



HOTEL CÆSIVS

THERMÆ & SPA RESORT

★★★★S

the pleasure of excellence

BARDOLINO - LAKE GARDA



www.hotelcaesiusterme.com

HOTEL CAESIUS THERMAE & SPA RESORT

Welcome!







LAKE GARDA, A PLACE TO SAVOUR THE DOLCE VITA

Welcome to Lake Garda, a wonderful Mediterranean oasis
surrounded by gentle hills and protected by Mount Baldo

Mild climate, lush greenery, fascinating sceneries, natural beauty, extraordinary hospitality, excellent local produce, historical and cultural footprints of a charming past and a wide choice of outdoor activities. These are only some of the features that make Lake Garda a great holiday destination, a place to discover. On the eastern shore of the lake, in the midst of the "Olive Riviera" lies the ancient town of BARDOLINO,

protected by the sunny hills that divide Lake Garda and the valley of river Adige.

The town has very ancient origins with evidences of prehistoric, Roman and medieval settlements and it is the ideal starting point to explore the surrounding area. The picturesque centre has the typical layout of a fishing village, with its colourful houses and narrow streets all leading town to the lakefront prome-

nade, where you can enjoy long and relaxing walks. The town is well-known for its olive oil production and for its wine, namely the Bardolino, ruby red in colour and in its rosé version, the Chiaretto. Bardolino offers to its visitors a broad schedule of events: cultural, culinary, musical, sport events occur all year round. If you are looking for a relaxing holiday just a few steps from the lake, we will be happy to fulfill your desires.





ONE HOTEL TO FIT EVERYONE, 365 DAYS PER YEAR

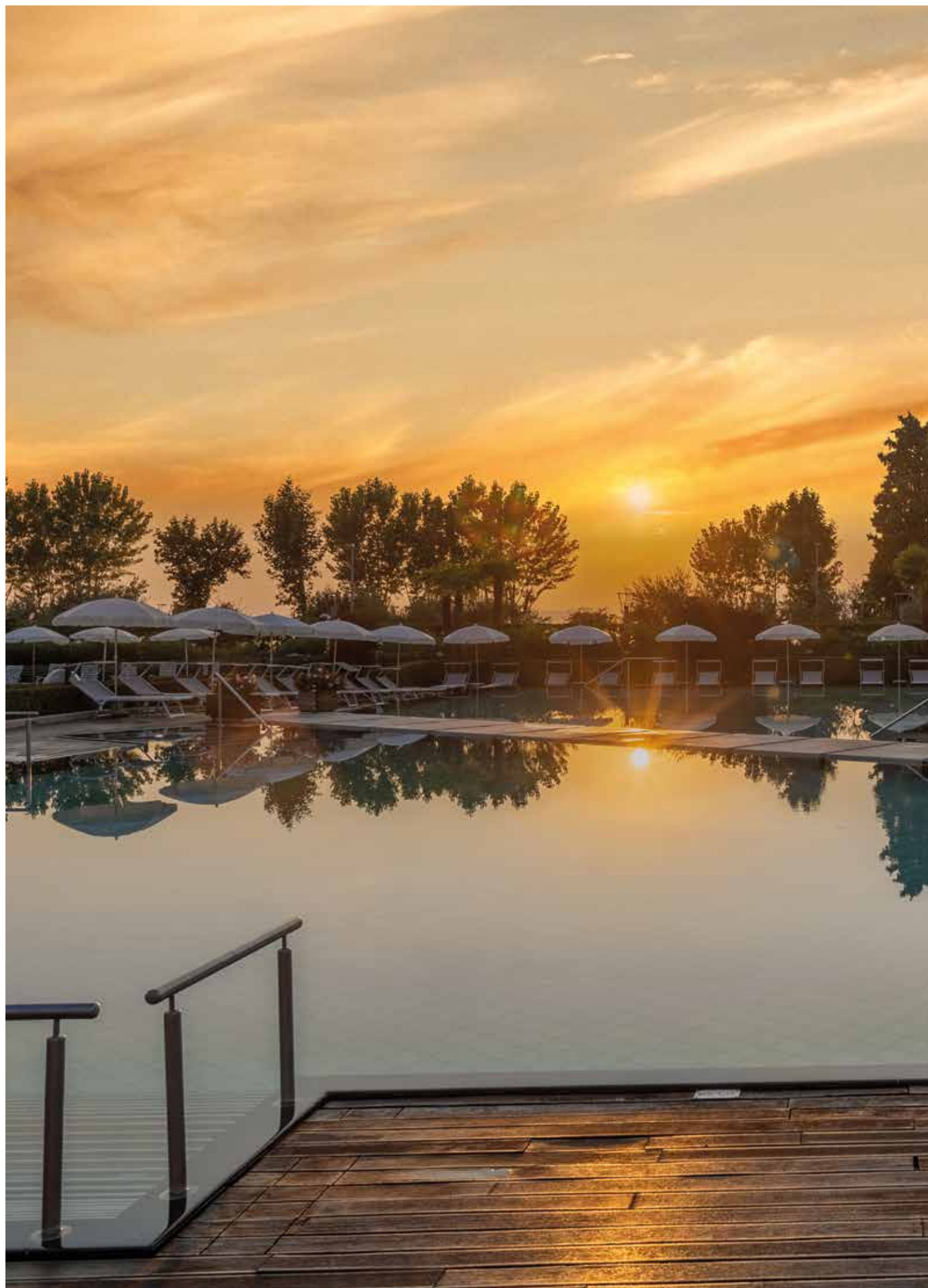
**Exclusivity, elegance, fun, business and wellness:
a resort where you can live the dream of a holiday that will remain in your heart forever**

