

THE WELLNESS SANCTUARY



HOLISTIC
THERAPIES



RETREAT

RESTORE

INSPIRE

At The Wellness Sanctuary we have a human-centered approach to health. Knowing that true well-being comes from balance in body, mind, and spirit, we are dedicated to addressing the whole person. From treatments to relieve tension and relax the nervous system for natural self-healing to therapeutic aromatherapy with its potent effects on the mind and emotions, our therapists bring you treatments with the natural human warmth and care you deserve.



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.



Etiquette for Your Wellness Journey

- The Wellness Sanctuary is open from 10 am to 8 pm daily.
- Guests are welcome to enjoy a lounge area where they can unwind with a selection of herbal teas, providing a serene space for relaxation.
- Towels, slippers, and essential amenities are provided during your visit for your convenience.
- The Gym is accessible between 8 am and 8 pm daily.
For access beyond these hours, contact The Club House reception.
- For inquiries or reservations, contact our dedicated Wellness Concierge by dialing extension 502.

Cancellation Policy

- We require a 12-hour (24-hour for external therapists) notice for cancellations or rescheduling to ensure quality service for all guests. Any changes must be made at least 12 hours (48-hour for external therapists) before your appointment to avoid charges. Cancellations within this timeframe won't incur fees, but those made with less notice will be charged the full treatment cost. Please note that late arrivals will result in a shortened session.
- For appointments outside our standard hours, there's a supplementary fee of €100. Please arrange these appointments at least 48 hours in advance by contacting the Wellness Sanctuary Concierge at extension 502.



MASSAGES & RITUALS

Each massage can be fully tailored to your individual needs and preferences. Simply discuss your desired focus areas, pressure, and wellness goals with your therapist prior to your massage, and together you'll create a treatment designed exclusively for you.

Individual:	Couple Massage:
75 min € 175	75 min € 350
100 min € 240	100 min € 480

To ensure your full enjoyment, kindly plan to arrive at The Wellness Sanctuary at least 15 minutes before your scheduled treatment. This time will allow for a smooth check-in process with our Wellness Concierge and the completion of a brief health questionnaire.

Hot Stone Massage

60 min | € 175

A deeply restorative ritual where heat and natural scents ease tension and renew body and spirit

A deeply relaxing and restoring ritual that combines the benefits of sound healing. This soothing massage promotes muscle relaxation through the placement of hot lava stones on different key points of the body. The direct heat of the stones, combined with our signature aromatherapy blends, help melt away tension, ease muscle stiffness, and increase circulation and metabolism.



Signature Earth to Heaven Ritual

75 min | € 180

An energy balancing therapy aimed to promote grounding and emotional balance and deepen self-awareness

A deeply relaxing and restoring ritual that combines the benefits of sound healing and massage therapy. An activating foot massage helps to promote blood circulation throughout the body while a subtle face and scalp massage follows to further release tensions. Gentle sound and vibration balance the body's energy flow and promote emotional harmony. Float away, returning in moments of grounding pressure. Dissolve into inner stillness in the space beyond mind - at peace.

Serenity Foot Ritual

60 min | € 160

A revitalising foot massage ideal for cleansing, grounding and emotional balancing

Foot massage is a natural healing art dating back thousands of years. Therapeutic pressure is applied to the reflex zones of your feet promoting healthy energy flow and blood circulation throughout the body. This artful massage of the feet helps release mental and emotional tension giving way for a peaceful mind, easeful body and increased energy. Drift into deep relaxation.







SPECIAL TREATMENTS

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Foot Reflexology

60 min | € 195

Remove any blockages and restore a state of balance in the whole body

With this therapeutic reflexology treatment, it's possible to intervene on the internal organs and their functions by operating on key pressure points, in a gentle and non-invasive way, with often surprising results. Reflexology is useful for the treatment of muscle pains and disorders, headaches, constipation, great for cleaning internal organisms and is an excellent tool for relaxation and reduction of both physical and mental tensions.

