

# Negombo

*"Living in the sign of beauty"*

by Giorgia Mauri





San Monato bay



The Negombo Hydrothermal Park nestles in the San Monato bay at Lacco Ameno, on the island of Ischia: a great Garden which houses extraordinary species from every part of the world coexisting in harmony with plants typical of the Mediterranean scrub. **A corner of paradise on earth** where nature finds one of its most important expressions in the thermal springs. A place for pleasure and wellbeing protected by the nature and stimulated by the water which provides enjoyment pumpering the senses.

Negombo is a microcosm which contains all the pleasures and benefits that the **thermal waters** can give, combined with the sea and the garden that surround it.

The passion for botany of the family of the Camerini Dukes, of ancient Venetian origin, gave rise to the first nucleus of the Negombo Botanical Garden in 1946.

Today the Negombo Botanical Garden is the result of efforts made by many people, a concerted teamwork that involves its owner, **Duke Paolo Fulceri Camerini**, **Marco Castagna**, native of Ischia island and curator of the park since the mie 70's, and the landscape designer **Ermanno Casasco** who has been working here since the late 1980s creating a garden deeply rooted to the millenary culture of the place, rich in surprises and unexpected solutions, with the variety and the magnificence of plants from Australia, Japan, South Africa and Brazil.\*

Thanks to their entrepreneurial choices and their creative solutions today Negombo Park is considered one of the richest basins and most productive sources of thermal water.



\* Worth noting are examples of *Orbea variegata* (= *Stapelia variegata*), *Hakea*, *Encephalartos*, *Macrozamia*, *Cycas media*, *Dasylirium*, *Erythrina*, *Schinus terebindifloria*, a hundred-year-old *Ficus magnolioides* and the spectacular *Eucaliptus ficifolia*.



The volcanic origin of the Island has given Ischia one of the richest hydrothermal resources in the world. It has 67 fumaroles 29 catch basins and 103 hot springs. The Negombo has been designed to combine the extraordinary therapeutic properties of the spa waters with a healthy, entertaining holiday. The thermal waters are often effective in the treatment of osteo-articular diseases, heliotherapy, massages, sprays, inhalations and thermal pools with hydromassage jets are all available to give an enviable sense of well-being and regeneration.

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.

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.











# 1 Negombo Hydrothermal Park

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.

3 **Nesti, “Life Source”** (temp. 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.

4 **Onphalos** – a grotto for anthrotherapy (temp. 32°) 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 a series of three hydro-massage jets. Going from one point to another relaxes mind and body.

5 **Maya, “Kneipp”** pool (temp. 18° C and 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.

6 **Small Seawater Pool** (ambient temperature) 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.

7 **Irrgang – Labyrinth Japanese bath** (temp. 18° C and 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.

# 8 Negombo American Bar

# 9 San Montano Beach

10 **Hamam – Turkish Bath** (temp. 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.

12 **Marina dell’Arco**: seawater pool (ambient temperature) Warm seawater pool suitable for children. Diameter 6 metres – Depth 1.5m

13 **Ribollita, thermal pool “Jacuzzi”** (temp. 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.

# 14 Shop

# 15 Head office

# 16 Ticket office-entrance

# 17 Theatre-arena

# 18 Wardrobe, toilet, changing rooms, showers



Large Seawater Pool



San Montano Beach



Maya, "Kneipp" pool



Irrgang - Labyrinth Japanese



19 Restaurant

20 Self-Service

21 Fresh fruit bar

22 **Thermal pool “8”** (temp. 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.

23 **Thermal showers**

24 Car park

25 Entrance to the park



26 **Large Thermal Pool** (temp. 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.

27 Entrance to the park

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.

29 **Circular Thermal Pool** (temp. 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.





Nesti, "Life Source"



Large Thermal Pool



Templars, thermal water spouts



Small Seawater Pool



negomho



# hotel della haia

A beach of the finest sand, fourteen swimming pools among marine, thermal and therapeutic where swimming or relaxing caressed by hydro-massages.

A Thermal Department with Turkish bath indoor swimming pool and the most modern beauty-curative treatments in the Health and Wellness Centre (oriental techniques, ancient holistic therapies, aromatic massages, ayurvedics, reflexology, physiotherapy, facial and body treatments, peeling and water relaxation). A continuous emotion, a rare and unusual experience in a corner of total beauty and tranquillity.







