

Hotel La Residence Terme & Idrokinesis

Rehabilitation centre in thermal water



General

About Hotel

- Hotel La Residence & Idrokinesis in Abano Terme: the perfect combination of wellness, fitness, relaxation and sport. The tranquil surroundings and elegant interiors make Hotel Terme La Residence a special place where guests can find their way to wellness.
- A vast park with palm and olive trees surrounds the hotel, turning it into an

oasis of tranquillity at the foot of the Euganean Hills and within walking distance of the pedestrianised area of Abano Terme, Italy's famous spa town. A 4-star spa hotel in Abano Terme, where you can find your natural balance again thanks to spa treatments, the power of thermal waters and a jacuzzi in which you can relax.

- Three large outdoor and indoor thermal pools are available for guests to enjoy relaxing moments with areas dedicated to Jacuzzi, spacious whirlpools and underwater circuits for foot wellness, muscle tone and water jets for neck massage. Indulge in thermal water gymnastics, cycling and personal trainer sessions to rediscover physical and mental well-being. The restaurant's cuisine, which is sure to exceed expectations, is distinguished by a healthy and 100% Italian menu.

Contacts

Hotel La Residence & Idrokinesis

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Room types

- ***Deluxe Room***

Room size: 26 sq.m / Maximum accommodation: 3 adl

Quiet, spacious room with a balcony overlooking the pools and a panoramic view of the Euganean Hills. The bathroom with shower and/or bath, hair dryer. Adjustable air-conditioning, direct dial telephone, satellite TV programs, minibar, and safe-deposit box. Available with carpet or wooden parquet flooring.

- ***Junior Suite***

Room size: 36 sq.m / Maximum accommodation: 4 adl

Elegant Junior Suite with a balcony overlooking the thermal pools or the town itself, depending on position. The 36 sqm room is elegantly and functionally decorated in period style. The bathroom is in marble and affords shower cabin and/or bath. Adjustable automatic air conditioning. Extra beds (two at most) available on request.

- ***Senior Suite Executive***

Room size: 60 sq.m / Maximum accommodation: 4 adl

Large, sumptuous Senior Suite, with balcony overlooking the park and the thermal pools. The 60 sqm room is elegantly furnished in Luis XV style. The living area affords a writing desk, sofa, arm chairs and table as well as two bathrooms, with elegant marble fittings, shower cabin and bath. Extra beds (two at most) are available, on request.

Meal plans

- Full Board
- BB and HB - on request

Food & Beverages

Restaurants

- Breakfast is a delight for the palate with fruit and sweets that come from the marvels of nature and confectionery art.
- The Garden Restaurant is a famous wine and gastronomy venue in Abano Terme.

Bars

- Bar Bellevue instead is the ideal place where to enjoy a fruit cocktail or an

aperitif and the beautiful view of the pools.

Park & Pools

Park

- The park hosts palm trees and olive groves that create an enchanting natural backdrop for the outdoor pools.
- The perfect scenario to enjoy while immersed in the thermal water or when on a nice walk or simply when relaxing poolside. The park is also the perfect location where to exercise under the watchful eye of the physiotherapist.

Pools

Three thermal pools, two outdoors and one indoors. The temperature of the pools varies depending on the season.

- ***The Zeus Pool***

An outdoor pool with thermal water where the water temperature ranges between 31°C (88°F) and 35°C (95°F), depending on the season. This pool is all about whirlpool enjoyment with its many and different massaging jets. The sides of the pool are dedicated to water paths for leg wellness and muscle toning.

- ***The Apollo Pool***

is an open-air thermal pool with water temperatures ranging from 33°C (91°F) to 36°C (97°F), according to the season.

- ***The Athena Pool***

This indoor thermal pool, with water at a constant temperature of 36°C (97°F), is connected to the Apollo pool outdoors. This allows guests to walk outside while remaining immersed in thermal water. This is particularly pleasant in the cold months of the year due to the invigorating effect of the temperature change. Entering into the water is made easier by the lift, which also allows those with walking disabilities to access the pool with ease

Hydrokinesis Center

The therapeutic use of thermal water and the knowledge of the personal trainers, physiotherapists and wellness experts are the starting point for personalized rehabilitation programs that include the use of the gym and treatments such as massage, wellness and hydrokinesis therapy to make you recover and feel well again.

The center makes available a gym where to exercise freely and the Kinesis gym for rehabilitation exercises or athletic training under the supervision of our personal trainers. The center is specialized in rehabilitation programs for arthrorheumatic, post-traumatic and post-surgical conditions.

Rehabilitation and kinesiological therapies are even more effective thanks to the muscle-relaxant and pain-relieving properties of thermal water.

This allows providing a full hydrokinesis treatment that can speed up recovery time, reducing pain and reflex muscle contraction.

The Hydrokinesis Center featuring therapy in thermal water thanks to a large rehabilitation pool and two private pools. In addition, the center offers a rehabilitation gym and an area dedicated to massage therapy and physiotherapy. Doctors specialized in a vast variety of medical sectors call this center their home.

The Spa combines wellness, sports, fitness and relaxation treatments in thermal water with exercise and sports under the supervision of a personal trainer.

Luxury Thermal Spa Clinic

- This wellness clinic is one-of-a-kind not just in Italy but also in Europe and around the world. It is a thermal spa hotel dedicated to the needs and well-being of those who require specific rehabilitation treatments.
- At the clinic, guests who need help to recover health and body mobility will be welcomed at the Idrokinesis Center, specialized in functional rehabilitation.

- Meanwhile, all guests' companions and family members will certainly enjoy the services of a 4-star superior hotel and the opportunity to spend their days savouring fine food and drinks at the restaurant, relaxing at the hotel's park or thermal pools, or receiving treatments or massages at the spa to enhance their own well-being. And every evening, after all the planned rehabilitation treatments with the physiotherapists have been completed, the Clinic features live music and themed events to reward the guests' rehabilitation efforts with the pleasure and entertainment of a true vacation.

Services & Features

- ***Highly experienced staff***

In addition to the staff at the spa and the Idrokinesis Center, everyone at the Clinic is trained in providing support to guests facing difficult physical challenges. The trained staff understands and anticipates the guests' special needs and communicates easily in English, French, German, Russian, Spanish, and Italian. Interpreters are also available for other languages. In addition, the Clinic has nurses and other qualified staff available to personally assist guests if they desire extra assistance.

- ***Constant medical support***

Every day there is always at least one member of the medical team present at the Clinic to review and revise the treatment programs in response to how well the guests are progressing and how their personal situation develops.

- ***Blood tests and check-up service***

Regardless of whether one is a guest at the Clinic for specific treatments or is simply a guest's family member or companion, a stay at the Luxury Thermal Spa Clinic is the perfect opportunity to set aside time to bring one's health back in balance. The Clinic has an active cooperation with the Abano Terme General Hospital located just a few minutes away from the hotel and the agreement in place allows carrying out a variety of tests within 24 hours and at times just in a few hours. This service is available to all those who wish to take advantage of the hospital's check-up service.

Location

Location (the closest airports)

- VENICE - Marco polo (approx. 60 Km)
- TREVISO – Antonio Canova (approx. 75 Km)