



2024



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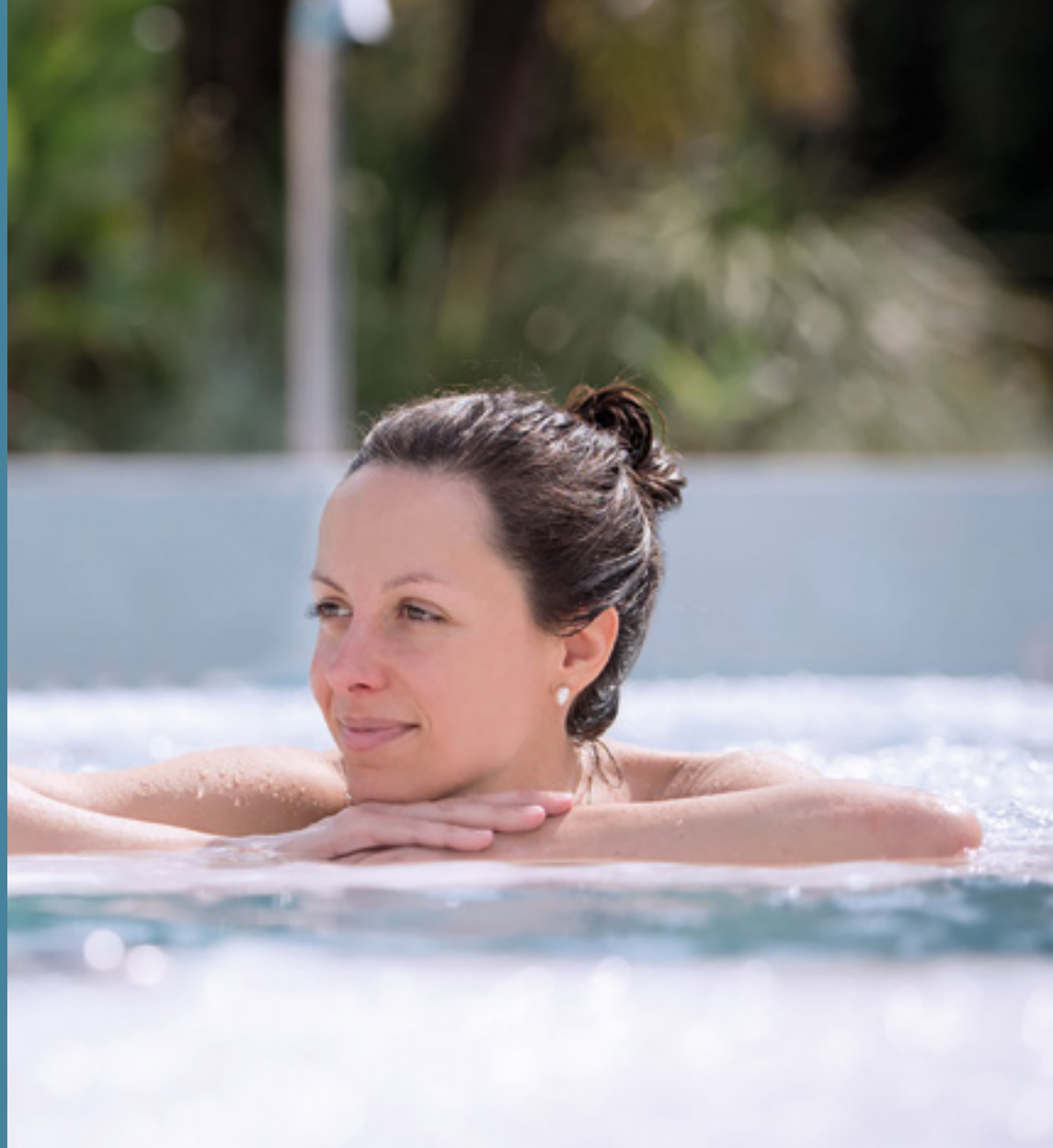
HOTEL TERME

HEALTH, WELLNESS AND HARMONY

Time to cherish

At the Hotel Terme Apollo, for more than 45 years every little thing we've done has always been part of a concerted effort to offer our guests a warm, personal welcome.