Located just a few steps away from Bardolino, Hotel Caesius Thermae & SPA Resort is entirely devoted to the wishes and the well-being of its guests. The complex blends perfectly into the surroundings with its 5 buildings gently immersed in an uncontaminated garden rich in plants and flowers. The resort extends over an area of 40,000 sqm and features a vast reception, generous common spaces, 5 outdoor pools, 3 restaurant,

2 bars, 6 lifts, a garage with 200 parking spots and a myriad of other services and opportunities to make your stay unforgettable.

At Hotel Caesius Thermae & SPA Resort hospitality, warmth and courtesy are top priorities. Our Wellness Center is equipped to make you live a complete wellness experience: a Thermal Center with gently cleansing mineral waters, saunas, Turkish bath, indoor pools with whirlpools,

emotional showers, gym, relaxation areas, private SPA and a Beauty Center offering a wide range of treatments, excellent for beauty care. The complex hosts one of the best equipped Ayurvedic Medicine Centers in Italy and a multi-functional Congress Center, perfect for your business events. A place able to satisfy even the finest needs in every moment of the year, to live the magic of a memorable stay.









THE PLEASURE OF RELAXATION

Enter the welcoming and elegant world of the Rooms & Suites Caesius,
a symphony of colours, fragrances, comfort and calmness

All our rooms are designed to evoke emotions, they are large, cosy and functional with refined furnishing and light colours for a completely new feeling of well-being and tranquillity. The 185 rooms are divided between the main building and the annex building Augustus, immersed in the lush garden: 114 Comfort Rooms, 44 Classic Rooms Augustus, 24 Family Suites Augustus and 3 Executive Suites. All the room cate-

gories are sound-proofed, equipped with air-conditioning and balcony with splendid windows from which you can admire a wonderful view of the impressive scenery of Lake Garda. Comfortable and bright, all the rooms have satellite TV, telephone, HDSL internet connection, Wi-Fi, safe, minibar, kettle for tea and coffee. Our suites also include a living room with double sofa bed, a sitting room with armchairs or table with chairs

as well as a large furnished balcony or terrace to enjoy the lake-breeze. In the bathrooms you can find a bath or shower, Caesius amenities and a complete wellness kit: soft bathrobes, beach-towels, comfortable slipper and an impermeable bag. If you wish to have more than a standard pillow, choose the most suitable for you from our pillow menu and make your sleeping moment even more dreamy and pleasant.





WE KNOW THE DAILY ART OF GOOD CUISINE

**Inviting scents, refined atmospheres, elegant locations to satisfy every desire and occasion,
ensuring a memorable gourmet experience**

Our culinary offer is appreciated and advertised in the best Italian and international guides, our selection is wide enough to surprise every palate. Three restaurants, a wine cellar and two bars serve the excellence of regional tradition as well as the finest national and international cuisine. The Benacus Restaurant, a warm and relaxing setting, offers a varied menu with meat and fish specialties, along with three tasting menus: territory, represented by a selection of

dishes from traditional local cuisine, vegetarian and ayurveda, offering colourful and spiced dishes to stimulate senses and donate significant health to the body.

