



HOTEL CÆSIVS

THERMÆ & SPA RESORT

★★★★S

the pleasure of excellence

BARDOLINO - LAKE GARDA



An aerial photograph of Lake Garda, Italy. The lake is a vibrant blue, with a white and blue ferry boat moving across the water in the lower left. The eastern shore is densely packed with buildings, mostly with red-tiled roofs, surrounded by green hills. In the background, a large mountain range stretches across the horizon under a clear blue sky with a few wispy clouds.

LAKE GARDA, A PLACE TO EXPERIENCE AND SAVOUR

Celebrated for its staggering natural beauty, exceptional local products, and unparalleled hospitality, Lake Garda is a must-visit destination. Nestled on the eastern shore, amid the lush Olive Riviera, the picturesque town of Bardolino stands out as a favourite among travellers. Boasting ancient origins, this charming lakeside gem invites visitors to step back in time and explore its rich history, from prehistoric settlements through the Roman and medieval eras to the present day. Furthermore, it makes a great base for exploring the region's endless beauty from every perspective. Featuring the typical layout of a fishing village with colourful houses arranged in a herringbone pattern and narrow streets

leading to the lakeshore, the town centre provides the perfect backdrop for leisurely strolls. But Bardolino offers much more than stunning scenery! It boasts a vibrant calendar of events throughout the year, especially during the warmer months, when the town comes alive with folk festivals, sports competitions, live music, wine tastings, and much more. Bardolino is also renowned for its exceptional olive oil and world-famous wines, namely the ruby-red Bardolino and its rosé version Chiaretto. If what you are seeking is a relaxing getaway just steps from the lakeshore, look no further: Bardolino and the Hotel Caesius Thermae & SPA Resort are the perfect choice.

THE PLEASURE OF



EXCELLENCE



Exclusivity, elegance, fun, business, and wellness await.

Step into a resort where your holiday dreams come true and become precious memories.

Effortlessly merging five buildings into one lakeside retreat, Hotel Caesius Thermae & SPA Resort feels like a world of its own. Here, among lush wraparound gardens and elegant architectures blending with the enchanting surroundings, rejuvenating body and mind is a daily mission. Warm hospitality, genuine friendliness, and attentive courtesy shape every stay, complemented by an extensive range of amenities designed to meet all preferences – from a restaurant and bar with outdoor seating to a spacious underground car park with 200 spots.

The Wellness & Spa area is the crown jewel of Hotel Caesius, embodying its unwavering dedication to relaxation and rejuvenation.

Guests can indulge in a wide array of amenities, including saunas, steam baths, indoor pools with massage jets, experience showers, and serene relaxation areas. A delightful Private Spa, an extensive Thermal Water Center and a refined Beauty Center complete the offering.

Finally, the hotel boasts one of the best-equipped Ayurvedic Medicine Centers in Italy, as well as a modernly designed Congress Center, providing the perfect setting for meetings and events on Lake Garda. Whether for a romantic escape, a relaxing holiday, or a business trip, Hotel Caesius serves as the ideal destination, with endless opportunities tailored to diverse needs.





THE PLEASURE OF REST

Enter the warm and elegant world of Caesius Rooms & Suites, a symphony of colours, fragrances, comfort, and tranquillity.

Designed to evoke emotions, provide true comfort and deliver pure serenity, all rooms seamlessly combine functionality with elegant furnishings and soothing light tones. The 185 rooms at Hotel Caesius are thoughtfully distributed between the main building and the Augustus annex, nestled within lush gardens. Guests can choose from 114 Comfort Rooms, 44 Classic Rooms Augustus, 24 Suites Augustus, and 3 Executive Suites.

All rooms are soundproofed for maximum tranquillity and feature individually adjustable air conditioning, as well as a private balcony or terrace offering stunning lake views.

Bright and comfortable, all rooms are equipped with a wide range of amenities, including satellite TV, Wi-Fi, telephone, safe, minibar, and an electric kettle for tea and coffee. Suites offer an added touch of luxury, featuring a living room with a double sofa bed, a cosy sitting area with armchairs or a dining table, and a spacious furnished balcony or terrace. Bathrooms include a bathtub or shower, hair dryer, complimentary Caesius toiletries, and a wellness kit with soft bathrobes, pool towels, and a waterproof bag. For a truly restful sleep, the pillow menu offers a carefully curated selection of options, each designed to cater to different needs.