The time spent enjoying the unique care and attention in our Haven of Wellbeing is something to cherish. Nothing can compare to the combination of ancient flows of surging spring water and soft Euganean clay at the heart of absorbing, unforgettable and sophisticated health and wellbeing programmes.



YOUR PERFECT DAY

Welcome to Hotel Terme Apollo. We hope you enjoy your day.

In the morning, between 4:00 am and 10:00 am (so you have more time for yourselves afterwards), if you have scheduled spa treatments, your phone will ring, gently rousing you from your sleep and inviting you downstairs where, on the ground floor, you will be **covered in mud and your pampering** will begin.

After breakfast get some fresh air and **stretch your legs** in the hotel grounds, admiring the view over the Euganean Hills and the beautiful natural setting. Now it is time to give your **muscles a workout**: 20 minutes in the whirlpool bath in the hottest pool and 10 minutes of **Kneipp therapy**, alternating hot and cold water to help your circulation.

From 10:30 am to midday follow your own personalised schedule of **stretching** exercises in the gym and in the pool to protect and improve the movement of your joints.

The afternoon is dedicated exclusively to your psychological and physical wellbeing: choose from a **yoga class** on Thursdays from 3:00 pm to 4:00 pm, a session in the **sauna**, a **beauty treatment**, an **Ayurvedic massage**, a dip in the pool, a chance to read a book in the shade of the clusterpines in the grounds, a walk along the paths which climb gently towards the hills or a swim before the sun goes down, the air laden with the scent of flowers.

After dinner you can enjoy good music near the bar or chat with friends, relaxing in one of the many large entertainment areas.

Before you know it, it's **midnight**: your cool room awaits, a haven of peace and quiet with its soft sheets ready to embrace you.



The embrace of water

There's something indescribable about the embrace of the water here, which relieves tension and lets troubles drift away, revealing things in a new light.

A protective cloud of wellbeing, waves of therapeutic properties and floods of pleasant, toning sensations.

The water flows through hidden mazes in the Lessini Mountains before reaching the water table directly below our hotel. It rises from a depth of 250 metres into our Haven of Wellbeing at a temperature of 72°C, to take care of you.





SALUS PER AQUAM, SPA WATER TREATMENTS

Our precious water is also used for therapeutic purposes. In the whirlpools in the wellbeing areas of our pools, its energy combines with its particular temperature to relax the muscles and relieve pain and tension.

Balneotherapy: soak up good health

A short swim or dip in spa water - at different temperatures (from 28°C to 38°C) - is often all you need to reduce pain. Movements which are normally difficult or painful out of the water can be done without any great effort when you are in the water, and the hydrostatic pressure generates a continuous massage. Due to the lack of gravity in water, a dip in the swimming pool has beneficial effects on the centres of our postural balance, so is recommended for rehabilitation, for the psychological and physical recovery of athletes after a demanding season and for treating rheumatic joint diseases.

Hydrokinesitherapy: the miracles of water

We are particularly proud of our hydrokinesitherapy treatment. It is carried out with the assistance of a physiotherapist and consists of active and passive exercises moving the muscles in spa water. This treatment is highly recommended after surgery to the hip, knee, shoulder, knee ligaments and rotator cuff. It is also ideal after spine stabilisation surgery.

Benefits: the healing process is faster and rehabilitation easier, thanks to the muscle-relaxing action of the spa water and the benefits of exercising in water.

• Duration 30 mins: € 49,00

Entrance to the four spa pools and the Kneipp baths for the duration of your stay: € 29,00

Kneipp therapy: health from your feet upwards

This treatment involves walking barefoot on stones in the water for a couple of minutes, alternating hot and cold water.

Benefits: it stimulates the nervous system, improves blood and lymphatic flow, frees the body of toxins and strengthens the immune system.

