



THE WELLNESS
SANCTUARY

MINDFUL
PRACTICES



Retreat. Restore. Inspire.

Practices such as yoga and movement, breathwork, mindfulness, movement, sound wellness, and more active sports foster health and wellbeing while nurturing the human spirit and unfolding new awareness, freedom and joy. These sessions inspire a deeper connection with oneself and the whole of life, promoting clarity, confidence and authenticity.





FACILITIES RESERVATION

Wellness Sanctuary Facilities

Indoor swimming pool, hydrotherapy pool, tepidarium with salt mist, sauna, steam room, experiential showers, ice fountain, mountain shower-Kneipp therapy and wellness lounge.

SPA Daily:

10.00am – 8.00pm

To make the most of your spa experience we highly recommend to book your access in advance at the reception or directly at The Wellness Sanctuary.

For The Club House guests

Access to The Wellness Sanctuary Facilities is complimentary.

For Hotel Le Fontanelle guests

75 min - 45€

Access of two hours is included with any treatment booking of 90 minutes or more.

For non-resident guests

60 min - 80€

Access of two hours is included with any Wellness Day booking.
We provide walk-in access based on availability.

MEDITATION & MINDFULNESS

All include a pure Elixir or Tea Offering

Breathwork

45 min - 135€

Explore the essence of breathwork and discover how it can help calm the nervous system, restore vital energy, and allow you to tap into the deep well of your unique creative power

As humans from around the world, we have experienced a period of constant change, alertness and deep concern, especially over recent years. It is time to heal our wounds, let go of the past, strengthen our resilience and find our way forward with confidence, wisdom & compassion. Emerge wiser and more resilient from connecting consciously and skilfully with your breath, acquiring a tool that can bring back a sense of embodied presence and intuitive response to any circumstance of your life.

Meditation

60 minutes (up to two people) - 170€
Additional (third onwards) 85€ per person

Train your mind to focus and redirect your thoughts

One of the most studied practices by science, meditation has been proved to restore mental and emotional health improving symptoms of stress-related conditions. Practicing meditation develops other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance. Nurture a positive outlook on life as you grow into your best self, developing kind thoughts and feelings toward yourself and learning to extend this kindness and forgiveness to others.

Mindfulness

60 minutes (up to two people) - 170€
Additional (third onwards) 85€ per person

Train your attention and bring yourself into the present moment

Step outside of autopilot behaviors to relate more skillfully to emotions, thoughts, and even unpleasant physical sensations. Through simple practices and tools, learn how to respond rather than react automatically to stressful situations and challenging interpersonal encounters. Get more in touch with the most important person in your life: you!

YOGA & MOVEMENT

All include a pure Elixir or Tea Offering

Yoga 60 minutes (up to two people) - 170€
Additional (third onwards) 85€ per person

Practices for mental and physical poise and resilience

Yoga helps to quiet the mind, create robust health, and promote energetic balance through postures (asana), breathing (pranayama), meditation (dhyana), and more. Our teachers, inspired by various approaches, emphasize restorative, dynamic, and holistic yoga traditions.

Aikido 60 minutes (up to two people) - 170€
Additional (third onwards) 85€ per person

A pathway in the “art of peace” supporting you to achieve a more full and joyful life

In addition to bringing the typical benefits of meditation, aikido is also an excellent aerobic activity that helps create a strong connection with others through a practice that teaches “being together” with compassion, respect and unity. Aikido also teaches how to overcome the different fears that arise in life by transforming them into propulsive energy and enthusiasm and putting one’s ideas into action. The practice of Aikido becomes a metaphor for life— learning to manage yourself, the situation and others in the best way, cultivating willpower, discernment and self-control.

Pilates 60 minutes (up to two people) - 170€
Additional (third onwards) 85€ per person

A training system designed to stretch, tone, and balance the body

Experience a gentle way to strengthen all muscles evenly, developing fluidity and precision of movements and improving or correcting posture through emphasis on the abdomen and back. Achieve these goals by performing slow movements, maintaining great concentration and attention to breathing, so that physical activity results in greater awareness of one’s body and one’s movement in space.

SOUND WELLNESS

All include a pure Elixir or Tea Offering

Sound Bath

60 min - 260€

A deeply relaxing meditative experience to come back to a natural state of wholeness

“Bathe” in the sound waves and frequencies produced by instruments such as chimes, gongs, and singing bowls. During a sound meditation, as you listen with intention and awareness, you’ll naturally deepen your inner connection while beginning to feel more calm, balanced and recharged.

Chakra Awakening

60 min - 180€

Energy balancing through sound

The vibration of singing bowls placed on each individual Chakra is ideal for calming the mind and connecting you with your essence. Sound has the power to harmonise matter. In the body, it releases energy blocks, increases body awareness, deepens the breath, and has a soothing effect on the nervous system, leaving the receiver with a renewed sense of relaxation and fine-tuned awareness.

Reservation is required at least 24 hours prior.

CANCELLATION POLICY

Due to our small capacity and to ensure the highest level of service to all, we have a 12-hour cancellation policy to all in-house guests. Cancellations or changes to the appointments made within 12 hours will not be charged.

Less notice than this will result a charge of the full amount of the treatments.

For non-resident guests the appointments must be guaranteed by a credit card.

Late arrivals will mean a shorter session.



A PEACEFUL HEAVEN

A restorative getaway from the complexities of life's everyday affairs

A place that evokes an immediate sense of safety, calm and "home."

TO EXPLORE, DISCOVER AND REGAIN ONE'S INNER STRENGTH

A place where as soon as you arrive, you begin to hear the beating of your heart and smell the gifts of untethered nature once again

This is a place to attune one's senses and embody new ways to bring harmony and happiness to your soul.