In summer, the Le Vele Restaurant is open to guests who want to enjoy an open-air breakfast or a romantic dinner by the pool.

La Fabbrica dell'Acqua is an exclusive location with a panoramic lake view, reserved for events, business dinners and weddings. The elegant

Camino Bar is perfect to spend an entertaining evening whilst sipping a sophisticated cocktail or a simple soft drink, also ideal to enjoy a quality cigar in the Cigar Room.

The poolside Longe Bar Gazebo awaits you to refresh yourself during warm summer days. If you are seeking an original tasting experience you can definitely find what you need in the Cantina Vintage, a wine boutique suitable for business meetings and dinners.





THE “BOUTIQUE OF TASTE”, OUR TAILOR-MADE BREAKFAST EXPERIENCE

Natural, fresh and delicious ingredients,
our promise to begin each day in the best possible way

After a pleasant awakening comes an exquisite breakfast, one of the most exciting moments of the day. The Boutique of Taste is the new extended and appealing buffet of our ample, sun-lit breakfast room, a unique place where quality, courtesy and cheerfulness rule. Two areas, one indoor and one outdoor, host finely detailed buffet islands with a rich choice of homemade cakes, fresh fruit, yogurts, cereals, jams and

marmalades, prime quality honey but also cold cuts, cheeses, savoury delicacies as well as a chef at your disposal for tasty crêpes, sweet or salty, cooked on the spot. Everything is prepared with genuine high-quality ingredients and we have an exclusive Moka corner to enjoy the taste and smell of real Italian coffee, fresh juices in special glass bottles and, what's more, areas dedicated to organic products, gluten-free options

and a choice of healthy food for a therapeutic diet.

Breakfast is an important moment, with us it becomes an exciting and unforgettable experience designed to satisfy every need you may have. Get ready to pamper yourself starting from the early morning and take time to kick off your delicious days in the best possible way, abandoning yourself to the flavours and aromas of the Boutique of Taste.





REGIONAL CUISINE, AYURVEDIC RECIPES, FOOD CREATIONS FOR YOUR WELL-BEING

**A wide selection of high-quality dishes to discover a whole world of unknown flavours,
everything designed to turn simple meals into delightful moments**

At Hotel Caesius Thermae & SPA Resort we offer the best service for every occasion, a careful choice of haute cuisine dishes able to satisfy the most demanding palate. Our guests can choose from the classic gourmet menus proposing the typical flavours of local cuisine, but also from a range of healthy and Ayurvedic dishes, recommended by the doctors of our wellness and Ayurvedic centers. Our offer includes the dietetic kitchen developed

by the well-known nutritionist Dott. ssa Evelina Flachi, based on a healthy diet combined with methodological procedures, targeted beauty treatments and the use of Caesius thermal water, thus becoming a true detox diet called "Penta-Dietox". The aim is to fight overweight, water retention and cellulite through a personalised diet that is tailored to the constitution, critical body points, shape and needs of each guest. The Ayurvedic menus are created by our

highly-skilled Chefs in cooperation with the doctor of the Ayurvedic center. The imaginative and delicious recipes are freshly prepared with selected organic ingredients. According to Ayurveda the use of herbs and spices is a real art, aimed at adding flavour to the food and increasing its digestibility. Our Chefs know how to perfectly complete every dish with colourful spices, for the pleasure of discovering a world of new flavours.

CAESIUS WELLNESS SPA









SALUS PER AQUAM AN INVITATION TO REVITALIZE EVERY DAY

Caesius Acque:
equilibrium, health, relaxation, well-being to restore your harmony and inner balance

"Mens sana in corpore sano" - a healthy mind in a healthy body - this is our motto. The frenetic rhythms of our daily life, pressing commitments and lack of free time affect our body and mind, drifting us apart from wellness and happiness.

We can offer a pleasant solution to all that at Hotel Cæsius Thermæ & SPA Resort. How? Through water, a precious element in which body and mind can find their balance and gain

back energy and vitality. Water in all its forms has always been essential for maintaining and regaining one's psycho-physical equilibrium.

Its virtues are able to restore the individual by enveloping, caressing, reassuring, invigorating, strengthening and pleasantly purifying the body.

A whole world of water opens up inside and outside Hotel Caesius Thermæ & SPA Resort, inviting you

to feel reborn everyday. In the lush garden, among flowers, olive trees, oleanders and palm trees, 5 wonderful swimming pools await you: a 30x16 m and a 15x9 m swimming pools, a 177 sqm whirlpool, and two children's swimming pools of 80 sqm and 25 sqm.

