

THE WELLNESS SANCTUARY



WELLNESS
DAY PROGRAMS



RETREAT RESTORE INSPIRE

Embark on a transformative journey with our exclusive Wellness Day programs, thoughtfully designed to rejuvenate your body and uplift your spirit. Each program features a bespoke collection of holistic beauty treatments, bodywork, and mindfulness sessions, all complemented by Tuscany-inspired cuisine. Enjoy a delightful lunch served at Osteria Il Tuscanico, enhancing your experience of relaxation and culinary delight.



WELLNESS FACILITIES

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!

WELLNESS DAY PROGRAMS

Every experience includes tisane water
and nibbles at the Wellness Lounge.





ULTIMATE WELLNESS ESCAPE

4 Hours

Enjoy a holistic experience that rejuvenates both body and mind.

Signature Aroma Harmony Ritual

60 min

A gentle body massage emphasizing deep relaxation and stress relief. This signature massage begins with reassuring hands on the back, then grounding pressures along the body towards the soles of the feet. Long gliding strokes enliven and relax the muscles, immersing you in tranquility.

Tuscany-Inspired Lunch

60 min.

Purify Flow

120 min

A body-mind purification focused on detox that promotes the elimination of accumulated toxins and stress.

Price:

310 per person



RADIANT GRAPE THERAPY

2,5 Hours

Indulge in a luxurious grape-based treatment that nourishes and revitalizes.

Grape Therapy

60 min

A Tuscan grape-based body exfoliation that combines grape pulp and skin extracts for ultra-nourishing beauty care. Start with a gentle grape jam exfoliation, followed by a deep tissue massage with polyphenol-rich grape seed oil.

Tuscan Sunset Aperitif

45 min.

Rejuvenating face treatment

30 min

Price:

~280 per person



PURE SERENITY RETREAT

3 Hours

Experience complete relaxation with our soothing rituals.

Rose Ultra Hydration Body Care Ritual

75 min

A soothing full body ritual combined with complete face care, featuring handmade rose blend oil for radiant beauty.

Tuscany-Inspired Lunch

60 min.

Rose Bath

30 min

Experience pure romance with petals and essential oils that soothe your senses.

Price:

₹295 per person



MUSCLE RELEASE THERAPY

2,5 Hours

Relieve tension and restore vitality with this deeply therapeutic treatment.

Muscle Release Ritual

60 min

This full body treatment alternates acupressure, skin rolling, and wringing to reduce muscle strain and invigorate the whole body.

Tuscany-Inspired Lunch

60 min.

Aroma Bath

30 min

Awaken your spirit with a symphony of invigorating scents.

Price:

~260 per person



SIGNATURE WELLNESS JOURNEY

4 Hours

Create harmony within with a blend of physical and energetic healing.

Yoga Session

60 min

Engage in mindful movements and breathing to enhance flexibility and relaxation.

Tibetan Sound Massage

60 min.

An energy balancing therapy combining sound healing and massage therapy to promote grounding and emotional balance.

Tuscany-Inspired Lunch

60 min

Revitalise Flow

120 min.

Hydrate and invigorate for improved energy levels.

Price:

450 per person





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

www.fontanellestete.com