Inhalation therapy: breathing and purifying

Salt-bromide-iodine spa water can be used for nebulizing, it becomes gaseous, we can breathe and inhale it in its liquid state.

Benefits: inhalation and aerosol therapy help purify the mucous membranes of the respiratory system (pharynx, larynx, bronchi and paranasal sinuses). They are also recommended for children.

Conditions treated are: rhinitis, pharyngitis, laryngitis, sinusitis, chronic catarrhal otitis and chronic bronchitis.

• Inhalation /Aerosol: € 11,00

Micronised nasal shower

This treatment is recommended for all conditions affecting the upper respiratory tract (nose, paranasal sinuses, rhinopharynx, Eustachian tube) which present catarrhal, mucopurulent and crusted secretions.

• Nasal shower: € 11,00

Inhalation therapy is available without an appointment from Mondays to Saturdays from 8:00 am to 10:00 am.



The secret of mud

A natural sculpture spreads over the body and takes shape, thanks to gentle expert hands. A journey to discover total wellbeing, the secret world of particles, the close relationship between water, algae and mud.

The warm mud slowly covers your body, wrapping it in a red hot embrace, in a reassuring cocoon, an alchemy of elements: nitrogen, calcium, iron, phosphorus, potassium, magnesium, sulphur, iodine and silica. Then thousands of drops melt the mask and prepare your body for a relaxing bath, coaxing you gently back to reality.



Costa Lake is an important natural and ecological attraction in the area, and the largest and bestknown natural water basin in the Euganean Hills. Thermal spring water flows into the lake at a temperature of about 45°C, with bubbles clearly seen on the surface of the water.



MUD TREATMENTS

Today, just like 2000 years ago, the spas at Abano and Montegrotto are the perfect place to restore your health, physical and psychological wellbeing. It is a scientific fact that mud and spa water treatments help rebalance the metabolism of bone tissue.

Benefits: the high temperature of the mud stimulates perspiration and helps eliminate toxins. Fangotherapy blocks the degeneration of cartilage, it stimulates the production of endogenous opioids, and encourages remineralisation. The action of the water and mud, with this enhanced exchange of toxic substances, makes the skin more supple, younger-looking and velvety, visibly improving the condition of the derma. From a therapeutic point of view, we recommend completing treatment with a rejuvenating massage to continue ridding the body of toxin

The fangotherapy ritual consists of:

- 20 minute fangotherapy session
- removal of mud and thermal shower
- 10 minute soak in an therapeutic thermal bath with spa water
- 20 minute massage

The ritual finishes with a rest for the post-mud reaction and perspiration.

Conditions which can be cured with fangotherapy:

osteoporosis, osteoarthritis, widespread arthrosis, joints with limited mobility, scapulohumeral peri-arthritis (not recommended in the acute stage due to the heat), rheumatism, fibrosis, tendinitis, backache, fibromyositis, dormant rheumatoid arthritis (in certain situations).

Contraindications for fangotherapy: anyone suffering from heart, kidney or liver problems, severe problems with arteries and veins, neoplasia, inflammatory diseases, hyperthyroidism, epilepsy.

Medical Assistance

Our medical team is always on hand to provide information and assistance. Appointments can be booked at reception. This check-up is compulsory before undergoing treatment and is carried out by our specialists who prescribe treatments on the basis of the guest's conditions.

- Medical examination before beginning spa treatments: € 32,00

Fangotherapy

The DOC® thermal mud used in our treatments is spread over the patient's body by the therapist following the doctor's directions as regards temperature, duration and location. A cycle of at least 10-12 applications over a two-week stay is recommended for the treatment to be effective.

- Thermal fangotherapy with mud (body), shower and therapeutic thermal bath € 32,00
- Thermal fangotherapy with mud (hands) € 16,00
- Bathrobe (rented for the duration of the treatment) € 14,00

Therapeutic thermal bath

Benefits: it gives arteries and veins more elasticity and continues eliminating toxins. It also encourages hormonal and biochemical stimulations, muscle vasodilatation and has an analgesic effect. It increases oxygenation of the blood in the veins and tissue renewal.

