

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.



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
wellnessanctuaryinfo@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!



YOGA

Practices for mental and physical poise and resilience

60 min | 100

Yoga helps quiet the mind, create robust health, and promote energetic balance through posture (asanas), breathing (pranayama) and meditation (dhyana).

MEDITATION

Train your mind to focus and redirect your thoughts.

60 min | 120

Meditation has been proven to restore mental and emotional health, improving symptoms of stress-related conditions.

BREATH WALK

Calm your thoughts and restore your energy.

60 min | 120

Explore the essence of breath walk and discover how it can help calm the nervous system and restore vital energy. This practice strengthens resilience and promotes a sense of presence.

MINDFULNESS JOURNALING

Train your attention and bring yourself into the present moment.

60 min | 120

Mindfulness helps you relate skilfully to emotions, thoughts, and physical sensations.



The page features decorative geometric patterns in the corners, consisting of overlapping circles and lines forming a stylized floral or leaf-like design. These patterns are rendered in a light, muted green color against a darker, textured green background.

WS

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

www.fontanellestata.com