



## Italy: the home of Fango

Fango has deep and detoxifying effects, is anti-inflammatory, provides your body with oxygen and fills you with energy and vitality. This special mud originates from Italy and works wonders for your body.



# SpaDreams Fango Guide



## Introduction

The mineral rich Fango mud has served as a natural healing material for hundreds of years. Warm therapy with healing mud improves circulation, relaxes muscles and can eradicate pain. Its positive effects on back pain, muscle relaxation respiratory problems, neuralgia and many other complaints have been scientifically proven. Italy is regarded as the homeland of Fango and offers health holidays that are perfectly complemented by its mild climate, the sunny summer and beautiful landscapes that offer numerous possibilities for relaxing with Fango therapy.



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# Types and Production of Fango



## The Origins of Fango

The term Fango originates from Italy and translates as “mud”, “soil” or “healing mud”. It refers to mineral rich healing mud of volcanic origin that is regarded as one of the most important healing treatments due to its wide range of applications. Fango is used particularly in therapy for the locomotor system and for muscle relaxation. Through an application of hot Fango, circulation is simulated, the muscles become relaxed and joints are protected from premature aging and damage.

The first usage of Fango for therapeutic purposes came a few centuries before the Common Era. Historical sources show that Roman legionaries benefited from its healing effects.

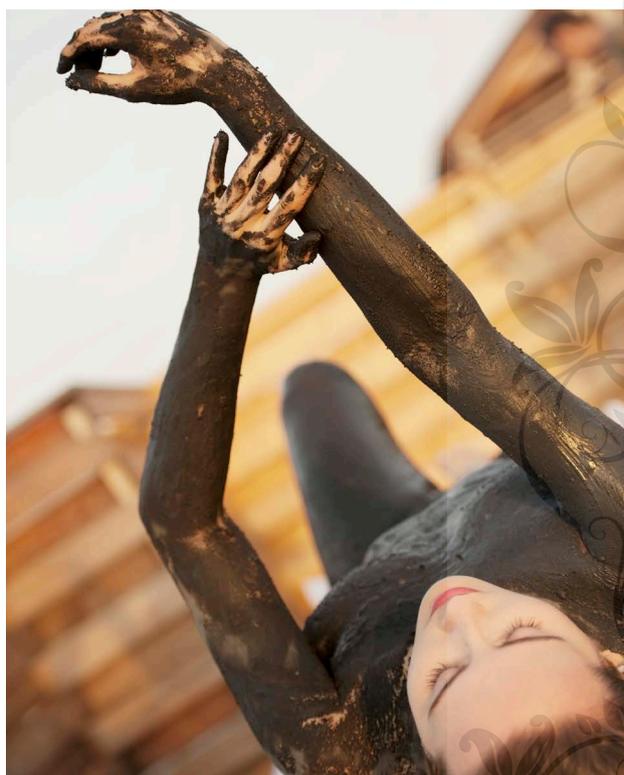
## Organic Fango

Organic Fango is known as Italian mud and consists of three components: one solid (a type of clay), one liquid (thermal water) and one biological (algae or microorganisms). The mud is left to mature in special tubs for 60 days. During this time the mud-filled tubs are topped up with fresh thermal water. The temperature and chemical composition of the water has a significant effect on the enrichment of the microbes that are so important for the effects of Fango. This gives the herbal material anti-inflammatory effects. When the Fango has been enriched for optimal healing effects, the mud is collected from the tubs by specially trained people know as “Fanghini” using buckets. Used Fango is placed back in the ripe pools to be enriched again. The preparation of Fango is a very elaborate, and therefore time and cost intensive process.

Organic Fango is primarily used in Italy, particularly in the spa resorts Abano Terme, Montegrotto Terme and Galzignano Terme, all located in in the most famous Fango region of Italy, the Euganean hills. This range of hills is rich in a special type of thermal water, the source of which lies in the Alps. From here, the water flows underground through the various rock

layers until it reaches the plane of the Euganean basin where the surface temperatures at the artesian aquifer are between 80 - 85°C. The thermal water contains salt, iron and bromine. The Fango mud is taken directly from the Euganean basin and consists of a light blue natural clay, a silicate aluminum. The high quality and purity of the Fango was tested at the University of Padua, by the Osservatorio Termale Permanente (O. T.P.). Due to its unique effects, Fango has been registered at the UK at the European Patent Office.

Abano Terme is the most significant spa resort for Fango therapy in Europe and is located directly in the Euganean hills. Montegrotto Terme can be found directly at the Euganean hills' hot source and has been known for 3000 years as the ideal spa resort for thermal baths and Fango packs. Montegrotto is one of the leading thermal centres in Italy today.



# Types and Production of Fango



## Inorganic Fango

Inorganic Fango, which is used primarily in the rest of Europe, is differentiated by the production process. In contrast with organic Fango, the healing clay is not ripened. The effectiveness of this type of Fango can be attributed to the particular minerals it contains and its thermo-physical characteristics. Inorganic Fango cannot be recycled after use and is disposed of. The solid components of inorganic Fango are extracted from volcanic rock which is then mechanically crushed into a fine powder and then mixed with mineral or thermal water and warmed into healing mud, to be used for therapeutic purposes. In most regions, the material is enriched with radon, brine or sulphur.