- Therapeutic thermal bath € 14,00

THERMAL TREATMENT

Thermal treatment packages:

2 Thermal treatments (trial)	€ 147,00
6 Thermal treatments	€ 386,00
9 Thermal treatments	€ 555,00
10 Thermal treatments	€ 610,00
12 Thermal treatments	€ 721,00
12 Thermal treatments	€ 326,00

charged to the Italian Health Service

The packages are valid all year round and include: application of Euganean thermal mud (thermal mud), shower and therapeutic thermal bath, massage (20 minutes), medical examination before beginning treatment and white bathrobe (does not include access to the pools and wellbeing area and stay in hotel).

Spa treatment promotion:

9 Thermal treatments	€ 438,00
10 Thermal treatments	€ 481,00
12 Thermal treatments	€ 568,00
12 Thermal treatments	€ 248,00

charged to the Italian Health Service

The promotions apply to stays of a minimum of 10 nights taken entirely in the period "Special Offer". The promotions include: application of Euganean thermal mud (thermal mud), shower and therapeutic thermal bath, massage (20 minutes), medical examination before beginning treatment and white bathrobe (does not include access to the pools and wellbeing area and stay in hotel).

Did you know? Mud is called a "natural therapy" because it undergoes maturation and, when enriched with organic compounds, it takes on therapeutic properties. When mud or clay are exposed to oxygen and sunlight and then come into contact with spa water, they develop a biological biofilm made up of cyanobacteria and algae. Cyanobacteria have anti-inflammatory properties and research centres have shown that their efficacy is on a par with that of drugs, but with no side effects.



Thermal Colours Top treatment

An innovative line of cosmeceuticals for international spa wellbeing. Three ranges of body products with natural extracts: they combine mud with thermal water from the Terme Euganee, algae and the typical aromas of the Euganean Hills National Park. Each of the products has its own distinctive fragrance, ingredients and properties. The mud is added to three specially created creams which enhance its specific qualities and give it three natural colours.

Mud is applied to the whole body followed by a massage, a thermal shower, a thermal bath with ozone and application of a spa water spray.

• Duration of Top treatment 80 mins: € 92,00

○ Microscrub White

Scrub that promotes cellular exchange leaving the skin with a velvety feel.

● Body Slim Yellow

Lipolysis treatment to increase cellular metabolism efficiency and drainage.

● Antiage Red

It defends the skin against external aggression, oxidative stress, cellular ageing.



THERMAL WATER - Antioxidant and anti-aging. Thermal water spray composed of bromide and iodide salt hyper-thermal water of the Euganean Thermal Baths, microorganisms (ETS03) grown in the patented Euganean mud enriched with moisturizing hyaluronic acid.

FACE 24H - Cream treatment face hydroprotective Day cream or face mask, with bromide and iodide salt hyper-thermal water of the Euganean Thermal Baths, enriched with argan oil, cupoacu butter and astaxanthin.

BODY - Cream treatment total body hydrodetox Moisturizing cream for body massage after bath or shower, with bromide and iodide salt hyper-thermal water of Euganean Thermal Baths, enriched with karité butter, sesame oil and astaxanthin. Myrrh fragrance.



General wellbeing

Enjoy being pampered during delightful days at the Hotel Terme Apollo. When the night ends, it's time to start caring for your body and your mind with warm clay, the rituals of various massage techniques (from Ayurvedic massage to healing and rejuvenating treatments), pleasant training sessions and the age-old heat of the sauna and the Turkish bath. On top of all this, savour yoga meditation in an Oriental atmosphere, gentle beauty and holistic treatments, and the wholesome culinary creations of our chefs.





BODY RITUALS

Relaxing, rejuvenating, invigorating, healing body treatments. Guaranteed to make you feel refreshed and in touch with your inner self, choose from a variety of relaxing massages, with soft music playing in the background and fragrances in the air.

