



## **THE SPAS: TOTAL WELLNESS IN THE ITALIAN TRADITION**

# **THE SAN GIOVANNI SPA**

## **ISOLA D'ELBA**

The San Giovanni spa was established in the 1950s, after discovering the benefits of the mud of the land pastures for the horses' swollen fetlocks. Doctors and experts then started to study the properties of the mud and verified their curative power. So in 1963 the spa center was opened. The San Giovanni spa is set in a basin of 5 hectares of mud rich in iodine and organic sulphur, on the gulf of Portoferraio, inside a large park of eucalyptus trees. From April to October it can host 700 people a day and carry out about 1400 daily treatments, also within the National Health Service. Recently enlarged and modernized, the San Giovanni spa is divided into the thermal and the physiotherapeutic sections.

The thermal section provides anti-stress, anti-smog, anti-cellulite and slimming treatments and is properly equipped for dermatologic and rheumatic illnesses and for diseases of the respiratory system. The physiotherapeutic section is specialized in rehabilitation and is equipped with cardiologic and orthopaedic centers and for pain-therapy. Therapies also depend on the kind of element chosen: the sea mud is used to cure arthrosis, acne, psoriasis and cutis; the seaweeds are turned into a decoction to be used in the mud bath treatment and the thalassotherapy, while the water containing sodium chloride and iodide is effective in the treatment of respiratory diseases.

Very interesting is the "health week" that, together with medical and dietetic treatments, is very suitable for relaxing and to detoxicate the body.

**TERME  
DI SAN GIOVANNI**

**Località S. Giovanni  
Portoferraio (LI)**

**Tel. 0565-914680  
e-mail: [info@termelbane.com](mailto:info@termelbane.com)**

**[www.termelbane.com](http://www.termelbane.com)**

**Periodo di apertura:  
20 aprile - 31 ottobre.**