## Indications

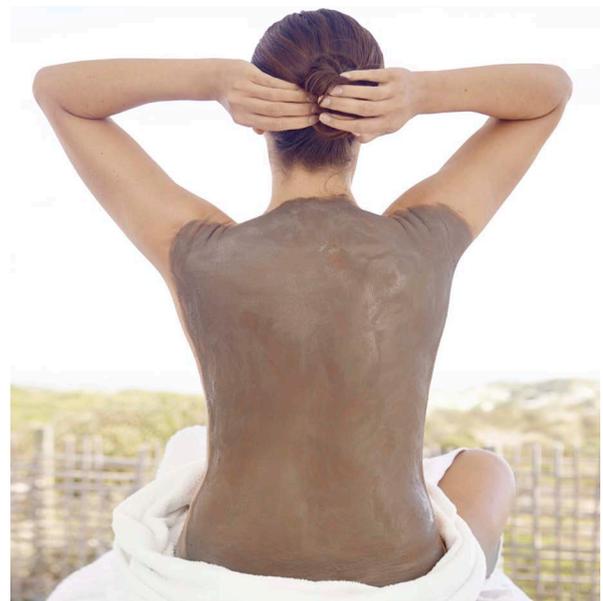
The warmth of a Fango pack deeply penetrates the skin, alleviates pain quickly and has sustained effects. The anti-inflammatory and pain alleviating effects of ripe Fango have been officially proven by a study conducted at Centro Studi Pietro d'Abano. Moreover, the healing mud is said to have a stimulating effect on the metabolism. Through the use of hot Fango, the muscles are relaxed, joints are strengthened and circulation is stimulated.

Fango can also be recommended for problems with the musculoskeletal system, such as osteoarthritis, osteoporosis, joint pain and immobility, and in primary and secondary forms of arthritis. It also has therapeutic effects ideal for aftercare following injuries and surgery, for gout and cartilage calcification, rheumatic arthritis, inflammatory rheumatism (except acute forms), rheumatic fibrosis, rheumatoid tendinitis, rheumatoid hip pain, soft tissue rheumatism and rheumatoid-related arthritis (in the dormant phase). Reports suggest that Fango can reduce the effects of gynecological disorders (uterine and cervical inflammation, consecutive symptoms of gynecologic surgery).

Fango treatments can also help with general tension, psychosomatic and psychological disorders.

## Contraindications

Fango is not suitable for those suffering from the following conditions: heart failure, ischemic heart condition, cerebral and peripheral vascular disease, renal disease and renal failure, tuberculosis, epilepsy, acute inflammatory diseases, hyperthyroidism and malignant ulcers. Women should not undertake Fango treatments when pregnant, lactating or during the first days of menstruation. As the amount and temperature of the Fango as well as the duration and frequency of treatments can be adapted to suit the individual, a reduced Fango treatment can be created for someone who has some of the contraindications listed above. For example, someone with veneer disease can still undertake a Fango treatment on the rest of their body, omitting their legs. Medical consultation is provided before the treatment begins.



# Content and Procedure



## Classic Fango Cure

Fango treatments must be prescribed and carried out under supervision from a thermal doctor. Before every Fango cure there is an initial medical examination. Dependent on the symptoms, the doctor will determine which areas of the body should be treated with Fango. The temperature of the healing mud and duration of each application are adapted for each individual. The treatments are carried out in the morning on an empty stomach. A classic Fango cure in a spa resort in Italy consists of a four steps.



### 1. The Fango Pack

A Fanghini will apply Fango of a temperature between 38°C and 42°C in a layer from three to ten centimeters thick to the appropriate areas of the body. The Fango is wrapped against the patient's skin in order to intensify the warmth of the healing mud. Dependent on the volume of Fango and the doctor's recommendations, the treatment lasts between 15 and 30 minutes.



### 2. The Thermal Bath

After a quick shower to clean the Fango off the body, the patient will enjoy a 10-15 minute bath in 37°C thermal water. Sometimes the water is enriched with ozone. The bubbly water has a vasodilator effect and stimulates circulation.

### 3. Sweat Reaction

After the bath, the patient is dried and must stay covered up and relax for at least half an hour. During this time, biological reactions of the body that are triggered by the Fango begin to take hold. The most visible is the heavy sweating that begins when the Fango pack is applied and starts again in this phase.

### 4. The Massage

Normally Fango therapy ends with a body massage but it can also be completed with other treatments.



# Italy: the Home of Fango



Together, Abano Terme and Montegrotto Terme form the most successful cure centre in Europe for alleviating rheumatism and osteoporosis. The long history of Abano and Montegrotto is closely connected with the Euganean people and the ancient cult of Aponus, the God of thermal water and healing power.

The thousand year old cure tradition of this region is still reflected today in the popularity of this region for those seeking rest and relaxation. Abano's speciality is healing water from the thermal sources of the Euganean hills. Thanks to the unique healing mud, Fango cures here are an exclusive experience. In Albano the tradition of healing meets Italian hospitality. The resort combines excellent hotels, well-cared for parks and avenues, and numerous thermal swimming pools. Fango, thermal water, massages and the mild climate fulfil the wishes of all wellness lovers.