Hot stone massage

A fascinating ritual and a deeply relaxing massage where hot basalt stones are combined with top quality soothing essential oils.

- Duration of treatment 50 mins: € 59,00

Warm pad massage with aromatic herbs

Our massage consists of warm pads filled with aromatic herbs for an intense full body experience, with high quality natural vegetable oils and organic blends of BIO herbs and the effective active synergies of essential oils.

Benefit: boosts the body's natural defences, helps balance the organism, prevents ageing.

- Duration of complete treatment 50 mins: € 68,00

Muscle relaxing sports massage

It is designed to relax the bones, joints and muscles and restore the correct static and postural balance in the body. It is recommended for anyone suffering from discomfort in their joints, shoulders and knees caused by overexertion in competitive sports, incorrect posture, sedentary life and muscular tension in general. An effective anti-stress therapy, it helps release a large number of endorphins (serotonin which can also have a beneficial effect on the psyche).

- Duration of treatment 50 mins. € 59,00

Lymphatic drainage massage

Benefit: this massage reduces water retention, purifies, has diuretic effects and relaxes.

- Duration (full body) 50 mins: € 59,00 - (lower limbs) 30 mins: € 44,00

Leg wraps

- with cold gel applications: € 22,00

BODY RITUALS

Partial lymphatic drainage massage (Vodder method) and leg wraps

The action of the manual lymph drainage reactivates the lymphatic circle, reduces water retention and softens skin zones that are hardened, while normalizing the connective tissue. The treatment is then completed with the application of a cold gel and a wrap of the lower limbs.

• Duration 50 mins: € 59,00

Foot reflexology

Benefit: Foot reflexology is a preventive therapy which the whole body can benefit from, it improves blood and lymphatic flow, reduces tension and is an excellent pain relief therapy.

• Duration 30 mins: € 40,00

Holistic face + body ritual

Treat yourself or others to a little pampering that will relieve tension, stimulate circulation, get your skin glowing and revitalize your face and body.

The ritual features a purifying facial treatment and a personalized back massage with herbal compresses (you can choose detox, relaxing or revitalizing).

• Duration 80 min. € 96,00

Ayurvedic massage

Benefit: this massage promotes a complete feeling of relaxation and wellbeing, ideal for fighting stress and insomnia.

• Duration 50 mins: € 59,00

Personalized body scrub treatment

It removes impurities and surface toxins and leaves the skin soft and shiny.

• Duration 50 mins: € 59,00

Active anti-cellulite body treatment

A stimulating and purifying treatment with mud and Dead Sea salts application, in addition to a massage with anti-cellulite cream.

• Duration 50 mins: € 59,00

Rejuvenating therapeutic massage

After a fangotherapy session and when the perspiration reaction has finished, the guest normally has a rejuvenating full body massage.

Benefits: thanks to its tension relieving action on the muscles, especially in the lumbar and cervical region, it improves circulation, relaxes, releases energy blocks, tones muscle mass and gives the whole body a sensation of wellbeing.

• Duration 20 mins: € 26,00

• Duration 40 mins: € 44,00

• Duration 55 mins: € 62,00

Shiatsu

Shiatsu is an ancient Japanese massage technique which involves applying the right amount of pressure to specific points of the human body.

Benefit: it combats pain, contracted muscles and stiffness in the joints.

• Duration 45 mins: € 59,00

Watsu®

Is one of the most innovative **Arts of Wellbeing**. Performed in water heated to body temperature, it combines the benefits of an ancient oriental practice, such as **Shiatsu**, with those of warm water. The body is gently supported as it **floats**, alternating **relaxation with movement**, creating a kind of harmonious dance where the body is rocked and then stretched. It creates a profound state of letting go and relaxation which helps restore natural psycho-physical wellbeing.

