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Italy is world-known for the rejuvenating effects of its thermal SPA. Beauty treatments, massages, leisure activities and world-class menus are usually included in the Italian SPA experience. The popularity of Italian Spa Towns and natural hot springs (*terme*) is one the rise. Many of the traditional locations have been either building new facilities or modernizing the still surviving SPA palaces of the early 20th Century. Let's take a tour of the best Italian Terme in the North Italy!



Terme di Bormio

The **Terme di Bormio** are located in the **Alta Valtellina**, the northeast part of the **Lombardy**: in this zone there is, all the year, the possibility to sky, to practice alpinism and to enjoy spa stays. The thermal waters of **Bormio** are considered a miracle of nature; between 98.6 and 106 degrees Fahrenheit, they rush up from grounds almost always covered in snow, that is the imposing **Dolomitic Massif of the Ortles Mountainous Group**. Three are the spa establishments that are fed by these thermal sources: the **Terme di Bormio**, the **Bagni Vecchi Complex** and the **Grand Hotel Bagni Nuovi**. [READ MORE](#)

Terme di Sirmione

The origin of the **Terme di Bormio** is quiet ancient: there are still visible archeological evidence of Roman villas, like in the famous site "**Grotte di Catullo**". Despite the historical origins of **Sirmione**, the discovery of thermal waters is quite recent: the finding of the thermal sources of **Boiola** dates back to the nineteenth century; up to that moment it was submerged into the waters of the Lake. [READ MORE](#)



Terme di Dolomia

The **Terme di Dolomia** are situated in the mountainous complex of the **Dolomiti**, inside the Val di Fassa district, in the province of **Trento**. In particular, there are located in **the Pozza di Fassa**, that is a few kilometers from **Sciliar** and the **Alpe of Susi's** complex. **Terme di Dolomia** propose a range of activities, which are included in the thermal cures, in the beauty treatments and in medicine treatment. [READ MORE](#)



Terme di Abano

Abano Terme, small town in the **Padua** province, is one of the most important spa center in Europe and this prestige is due to several different factors, between which an optimal organization of the Terme and a wide range of quality services; the whole city is spread along the Terme avenue. The Town is also located in a very favorable position to famous cities, like **Venice, Padua, Verona and Vicenza**. [READ MORE](#)



Terme di Montegrotto

Montegrotto Terme is situated in the **Colli Euganei's** complex, short-distant from **Padua**. The location is not only characterized by the strong presence of thermal sources, collectively called **Terme Euganee**, but also by the homonymous natural park. The prehistoric spa are generally considered for mud therapy. [READ MORE](#)



Let's continue the tour of the Italian Spa...

[TERME CASCADE DEL MULINO](#)

Saturnia (Grosseto) – Tuscany

[TERME LIBERE DI VITERBO - BULLICAME](#)

Viterbo - Lazio

[TERME DI BAGNI DI SAN FILIPPO](#)

Castiglione d'Orcia (Siena) – Tuscany

[TERME DI PETRIOLO](#)

Valle dell'Ombrone - Tuscany

[TERME GROTTA DELLE NINFEE](#)

Cerchiara (Cosenza) – Calabria

[TERME DI SORGETO](#)

Ischia (Napoli) – Campania

[TERME DI VULCANO](#)

Lipari (Messina) – Sicilia

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