Inviting aromas, refined atmospheres, and elegant settings cater to every desire and occasion, ensuring memorable dining experiences.

At Hotel Caesius Thermae & SPA Resort, each meal is a culinary experience designed to delight even the most discerning palates. Our restaurants, bars and wine cellar offer an exquisite selection of regional specialties alongside national and international dishes, seamlessly blending a passion for the local heritage with a focus on healthy, balanced recipes.

Welcoming you with a warm and elegant atmosphere, the Benacus Restaurant showcases the true essence of Italian cuisine. From homemade pasta and traditional specialties to premium-quality fish and meat, every dish is thoughtfully crafted with the finest ingredients by our skilled chefs. Furthermore, guests can enjoy healthy recipes developed by our doctors, including Ayurvedic menus that offer flavourful, aromatic dishes designed to enhance well-being and awaken the senses. In summer, the Le Vele Restaurant provides the perfect setting for delightful breakfasts and dinners in the fresh air, surrounded by lush greenery.

Accommodating up to 20 guests, our Vintage Wine Cellar is the perfect venue for intimate tasting experiences, business meetings, or private dinners. No matter the season, the Bar Camino welcomes you with a delightful selection of colourful cocktails and soft drinks. During warmer days, the Pool Bar provides the perfect spot to enjoy light bites, freshly squeezed juices, and a variety of refreshing drinks and aperitifs.



FINE CUISINE IS
A DAILY ART





Indulge in a dynamic trio: regional, healthy, and Ayurvedic cuisine.

At Hotel Caesius Thermae & SPA Resort, dining is an experience that blends culinary excellence with well-being. Here, a diverse selection of first-class dishes is crafted to satisfy even the most discerning palates. Alongside classic menus showcasing the authentic flavours of local culinary traditions, the resort offers Ayurvedic and dietary options, thoughtfully curated by the experts from the Wellness and Ayurveda Center.

Taking well-being even further, Hotel Caesius proudly and exclusively offers the detoxifying Penta Diet, developed in collaboration with renowned nutritionist Evelina Flachi. This specialised programme combines a carefully designed meal plan, targeted beauty treatments, and the therapeutic benefits of Caesius Thermal Water. Tailored to individual needs and body types, the Penta Diet supports weight loss, minimises water retention, and combats cellulite, promoting overall balance and well-being.

A seamless collaboration between the head doctor of the Ayurveda Center and the culinary team has resulted in the creation of specialised menus, featuring freshly prepared dishes made from carefully selected organic ingredients. Staying true to Ayurvedic principles, spices and herbs are used not only to enhance flavour but also to aid digestion. Skilfully woven into each dish, these elements create refined, harmonious combinations, inviting you to embark on a one-of-a-kind culinary journey, where well-being and balance take center stage.