• Duration 60 min. € 68,00



FACIAL RITUALS

Thermal face cleaning

Face skin cleaning through exfoliation, toxins removal and application of a moisturizing mask made up of thermal products.

- Duration 50 mins: € 49,00

KOBIDO: Japanese traditional facial massage

Known as “the Eternal Youth massage”, Kobido is an ancient massage practised by Japanese Samurai to ease the free body movement through manual and energizing techniques. It helped to recover and maintain both physical and mental equilibrium, before every fight. This massage has excellent muscle-relaxant and revitalising effects. It releases muscle tensions, stimulates facial nerves and improves the blood flow. It also supports the regeneration of cells and the production of collagen and elastin and both face and neck muscle tensions decrease.

- Duration 55 mins: € 62,00

Eyes and lips treatment

A sequence of touches aimed at reactivating eyes and lips lymph glands. They unblock any action of impurities and fibres, by improving the skin's complexion and brightness.

- Duration: 50 mins € 51,00

Lymphatic facial drainage

Curative and draining massage for patients suffering from headaches, resistant to pain killers. It also helps to relieve pain caused by chronic rhinitis or sinusitis which are sometimes difficult to relieve with drugs.

- Duration of treatment 25 mins: € 32,00

BEAUTY SERVICE

Semi-permanent gel nails

Application of semi-permanent gel fingernail polish, to have always beautiful hands and feet. A gel with the consistency and liquidness of a nail polish, that lasts for up to 14 days, defending nails from splinters and breaks.

- Duration 45 mins: € 35,00

Manicure • Duration 30 min. € 28,00

Pedicure • Duration 45 min. € 40,00

HIGHTECH NATURAL COSMETICS
TEAM DR JOSEPH
SÜDTIROL

The TEAM DR JOSEPH METHOD

Based both on the needs of your skin and scientific findings, the manual treatment method of TEAM DR JOSEPH starts deep in the tissue. Following the natural laws of function, the skin's metabolism is brought into balance: The nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty. Experience for yourself the individual beauty care offered by the method of TEAM DR JOSEPH: pureness. recreation. protection.

Intensive purifying facial treatment

Deep cleansing specially tailored to the needs of your skin with a gentle lympho-stimulating massage, peeling, toning face mask, peel-off mask and cream. For a fresher and healthier-looking complexion.

- Duration 50 min. € 63,00

Cellular recreation moisturising facial treatment

Moisturising facial treatment with natural active ingredients for healthy, pampered skin, consisting of a special serum, modulating face massage and intensive mask.

- Duration 50 min. € 67,00

Intensive biolifting anti-age facial treatment

Intensive treatment for mature skin consisting of a biodynamic lifting massage, warm herbal compresses, peeling, special serum and intensive mask for instantly visible results.

- Duration 50 min. € 67,00

Deep cleansing 'express power lifting' for men

Natural, intense treatment specially formulated for men: deep cleansing, peeling, intensive serum and mask with a toning face massage. Natural high-tech power for a healthy, groomed appearance.

- Duration 50 min. € 63,00

2 in 1 Lift + Purifying Express Facial

Treatment with two different functions: a deep cleansing with soothing and purifying functional principles for the lower part of the face. Manual skills and firming and stimulating functional principles for the upper half of the face, to reduce signs of tiredness, rejuvenate the eye area, giving tone and shine.

- Duration 50 min. € 67,00



REHABILITATION THERAPIES

Physiokinesiotherapy

Physiokinesiotherapy is a functional re-education technique with specific exercises aimed at combating a wide variety of degenerative, inflammatory, post-traumatic, neurological and vascular conditions. Physiokinesiotherapy is a very effective complementary treatment to traditional mud and bath treatments. It is recommended for:

- degenerative complaints: primary and secondary arthrosis.
- post-traumatic disorders: muscular hypotonicity and hypotrophy, joint stiffness, lymphatic and vein stasis (due to fractures, dislocations, sprains, contusions, tendon lesions, orthopaedic surgery).
- inflammatory conditions: periarthrititis, tendinitis, tenosynovitis, bursitis, fibrositis, arthritis, ankylosing spondylitis, metabolic rheumatism, lumbago, cervicalgia.
- neurological problems: hemiplegia, paraplegia, monoplegia, polyneuropathy, myopathy.
- vascular complaints: lymphatic and circulatory insufficiency of the lower limbs, obstructive arteriopathy.