Inside, you will find a water paradise for all seasons: a 200 sqm swimming pool with water at 33° C and a 80 sqm whirlpool with water at 33° C.





WELLNESS CENTER, THERMAL CENTER & SPA

**Enjoy all the benefits of pure and precious water:
contentment and well-being, always under medical supervision**

The Caesius Thermal Center comes with its own thermal water, a water born on Mount Baldo and known to be pure, fresh, light and of pleasant taste. Its particular composition makes it a precious natural remedy, well tolerated by everyone and ideal for purifying treatments, hydrotherapy and mineral water treatments.

The Caesius thermal water has revitalizing, antibacterial and balancing effects. In order to enjoy all its virtues, our Thermal Center provides

you with different treatments and baths, such as classic underwater massage with natural and medical thermal water, ozone baths enriched with a mixture of oxygen and ozone, Phytobalneotherapy with medicinal herbs and Thalassotherapy using sea water.

The Wellness Center encourages a complete well-being experience: Finnish sauna, calidarium, Mediterranean sauna, laconicum, emotional showers, frigidarium and ice foun-

tain. It is the perfect location to indulge your wellness needs, plunge into warm thermal waters and enjoy a herbal tea in our relaxation areas. The SPA also features Kneipp facilities with thermal water, a thermal pool with water at 34°C, a thermal whirlpool with water at 34°C, thermal pool with Jacuzzi for individual baths, saltwater thermal pool, inhalation sessions with thermal water and a Private SPA, for precious unequalled moments of well-being.





BEAUTY CENTER BEAUTY AND ANTI-AGEING PARADISE

**An exclusive range of treatments
to give your body and mind what they need: vitality and beauty**

Every beauty deserves care and attention, at Hotel Caesius Terme & SPA Resort we know how to make you shine and bring you in form. Let yourself be pampered by expert hands and enjoy to the fullest genuine sensory experiences such as milk and honey baths, purification rituals and enveloping emotional massages.

In homage to Lake Garda, we also propose massages with olive oil and red grape for delightful moments

with regenerating and draining effects. Besides traditional treatments such as manicure, pedicure, body scrub, solarium and waxing, we also offer an array of beauty treatments, for example with Botox or hyaluronic acid, to bring vitality back to the skin. Beauty care means dedicating time to your body, developing passion for its appearance and aesthetics and learning the tools and methods that help to establish inner balance, harmony, well-being and

charisma. The Caesius Beauty Center offers the best opportunities to improve one's physique, skin quality and enhance the charm of every detail of the body.

In this journey we will not leave you alone. Our highly skilled staff, able to combine ancient knowledge with the most advanced techniques, will always be present to guide you in your choices and elaborate a personalised plan with a well-focused aim: you, in perfect shape.





AYURVEDA CENTER

**Wellness, health, energy, balance, satisfaction, vitality, harmony.
All this can be summed up in one word: Ayurveda**

Hotel Caesius Thermae & SPA Resort is the first hotel complex in Italy to have a perfectly equipped Ayurvedic Center, where the millennial Ayurvedic wisdom is passed down through experienced doctors and qualified staff. Starting from an in-depth consultation including pulse diagnosis to determine one's psycho-physical state, a journey to rediscover your body and harmony begins. In Sanskrit, the language in which some of the first sacred texts of hu-

manity were written, "Ayur" means "life" and "Veda" "science" or "knowledge". Ayurveda, Science of Life, relies on an ancient philosophical vision with the purpose of taking care of human life in its manifold aspects, balancing the energies of body and mind, purifying the body by acting not only on physical health but also on environmental, psychological and behavioural aspects. Upon a complete diagnostic picture, the treatments advised by the

Ayurvedic Center of Hotel Caesius Thermae & SPA Resort are personalised to the point of intervening with the most suitable means to balance every single individual. Our guests can benefit from a tailor-made treatment programme to restore stability and well-being and to balance the three vital energies of the body (dosha) through medicine, nutrition, physical activity and cosmetics for a lasting effect on their lifestyle.





OUR GREAT SERVICES FOR LITTLE GUESTS

**You children are not only welcome,
but treated as real VIPs**

At Hotel Caesius Terme & SPA Resort, you would like to be a happy-go-lucky child again in order to play in the kiddy's playground, a cosy and colourful space designed for them to have fun.

