TERME DI CASCIANA®
PISA

The warm heart of Tuscany

Terme di Casciana: the warm heart of Tuscany

*In the thermal spa village of **Casciana Terme Lari**, in the heart of Tuscany and just a few kilometers from **Pisa and Florence**, amid rolling hills, vineyards, and historic villages, **Acqua Mathelda** has been flowing for over a thousand years. This **bicarbonate-sulfate-calcium thermal water**, at 35.7°C, comes "from the heart of the earth to bring you health and beauty."*

*Its **soothing, anti-inflammatory and antioxidant properties** promote skin wellness and improve **peripheral microcirculation**. Here, treatment becomes an experience: from **mud therapy at 45–48°C**, recommended for **osteoarthritis, extra-articular rheumatic conditions and psoriasis**, to the **individual thermal bath** that completes the therapy.*

Thermal Spa Treatments: Acqua Mathelda therapy programs

*At the **Terme di Casciana** with **water Mathelda** we can create **personalized cycles** with an initial **medical evaluation**.*

*Medical indications are for **rheumatic pathologies** (cronic pain, osteoarthritis, osteoporosis, fibromyalgia) and for orthopedic **post-surgical and post-traumatic outcomes**. The **mud therapy at 45/48 degrees is followed by a therapeutic bath**.*

*Against **Psoriasis** thermal baths combined with our treatments is recommended.*

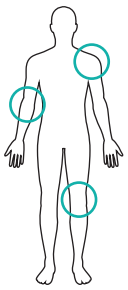
*To **improve venous circulation** (therefore all problems related to venous insufficiency, lymphedema, leg swelling syndrome) we propose cycles of vasculopathy thanks to ozonized baths or underwater massage to help venous return.*

*For **respiratory tracts and chronic otitis**, inhalation therapies with nasal showers and endotympanic insufflations are perfect for treating bronchitis and chronic rhinosinusitis.*

The thermal establishments do not have its own hotel, but the surrounding area offers various accommodation options

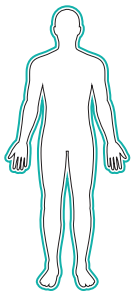
Details and Experiences

Main Therapies



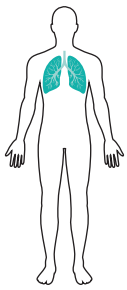
Orthopedic Area

- Fractures
- Prostheses (shoulder, hip, knee)
- Postural Disorders



Dermatology Area

- Balneotherapy
- Physiotherapy Showers
- Physiotherapy Massages



Respiratory Area

- Chronic Bronchitis
- Chronic Pharyngitis
- Respiratory Insufficiency
- Smoke-Related Damage
- Adenoiditis

Thermal wellness surrounded by nature

At ***Terme di Casciana****, wellness begins with* ***Acqua Mathelda*** *(35.7°C),* ***soothing and stimulating for microcirculation****, enhancing* ***relaxation, toning, and anti-aging treatments*** *for* ***smoother, more radiant skin****. At the* ***Wellness Center****, you can complete your relaxation experience with* ***custom massages and Eastern-inspired rituals*** *(hot stone, shiatsu, ayurveda),* ***watsu in thermal water****,* ***shirodhara****,* ***facial and body treatments, draining wraps, sauna, and mud therapy****.*
Discover our outdoor pool and its relaxing power: *500 m² of refreshed thermal water with* ***geysers, waterfalls, and a hydromassage tub****—or in the* ***indoor pool with a vascular path****.*
Day Spa programs *combine* ***pool access with treatments*** *for a one-day wellness escape.*

Details
and Experiences

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