Kinesiology Treatments

60 min | € 195

Restore homeostasis and allow the body to reset and overcome stress and symptoms on its own

Through gentle and non-invasive muscle testing, information on the individual's state of balance on a physical/structural, mental/emotional, biochemical/visceral, energetic/auric level is revealed.

In case some imbalances are highlighted, different types of intervention are proposed to re-establish a renewed harmony and flow through sapient use of various and complementary techniques. Amongst osteopathy, reflexology, cranio sacral, intuitive energy work, Chinese medicine practices, diet, naturopathy, and auric techniques, some will be chosen based on specific needs and the best degree of effectiveness.



Thai Massage

A wonderfully energising and balancing treatment

60 min | € 180

90 min | € 260

A Thai massage experience helps relieve stress and anxiety, encourages the flow of energy through the body, raises energy levels and stamina and promotes an overall feeling of relaxation and well-being. This bodywork therapy uses pressure points, muscle stretching and compression in a yoga-like rhythmic motion to release muscular tension and restore movement and flexibility. This treatment is performed on a mat on the floor with loose, comfortable clothing to allow movement.

Shiatsu

A deeply relaxing experience to promote emotional calm and reduce any tension in the body

60 min | € 195

90 min | € 280

Shiatsu helps relieve stress, treat pain and discomfort, and improve quality of sleep. Gentle and steady pressure on vital points promotes energy flow and amplifies the body's ability to heal itself. Stimulating the circulatory, lymphatic and hormonal systems this ancient technique has both preventative and remedial effects, promoting and preserving health and wellbeing as well as restoring vitality.







BODY TREATMENTS

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Signature Revival

100 min | € 260

A restorative ritual combining body wrap and full body massage

Delight in a sensory journey that begins with a Tuscan-inspired body wrap combining purifying beauty clay with medicinal plants and essentials oils – an excellent remedy for tired muscles and travel fatigue. Enjoy a luxurious scalp massage as the body wrap works to soothe and calm, stimulate lymphatic detox and increase oxygenation to tissues. Continue with an aromatic full-body massage to invigorate the body and uplift the spirit.

Grape Therapy

100 min | € 260

A Tuscan Grape-based body exfoliation with invigorating bodywork

With grapes originally sourced from the Bocelli family vineyard in Tuscany, this ultra-nourishing body care ritual combines super antioxidant grape pulp and grape skin extracts to deliver ultra-nourishing beauty care. This treatment begins with a gentle grape jam exfoliation to stimulate capillary microcirculation and smooth the skin. Enjoy a powerful deep tissue massage with polyphenol-rich grape seed oil to relieve muscle tension and protect your skin from free radicals and premature aging. Complete this ritual with a refreshing grape water mist with red vine extract. Feel the rejuvenating power of Tuscany!





BATH RITUAL

Steep in a luxurious bath ritual made with local botanicals and pure essential oils from Italian gardens. Combine one of these selections with your wellness experience for deep relaxation.

20 min | € 85





WATER HEALING

Enjoy our hydrotherapy area offering an array of facilities.

Spa Flow is a curated sequence combining selected hydrotherapy facilities and accompanied by sound waves, a unique complementing audio with guided meditation and words of inspiration. Carefully chosen essential oils and phytotherapy shots further enhance the experience.

90 min | € 110





YOGA & MOVEMENT

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Yoga

Practices for mental and physical poise and resilience

60 min | € 100 
€ 150 
€ 70 per person 

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.

Pilates

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

60 min | € 100 
€ 150 
€ 70 per person 

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.

Personal Training

Body awareness, motivation, and accountability all increase when you train with a dedicated coach

60 min | € 100 
€ 150 
€ 70 per person 

Enjoy personalized guidance to achieve your health and fitness goals more quickly, effectively, and with greater focus. Beyond a purely fitness-based approach, personal training sessions can also integrate exercises inspired by natural movement disciplines and mindfulness, enhancing both body awareness and physical performance.



WS

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



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