



THE SPAS: TOTAL WELLNESS IN THE ITALIAN TRADITION

TORRE CANNE A UNIQUE EXPERIENCE

Torre Canne, an avant-garde spa lying at Fasano in the Province of Brindisi, is renowned for the combination of idyllic elements such as therapeutic treatments, leisure activities and relaxation, offered in its well-equipped areas. The village is set in a beautiful natural, artistic and historical environment.

TORRE CANNE: THE SPA

The thermal baths of Torre Canne have been appreciated since mid-1800 but their exploitation started only after the second world war, when a spa structure was established and gradually supplied with modern equipment. The spa - that offers treatments also under the terms of the Italian National Health Service - is open from 7th May to 30th October and, together with the annexed Grand Hotel Serena, form one of the most prestigious thermal complexes in the region of Puglia. Modern equipment and a highly qualified medical staff provide var-

ious facilities and therapy programmes, such as mud and balneotherapy, inhalant cures, therapies for gynaecological and vascular complaints, treatments for deafness, rehabilitative activities and medical gym. You can avail yourselves of hydro-kinesitherapy, hydro-massage and physiotherapy, guided swimming and gym exercises.

An efficient beauty centre is also working and offers a complete range of massages and aesthetic cures for face and body.

There are special areas devoted to specific needs, where even diagnostic tests are carried out: nose and throat conditions, gynaecology, dermatology, circulatory system, cardiology, rheumatology, osteoporosis, arthritic and rheumatic disorders. Preventive medicine and personal therapeutic programmes are also provided.

THE THERMAL BATHS

The thermal springs of Torre Canne have been known for their therapeutic qualities for more than a hundred years. A park of conifers and tamarisks is home to 11 springs flowing out of the ground, from subterranean streams that were originated by telluric phenomena of the Mesozoic era. Two springs have especially been studied for their physical, chemical and therapeutic properties that contribute in recovering and maintaining good physical conditions: the number 3 called Antesana and the number 11 called Torricella.

Their waters flow at a temperature of 18°C and thanks to their high concentration of salts, they are defined "mineral waters with sodium-sulphate-chloride and bromide". Their chemical and physical characteristics are particularly effective in anti-inflammatory, de-contracting, immune-stimulating, de-congesting, sedative and also other therapeutic actions.

THE MUD BATHS

The small lake of the Terme di Torre Canne, situated at the centre of the park that surrounds the hotel, is fed by spring waters and, for thousand years, have produced mud deposits rich in health-giving properties. It is a natural mud mainly formed by calcium silicate, alumina and iron together with small quantities of magnesium and traces of phosphate mixed with organic detritus.

The mud of the Terme di Torre Canne consists of "natural pastes" composed of granules of clay, organic material and thermal water that undergo a very long and slow preparation process inside the lake itself, where the sources of water flow. The mud-balneotherapy is effective for pain relieving; it improves the circulatory system, tones up the muscles, recovers the articular functions, cures rheumatic and orthopaedic disorders. It is also recognized as anti-inflammatory, analgesic, sedative, stimulator of the immune system as well as of the natural antitoxin process. The most specific treatments concern the acute and chronic pathologies of the muscle-skeletal apparatus.

You can get the maximum effectiveness of these treatments if you combine them to the balneotherapy that, besides the benefits of the temperature, helps stimulating the circulatory system while, on the other hand, provides relaxing, sedative and pain-relieving actions.

Besides the typical stimulating passive action produced by the underwater jet hydro-massage, you can avail yourselves of an active stimulation by the simple free movement of your muscles and articulations.

MASSAGGI, IDROKINESITERAPIA E FISIOTERAPIA

To complete the thermal therapies, the spa of Torre Canne offers a specialized centre of physiotherapy, kinesitherapy and hydro-kinesitherapy properly effective for rehabilitative treatments after bone fractures, various traumatic events as well as after orthopaedic operations, for chronic articular complaints and disabling neurological pathologies.

At the spa of Torre Canne you can avail yourselves of medical examinations by specialists in orthopaedics, rheumatology, ear, nose and throat, dermatology, angiology, cardiology, aesthetic medicine.

A dietetic service is also available, to complete the rehabilitative project with a personal nutritional programme.

THE MUD BATHS

Besides the thermal therapies, qualified specialists propose you a wide choice of aesthetic treatments for face and body.

You can benefit from the classical cures such as face cleaning, depilation and massages, or require wrinkle, relaxing, purifying, regenerative and invigorating treatments.

And also winding down cold wraps, legs, toning up mud-musk for the breast, total body thermal treatments, anti-cellulite, regenerative anti-age, linfo-drainaging manual massages, pressotherapy, solarium.

TORRE CANNE AND SURROUNDINGS

Wellness at the thermal centre of Torre Canne also means leisure activities. In fact you can benefit, at special rates, from a beautiful swimming pool, a well-equipped wide beach, a broad park with a playground for children, to make their stay at the spa more enjoyable. There is an arcade for shopping in the hall of the spa, snack bars both at the beach and nearby the hotel. Torre Canne, is not only a seaside resort that offers beach and bathing entertainments but, set in a naturalistic-historical and artistic environment, it also invites you to visit its impressive surroundings: the attractive Valle d'Itria and its characteristic "trulli", the white Ostuni, the stunning grottos of Castellana, the interesting archaeological site of Egnazia, the elegant and Baroque Martina Franca are only some of the beautiful places within easy reach.

Getting to Torre Canne

By plane: Daily shuttles from/to Bari and Brindisi airports.

By train: Bari-Cisternino di Fasano or Ostuni stations; bus services to the spa.

By car: A14 Milano-Bari or A16 Roma-Bari motorways, exit Bari Sud. Then drive along SS16 up to Torre Canne.

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