
FACT SHEET



NATURAL DESTINATION



TERME DI SATURNIA

Natural Destination



Set in the untouched beauty of the Tuscan Maremma, this exclusive 5-star resort is a haven of elegance and wellbeing. Indulge in the serenity of its award winning SPA, transformative medical programs, and soothing hot spring pools. Perfectly complemented by a Geo-certified 18-hole golf course, this destination is centered around a 3,000-year-old natural hot spring, promising an experience of timeless rejuvenation. Escape, unwind, and immerse yourself in the magic of this extraordinary retreat.

HOW TO REACH TERME DI SATURNIA

Terme di Saturnia is conveniently accessible by both car and plane. The nearest airports are Rome, Pisa, and Florence which offer regular flights and private jet charters. From there, transfers to the resort can be arranged by van or helicopter for a seamless journey. For helicopter arrivals, the resort features a private helipad and collaborates with a trusted charter company to ensure a safe and comfortable experience. Guests arriving by car will find a well-equipped car park, including two Tesla charging stations with up to 22kW capacity.

by Car

Rome	1 hr 50min
Florence	2 hr 45min
Siena	1 hr 50min
Grosseto	1 hr

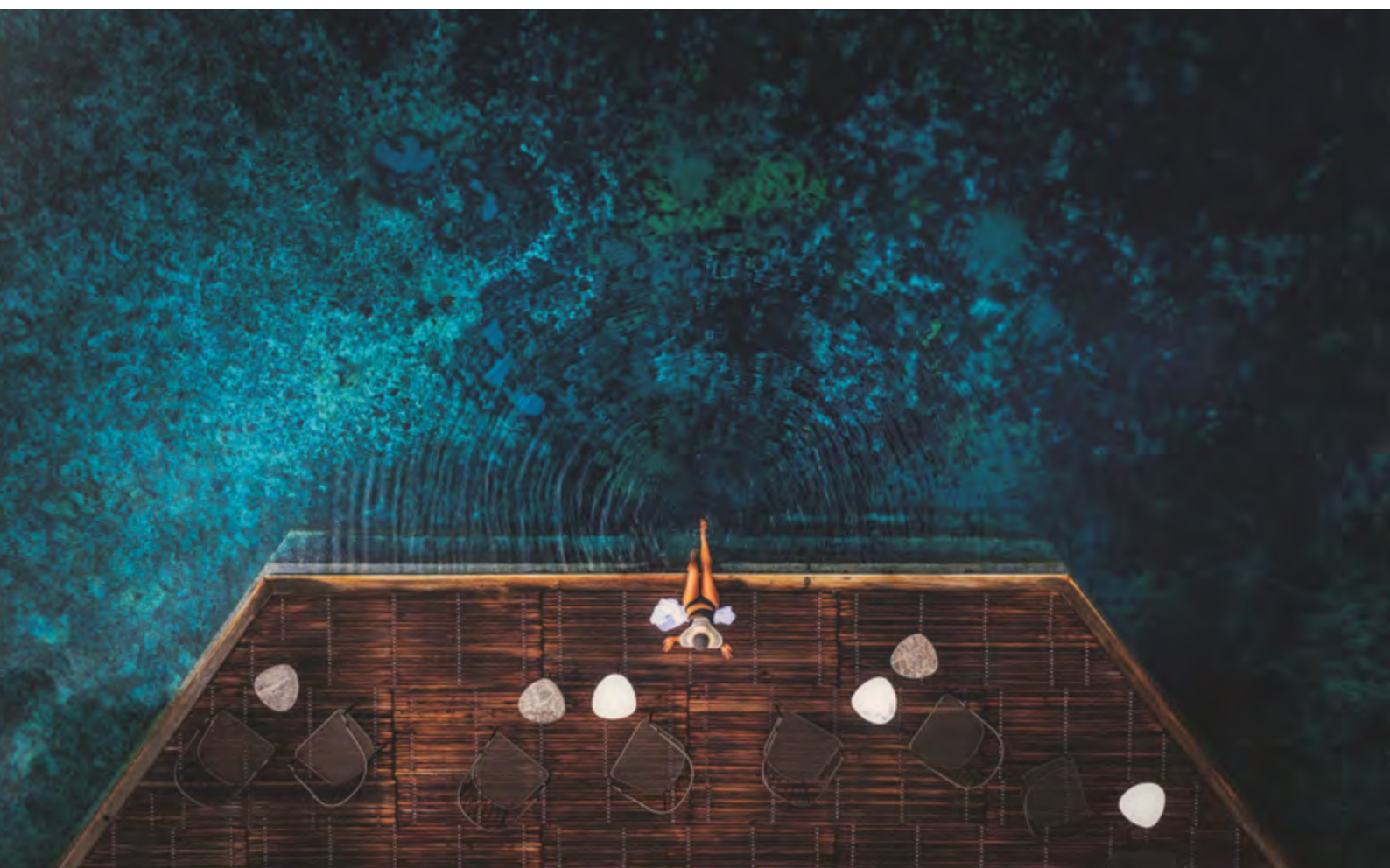
by Helicopter

Rome Fiumicino FCO	35min
Florence Peretola FLR	45min
Milan Malpensa MPX	65min
Pisa Airport PSA	50min



A MILLENNARY NATURAL SOURCE OF WELLBEING