THE BOUTIQUE OF TA

A TAILOR-MADE BREAKFAST



TASTE EXPERIENCE

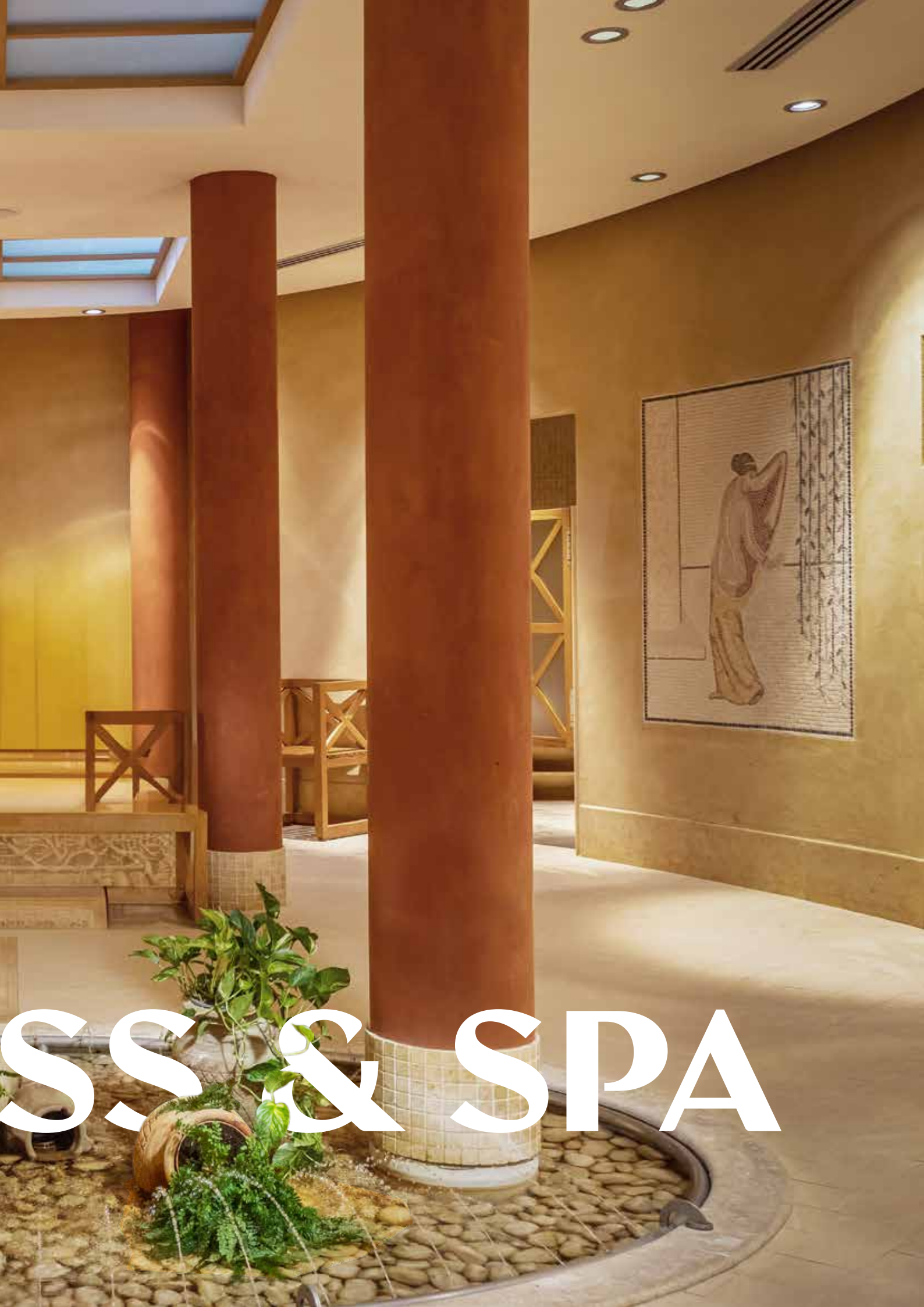


Every unforgettable stay begins with a spread of joy, and breakfast at Hotel Caesius Thermae & SPA Resort is no exception. The irresistible aroma of freshly baked croissants and homemade cakes drifts from the Boutique of Taste, a generous breakfast buffet designed to start the day on a delightful note. Here, every detail is carefully crafted, creating a warm and tranquil atmosphere where flavours shine. A colourful selection of seasonal fruits, creamy yogurts, cereals, jams, and honey awaits, alongside a refined assortment of fine cured meats and cheeses. To complete the experience, light and airy crêpes are prepared on the spot, adding the perfect touch to a morning of indulgence.



WELLNE

SS & SPA





SALUS PER AQUAM

BEAUTY CARE, THE CAESIUS WAY

Step into a wellness oasis where pampering meets well-being.
Indulge in a rejuvenating experience for body and mind.

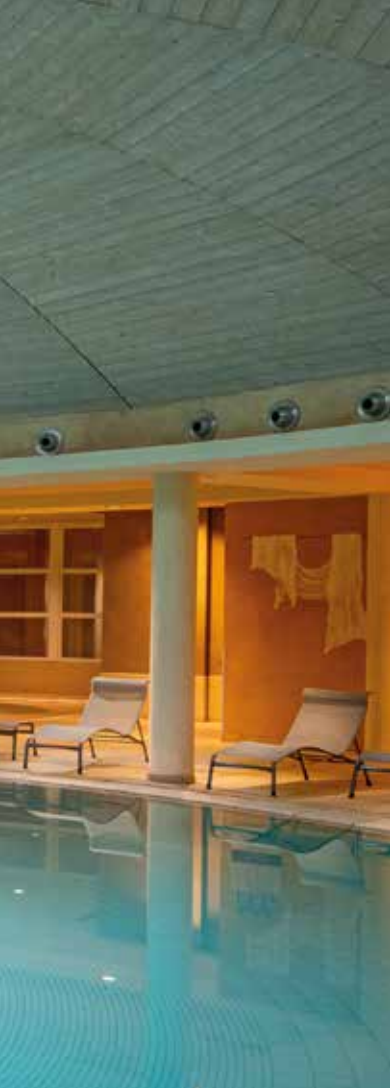
Hotel Caesius Thermae & SPA Resort is a premier destination for those seeking the ultimate relaxation in a thermal water retreat on the shores of Lake Garda. Spanning over 3,000 square metres entirely dedicated to the well-being of body and mind, it provides the perfect setting for maximum, multi-faceted rejuvenation.

