

# THE WELLNESS SANCTUARY



WELLNESS  
DAY PROGRAMS



# RETREAT RESTORE INSPIRE

Our private Wellness Day programs range from 2.5 to 5 hours and feature a bespoke collection of wellness experiences, combining holistic beauty and bodywork treatments, Spa Flows and mindfulness sessions with Tuscany-inspired cuisine. These programs have been specially designed for individual guests, couples and groups. Lunch or dinner included in the package will be served at Osteria Il Tuscanico or Restaurant La Colonna.





# 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.



# SIGNATURE WELLNESS DAY

INDIVIDUALS | COUPLES

## 4 Hours Experience

*Enjoy this ultimate wellness experience featuring rejuvenating face and body care rituals hand-blended with healing herbs and botanicals grown from nearby Tuscan gardens.*

The Experience includes:

### **Signature Revival**

100 min

### **Tuscany Bath Ritual**

20 min

### **Tuscany-Inspired Lunch**

60 min

### **Signature Skin Harmony Ritual**

60 min

Price:

€ 527 per person | € 999 per couple



# BEAUTY REVIVAL

INDIVIDUALS | COUPLES

## 5 Hours Experience

*Revive your radiance in this luxurious journey of nourishing beauty wellness rituals. Feel the benefits of remineralizing himalayan salt and herbal infusions for the body and nature's anti-ageing properties for the face, combined with the nurturing care of our dedicated therapists.*

The Experience includes:

### Signature Revival

120 min

### Aroma Bath Ritual

20 min

### Tuscany-Inspired Lunch

60 min

### Signature Skin Harmony Ritual

90 min

Price:

€ 660 per person | € 1250 per couple





# A MINDFUL JOURNEY

## **3 Hours Experience**

*Explore a reflective journey for cultivating inner peace and a deeper connection with self. Learn to meet life with greater ease and joy.*

The Experience includes:

**Yoga | Meditation | Aikido**

60 min

**Tuscany-Inspired Lunch**

60 min

**Uplift Ritual**

60 min

Price:

€ 360 per person | € 685 per couple



# PURE REJUVENATION

INDIVIDUALS | COUPLES

## 4,5 Hours Experience

*Rejuvenate from the inside out with this deeply purifying ritual aimed to improve circulation and refresh your internal organs and digestive system.*

The Experience includes:

### **Chi Nei Tsang Abdominal Massage | Shiatsu**

60 min

### **Grape Therapy**

120 min

### **Dream Bath Ritual**

20 min

### **Tuscany-Inspired Lunch**

60 min

Price:

€ 599 per person | € 1135 per couple





# VITALITÀ WATER JOURNEYS

INDIVIDUALS | COUPLES

## 3,5 | 4,5 Hours Experience

*"Flow" effortlessly through an intention-based sequence in our Water Healing facility accompanied by healing sound waves, guided meditation, pure essential oils and phytotherapy shots.*

### Purify

Purify Spa Flow | 90 min  
Grape Therapy | 120 min  
Tuscany-Inspired Lunch | 60 min

Price:

€ 460 per person  
€ 865 per couple

---

### Revitalise

Revitalising Spa Flow | 90 min  
Uplift Ritual | 60 min  
Tuscany-Inspired Lunch | 60 min

Price:

€ 305 per person  
€ 580 per couple

---

### Harmonise

Harmonising Spa Flow | 90 min  
Signature Aroma Harmony Ritual | 75 min  
Tuscany-Inspired Lunch | 60 min

Price:

€ 320 per person  
€ 605 per couple









## COUPLE'S RENDEZVOUS

### **4 Hours Experience**

*Indulge in a secret escape with your loved one and immerse in this blissful romantic rose journey.*

The Experience includes:

#### **Rose Ultra Hydration**

120 min

#### **Rose Bath Ritual**

20 min

#### **Tuscany-Inspired Dinner**

90 min

Price:

€ 799 per couple







## COUPLE'S CONNECTION

### **3 Hours Experience**

*Awaken the body-mind-spirit connection in unison with your loved one and discover newfound freedom and joy in this restorative couple's getaway.*

The Experience includes:

**Yoga | Meditation | Aikido**

60 min

**Tuscany-Inspired Lunch**

60 min

**Uplift Ritual**

60 min

Price:

€ 560 per couple







## FAMILY REFRESH

### **3+ Hours Experience**

*Take a break in a joyful invigorating movement session for the whole family  
and relax in the calm of our Wellness Sanctuary experiences.  
Emerge refreshed.*

The Experience includes:

#### **Family Yoga | Aikido**

60 min

#### **Tuscany-Inspired Family Lunch**

60 min

#### **Uplift Ritual and Youth Facial**

60 min | 45 min

Price:

€ 545 1 Adult + 1 Teen

€ 189 additional Teen

€ 210 additional Adult







# BEAUTY REVIVAL

GROUPS

## 3 Hours Experience

*Revive your radiance in this luxurious journey of nourishing wellness rituals. Feel the benefits of Tuscany-harvested grapes prized for their antioxidant properties and nature's anti-ageing properties for the face, combined with the nurturing care of our dedicated therapists.*

The Experience includes:

### **Grape Therapy**

100 min

### **Tuscany-Inspired Group Lunch**

60 min

### **Signature Skin Harmony Ritual**

30 min

Price:

€ 365 per person

For private groups from 4 up to 10 people







# PURE REJUVENATION

## GROUPS

### **4 Hours Experience**

*Enjoy a purifying day experience.  
Rejuvenate with self-care and inner peace.*

The Experience includes:

#### **Serenity Foot Ritual**

60 min

#### **Tuscany-Inspired Group Lunch**

60 min

#### **Signature Revival**

120 min

Price:

€ 480 per person

For private groups from 4 up to 10 people

***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.



WS

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

[www.fontanellestete.com](http://www.fontanellestete.com)