Where it all began, 3,000 years ago



Legend has it that Saturn, the god of peace, created Saturnia's springs to calm humanity. Historically, Saturnia dates back to Etruscan times, flourished under Roman rule, and was revived in 1454. In 1919, the first modern hotel marked a new chapter for its iconic thermal waters.

The spring still flows today at a constant 37.5°C, naturally replenishing 500 litres every 4 hours. Its mineral-rich waters, containing sulphur, carbon dioxide, calcium, and magnesium, travel underground for 40 years before emerging purified.

The unique thermal plankton enhances skin health and forms the basis of Terme di Saturnia's treatments and cosmetics. Benefits include improved skin, reduced blood pressure, natural exfoliation, and support for cardiovascular and respiratory health.

THE RESORT

Timeless Wellbeing



Terme di Saturnia, a member of The Leading Hotels of the World, features a historic travertine stone façade surrounding the millenary thermal spring. In 2020, the resort completed a full renovation, updating all rooms to blend nature with contemporary design, inspired by the vibrant hues of the hot spring and Tuscan tradition.

The resort now offers 124 renovated rooms and suites, including:

- 2 Grand Suites
- 14 Suites
- 7 Junior Suites
- 16 Garden Junior Suites
- 49 Deluxe Rooms
- 16 Superior Rooms
- 13 Spring Superior Rooms
- 7 Comfort and Single Rooms

