



GROTTA GIUSTI  
TUSCANY

## Grotta Giusti, Tuscany, Wins World's Best Thermal Grotto Spa at the World Spa Awards 2018



October 2018// [Italian Hospitality Collection](#) is delighted to announce that [Grotta Giusti](#), Tuscany, has been voted the World's Best Thermal Grotto Spa at the prestigious World Spa Awards 2018 for the second consecutive year. Grotta Giusti, the historic Tuscan spa retreat, is home to an ancient Grotto – a millennial thermal cave and a thermal underground hot spring lake – which famed composer, Giuseppe Verdi, regarded as “the eighth wonder of the world”.

The expert team at Grotta Giusti believe that the therapeutic side of wellness is paramount; the medical staff specialise in diverse techniques including diet, hydrology, dermatology and aesthetic medicine. The spa was founded on a firm belief in *Salus Per Aquam* - health by water - utilising the therapeutic properties of the hot spring water and vapours to offer a 'SPA' in the true meaning of the word.

The jewel in the hotel's crown, the Grotto has been divided into three distinct areas; *Heaven*, *Purgatory* and *Hell*, which allows guests to experience different temperatures, ranging between 28°C to 34°C, and the therapeutic effects of the thermal vapours in a wellness circuit that lasts around 50 minutes.

The water running through the Grotto is rich in salt, sulphate, and alkaline earth and comes out of the ground at around 34°C. Its vapours generate a steam bath that provides effective treatment for respiratory, circulatory, osteo-muscular, nervous, and skin complaints.

In the underground hot spring lake, guests can opt to have soothing floating therapy, a deeply relaxing and highly effective treatment for relieving pain and combatting stress, or take part in thermal yoga classes inside the grotto. The spa also uses mud baths, inhalations, sprays and aerosol treatments all of which incorporate thermal water and mud from the Grotto.

Grotta Giusti is the only hotel in the world to have an underground thermal cave and lake that you can scuba dive in and there is no experience quite like diving into its warm, thermal waters. The interiors of the cave both above and under water are decorated with stalactite and stalagmite formations, and feature several underground labyrinths with spacious caverns.

With a decadent history as the 19<sup>th</sup> century former home of famed poet Giuseppe Giusti, Grotta Giusti is now a prestigious hotel that has maintained its historical air and natural charm with a backdrop of antique furnishings and paintings. As well as the private underground thermal cave and lake, the hotel offers 64 lavish rooms with marble bathrooms, an outdoor thermal swimming pool and a large summer pool in the garden.

*Nightly rates at Grotta Giusti start from €144 (£127\*) per person per night in a Comfort room on a B&B basis. Rates also include wi-fi, access to spa and fitness facilities. For further information or to book please email [booking@grottagiustiapa.com](mailto:booking@grottagiustiapa.com) or call +39 0572 90771. \*Price in pound sterling accurate according to today's exchange rate.*

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### **About Italian Hospitality Collection**

Italian Hospitality Collection is a world-class hotel, resort and spa brand that provides rich, authentic experiences for avid travellers who seek to feel loved, cherished and indulged in a genuine Italian lifestyle. Created in December 2014, Italian Hospitality Collection aims to be ambassador of the Italian culture, art and nature, with its collection of exclusive hotels in landscapes of excellence: Le Massif in Courmayeur, Chia Laguna in Sardinia, with its unique crystal-clear waters and Fonteverde, Bagni di Pisa and Grotta Giusti in Tuscany, the country of thermal spas, history and unique wine routes.

Website: [www.italianhospitalitycollection.com](http://www.italianhospitalitycollection.com)