The guiding thread of the wellness experience is water in all its forms. Complete with massage jets, the indoor pool is a true haven of serenity. One step in, and daily stress dissolves, making way for pure harmony. During the warmer months, guests can also enjoy five outdoor

pools, indulging in moments of open-air bliss. Complementing this, the sauna area offers a true sanctuary for the senses: here, self-care becomes second nature. From the traditional Finnish sauna to an exclusive multi-sensory shower walk, guests can craft their own path to relaxation. For those seeking extraordinary experiences, the new Private Spa offers a first-class retreat where pure serenity awaits.

Finally, ancient wellness traditions invite guests to step back in time and experience the restorative power of rituals such as the Hammam and Rasul, designed to restore the natural balance of body and mind.





SAUNA WORLD

The Sauna Area offers a diverse selection of wellness experiences, each designed to promote deep relaxation and revitalisation. Guests can choose from a Finnish sauna, a Mediterranean sauna, two caldaria, a laconicum, a newly designed shower walk, experience showers, and a frigidarium with an invigorating ice fountain. Cozy relaxation areas invite guests to unwind with carefully selected herbal teas, while the contrast of warmth, coolness, and aromatic essences creates a multi-sensory journey of renewal and well-being.



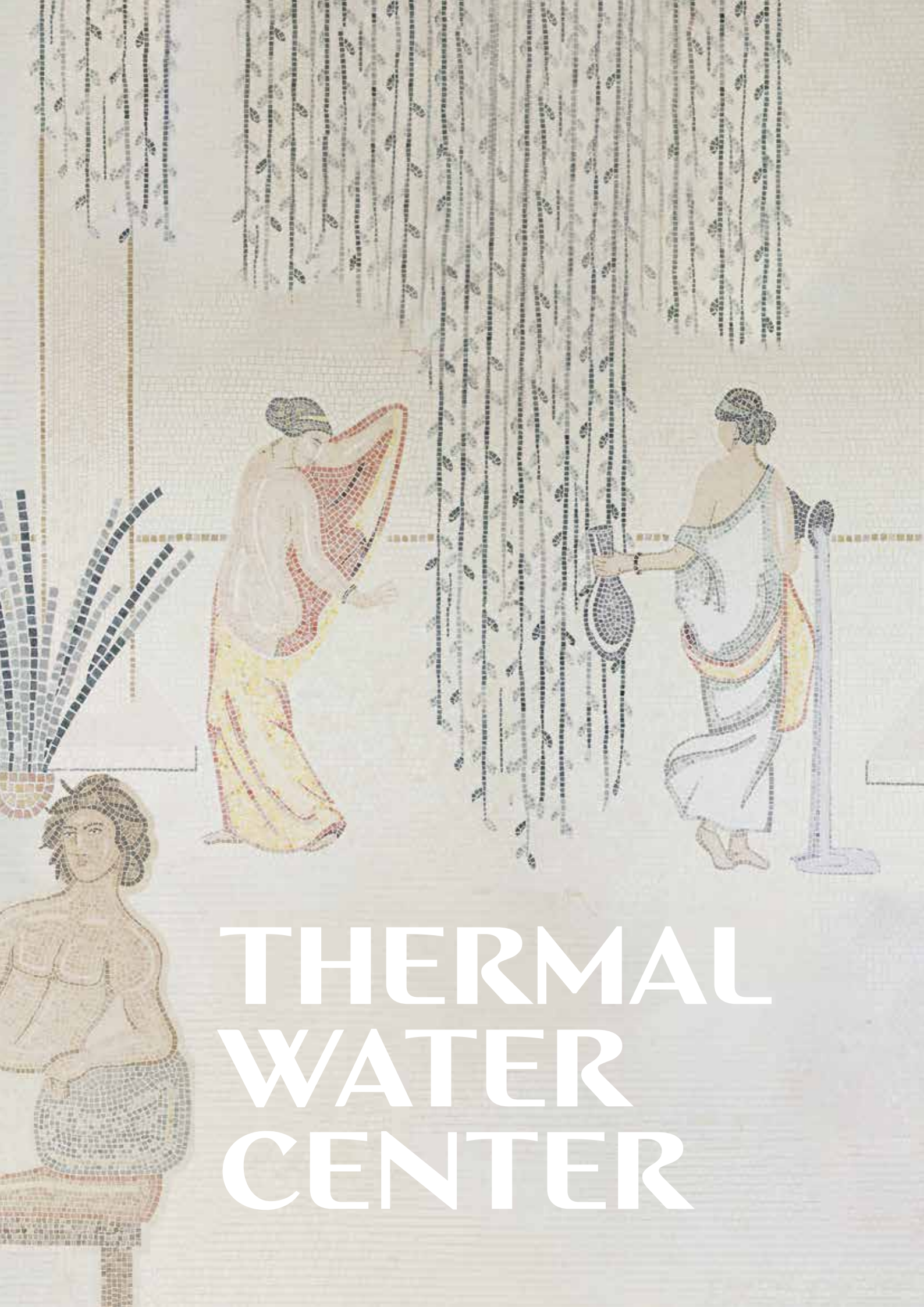
PRIVATE SPA

A secluded retreat where harmony blossoms, designed for those seeking a prestigious experience.

The key to unlocking our Private Spa? Exclusivity, relaxation, and pure bliss. Whether for a romantic escape or a serene retreat with friends, this private sanctuary provides an intimate and discreet atmosphere. Designed for up to four people, it features a jacuzzi, a Finnish sauna, a caldarium, an experience shower with chromotherapy, and a cosy relaxation area with plush loungers. Throughout the experience, attentive service ensures a seamless, tailor-made stay, allowing guests to fully unwind in a little oasis dedicated to tranquillity and well-being.







THERMAL WATER CENTER

THERMAL WATER