The mini club, for children from 4 to 13 years, is open Monday to Saturday from June to September; from October to May only on Saturday afternoons and Sunday mornings. In summer everything moves outside: a playground and many activities

await children in the garden next to the kid's swimming pool, to release their creativity and joy.

During meals, our younger guests can choose from a menu of simple themed dishes meant to guarantee a healthy and correct diet. To make meals more entertaining, they are given a special kit with paper placemat to paint on, party hats and a teddy bear.

If you want to have a date night, go ahead. Among the services for chil-

dren we offer a baby sitter who will take care of your kids (prior reservation, for a fee, days and times change according to the season and festivities).

Business mothers who come to attend a meeting are given the chance to work while their kids are close by and cared for by expert hands.

And for an extra cuddle, we offer a range of beauty treatments and delicate massages for our young guests, from 4 years old.

CAESIUS CONGRESS







CAESIUS CONGRESS CENTER

Your source of inspiration for conferences, congresses, meetings, trainings, team building activities and events on Lake Garda

Hotel Caesius Terme & SPA Resort guarantees excellence and hospitality to business clients too, with an entire floor devoted to MICE.

Our Congress Center boasts 10 flexible meeting rooms of various sizes: from the largest Gardenia room, accommodating up to 300 people, to rooms with a seating capacity between 20 and 150 attendees.

A spacious and elegant Foyer is available for coffee breaks, business lunches, special buffets, wine ta-

stings and exhibitions. For a view, we recommend the new La Fabbri-
ca dell'Acqua venue with a terrace overlooking the lake. It is the ideal room not only for meetings and conferences, but also for corporate dinners and networking events, and thanks to its elegance and banqueting service, it is perfectly suited to host private celebrations such as weddings, gala dinners and special occasions. Passionate and trained staff, latest digital equipment, a large

garage with 200 parking spaces, an outdoor car park and transfer service (on request) are all part of the offer.





BLEISURE EXPERIENCE POST CONGRESS OFFERS

We know the art of entertaining your employees, partners, clients.
Get ready to surprise them

Culture

Discover our region through art, culture and landscapes. Visit the most beautiful towns in our surroundings such as Sirmione, Gardone, Torri del Benaco, Malcesine, Verona, Mantua and Borghetto, or symbol places like Venice and Milan (within 1.5 h reach).

Sport

Excursions full of adrenaline and adventure: canyoning, Nordic walking, hiking, cycling tours, sailing and surfing classes, football matches,

competitive settings for dynamic team building.

Gourmet

Traditions and typical local products for extraordinary experiences. Tastings of the excellent wines of the area such as Bardolino, Amarone, Valpolicella, Lugana or Soave in the most renowned wine-cellars.

Theme parks

Fun and diversion in the theme parks around Lake Garda: the shows of Gardaland, the programme of Mo-