## The Euganean Hills

The Euganean Hills are Italy's biggest cure region and the oldest thermal centre in Europe. This hill range, which was named the first national park in the Venetian region in 1989, consists of 18,000 hectares, is of volcanic origin and blessed with unique thermal springs. 15km long and 12km wide, this range of hills offers a breathtaking range of flora and fauna. In addition to Abano Terme, Montegrotto Terme, Galzignano Terme and Battaglia Terme are all main spa resorts.

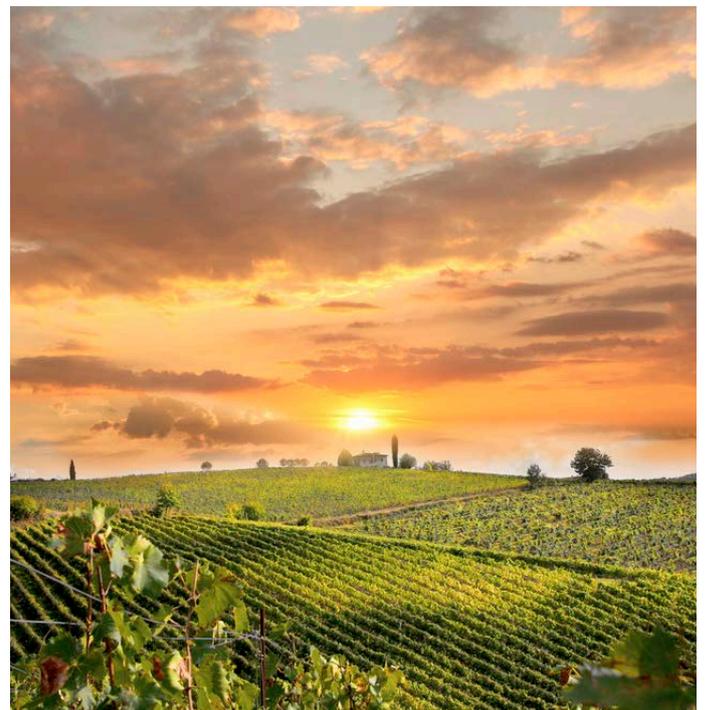
## At the Resort

Sights to see in Abano Terme include San Lorenzo Cathedral in the old town center with the Piazza del Sole e della Pace (plaza of sun and peace), which is also known as Sundial Plaza, thanks to the biggest sundial in Europe. The pilgrimage church Madonna della Salute in the Monteortone district with its small thermal pool is worth a visit. Take a trip to the Euganean hills, which captivate their visitors with their unique landscapes. The rich and varied flora ranges from oak and chestnut woodland to evergreen macchia to blossoming spring daffodils. The hills can be explored by foot, mountain

bike or on horseback. Golfers can also get their kicks by improving their handicap on three different courses, surrounded by beautiful nature. Relaxation and wellbeing are inevitable in the Euganean hills.

## The Surrounding Areas

The surrounding areas are impressive, with architectural art and stunning nature. Just 10km away lies the picturesque provincial capital Padua, with the Padua Basilica of Saint Anthony and the Scrovegni Chapel. Those who would rather travel by bike can explore the navigation canals of Padua, the salt and sugar route or pilgrimage Noce. Lake Garda and the Dolomite peaks can be reached in about two hours by car. The romantic city offers unforgettable opera performances, and Vicenza invites its guests with magnificent villas, centuries old castles and cultural events, as well as a historical centre. Venice is just 60km away and fascinates its visitors with St. Mark's Square, gondola rides, museums, unique art and culture, and the botanical garden.



# SpaDreams Travel Themes



## Spa & Wellness

Perfect moments of relaxation: Indulge in luxurious treatments and let yourself be pampered.



## Ayurveda

The knowledge of life: Renew your senses and bring your mind, body and soul into balance.



## Cures & Health

Proven and up to date: Active care and effective treatments for a variety of medical conditions.



## Yoga

Harmony between body and mind: Exercises, breathing techniques concentration and meditation.



## Detox & Fasting

Purify your body: Rid your body of toxins to kick start a health new lifestyle.



## Weight Loss

Slim down in style: Lose weight on holiday with the help of fitness and nutrition specialists

*Yoga* *Relaxation*  
*Holiday* *Traditional healing cures* *Nutrition* *Aromatherapy*  
*Slimming* *Detox* *Buchinger* *Ayurveda* *Shaitsu* *Massage*  
*Regeneration* *Fitness* *Wellness* *Climate cures* *Holistic*  
*Burnout cures* *Peeling* *Mineral bath* *Thalasso* *Wellbeing*  
*Cleanse* *Pampering* *Fasting* *Beauty* *Romantic weekends* *Anti-stress*  
*Weight loss* *Kniepp* *Fango* *Exercise* *Steam*  
*Vitality* *Retreat* *Luxury spa* *Qi Gong* *Mental health* *Dead Sea* *Rejuvenation*  
*Thermal cures* *Metabolic balance*

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