The essence of Hotel Caesius Thermae & SPA Resort lies in its Thermal Water, sourced from the depths of Monte Baldo. Rich in essential minerals, this remarkable water is a true elixir of vitality and renewal. Each drop offers a rare and precious source of well-being, a natural treasure designed to rejuvenate body and mind.

The exceptional properties of this remarkable water come from its unique composition, featuring carbonate ion, calcium, magnesium, iron, silicon, and potassium. This powerful blend makes it ideal for purifying treatments, hydrotherapy, and mineral water cures. Depending on its application, Caesius Thermal Water offers numerous health benefits: it supports liver and kidney detoxification, helps prevent oropharyngeal diseases, enhances anti-cellulite treatments, and reduces fat accumulation.

At our Thermal Water Center, this precious natural resource can be enjoyed as a beverage, by inhalation, or in one of our many therapeutic baths. Guests can unwind in any of our five pools, each designed for specific wellness experiences: a balneotherapy and chromotherapy pool, two saltwater pools for thalassotherapy, and two pools with massage jets. Kneipp cure facilities for optimal circulation and relaxation complete the picture.

Within our thermal oasis, every detail is carefully crafted to provide an immersive, tailor-made wellness journey, allowing the exceptional properties of Caesius Thermal Water to reveal their full potential.







THERMAL CURES



Equipped with a dedicated medical team and a specialised health center, our Thermae offers tailor-made therapies that harness the powerful healing properties of Caesius Thermal Water. Through targeted, carefully selected treatments – including oral intake, therapeutic immersions, inhalations, and the application of exclusive Caesius Thermal Water products – each guest can experience deep psychophysical well-being, restoring energy, vitality, and a harmonious balance between body and mind.

Each treatment is supervised by specialists who not only prescribe suitable therapies for the patient, but also monitor progress, ensuring that treatments remain appropriate and effective.



A close-up photograph of a person's back and shoulder being massaged with a golden oil. A wooden bowl is tilted above, pouring a stream of oil onto the skin. The background is a warm, golden-brown color.

