



## Thermal baths of Gambassi Terme

On the Via Francigena, the thermal baths of Gambassi offer inhalation and **curative therapies**, wellness program, beauty treatments and detoxifying treatments.

Always known for its **healing properties**, the salsa di Pillo water only made its great leap toward medical recognition in the 1970s, when Gambassi opened its first thermal establishment.

This water – that appears in nature through fountains, springs and outcrops containing gas which still dot the landscape – has now been channelled to the **Gambassi thermal establishment**, near the town park.

Known as the **Thermal Baths of the Via Francigena**, they are visited especially for their **mineral water therapies**, recommended for pathologies linked to the digestive and respiratory systems. These provide anti-inflammatory and detoxifying elixirs, which can be drunk or inhaled, for those suffering from colitis, gastritis, respiratory tract inflammation and allergies.

These thermal baths were recently renovated, and today, along with their health treatments, guests can enjoy a pleasant **wellness itinerary**: a Finnish sauna, a Turkish bath, a hydro-massage pool, chromotherapy, refreshing showers and a relaxation area are Gambassi's ingredients for a wellness recipe. **Ideal for body detoxification and destressing**, many Via Francigena pilgrims visit them today in order to release muscle tension after the exertion of walking.

These thermal baths are small, but they are what Gambassi inherited from its land, and are a treasure available to everyone: walkers, tourists, passers-by and locals.



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We especially like them during the winter, when you really feel the cold and your body is more fragile. During the summer, we recommend literally putting yourselves in the expert hands of their personnel. They will take care of your body with massages that can be relaxing, slimming, revitalising or for lymph drainage.