

# Soaking Up Saturnia

I visited Saturnia a few years ago on a hot Sunday. The springs were crowded with people and I vowed to return on a weekday before the busy season. We returned this spring to find it much less crowded.

Water gushes out from the spring at 37 degrees at 800 litres per second. Pools have formed down the slope, offering wonderful places to soak in the sulfurous water.

Facilities are basic, so we were prepared. We had our swim-wear on, had towels with us, and plastic sea slippers on our feet. The pools look slippery, but they are not. The surface is quite rough and there are lots of tiny pebbles on the bottom of the pools. The water is clear.

There were several people enjoying the gorgeous cool spring day.

At the top, where the water gushes out, the pressure is very strong and the water is warmer. It makes for a great massage. Some brave souls stood on the rock at the top, but the water really belts down with force, so we took the less adventurous option.

Lower down the massage is more gentle.

It is great to get your own little pool and let the water run over you.



We stayed for more than an hour before dragging ourselves away. We returned early the next morning to be almost the first to arrive for the day. The pools looked stunning in the morning light.



We stayed just around the corner from the spa at a lovely agriturismo, *Le Cascatelle*. It is set in an olive grove. Best of all was the breakfast. We knew it would be good, we could smell delicious things being baked when we arrived the afternoon before. All produce was from the property. I particularly liked the fresh ricotta with honey from their own bees. They also make wayward winning wine.

As we drove away we got great views of the spa from above.



We will definitely return. It would be fun to try the water in winter, perhaps with snow. If you go, be as early as you can in the off season to avoid crowds. The spring is very popular with good reason. Saturnia is in southern Tuscany in the province of Grosseto.

– by Debra Kolkka

See her Wordpress blogs, *Bella Bagni di Lucca* and *Bella Bagni and Beyond*

[<< home](#)

[Click here to read an article from last month: >>](#)