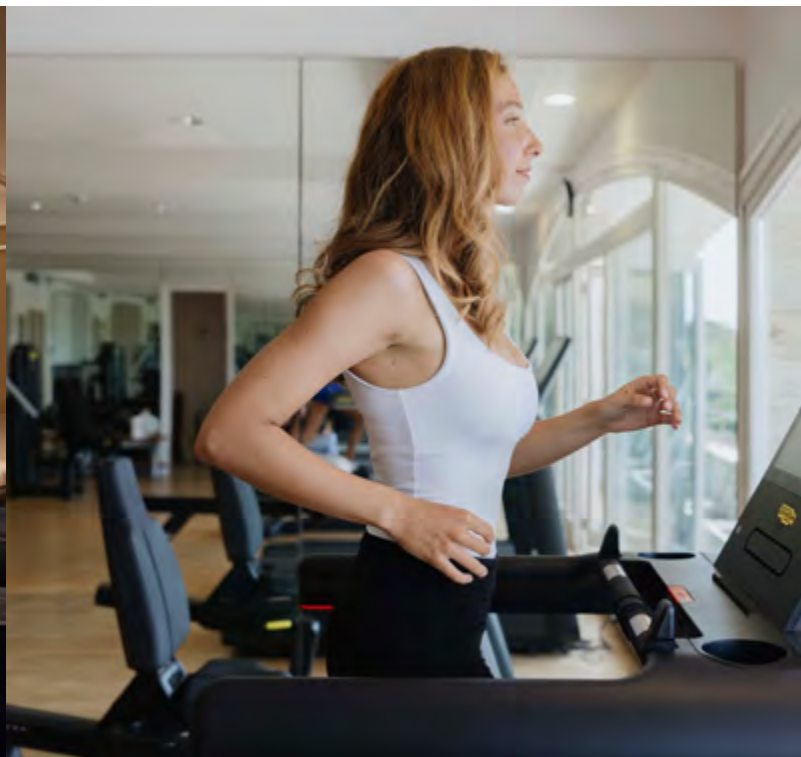


UNLIMITED WELLNESS

Experiences and Facilities

Guests at the resort have unlimited access to a variety of wellness experiences:

- Unlimited access to the Natural Hot Spring and pools with flowing water at a temperature of 37.5°C
- Access to the Club with sauna, relaxation areas and tea-rooms
- Natural hydro-massaging waterfalls
- Outdoor hot tubs
- Roman bath with sauna and Turkish bath
- Sun loungers by the Natural Hot Spring (assigned at check-in)
- Hydropinical therapy
- A team of medical doctors
- Complimentary guided morning hikes
- Complimentary use of the Golf Driving Range and 20% off Green fees
- Tennis court
- Fitness studio with Technogym equipment
- Complimentary mountain bike rental



THE ULTIMATE SPA REGENERATION

SPA & Medical SPA

The world-renowned SPA & Medical SPA at Terme di Saturnia is a haven for health and beauty, offering a peaceful retreat in sync with nature. With 53 treatment rooms, the spa provides personalized services, including massages, medical and beauty treatments, nutritional advice, and thermal therapies.

Guests can choose from tailored programs that harness the rejuvenating power of thermal water combined with cutting-edge methods to enhance overall wellness. The Saturnia Collection offers beauty treatments, hydro-fitness, balneotherapy, mud therapy, and respiratory treatments using healing thermal water vapors.

Additionally, specialized services include physiotherapy, therapeutic massage, and advanced treatments such as peels and laser, with expert consultations in dermatology, physiatry, and naturopathy.

Guests at Terme di Saturnia can choose from specialized medical programs to enhance their health and well-being, including:

Detox, Slim, Skin Anti-Age, Classic, Mind





ALL-YEAR-ROUND GOLF DESTINATION

Golf Course

Nestled in the heart of Maremma, Terme di Saturnia's golf course offers year-round play, thanks to the region's mild climate and the natural healing power of its thermal springs. Designed by renowned Californian architect Ronald Fream, it is the only course in Italy to hold the prestigious GEO Certification for sustainability.

Spanning 6,316 meters across 70 hectares of rolling Tuscan hills, the championship course offers 18 holes, each with its own distinct personality and breathtaking views. With every season, the landscape transforms, providing a dynamic and immersive golfing experience. The course also serves as a sanctuary for local wildlife, where early morning rounds often include sightings of roe deer, hares, and vibrant birdlife. Designed for both seasoned players and newcomers, the course promotes well-being and invites all to enjoy the game in a truly unique setting.



FINE DINING EXPERIENCES

Restaurants & Bar

In 2024, we unveiled newly renovated spaces that elevate the dining experience at Terme di Saturnia.

The 1919 Restaurant invites guests on a culinary journey through Tuscany, transforming local, seasonal ingredients into Mediterranean-inspired dishes. Intimate and elegant, it offers sustainable dining with a modern twist on classic Italian recipes, complemented by a carefully curated wine list featuring the region's finest labels.

