

Beach, garden, Park hydrothermal, contemporary art.

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history

Since the days of the Etruscans, thermal waters have been used by priests in religious rites; as the Romans spread through Italy, they popularised thermalism with the creation of numerous thermal centres throughout the peninsula.

Based on detailed and innovative scientific studies begun in those early times, the first therapeutic protocols were introduced.

This natural resource has made Ischia famous since antiquity. Strabo and Pliny often alluded to the therapeutic powers of the island's waters in their writings. The renown of the spas of Ischia has waxed and waned over the centuries: already known in the era of Magna Grecia, they were rediscovered by the Romans during the Imperial age and, after long obscurity, were studied by Doctor Jasolino at the end of the 16th century.

Negombo Park, set in the Bay of San Montano, is considered one of the richest basins and most productive sources of thermal water.

the thermal waters

The spring waters at Negombo are: **Mineral** (as they contain dry mineral residues of more than 1 gram per litre)

Hyperthermal (they flow from the spring at a temperature above 40°C)

Alkaline (as they are rich in sodium chloride)

Radioactive (they contain small quantities of the noble gas, radon)

The water at Negombo can add to the individual characteristics listed above the presence of the noble gas Radon, which makes it mildly radioactive and favours the absorption of salts present in the waters into the body. In addition the water, with its anti-inflammatory and soothing effect, after producing an initial feeling of tiredness, goes on to improve muscle tone.

negombo - a users guide

Negombo is a microcosm, conceived and built as a place of delight and wellbeing that contains all the pleasures and benefits that the thermal waters can give, combined with the sea and the garden that surround it. Each of the "pools" the park offers is designed for specific functions: the thermal pools provide relaxation and the prevention of rheumatism and improve the skin; the hydro-massages are there to stimulate the circulation; the Hamam (Turkish baths) are for the elimination of toxins; the sea provides iodine and a place for swimming.

All of this is available for use on a flexible and recreational basis as suits the needs and personality of each guest. There is therefore no single way for everyone to get the best from what the Park offers, nor from what each element does. You can for example make use of the different temperatures of pools according to the wellbeing and pleasure which you wish to achieve and the experience you want to have.

You can freely combine seawater and thermal water baths in any order. You can use the water spouts of the Templare, designed with the upper parts of the body in mind, for other applications and massages. The combination baths, which alternate hot and cold water pools, such as the Labyrinth and the Maya, are useful for stimulating the circulation and foot reflexology, but there is no prescribed number of circuits, nor is it obligatory that you go from the hot water into the cold. The optimum route - in the absence obviously of any specific cardio-circulatory condition - is therefore the one that meets our specific and unique requirements, given our individual history, tastes, needs and lifestyle, at that moment or on that day.

The whole park, with its swimming pools, bathing places, waterfalls, Turkish baths and caves spread throughout - as true "installations" - is a place of wellbeing, as it is a place of beauty, of discovery, of recreation, of sport and of adventure. So it is that to enter the Turkish bath, in the lower part of the park, is to experience an amniotic architecture painted by the shafts of light that filter the path of the sun whilst, on the slopes above, the feeling is more a return to the cave, to the womb of the rock, and an immersion in a deep well.

In the same way the garden offers many diverse experiences: the enjoyment of its beauty and the rediscovery of a relationship with nature and its slow pace, a return to the magical and adventurous age of childhood and an appreciation of the complex botanical research behind the rare and unusual plants growing there, subtly blended into the design of the landscape in harmony with the Mediterranean maquis. And finally the park allows you an aesthetic experience, an extraordinarily direct and unexpected encounter with contemporary art, with works by Arnaldo Pomodoro, Giuseppe Maraniello, Lucio Del Pezzo and Laura Panno set around the gardens.

The Greeks considered the "middle state" (media misura) to be perfection, for this reason they did not assign it a specific numeric value: where the ideal point lies, somewhere between too much and too little, is in fact different for each of us.

We have applied this wise rule when integrating Dionysism into the inspiration of the philosophy of Negombo. Guests are therefore invited to make individual and creative use of Negombo by the invention of their own personal route around the park, for a wholly unique experience.

On the reverse are listed the therapeutic pools, with suggestions for their use. The numbering shown refers to their position on the map of the park displayed along the route which, if desired, can be purchased at the Negombo shop.