AYURVEDA, THE SCIENCE



CE OF LIFE

AYURVEDA CENTER

Embrace the science of life, just steps from Lake Garda's shores.
Restore your body's harmony against an enchanting backdrop.

Hotel Caesius Thermae & SPA Resort was the first resort in Italy to open a fully equipped Ayurveda Center, a clinic of excellence where treatments are delivered according to ancient Indian traditions and practices. Boasting a long and rich history, Ayurvedic medicine deals with everything concerning human health and well-being – physical, psychological, and spiritual. Recognised as the oldest known system of medicine, Ayurveda remains a cornerstone of holistic healing.

Beginning with an in-depth assessment of the balance between body and mind, Ayurveda focuses on both preventing and treating all kinds of diseases to restore the original harmony.



After an extensive and thorough evaluation of the psychophysical state, a tailor-made Ayurveda cure is prescribed, complemented by a balanced nutrition plan. Therapies are carefully selected based on individual constitution and the balance between the Doshas, as Ayurveda's ultimate goal is not only to enhance overall well-being but also to guide individuals on a transformative journey of self-rediscovery.

Why choose Hotel Caesius Thermae & SPA Resort to unlock a powerful path to holistic well-being? Here, true wellness unfolds in an atmosphere of serenity, with the breathtaking beauty of Lake Garda as the perfect backdrop.





AYURVEDIC CUISINE

Proper nutrition plays a pivotal role in Ayurveda, serving as a foundation for optimal health. Spices and herbs, in particular, are essential: not only do they enhance the flavour of food, but they also improve digestion and nurture harmony between body and mind. Drawing inspiration from this time-honoured philosophy, our chefs have artfully crafted refined, balanced dishes that celebrate these powerful ingredients, offering guests a nourishing and delightful culinary experience. Every dish is prepared fresh to order, using only organic, premium-quality ingredients for a truly healthy meal.







PROGRAMMES & TREATMENTS

Embark on a holistic journey to restore balance to body and mind.

Ayurveda embodies health, energy, and harmony of the senses. Rooted in deep observation of nature, this millennia-old holistic system has developed multiple ways of improving all aspects of human life, crafting numerous practices to reduce physical tensions and calm the mind.

The expert hands of Hotel Caesius dedicated team ensure that each treatment unfolds its full potential, detoxifying the body, relieving accumulated tension, and stimulating metabolism. Tailored to individual constitutions and energetic imbalances, these therapies

incorporate traditional powders and herbal oils, meticulously prepared according to time-honoured Ayurvedic formulas.

At Hotel Caesius Thermae & SPA Resort, Ayurvedic programmes are focused on each guest's unique needs. Every detoxifying and purifying journey undergoes a thorough evaluation to ensure the restoration of vital energy, all under the guidance of highly trained therapists. Beyond expert medical supervision, guests enjoy a holistic and deeply fulfilling experience, designed to rejuvenate both body and mind, fostering long-lasting well-being.

DET



OX



PENTA DIET

A healthy, sustainable, and premium-quality nutrition plan crafted for Hotel Caesius guests.

At Hotel Caesius Thermae & SPA Resort, expert dietary guidance is available to those aiming to enhance their well-being and restore nutritional balance. Designed exclusively for hotel guests by renowned nutritionist Dr. Evelina Flachi – a biologist specialised in Food Science – the Penta Diet is a unique and purifying wellness programme.

Detoxifying programmes serve multiple purposes, helping to support weight loss, reduce water retention, combat cellulite, and purify the body through a synergistic combination of low-calorie meals, exercise, baths in thermal waters, and targeted beauty treatments.

The Penta Diet also integrates Caesius Thermal Water with a well-balanced, light, and simple nutrition plan, carefully designed to enhance detoxification and promote natural weight loss. Additionally, it can be customised to accommodate vegetarian, vegan, and gluten-free dietary preferences, ensuring a bespoke wellness experience for every guest.



REMISE EN FORME

When it comes to treatments, Hotel Caesius dedicated team knows how to perfectly combine deep relaxation with proven effectiveness, making self-care, balance, and well-being truly effortless. The Thermal Water Center offers unique opportunities to rejuvenate and detoxify, guided by highly trained therapists specialising in holistic well-being.