Physiotherapy and motor rehabilitation

Taping: € 22,00

Kinesiotherapy: € 31,00

Exercises for the spinal column: € 31,00

Medical gymnastics: € 40,00

Breathing exercises: € 31,00

Rehabilitation hydrokinesiotherapy: € 49,00

Therapeutic lymphatic drainage: € 62,00

Physiotherapeutic massage (25 mins): € 35,00

Physiotherapeutic massage (50 mins): € 57,00

Functional rehabilitation (40 mins): € 50,00

Manual traction (pompape): € 25,00

SPA ETIQUETTE

Our pools and spa centre are havens of tranquillity and relaxation so, to ensure your experience is as pleasurable as possible, we kindly ask you to switch off your mobile phones.

Scheduling an appointment

If you wish to receive information or make an appointment with our doctor for the spa treatments (mud applications or inhalation with thermal water) or the relaxing treatments, please contact reception by dialling 340 or 206 from your room or by sending us an e-mail to: apollo@termeapollo.it.

Arrival time

To get the most out of your experience, we recommend you arrive at least 5 minutes before your treatment is scheduled to start so you can begin your session on time. Should you arrive late, we cannot guarantee you will be able to have your full session.

Cancelling an appointment

You may change or cancel your appointment free of charge up to 12 hours beforehand. Guests who fail to cancel or turn up for their scheduled treatment will be charged. The thermal treatment cycle (mud application, therapeutic bath and reaction massage, or just mud application) can be cancelled for free until 3 days before the scheduled start. After this time, we will have to charge the full amount.

Dress code

Hotel guests may access the Wellness area in the bathrobe and flip flops provided in their room. The area of sauna and of the Turkish bath is a “clothes free” area so, once inside, we ask all guests to remove their clothes and wrap a white towel around their hips or chest. A swimming costume and cap must be worn in the pool area when swimming.

What to wear during treatments

We recommend you take advantage of the thermal baths and all the treatments provided without being hampered by clothes. Guests will be given a pair of disposal knickers (male and female). During massages and treatments, your body will be covered and only the part which is being massaged or treated at that particular moment will be exposed. We suggest you wear socks and light, comfortable garments for the Shiatsu massage and physiotherapy.

Health considerations

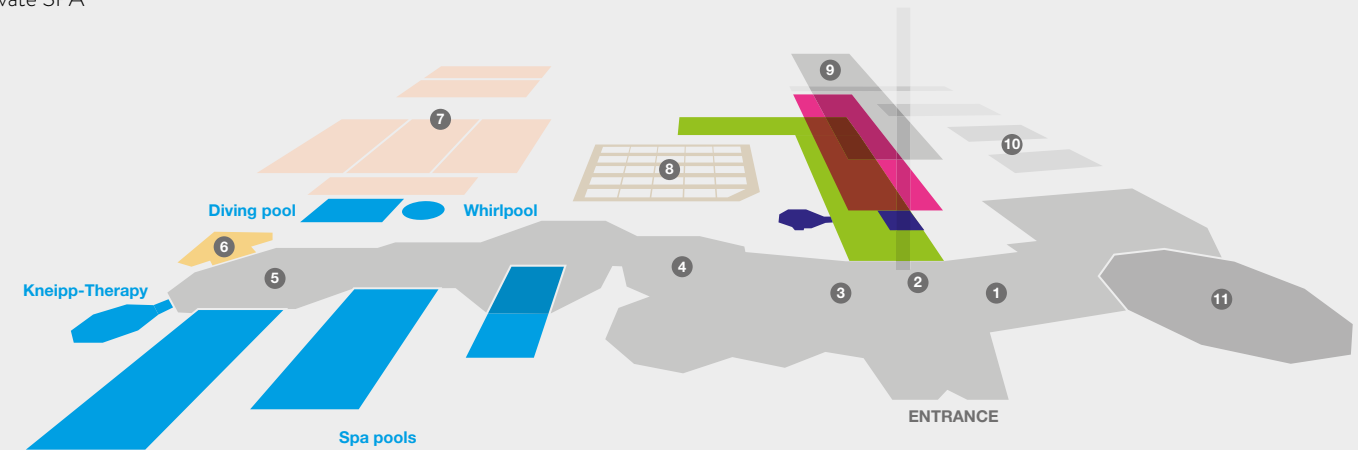
We kindly ask all guests to tell the staff at the wellness desk at reception or at the spa centre on the ground floor of any health problems before booking treatment.

