Phone +39 0463 753226

E-mail info@termepejo.it

Whatsapp +39 337 1196141

Our doctors advise

- To present any recent medical documentation. For the mud-bath treatments a recent ECG is required. Patients with cardiovascular problems require a cardiological examination report.
- Any indications given by the clients doctor will be taken into serious consideration.
- It should be noted that Thermal treatments provide the best results if continued for at least 12 days.
- The positive effects of the treatments increase if repeated annually.
- According to the opinion of our in-house doctor it may be deemed necessary to repeat a cycle during the same year possibly after a few months.
- During the treatments any sudden changes of temperature should be avoided and the thermal environment should be left at the correct time.
- Reduce or stop smoking.

General information

- The treatments are strictly personal and may not be given over to a third party. Refunds will not be given for any reason.
- Any evidential declarations can be collected from reception on completion of treatments but must be requested on the first day.
- For access to the swimming pool and the wellness area you must have a swim cap, slippers and a towel or bathrobe. Otherwise you may have to rent or buy what is missing.
- The management accept no responsibility for any missing objects or possessions within the thermal centre.



HOW TO GET TO TERME DI PEJO

BY TRAIN: with the state railways up to the central station of Trento and from there with the Trento-Malè-Marilleva railway up to Malè or Marilleva 900. You get then to Pejo by the Trentino Trasporti scheduled bus service.

BY CAR:

from Bologna – Verona and from Brenner: highway A22, exit Trento Nord if you come from the south, exit S. Michele all'Adige if you come from the north. Drive on towards Cles, the Non Valley and the Tonale Pass up to the Pejo Valley.

From Bergamo – Brescia: national highway SS42 follow the Tonale SS42 national highway up to the Pejo Valley.

BY PLANE: the handiest and closest airports to get to our resort are the Verona Villafranca, Bergamo Orio al Serio and Milano Linate airports.



TRENTINO Val di Sole VAL DI PEJO



C.F./P.IVA e Iscr. Reg. Impr. TN n. 02029900228
Iscr. R.E.A. n. 195367 – Cap. Soc. € 12.000,00 i.v.
Società a socio unico soggetta a controllo e
coordinamento da parte del Comune di Pejo

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