



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

# SALSOMAGGIORE E TABIANO TERME

**Surrounded by the verdant Parmense hills, Salsomaggiore and Tabiano lie in a quiet location, but within easy reach of the large inhabited centres. Besides the thermal springs, these resorts also provide the tourists with indoor and outdoor swimming pools, tennis courts and a golf course.**

### **TERME BERZIERI AND THE PALAZZO DEI CONGRESSI**

Salsomaggiore hosts 120 hotels and can accommodate up to 10,000 people, of which more than 1,000 in 4-star hotels. Salsomaggiore started its role of thermal resort in 1839, when doctor Lorenzo Berzieri experimented with the curative properties of the brackish water emerging from its soil.

Even the place name "Salso Maiore" refers to the salt content of the water. In 1858 the first thermal complex was built, soon followed by the first big hotels. Known as the "town of salt", Salsomaggiore was turned into a thermal spring town.

It is characterized by an unmistakable Art-Nouveau architecture that, at the beginning of the 20th century,

became the symbol of the middle class's social and cultural growth. The heart of the town is occupied by the monumental Palazzo of the Terme Berzieri, opened in 1923 after a 10-year period of works, whilst a park is also home to the Palazzo dei Congressi, the former Grand Hotel des Thermes, a magnificent Art-Nouveau building within easy reach of all the hotels of Salsomaggiore. The palace can host conferences, conventions, cultural and artistic events in its elegant historical Moresco, Cariatidi, Pompadour and Taverna Rossa halls. To complement the main halls on the Piano Nobile (main floor) and on the Ground Floor, there are also various other smaller rooms on the first and second floors that used to be the bedrooms of the Grand Hotel des Thermes.

Beside it there lies the modern building of Auditorium Europa that can entertain up to 750 people.

The Palace stands in a park equipped with a swimming pool and tennis courts and is very near to the hotels of the town.

## THE CURATIVE WATERS

It has been scientifically proved that the thermal treatments can improve the whole body's functions. The spa of Salsomaggiore is famous thanks to its bromo-iodine-salt variety of thermal waters, whose benefits were discovered in 1839 by doctor Lorenzo Berzieri.

These thermal waters boast a density in mineral salt five times richer than that of the Mediterranean sea. Extracted at a temperature of 16°C, they contain such a high percentage of sodium chloride, iodine and bromine as to considerably increase their therapeutic effects.

From these waters, mostly used for balneotherapy and rehabilitation, the spa of Salsomaggiore obtains the "Acqua Madre", used for inhalant treatments and vaginal cleansing.

The thermal waters can cure and prevent rheumatic, respiratory, gynaecological disorders and influence the metabolic and hormonal conditions.

From the wells is extracted the mud that, enriched with clay, for two years is preserved inside big containers with the sodiobromiodic water; then, through thermostatic pipes, it is directly carried to the curative areas.

*"Oh, acqua, acqua salsa,  
acqua iodobromurofera  
che a le carni feminee  
dai un sentore di voluptà  
portentosa"*

*Gabriele D'Annunzio  
Taccuini di viaggio  
da: "Salsomaggiore Art déco  
termale"  
ed. Franco Maria Ricci  
MI 1989*

## THE SPA OF SALSOMAGGIORE

Renowned for its thermal waters containing sodium chloride, bromine and iodine, the resort of Salsomaggiore is the biggest spa in Italy. The structure consists of the Terme Berzieri, seat of the Wellness Centre, the Terme Zoja, where the traditional thermal treatments take place and Villa Igea, a clinic for rehabilitative therapy.

### STABILIMENTO BERZIERI

The Art Nouveau Palazzo of Terme Berzieri, built in 1923, is home to the Thermal Wellness Centre that offers aromatherapy and phytotherapy treatments, both to fill your time with relaxation and to remodel your body. The salsobromiodic thermal water is the basic element of all the treatments, whose effects are improved by its combination with essential oils, creams and cosmetic mud. The Thermal Wellness Centre offers the resources required for relaxation and revitalization, Turkish bath, French shower, aromatic mud, "tepidarium-calidarium-frigidarium", "kneipp" treatment, hot stone massage, aesthetic treatments with natural creams containing the salts and thermal waters, aesthetic medicine (wrinkle and stretch mark conditions) and treatments with hyaluronic acid.