TREATMENTS ON GROUND FLOOR

Balneotherapy
Hydrokinesitherapy
Kneipp therapy
Fangotherapy
Therapeutic thermal bath
Body treatments
Finnish sauna
Turkish bath and emotional showers
Private SPA

TREATMENTS ON FIRST FLOOR

Medical visit/advice
Inhalation therapy, micronised nasal shower, aerosol
Physiotherapy and motor rehabilitation treatments
Personalised natural beauty treatments,
Beauty service
Solarium



The pool area is open every day from 7:00 am to 7:00 pm. The spa centre, beauty centre and physiotherapy facilities are open from Mondays to Saturdays upon appointment. During the Christmas holidays and in other periods on demand they are also open on Sundays, except for Christmas Day and New Year's Day. The sauna and the Turkish bath are open everyday from 4:00 pm to 6:00 pm. The private spa is available on appointment only, any day of the week, from 9:00 am to 5:30 pm.

- Hydrotherapy Course
- Sauna / Private SPA
- Relax Zone
- First floor

- 1** Foyer
- 2** Lifts
- 3** Reception
- 4** Bar
- 5** Foyer swimming pools
- 6** Gym
- 7** Tennis courts / bowling greens
- 8** Settling tank for thermal mud
- 9** Second floor breakfast room
- 10** Car park and garage
- 11** Dining room / Restaurant



A stay at the Hotel Apollo is a “Super” experience

Hotel Terme Apollo has been classified as “Super” First Class by the Italian Ministry of Health, the highest possible rating for spa treatments. This rating endorses the Guarantee of the Pietro d’Abano Centre for Spa Studies which carries out scientific research on spa medicine. The spa water at the Hotel Apollo comes from the Lessini Mountains and flows more than 250 metres under ground at a temperature of 72°C. It is defined as “salt-bromide-iodine hyperthermal water with antioxidant, anti-inflammatory and antiseptic effects”.

The mud, which comes from the clay collected from nearby Costa Lake at Arquà Petrarca, is constantly checked by the monitoring network of the University of Padua, which has confirmed the unique nature of the mature mud used in our treatments: the ETS05 alga actually reproduces exclusively in the Euganean thermal basin. The therapeutic properties of the mud and spa water to treat and prevent osteoarthritis, osteoporosis, extra-articular rheumatism and diseases of the respiratory system are recognised by the Italian National Health Service which will refund part or all of the treatment cost upon presentation of a doctor’s prescription.

Thanks to our AGREEMENT with the ITALIAN NATIONAL HEALTH SERVICE for Fangotherapy - Balneotherapy - Inhalation therapy, guests can undergo a cycle of antiinflammatory treatments with thermal mud or a cycle of thermal inhalations or aerosol therapy by simply presenting a prescription from their general practitioner and paying the contribution currently established by law.

Practising doctors are allowed to experience mud therapy free of charge so they can personally experience the benefits of the treatment and recommend it to their patients. All the doctors and therapists at Hotel Apollo are selected after thorough evaluation of their education and training, reliability and experience.



APOLLO

HOTEL TERME

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