For those seeking powerful renewal, the 7-day 'Remise en forme' programme is the perfect choice. This exclusive wellness package includes full-board dining featuring the Penta Diet menu, meticulously crafted by renowned nutritionist Dr. Evelina Flachi. Guests benefit from a personalised consultation, guided gym sessions with a personal trainer, revitalising

body treatments and facials, and unlimited access to the hotel's Thermae & Spa. Bringing together extensive expertise, highly skilled therapists seamlessly merge time-honoured traditions with cutting-edge techniques, delivering exceptional, long-lasting results for a truly transformative experience. Here, beauty care is more than just a treatment – it is a celebration of self-care, where expertise meets a passion for aesthetics, restoring balance while enhancing elegance and charm.

At Caesius Thermal Water Center, guests can reshape their silhouette, refine natural features and improve skin quality, all while embracing a renewed sense of confidence and allure.





**BEAUTY
CENT**



TY
ER

TREATMENTS

The Beauty Center at Hotel Caesius Thermae & SPA Resort offers a comprehensive selection of treatments, each designed to provide personalised care and exceptional results. From hydrating, purifying, anti-ageing, and soothing facials to draining, toning, slimming, and firming body treatments, each experience is tailored to enhance well-being and beauty.

At Hotel Caesius, massages go beyond traditional treatments. They are immersive sensory experiences, enriched with essential oils, hot stones, and scented candles. For ultimate relaxation, guests can indulge in time-honoured wellness rituals, such as the Rasul mud treatment or the world-renowned Hammam.

The Beauty Spa menu also includes manicure, pedicure, waxing, and tanning treatments. In particular, tan treatments provide additional benefits, such as boosting immune response, improving blood circulation and enhancing tissue oxygenation.

To ensure a fully customised experience, an extensive and diverse range of treatments is complemented by expert advisory services, guiding guests in selecting the options that best suit their individual needs and well-being goals.







BATHS & MASSAGES

The body is the temple of the soul.
Treating it with care is a sacred responsibility.

Every individual is unique and has unique needs. Embracing this diversity, Hotel Caesius Thermae & SPA Resort offers an extensive treatment menu, thoughtfully designed to cater to all wellness preferences. Options include relaxing, sensory, and draining massages, as well as specialised treatments for expectant mothers, athletes, and more. To honour this variety, techniques from all over the world have been carefully selected, spanning from the United States to the Far East. Among them, the Hawaiian massage is renowned for relieving

muscle tension, while the Californian massage, often called the 'massage that touches the soul', is ideal for reducing stress and alleviating both physical and mental fatigue through the healing power of touch.

Guests can also indulge in hot stone treatments, candle massages, and traditional Eastern techniques such as Shiatsu, Reiki, and foot reflexology. Each treatment is designed to deliver a revitalising, memorable experience, adapted to individual well-being goals.



RASUL & HAMMAM

Boasting a rich history and a timeless charm, the Rasul and Hammam treatments are a must when it comes to wellness rituals. At Hotel Caesius Thermae & SPA Resort, these rejuvenating experiences are both available upon reservation.

Rooted in the purifying power of clay, the Rasul treatment is ideal for eliminating harmful toxins and deeply hydrating the skin. Perfect for releasing muscle tension and drawing out impurities, the Hammam ritual includes a hot steam bath and the application of a special black soap, followed by a gentle massage using a specially designed glove.





ACQUA TERMALE CÆSIVS

Your beauty is our passion



CÆSIVS
THERMÆ SPA

Carefully crafted to stimulate cell renewal and reduce the signs of ageing, Caesius Thermal Water Cosmetics offer targeted skincare solutions. This exclusive line includes a cleansing foam, face mask and serum, eye contour cream, face moisturizer, anti-ageing face cream, body scrub, and body lotion. All products are available at our Beauty Center and online at www.hotelcaesiussterme.com/en/cosmetics.



ACQUA TERMALE CESIS
Mousse detergente
Cleansing foam

ACQUA TERMALE CESIS
Mousse detergente
Cleansing foam

ACQUA TERMALE CESIS
Maschera viso
con acido ialuronico
Face mask
with hyaluronic acid

ACQUA TERMALE CESIS
Mousse detergente
Cleansing foam

ACQUA TERMALE CESIS
Crema corpo idratante
Hydrating body lotion

ACQUA TERMALE CESIS

CAESIUS C

HOTEL CASI

La fabbrica



CONGRESS

dell'acqua

MOTEL CAIUS





CAESIUS CONGRESS CENTER

A source of inspiration for conferences, congresses, team building activities, and events on Lake Garda.