## **STABILIMENTO ZOJA**

Lying in the heart of Parco Mazzini, the Terme Zoja are specialized in the prevention and treatment of rheumatic, respiratory and gynaecological diseases.

They are also equipped with a thermal swimming pool, provided with the necessary items for rehabilitative and vascular activities aimed at improving the circulation of the blood. The waters, rich in sodium chloride, iodine and bromine, at a constant temperature of 31°C, are the ideal resources for relaxation and for physical activities such as Acqua Gym, Hydrobike and Acqua-walk.

The Terme Zoja can also boast an Inhalant Paediatric section for ear, nose, throat and bronchus complaints.

## **VILLA IGEA**

The Nursing Home "Villa Igea" hosts disabled, hemiplegic, arthropatic and traumatized patients. It is equipped with the most modern physiotherapeutic complex, with a specialized section for kinesitherapy in salsobromiodic waters, and a radiological centre for every kind of diagnostic test.

## **THE SPA OF TABIANO TERME**

Tabiano is the main hamlet of Salsomaggiore, lies a few kilometres away and is connected by a bus service. Surrounded by greenness, Tabiano, like Salsomaggiore, is well-known for the benefits of its sulphurous waters whose therapeutic activities improve the respiratory system.

In fact Tabiano is home to a thermal establishment specialized in inhalant treatments, the Terme Respighi, recently restored and open all the year round.

Its sulphurous, sulphate, calcic and magnesian waters, among the richest in sulphur in Europe, are particularly effective for bronchus, ear, nose and throat treatments.

The spa also has a rehabilitative swimming pool and a Wellness Centre, the "T Spatium", that offers special packages for beauty, wellness and relaxation.

### **TERME DI TABIANO SpA**

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## **SALSOMAGGIORE E TABIANO: THE SURROUNDINGS**

There are various and interesting opportunities for spending your free time at Salsomaggiore and Tabiano Terme, such as shopping, musical entertainments, culture activities, prestigious and elegant meeting places. The spa resorts lie in the province of Parma, whose district is rich in history, art and culture, beside being the homeland of Verdi and Toscanini, and offer gastronomic specialities and delights. We would recommend a visit to the surrounding Castles of the Ducato di Parma e Piacenza, that include the renowned Rocca Sanvitale of Fontanellato, the Rocca Meli Lupi at Soragna, the Rocca Viscontea of Castell'Arquato, the Castles of Torrechiara, Gropparello and Vigoleno and the Reggia di Colorno. It is particularly well worth seeing the Terre di Giuseppe Verdi, very interesting places for opera lovers, with the Casa Natale and the Church of S. Michele alle Roncole, the Theatre and Casa Barezzi at Busseto and the magnificent Villa of S. Agata. Among the food and wine routes, there are the "Strada del Culatello" at Zibello, running in the Bassa Parmense along the River Po, the "Strada del Prosciutto di Parma" in the hilly area, the "Strada del Fungo Porcino" of Borgotaro in the mountain area and the "Strada dei Vini" in the Colli Piacentini. From Salsomaggiore and Tabiano you can easily reach, even with guided tours, the most important towns of the area such as Parma, Piacenza, Cremona, Pavia, Mantova and Sabbioneta as well as the summer arenas of the Opera Festivals at Busseto, Vigoleno, Fontanellato.

## **MISS ITALIA AT SALSOMAGGIORE**

Nel 1950 il Concorso di Miss Italia ha scoperto Salsomaggiore Terme, divenuta negli anni la sua sede naturale, sia per una sorta di tradizione, sia per la capacità della cittadina termale di accogliere le miss con il loro segui-

to ed i numerosi giornalisti e fotografi. Nella accogliente cornice del Palacotonella anche nel 2007 è stata incoronata la regina della bellezza italiana. Miss Italia 2007 è Silvia Battisti, 18 anni, giunta alle finali con la fascia di Miss Veneto e incoronata dal presidente di giuria Pippo Baudo.

**Città di Salsomaggiore Terme**

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## *Getting to Salsomaggiore-Tabiano*

**By car:** Autostrada del Sole A1, exit Fidenza.

**By train:** Railway lines Milano-Bologna, Brescia-Fidenza, La Spezia-Fornovo (get off at Fidenza station). Shuttle from Fidenza to Salsomaggiore Terme or Bus Service TEP, extra-urban line.

**By plane:** "G. Verdi" Parma Airport.