



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

EASTER RETREAT

Recharge your body and mind in the heart of nature.



EASTER RETREAT

DURATION: 3 NIGHTS

From Saturday, April 19, to Tuesday, April 22

Escape to a sanctuary of wellness and excellence this Easter. Indulge in exclusive treatments and savor the Longevity food line by Heinz Beck, a three-Michelin-starred chef. Reconnect with nature on a historic hike to the Certosa di Trisulti or experience the healing power of Forest Bathing in the serene Fiuggi Thermal Baths. A perfect retreat to rejuvenate body and mind in an oasis of luxury.

GOALS

- Receive a professional medical check-up in a relaxing environment
- Reduce physical and mental stress levels
- Customize an integrated treatment program

TREATMENTS INCLUDED:

MEDICAL TREATMENTS

First medical visit	1	1	1
Electrocardiogram (ECG)	1	1	1

WELLNESS TREATMENTS

Welcome Hammam Palazzo Fiuggi	1	1	1
3 steps hydrotherapy	3	3	3
Psammo therapy	1	1	1
Bodywork deep detox	2	2	2
Bodywork deep Stress release	1	1	1
Kobido ritual	1	1	1
Daily Thalassotherapy treatment	✓	✓	✓

NUTRITION

Breakfast, lunch, and dinner with an à la carte menu	✓	✓	✓
The therapeutic Fiuggi water straight from the source	✓	✓	✓
Herbal infusions from the world's oldest pharmacy	✓	✓	✓

MOVEMENT

Hiking to the Certosa di Trisulti	-	✓	✓
Forest Bathing in the park of the Fiuggi Thermal Baths	-	-	✓



ELEVATE YOUR EASTER RETREAT WITH EXCLUSIVE EXPERIENCES

In addition to our wellness treatments and Michelin-starred Longevity cuisine, you have the opportunity to further enrich your stay with immersive nature experiences.

Choose to add a guided hiking adventure, or indulge in the full nature experience by combining hiking with the restorative practice of Forest Bathing.



HIKING TO THE CERTOSA DI TRISULTI

Discover the perfect blend of history and nature with a guided hike through the stunning Ernici Mountains to the Certosa di Trisulti. This ancient monastery, dating back to the 13th century, is surrounded by breathtaking landscapes and serene forests.



FOREST BATHING IN THE FIUGGI THERMAL PARK

For the ultimate wellness experience, combine the hiking adventure with Forest Bathing in the tranquil chestnut forests of Fiuggi. This scientifically proven practice helps reduce stress, boost the immune system, and restore inner balance by immersing yourself in nature's healing energy.

CHOOSE YOUR EASTER RETREAT EXPERIENCE:

OPTION 1



PRICE: (€ 1770 PER PERSON)

- Program included
- Breakfast, lunch, and dinner from the Heinz Beck Food Line
- Accommodation not included

OPTION 2



PRICE: (€ 2070 PER PERSON)

- Program included
- Guided hike to the Certosa di Trisulti
- Breakfast, lunch, and dinner from the Heinz Beck Food Line
- Accommodation not included

OPTION 3



PRICE: (€ 2270 PER PERSON)

- Program included
- Guided hike to the Certosa di Trisulti
- Forest Bathing in Fiuggi Thermal Park
- Breakfast, lunch, and dinner from the Heinz Beck Food Line
- Accommodation not included



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