

Thermal baths in Italy

(Province of REGGIO DI CALABRIA, CALABRIA)

Thermal waters have been used for hydrotherapeutic purposes in the Mediterranean region since ancient times as can be seen from archaeological finds, literary and scientific writings and numerous epigraphs. These treatments have, for the most part, been left unaltered over twenty-four centuries since the age of the ancient Greek philosophers, through various historical periods, and with the exception of the introduction of advanced technology. Hippocrates was a great believer in the use of thermal spas and in his treaty Use of Liquids he sang the praises of the properties of mineral waters and hot springs.

As time went by, use of the experimental method led to an innovative approach in using thermal waters for therapeutic purposes and new treatments being introduced.

Fortunately, society progressed and the amount of available financial resources increased among all sections of the population thus making it possible for everyone to benefit from thermal treatments. The advantages of these treatments are not only linked to the waters' curative properties but also to the beauty and natural attractions that are a general characteristic of Italian spas. The idea of treatment also being a means of recovering energy and physical well-being is quite rightly connected to the idea of a holiday resort and intelligent use of leisure time.

In this way the ancient tradition of thermal waters was modernized and brought up to date. And today more than ever, the use of new methods has turned it into a fundamental tool of modern medicine. A specialist guide contains descriptions of the main treatments used.

Therefore thermal resorts' success is linked to the overall quality of life in the spas. Indeed there is no doubt that the environment plays an important role in treatments which involve rest or seasonal cures. And a stay which offers a large range of possibilities both with regard to broadening cultural and artistic knowledge and the climate is extremely advisable.

Consorzio delle Terme Antonimina Locri (ANTONIMINA)

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Source: ANTONIMINA TERME

Pathologies treated:

Malattie delle vie respiratorie UK, Malattie ginecologiche, Malattie reumatiche e della locomozione

Terapie praticate:

Balneotherapy, Fangotherapy, Inhalation treatments, Irrigation and jet shower treatments (internal)
Thermal and steam caves (Antrotherapy)

Terme Service (GALATRO)

Province of REGGIO DI CALABRIA, CALABRIA

Address: Fonti S. Elia
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Source: GALATRO

Pathologies treated:

Malattie delle vie respiratorie UK, Malattie dermatologiche, Malattie ginecologiche, Malattie reumatiche e della locomozione

Terapie praticate:

Balneotherapy, Fangotherapy, Inhalation treatments, Irrigation and jet shower treatments (internal)
Thermal and steam caves (Antrotherapy)