

For over a hundred years, since 1912, the Grand Hotel Trieste & Victoria has been the mainstay feature of the legendary health spa hills just west of Venice.



There, hidden beneath the fields, underground springs flow with spa water of an exceptional quality.

The mineral water is warm and perfect for health treatments, with a fine mixture of natural gases.

In time, the seven springs proved to be the Hotel's therapeutic fortune as it became the destination for Europe's jet set, who sought out well-being and eternal youth in its discreet rooms and health treatments.

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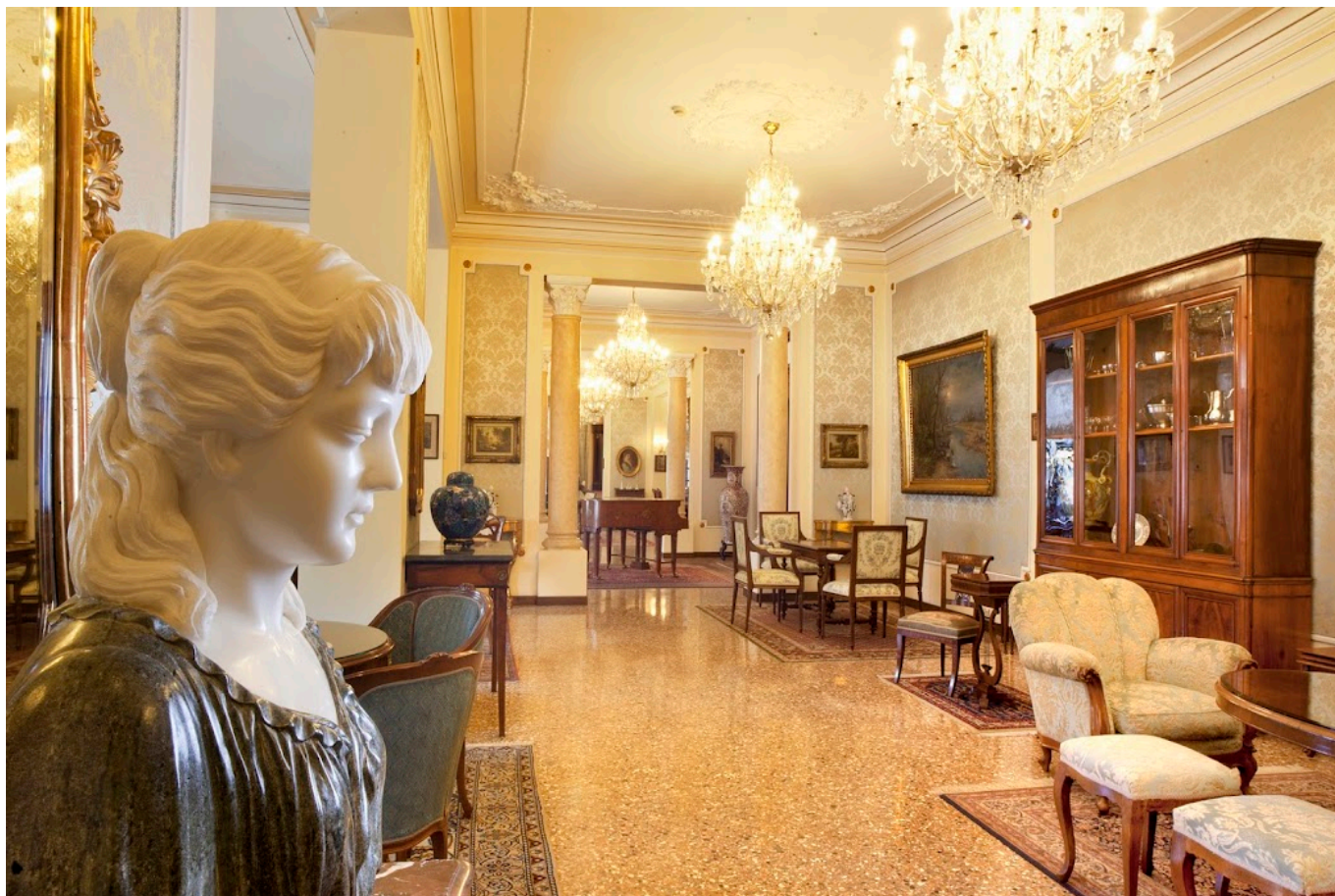




And a palatial establishment it still is today!







The rooms and suites are elegantly appointed, yet also offering the modern amenities a five-star guest would expect.





In the lush gardens are several pools, and a delicious cafe'.



Besides the casual visitor who will delight in the warm spa waters, the Grand Hotel Trieste & Victoria is a serious and professional health retreat, recognized by doctors and often prescribed as treatment.

The hotel itself has medical staff on site, and the health programmes are personalised at an appointment with the doctor, who will evaluate your muscle tone and joint rigidity as well as your health status, skin elasticity and psycho-physical stress.





This is not your regular hotel spa, where a couple of “masseuses” pour oil over you and rub a bit all over – see the extensive list of Medical Wellness options here: <http://www.hoteltriestevictoria.com/medical-wellness.html>

And here is an example of a mud treatment, the “Fango Mud & Fitness”, which is available without prior doctor appointment:

#### Programme Fango Mud & Fitness

Regenerating tissues, firming muscles, releasing tensions, strengthening the spine.

These are the objectives of the “Fango Mud & Fitness” The programme uses the detoxifying, anti-inflammatory, anti-oxidant properties of mud therapy and the efficacy of the algae in thermal water. Thanks to highly qualified personnel, a balanced diet with a light detoxifying menu and a timely course of treatment, it will be easy to regain movement and suppleness.

- Medical assistance and made to measure programme.
- Appointment with dietician and diet to follow at home.
- 6 “Mud Fango & Fit” sessions
- 6 thermal baths with draining, firming and slimming essences.
- 6 wellness massages (58 min): deep-muscular, haemolymphatic, sport or anti-stress
- 2 body toning treatments: peeling and body treatment with Olive oil brushing massage, GB rejuvenating

Thermal Fango, GB for Body and rejuvenating Thermal Treatment GB for Breast

- 6 Individual sessions of aerobic and muscle empowerment - 30 min. (at the gym, in the pool or in the garden)







And then there's the food! And served in such elegant surroundings.









If you are visiting either nearby Venice or Florence, or even Milan which is just 1.5 hours away, then a stay at the Grand Hotel Trieste & Victoria will be the highlight of your Italian experience!

The Grand Hotel Trieste & Victoria in Abano Terme, Italy, is easy to find, here is an interactive map:

View [Grand Hotel Trieste & Victoria](#) in a larger map and download the GPS track coordinates [here](#).

The Grand Hotel Trieste & Victoria: [Hotel booking information](#)