Hotel della Baia San Montano

Baia di S. Montano

80076 Lacco Ameno

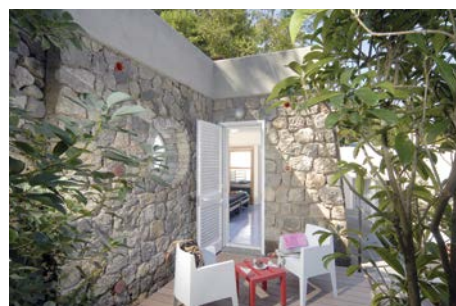
Isola d'Ischia (Napoli)

ph. 081 986398 - 081 995453



Bars and restaurants on the seafront. Panoramic gardens where, depending on the season, you can admire plentiful blooms, smell Mediterranean fragrances, pick seasonal fruits. A shop for delightful purchases. And above all the possibility for each customer to take possession of a private corner where feeling like the privileged guest of a garden of marvels.

200 meters from Lacco Ameno, the **Hotel della Baia** has sixteen rooms (two of which have Turkish baths) that boast every comfort, terrace with garden, five independent annexes set in private wooded grounds, American bar service and light breakfasts in the hotel.





The whole Negombo Hydrothermal 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.

In the same way the garden offers many **different 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 scrub.

And eventually the park allows you an **aesthetic experience**, an extraordinarily direct and unexpected encounter with the contemporary art, with works by Arnaldo Pomodoro, Giuseppe Maraniello, Lucio Del Pezzo, Laura Panno and Gianfranco Pardi set around the gardens.







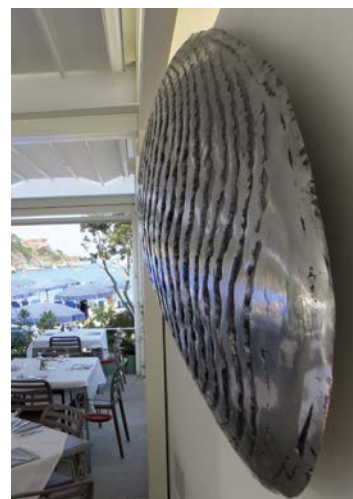
"Gli Occhi di Nesti e di Neri" - Laura Panno, 2003



"Arco in Cielo" - Arnaldo Pomodoro, 1998



"Rive dei Mari" - Arnaldo Pomodoro, 2015







"Strale per il Negombo" - Lucio Del Pezzo, 2003



"Sprigionamenti" - Gianfranco Pardi, 2015



"Volo" - Giuseppe Maraniello, 2004





## YESTERDAY AND TODAY

The necropolis of ancient Pithecusa was constructed in the bay of San Montano.

It is one of the oldest Greek settlements in the west.

The Eubei landed here in about 77 B.C., they were probably attracted by a bay that could protect their boats from the winds and the tides as they could move from one side of Monte Vico to the other or could haul their boats on to the beach.

The Eubei were skilful potters and produced vases in terracotta (of considerable archeological interest) which can be admired in the local museum of Villa Arbusto.

The choice of shape and colour reach perfection in the Cup of Nestor.

The park has an **open arena** containing 1700 seats where congresses, RAI-TV shows held.

On hot summer evenings, **classical, popular and jazz concerts** have been staged, starring, among others, Miles Davis, Mireille Mathieu, Tina Turner, Ray Charles, Renzo Arbore, Claudio Baglioni, Lucio Dalla, Julio Iglesias, Ornella Vanoni, Roberto Benigni and more.

The bay itself has been the scene of famous film such as "**Cleopatra**" and the "**Crimson Pirate**". And at the end of one of the promontories stands "the Colombaia" ("the Dove-cote"), the beloved residence and refuge of **Luchino Visconti**.

Every year in the garden takes the important horticultural fair "**Ipomea Negombo**".

The next edition will be held on **20/21/22 May 2016**.

On the night of **16th May** the landing of local saint, **Santa Restituta**, in the bay, is imaginatively evoked in an ancient popular representation which attracts light-hearted crowds of local people and tourists.

In this spectacular surroundings, the Negombo organizes **weddings, celebration parties and gala evenings** around the swimming pools and in the restaurant overlooking the sea.

### Negombo

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