La Stellata Country Restaurant, set in the enchanting hills of the resort's golf course, offers an elegant farm-to-table dining experience. The menu celebrates the best of Tuscan and Maremma cuisine, with carefully sourced local meats, cheeses, and olive oils. The refined yet relaxed ambiance provides the perfect backdrop for enjoying traditional dishes with a contemporary touch.

The resort's wine lounge, set around a centuries-old olive tree, is perfect for relaxing with regional wines. The Bar by the spring offers refreshing drinks and a peaceful spot to unwind, while La Cantinola lets guests bring home the flavors of Tuscany with local wines, olive oils, and honey.



A GIFT OF NATURE

SPA cosmetics



Our spa cosmetics line is a fusion of history, nature, and innovation. Terme di Saturnia represents 3,000 years of uniqueness, with its volcanic spring and exclusive, natural ingredients. Sourced from an untouched land and carried by Italy's most famous thermal water, these products offer authentic, deep regeneration for both health and beauty.

The Terme di Saturnia cosmetics stand apart with their use of thermal water and plankton, two extraordinary, inimitable elements. These natural ingredients are the cornerstone of our spa treatments, making our products a true reflection of the unique healing powers of our hot spring.

A 5* DAY SPA Club



The Club offers an exclusive day spa experience, available to both members and external guests. Set in a charming Tuscan farmhouse, it's a tranquil haven where you can unwind in a sauna, enjoy peaceful indoor and outdoor spaces, and relax in cozy lounges with tea rooms serving soothing infusions. Guests also have access to the resort's Natural Hot Spring and full spa services, making it the perfect place to rejuvenate and refresh.

THE FIGURES OF TERME DI SATURNIA

3.000 year-old Natural Hot Springs

100 years of hospitality

5 - star resort

120 hectares of Natural Destination

18 - hole golf course

124 rooms and suites

26 millions of total revenue

18 millions invested in the refurbishment in 2020

57.000 Resort guests x room nights

105.000 entrances to the Hot Spring Pools

18.000 entrances to the Club

55.000 treatments at the SPA & Thermal department

1.600.000 annual visitors to the official website

103.000 Instagram followers

67.200 Facebook followers

TERME DI SATURNIA VIDEO HERO

[Experience the magic of Terme di Saturnia](#)

COOL HOTELS

[Watch the full episode featuring Terme di Saturnia](#)

DISCOVER A LAND OF UNIQUE EXPERIENCES

Tuscan Maremma



Saturnia is located in the heart of Tuscan Maremma, an unspoiled region brimming with enchanting panoramas, including the Argentario coastline, Mount Amiata, charming medieval villages, and ancient Etruscan and Roman sites. It is the ultimate destination to immerse yourself in nature's beauty, in all its forms.

Unforgettable Experiences:

- Discover the essence of Tuscany with exclusive wine tastings
- Glide through the rolling hills on scenic E-bike tours
- Relish a Michelin-starred dining experience at Da Caino
- Explore Pitigliano, the "Italian Jerusalem," steeped in history
- Indulge in a world-class culinary experience at I Due Cippi, the sixth-best restaurant globally
- Take flight in a hot air balloon for a bird's-eye view of the Tuscan landscape



CONDÉ NAST TRAVELLER'S UK

Awarded among the best Destination Spas at
READERS' CHOICE AWARDS 2024
1st among Italians and 7th place in Europe!

TRAVEL+LEISURE

#5 of 5 Best International Destination Spas
World's Best Awards 2023
#3 of 5 Best International Spas
World's Best Awards 2022

CONDÉ NAST TRAVELER

Among the Top 30 Destination Spa Resorts in the World
READERS' CHOICE AWARDS 2021

DESIGN ET AL

Winner in Spa Global Cat.
THE INTERNATIONAL HOTEL & PROPERTY AWARDS 2021

MIXOLOGY

Winner as "Hotel Interiors Project of the Year 2021"
MIXOLOGY AWARDS



NATURAL DESTINATION

termedisaturnia.it