1
Chiaia di Luna
(temperature 35° C)

A crescent pool with a small cave cut into the hillside, ideal for relaxing and harmonising with your inner self.



3
Nesti, "life Source"
(temperature 30° C)

A cascading series of 3 terraced pools that ends with a powerful waterfall, set against a backdrop of stratified tufa in an extremely panoramic location. Secluded and silent, it is suitable for motor rehabilitation. On the level below, a large wooden deck is laid out for sunbathing.



2
Templare, thermal water spouts
(temperature 30° C)

Warm water cascades from the tall columns of the "Templare" to give the whole body a natural massage, improving the tone of the muscles in the neck and the shoulders, alleviating tensions. Particularly helpful for those suffering such problems.



4
Onphalos - a grotto for
anthrotherapy
(temperature 32° C)

A tufa cave, 12 metres deep and 4m high, comprising a warm relaxation pool, sauna cave, cold water well and a deep thermal plunge pool. Outside there are seats under water spouts and tre getti per doccia cervicali. Passare da una a una series of three hydro-massage jets. Going from one point to another relaxes mind and body.



5
Maya, "Kneipp" pool
(temperature 18° C e 38° C)

A bath of two separate pools, the larger with hot water and the smaller with cold, with steps and volcanic rocks. In moving from one to the other, the contrast in temperatures stimulates the circulation and generally tones the whole body. At least three immersions, moving from one pool to the other, are recommended.



7
Irrgang- Labyrinth Japanese bath
(temperature 18° C e 38° C)

The Labyrinth is a circuit of two contrasting pools, one has hot thermal water (38°) and the other has cold water (16°). The lower limbs and feet, crucial points for the venous and lymphatic systems, receive a natural massage from the river pebbles that form the bed of the pool as you walk round. At least 5 complete laps of the Labyrinth are recommended.



6
Small Seawater Pool
(temperature ambient)

Size 3.4 metres by 1.65m, depth 1.45 metres; powerful jets in the pool. Suitable for those who prefer their hydro-massage with sea water.



10
Hamam - Turkish Bath
(temperature 34° C)

The Turkish Bath induces a general vasodilatation and, by stimulating profuse sweating, causes the elimination of accumulated toxins.



11
Large Seawater Pool
(ambient temperature)

This is an Olympic-size pool for gentle swimming. Dimensions: length 33 metres, width 15m. Two depths 0.9 metres and 3m. Suitable for everyone.



13
Ribollita, thermal pool
"Jacuzzi" (temperature 38° C)

"Jacuzzi" thermal pool for a maximum of 8 people, 2.2 metres by 1.8m, 0.8m deep. With seats around the sides. Specifically suitable for hydro-massages.



12
Marina dell'Arco: seawater pool
(ambient temperature)

Warm seawater pool suitable for children. Diameter 6 metres - Depth 1.5m



22
Thermal pool "8"
(temperature 34° C)

A figure of eight pool, two circles with diameters of 4.4 and 5.5 metres, 1.4m deep with strong hydro-massage jets and a thermal waterfall on one side; medium temperature. Slow movements and a stay of 10 minutes are recommended.



26
Large Thermal Pool
(temperature 30° C)

This is a low temperature thermal pool that allows free movement and gentle swimming. Staying in the water allows the body to absorb the oligoelements essential for analgesic therapy and, when combined with the correct movements during the use of the pool, all the articular segments will attain greater mobility and elasticity. A stay of 15 minutes is recommended.



29
Circular Thermal Pool
(temperature 38° C)

5.8 metres diameter, 0.9 metres deep. With a waterfall on the edge and underwater hydro-massage. Given the high temperature, slow movements are recommended and a stay of 8 minutes.



28
Negombo Health
and Beauty Centre

This is a modern, well equipped centre for health and beauty treatments. 16 cabins, the latest in medical equipment, a covered pool for Aqua Relax, professional therapists and staff.

At the Health and Beauty Centre the journey through the thermal spa is complete: in fact, by offering the most advanced aesthetic medical treatments and the most ancient curative practices, it is in a position to not only increase the benefits and pleasures of the thermal spa but of also responding to diverse and personal needs, requirements and styles of life and thought. Beauty and health, treatments and cosmetics are all at one and are no longer to be thought of separately.