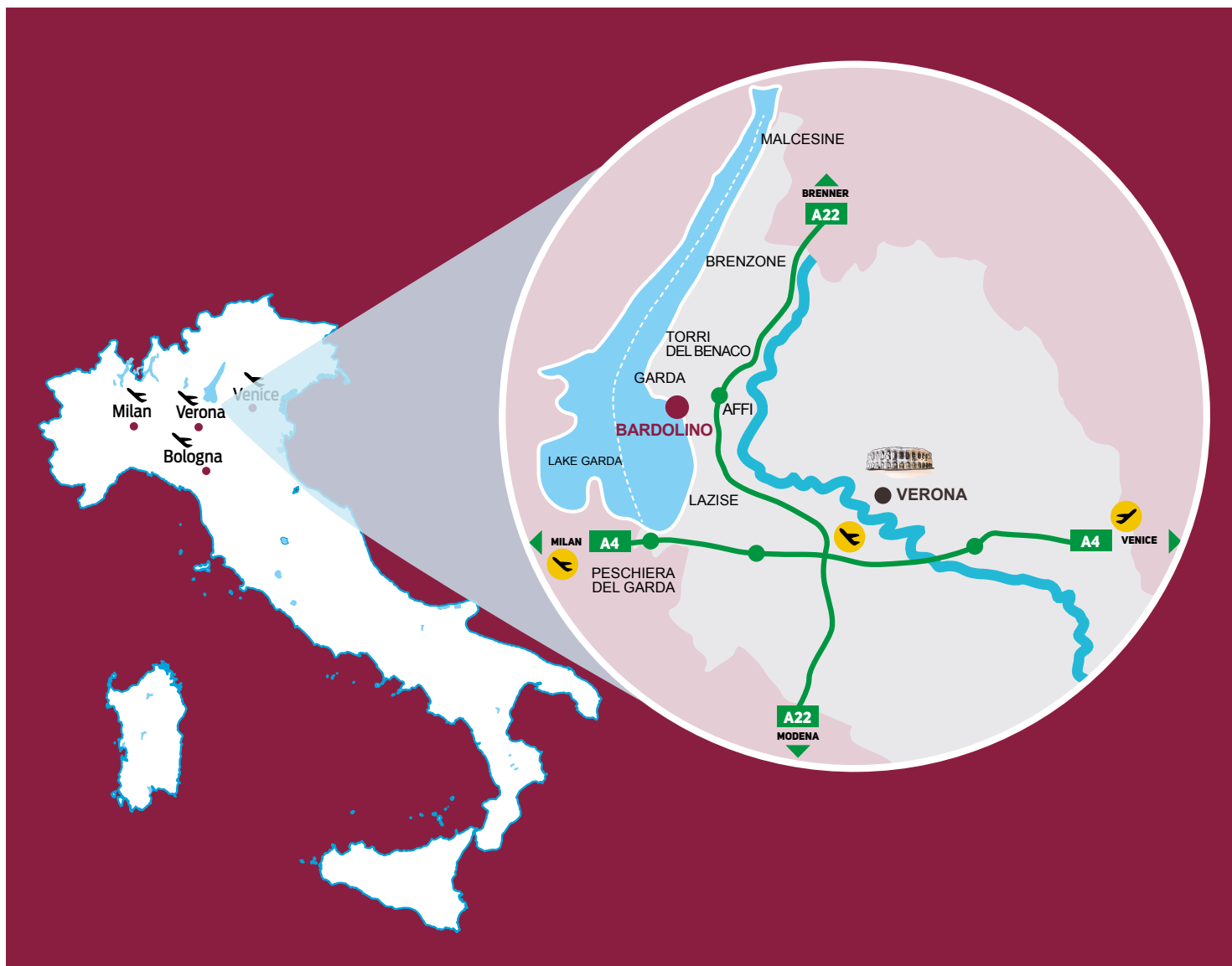
viland, Parco Natura Viva, the trails of Jungle Adventure and the blossoming Sigurtà Garden Park.

Sailing cruise aboard the "San Nicolò"

Anchors aweigh – with our incentive offer on a sailing vessel of the 20s suitable for a team building, meeting, light lunch, aperitivo on board with possibility of taking a dip in the pure lake waters.

Entertainment and themed parties

Upon request, for memorable events.



HOW TO REACH US

Hotel Caesius Thermae & Spa Resort is located directly on Lake Garda,
in close vicinity to the centre of Bardolino
and within easy reach from the motorway exits in Affi and Peschiera

By car

Coming from the A4 Milan-Venice motorway, take the Peschiera del Garda exit. Follow directions for Bardolino for about 12 km. Once you arrive in the district of Cisano, carry on for approx. 200 m and you will see the Hotel Caesius Thermae Spa Resort on your right.

Coming from the A22 Modena-Brennero motorway, take the Affi exit. Follow directions for Cavaion Vero-

nese and then directions for Bardolino for approx. 7 km. Once you arrive in Bardolino, at the roundabout turn left in the direction of Lazise; after about 2.5 km, turn left again into Via Campagnola 44. You will arrive at the main entrance, where the reception is located.

By plane

Verona Villafranca airport, "Valerio Catullo", is about 30 km away and

easy to reach using both the A22 and A4 motorways. Bergamo airport "Orio al Serio" is 100 km away and Venice airport, "Marco Polo", about 150 km away.

By train

Verona central station, "Verona Porta Nuova" is ca. 30 km away.

Peschiera del Garda train station is 12 km away.

ACQUA
TERMALE
CÆSIVS

Our products for your beauty



HC
CÆSIVS
THERMÆ SPA

Try our complete line of products that help stimulate cell renewal and reduce the signs of ageing: cleansing foam, face mask with hyaluronic acid, face moisturiser, anti-ageing face cream, face serum, eye cream, body scrub, body lotion and shower gel. **Available in the online shop at www.hotelcaesiusterme.com/en/cosmetics or at the Caesius Beauty Center.**



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