

10 best free spas of Italy

Close your eyes and imagine pools of thermal water that spring naturally from the ground. And, imagine to be immersed in this water as much as you like almost free of charge. We choose 10 of the best free spas of Italy. Prepare your backpack, the relax is waiting you!

TERME CASCADE DEL MULINO - TUSCANY

We are in Tuscany and more precisely, in Saturnia (Grosseto). The legend wants that it has been the launching of a lightning by Giove which has missed Saturno and created the amazing thermal pools. We thank the "bot chosen shooter" and we enjoy a bath immersed in a 37.5 degrees.



BULLICAME SPAS - LAZIO

The thermal basin of Viterbo is one of the most copious of Italy. The thermal water which springs from the Bullicame source is probably the most famous for its several therapeutic properties. If you would like to enjoy a moment for yourself, go to Viterbo where a pool of 2000 square meters is waiting you!

SAN FILIPPO SPAS - TUSCANY

Located in the amazing location of Val d'Orcia, characterized by its sweet hills, its rich vegetation of olive groves and vineyards, its undulates streets protected by cypress, small medieval villages immersed in the green. In this natural paradise, you will find more: the thermal pools called San Filippo Baths, ready to pamper you.





TERME PATRIOLO - TUSCANY

In the province of Siena, on the sides of the river Farma, there are the natural pools in which it is possible to immerse yourself in a total relax atmosphere, in an untouched natural oasis.

MASSE DI SAN SISTO - LAZIO

In the province of Viterbo, we know, it is full of thermal sources, thanks to a residual volcanic activity of the underground. In the past, the Romans built in this zone 14 thermal establishments. The Masse di San Sisto are an amazing open space beauty center, composed by pools of different temperatures that is relaxing.



GROTTA DELLE NINFEE SPA - CALABRIA

Following the legend, this pool of sulfurous water, located in a cave of ground limestone, was populated by amazing ninfee and used to preserve the Calipso thalamus. You can find this suggestive thermal pool in the heart of a secular wood at Cerchiara, in the province of Cosenza.

SORGETO SPAS - CAMPANIA

Sorgeto is a bay, house of an open air thermal park. Hot and mineral bubbles, sauna and therapeutic vapors: this is what that Mother Nature wanted to give to Ischia in ancient times. Reachable both by sea and by walk through a steep set of stairs which starts from Panza, it is a relief to leave yourself immersed in this mix of hot-cold water, both sweet and salt, enjoying one of the most amazing sunset of Italy.





BORMIO FREE SPAS - LOMBARDIA

We climb to reach Bormio, a city located in the heart of the Alps in Lombardy. If you decide to go during winter, the show of the spas is something without equal. A steaming pool surrounded by fresh snow, where you can relax admiring the amazing landscape. The natural pool made by stones is located at the feet of the river, which collect a basin of crystal water.

TERME VASCA LEONARDO DA VINCI - LOMBARDY

We are still in Lombardy, near Bormio. Imagine to cross a path in the wood that skirts a river, under the sight of the impressive mountains. Walk, walk you will find yourself in a fabulous place made by thermal waters.



TERME VULCANO - SICILY

Sicily, in addition to its amazing sea, offers extraordinary open space spas where is it possible to do long baths in sulfurous water, surrounded by fumarole, located near the crystal waters of the Eolie.



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