

THE WELLNESS SANCTUARY



HOLISTIC
THERAPIES



RETREAT

RESTORE

INSPIRE

WELCOME TO THE WELLNESS SANCTUARY

At The Wellness Sanctuary, we embrace a human-centred approach to health. True well-being comes from balancing the body, mind, and spirit. Our therapies are designed to relieve tension, promote natural self-healing, and enhance emotional well-being.



WELLNESS FACILITIES

*The Wellness Sanctuary Welcomes You Daily
from 10:00 a.m. to 8:00 p.m.*

Wellness Sanctuary Facilities

- Indoor swimming pool
- Hydrotherapy pool
- Tepidarium with salt mist
- Sauna
- Steam room
- Experiential showers
- Ice fountain
- Mountain shower – Kneipp therapy
- Wellness lounge

Facilities Access Details

Hotel Le Fontanelle Guests 75 min | ~40

Enjoy 45 minutes of complimentary access when you book any wellness experience lasting 75 minutes or more.

Non-resident Guests

75 min | ~80

Indulge in 45 minutes of complimentary access when you book any wellness experience that lasts 75 minutes or longer.



Book your wellness escape today

To enhance your experience, we recommend booking in advance. This secures your spot and helps us tailor the experience to your needs.

Contact us: +39 0577 357502
wellnesssanctuaryinfo@fontanellestate.com
fontanellestate.com/the-wellness-sanctuary

Cancellation Policy

To ensure the highest level of service, we adhere to a 12-hour cancellation policy. Please note the following:

- Cancellations made within this timeframe will incur a full charge.
- Non-resident guests are required to guarantee their appointments with a credit card.
- Late arrivals may result in shorter session times.

Thank you for your understanding!





MASSAGES & BODYWORK

Unwind • Restore • Harmonize

Signature Aroma Harmony Ritual

A tailored gentle body massage for deep relaxation and stress rejuvenation.

50 min | 135

75 min | 170

Muscle Release Ritual

Deep therapeutic bodywork to reduce muscle strain.

50 min | 135

75 min | 190

Hot Stone Massage

This soothing massage promotes muscle relaxation through the placement of hot lava stones on key points of the body, enhancing circulation and relieving tension.

50 min | 135

75 min | 190

Uplift Ritual

A targeted massage for the head, neck, and shoulders that relieves tension, stimulates microcirculation, and promotes mental clarity.

50 min | 135



Maternity Bliss Ritual

50 min | ₺135

75 min | ₺190

Gentle therapy to relieve aches and strain to improve overall well-being. Promotes skin elasticity for the mother while creating a warm cocoon for the baby.

Special Couple Ritual *Harmony & Senses*

60 min | ₺280

An immersive experience designed for couples, created to release tension and restore a deep connection between body and breath. The ritual takes place in a private, intimate setting, enhanced by soft lighting, gentle sounds, and natural fragrances that encourage complete relaxation.

Two therapists work in perfect synchrony, performing a simultaneous massage with fluid, enveloping movements carefully designed to ease muscular tension and calm the nervous system. The harmonious rhythm of each gesture guides the couple into a state of profound relaxation, transforming the treatment into a shared sensory journey.

Harmony & Senses is more than a massage — it is a true ritual of connection, designed to deepen intimacy, awaken the senses, and create a meaningful moment of well-being to be experienced together.



BODY CARE

Signature Revival

Body wrap and full body massage for detox and invigoration.

50 min | ₺145

75 min | ₺190

Rose Ultra Hydration

Full body ritual with complete face care.

50 min | ₺145

75 min | ₺190

Grape Therapy

Tuscan grape-based exfoliation and deep tissue massage.

50 min | ₺145

75 min | ₺190





HOLISTIC HEALING TREATMENTS

Reflexology

60 min | ~195

Restore balance by addressing key pressure points on the feet, impacting internal organs and their functions. This gentle, non-invasive treatment alleviates muscle pain, headaches, and promotes relaxation while reducing mental and physical tension.

Shatsu

60 min | ~195
90 min | ~280

Experience deep relaxation that promotes emotional calm and reduces tension. This technique helps relieve stress, treat discomfort, and improve sleep quality by stimulating energy flow and enhancing the body's natural healing abilities.

Thai Massage

60 min | ~180
90 min | ~260

Enjoy an energizing and balancing treatment that relieves stress and promotes relaxation. This massage combines pressure points, muscle stretching, and rhythmic movements to restore flexibility and elevate energy levels.





FACE CARE

The Wellness Sanctuary offers a collection of therapeutic facials personalized for each guest, utilizing nearly 30 years of clinical research to create results-based aromatherapy and holistic skin solutions.

Essential Daily Hydrating

A deeply hydrating and nourishing facial. Ideal for most skin types.

