

THE WELLNESS
SANCTUARY



NATURE
IMMERSIONS



RETREAT RESTORE INSPIRE

Engaging in sports in nature helps us achieve vitality, resilience, strength, agility and self-confidence in all aspects of our lives. Combined with holistic therapies, movement becomes a cornerstone of our health and wellbeing.



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:

10.00 a.m. | 8.00 p.m.

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.



NATURE IMMERSIONS

Forest Immersion

Unwind in a guided forest walk and enjoy a clearing of the mind and immune-boosting benefits

90 min | € 195
120 min | € 280

Our forest walks are sensory immersions in Nature that allow you to really slow down, re-tune to the frequency of Nature and be present to yourself, to others, and to the world around you. Recognised as a cornerstone in preventative health, “forest bathing” awakens our innate, empathetic, and natural connection to Nature, restoring our much-needed sense of belonging and wellbeing.

Guided Walking | Hiking

Health benefits for all ages and fitness levels

90 min | personalized itinerary
120 min | personalized itinerary

Discover the Chianti Classico region in a slower and more connected way walking through Tuscan history, nature and culture led by a professional guide and local treasures connoisseur. This is a light and pleasurable adventure which will boost the immune system and energy levels, increase sleep quality, and open up the free-flow of creative thinking. Emerge refreshed with a renewed sense of life.

Guided Cycling Tour

An authentic and memorable experience on and off the saddle cycling through the Tuscan hills

60 min | personalized itinerary
90 min | personalized itinerary
120 min | personalized itinerary

Take the opportunity to discover our territory in a slower way, more connected with the terrain, where it is possible to get in touch with Tuscan history, nature and culture in the company of a professional nature guide. Discover the stone villages, iconic vineyards and olive groves of Chianti, a postcard-perfect wine region.

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.





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

www.fontanellestete.com