At Hotel Caesius Thermae & SPA Resort, warm hospitality and exceptional services extend seamlessly to business guests, with an entire floor devoted to MICE events. The refined Congress Center features 10 versatile meeting rooms, accommodating a wide range of corporate needs. Companies can choose from spacious venues – like the Gardenia room, hosting up to 300 guests – to smaller, more intimate spaces, with a seating capacity of 20 to 150 attendees. For coffee breaks, buffets, aperitifs, tastings, and exhibitions, a spacious and elegant foyer provides the perfect setting. For those seeking an ultra-contempo-

rary, well-equipped venue with breathtaking views of Lake Garda, the Fabbrica dell'Acqua room offers an ideal option. Accommodating up to 150 people, it is perfectly suited for conventions, congresses, networking events, corporate meetings, and exclusive private celebrations, including weddings and special occasions.

The experience is further enhanced by passionate, highly trained staff, state-of-the-art digital equipment, a large garage with 200 parking spaces, and a transfer service available on request.







BLEISURE EXPERIENCE

POST CONGRESS OPTIONS

We master the art of entertaining your employees, partners, and clients. Get ready to impress them.

Culture

Uncover Lake Garda's beauty in art, culture, and nature. Explore charming towns like Sirmione, Gardone, Torri del Benaco, Malcesine, Verona, Mantua, and Borghetto, or iconic destinations like Venice and Milan, just 1.5 hours away.

Theme parks

Fun-filled days await at the theme parks around Lake Garda. Experience thrilling shows at Gardaland and Movieland, encounter exotic wildlife at Parco Natura Viva, explore the scenic trails of Jungle Adventure, or enjoy the beauty of the blooming Sigurtà Garden Park.

Food & Drink

Taste your way through the region and indulge in the finest local delicacies. Opt for exceptional tastings of renowned wines such as Bardolino, Amarone, Valpolicella, Lugana, and Soave, all in Lake Garda's most prestigious wineries.

Sport

Adrenaline and adventure with a capital A: choose from canyoning, Nordic walking, hiking, cycling, sailing and surfing classes, or engage in intense football matches and competitive team-building challenges for dynamic group experiences.

Sailing boat

Ideal for team building events, intimate meetings with a light lunch, or elegant aperitifs, the San Nicolò sailing boat offers a captivating setting that transforms your time on Lake Garda into an unforgettable experience.

HOW TO FIND US

Hotel Caesius Thermae & Spa Resort boasts a prime location on the shores of Lake Garda, a stone's throw from the centre of Bardolino and conveniently close to the motorway exits in Affi and Peschiera.



By car

If you are coming from the A4 Milan-Venice motorway, take the Peschiera del Garda exit and follow directions for Bardolino. Once you reach Cisano, continue for approximately 200 m. You will find Hotel Caesius on your right. If you are coming from the A22 Modena-Brennero motorway, take the Affi exit and follow directions for Cavaion Veronese, then continue toward Bardolino. Once you reach Bardolino, turn left at the roundabout and head in the direction of Lazise for about 2 km. Then, turn left onto Via Campagnola 44, where you will find the hotel entrance and reception on your right.



By plane

Valerio Catullo Verona Airport is located approximately 30 km away and is easily accessible via the A22 Modena-Brennero or A4 Milan-Venice motorway. Orio al Serio Bergamo Airport is about 100 km away, while Marco Polo Venice Airport is approximately 150 km away, requiring a 1.5-hour drive.



By train

Verona Porta Nuova railway station is located approximately 30 km away. Peschiera del Garda railway station is about 12 km away.





HOTEL CÆSIUS
THERMÆ & SPA RESORT
★★★★S

the pleasure of excellence

HOTEL CÆSIUS THERMÆ & SPA RESORT

Via Peschiera, 3 • 37011 BARDOLINO (VR) • ITALIA • Tel. +39 045 7219150 • Fax +39 045 7219700
caesius@europlan.it • www.hotelcaesiusterme.com • www.europlan.it