30 min | ₹95
60 min | ₹170

Rejuvenating face treatment

The rejuvenating face treatment is a unique treatment that leaves the skin visibly plumper and more youthful. At the heart of this exclusive experience are the Rejuvenating products, working in synergy to quickly restore radiance and enhance a fuller, revitalized appearance.

30 min | ₹95
60 min | ₹185

Advanced Bio Lifting Face Ritual

This intensive facial treatment, enhanced by a lifting biodynamic massage, delivers immediately visible results. The biodynamic technique works deeply to provide a firming, plumping effect while reducing the appearance of fine lines.

80 min | ₹210





ENERGY & INTUITIVE HEALING

Experience transformative practices designed to remove blockages and restore the natural flow of energy within your body. These sessions enhance deep relaxation, mental clarity, and emotional release. Each treatment includes a rejuvenating elixir or tea offering to complement your experience.

Tibetan Sound Massage

60 min | 195

A full-body sound treatment that uses the vibrations of Tibetan bowls to promote deep relaxation and energetic balance. The harmonious frequencies help release physical and mental tension, supporting the nervous system and inducing a lasting sense of calm.

Craniosacral Therapy

60 min | 185

A profoundly gentle and intuitive therapy rooted in osteopathy, this session aims to improve craniosacral fluid flow, allowing your body's innate healing abilities to flourish. By gently easing chronic tension, this therapy promotes emotional well-being, alleviates pain, and enhances overall health and vitality.

Mind Reset – Access Bars Experience

60 min | 180

A non-invasive treatment based on light touches on 32 specific energy points on the head, designed to help release limiting beliefs and past emotional patterns. It supports mental clarity, stress relief, and a deeper sense of inner balance and well-being.



BATH RITUALS

Immerse yourself in a luxurious bath ritual infused with local botanicals and pure essential oils sourced from the beautiful Italian gardens. Elevate your wellness experience by combining one of these selections for profound relaxation. Each ritual includes a rejuvenating elixir or tea offering to enhance your journey.





Tuscany Bath

30 min | 790

Invigorate Your Senses

Revitalize with a blend of soothing lavender, fresh seasonal flower petals, and aromatic garden leaves. Enhanced with Volterra salt, rosemary, and eucalyptus essences, this bath offers invigorating and stimulating aromatherapy for a refreshing experience.

Rose Bath

30 min | 790

Indulge in Pure Elegance

Immerse yourself in a sea of exquisitely scented floating rose petals, complemented by Volterra salt and our signature Love essential blend. This ritual fosters a sense of connection, relaxation, and an uplifting of the spirit.

Dream Bath

30 min | 790

Awaken Your Imagination

Soothe your soul and body with a calming infusion of calendula and chamomile, Volterra salt, and fresh lemon. Scented with our Renew blend of cypress and lemon, this bath supports change, vision, and dreams through its powerful aromatherapy properties that strengthen both body and spirit.



WATER HEALING

Wellness Flows —

Embark on guided journeys within our Water Healing facility, designed to rejuvenate your health and well-being. Immerse yourself in one of our three thoughtfully crafted hydrotherapy sequences, each tailored to address specific needs. Each Spa Flow combines carefully selected hydrotherapy facilities with soothing sound waves, featuring unique audio tracks that include guided meditations and inspirational messages. To elevate your experience, we incorporate carefully chosen essential oils and phytotherapy shots.





Purify Flow

120 min | ~130

*Body-Mind Purification Focused on Detoxification.
Supports physical detox and mental clarity.*

Our Purify Flow is designed to detoxify both body and mind, promoting the elimination of accumulated toxins and stress from less-than-ideal habits and lifestyles. This flow emphasizes hydro-massage and cleansing techniques, delivering visible benefits for your skin.

Revitalise Flow

120 min | ~130

Hydrate, Rest, and Invigorate with Contrast Therapy.

The Revitalise Flow aims to elevate energy levels, combat insomnia, and reduce anxiety while boosting immunity and enhancing overall mental and physical well-being.

Revitalise Flow

120 min | ~130

*Soothing Integration Focused on Breath and Balance.
Enhances inner and outer balance.*

Our Harmonise Flow is designed to promote physical relaxation and emotional balance, alleviating muscle tension and fostering a deep sense of tranquillity.



NAIL CARE AND WAX SERVICES

Deluxe Pedi-Care

60 min | ₹95

Enjoy a sensory foot bath ritual followed by detailed nail grooming and revitalizing foot massage. Finish with your favourite nail polish for dazzling shine.

Deluxe Mani-Care

50 min | ₹80

Hands bathed in a warm flower soak, exfoliated, and massaged with nourishing cream. Finish with your favourite nail polish for dazzling shine.

Professional Waxing Service

Timing and prices will vary depending on the area being treated.





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A PEACEFUL HEAVEN
TO EXPLORE, DISCOVER
AND REGAIN ONE'S INNER
STRENGTH

