

THE WELLNESS SANCTUARY

WELLNESS MENU



Retreat. Restore. Inspire.

The Wellness Sanctuary at Fontanelle Estate offers an inspirational setting to unwind, reflect and recharge.

Whether your intention is to achieve greater inner peace, boost immunity or learn how to live a more balanced, healthier lifestyle, our dedicated team is pleased to guide you on a bespoke wellness journey blending holistic therapies and mindful practices with nature immersions and Tuscany-inspired cuisine.



Our Wellness Team is pleased to help you select the most suitable program for your needs. Reservations are required at least 24 hours prior to arrival to secure your desired program.



WELLNESS MENU HIGHLIGHTS

Wellness Stay Program

From 2 to 6 nights stays, choose your program focus - Purify, Revitalise, Harmonise - featuring a bespoke collection of wellness experiences, combining a Wellness Lifestyle Consultation, holistic beauty and bodywork therapies, Spa Flows, and mindfulness and movement sessions.

Wellness Day Programs

Our private Wellness Day programs range from 2.5 to 5 hours and combine holistic beauty and bodywork treatments, Spa Flows, and mindfulness and movement sessions - all complemented by Tuscany-inspired cuisine. These programs have been specially designed for individual guests, couples and groups.

Massage & Bodywork

Our team of therapists and specialists bring you therapeutic sessions focused on easing tension, detoxification, improved circulation and enhanced body-mind balance.

Beauty Spa Wellness

Our signature treatment collection includes rejuvenating holistic massage, ultra-nourishing body care, prenatal care, artisanal and anti-ageing facials as well as body and face care for a youthful appearance. Our treatments contain hand-blended ingredients made in Tuscany, as well Subtle Energies facial products, award-winning, natural skincare and aromatherapy for optimal nourishment, health and beauty. Our therapists and bodywork specialists focus on improving health and achieving your wellness aspirations.

Energy & Intuitive Healing

These sessions help to remove energetic, physical, mental, and emotional blocks and restore the flow of life force energy for radiant health and wellbeing.

Water Healing

Enjoy our hydrotherapy area offering an array of facilities, including hydromassage, a tepidarium, steam room, sauna, emotional showers and heated pool. Select from one of our three specially curated Spa Flows for an intention-based journey created to enhance physical detox and mental clarity (Purify), energy and vitality (Revitalise), and inner and outer balance (Harmonise). Experience movement practices that use the medium of water for strengthening, developing stamina, deepening breathing and enhancing body awareness and healthy posture.

Yoga, Mindfulness & Movement

Experience an array of guided practices aimed to foster improved physical, mental, emotional and spiritual wellbeing. They include meditation & mindfulness, yoga & movement, sound wellness and forest immersions, as well as more active sports wellness offerings. Take pleasure in this wide range of experiences and discover greater clarity, joy, and sense of connection with life.

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HOLISTIC THERAPIES

At The Wellness Sanctuary we have a human-centred 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.

Wellness Sanctuary Facilities

60 min

Access includes indoor swimming pool, hydrotherapy pool, tepidarium with salt mist, sauna, steam room, experiential showers, ice fountain, mountain shower-Kneipp therapy and wellness lounge. For hotel guests, access of two hours is included with any treatment booking of 90 minutes or more. For non-resident guests, access of two hours is included with any Wellness Day booking.



MASSAGE & BODYWORK

All include a rejuvenating elixir or tea offering

Signature Aroma Harmony Ritual

75 min
100 min

A gentle body massage emphasising deep relaxation and stress relief

This signature massage begins with reassuring hands on the scalp and head, then grounding pressure on the soles of the feet. As you enjoy full-bodied effleurage over the back, take in the fragrance of our signature aromatherapy blends. Long gliding strokes along the back enliven and relax the muscles. Gentle movements from Ayurveda greet your calves and thighs with ease. As the full body massage continues, graceful rhythmic strokes lead you into an effortless release. Rest in stillness - easeful, peaceful, and present.

Muscle Release Ritual

75 min
100 min

A deep therapeutic bodywork aimed to reduce muscle strain and invigorate the whole body

This treatment begins with stretching of the back and legs. Applying our signature Tuscany oil blends of Lavender, Rosemary and Eucalyptus to improve circulation and relieve stiffness, the therapy continues with deeper kneading and sculpting of the muscles along the spine, shoulder blades, and neck. Long sweeping movements soothe and soften muscles of the lower back as quick fingers release knots in the muscle fibres. The full body massage alternates with acupressure, skin rolling and wringing at the shoulders, spine, and legs. Palm pressure and deep effleurage strokes are applied to improve circulation and bring a new aliveness into the tissues, stimulating lymphatic drainage and circulation and increasing vitality and wellbeing.

Earth to Heaven Ritual

75 min

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

This therapy begins with an activating foot massage to promote healthy energy flow and blood circulation throughout the body and follows with a moment of "presencing." Taking a conscious breath and bringing your awareness to your heart space allows your body to integrate before continuing with the massage of the upper body. A face massage follows to further release tensions. At the crown, gentle but firm acupressure eases tensions in the scalp. Float away, returning in moments of grounding pressure. Dissolve into inner stillness in the space beyond mind - at peace.

Uplift Ritual

75 min

A treatment focused on relieving tension in the upper body

This bodywork begins with the soothing massage of the back with long effleurage strokes. Confident hands vigorously sculpt the muscles of the back, neck and shoulders, smoothing out knots in the muscle fibres. The therapy continues with a massage on the face and scalp to relieve mental fatigue and bring about greater clarity and awareness.

Serenity Foot Ritual

75 min

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 in corresponding organs and glands. Benefits include stress and pain reduction, improved blood circulation and immune function, and increased energy. This artful massage of the feet helps release mental and emotional tension giving way for a peaceful mind and easeful body. Drift into deep relaxation.

Chi Nei Tsang

60 min

90 min

Harmonise energy flow and regain mental, physical and psychological balance

Literally meaning “working the energy of the internal organs” this therapeutic abdominal massage addresses digestive problems, headaches, chronic fatigue, muscle pain, insomnia, depression and more. Over the years, stress, tension, and negative emotions tend to accumulate as physical and energetic blockages in the abdomen. Through deep but gentle massage and hands-on bodywork, Chi Nei Tsang helps to clear these blockages. The result is detoxification, increased energy, and enhanced immunity.

Shiatsu

60 min

90 min

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

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.

HOLISTIC THERAPIES

Thai Massage

60 min

90 min

A wonderfully energising and balancing treatment

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.

Foot Reflexology

60 min

90 min

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

90 min

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.

The aim of the session is to restore homeostasis that will allow the body to reset and overcome stress and symptoms on its own.

BODY CARE

All include a rejuvenating elixir or tea offering

Signature Revival

100 min

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 essential 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.

Rose Ultra Hydration

120 min

A soothing full body ritual combined with complete face care with Himalayan rose

The ritual begins with a soothing full body massage with handmade rose blend oil for radiant beauty and peaceful mind. Relax deeply with long-gliding strokes and gentle movements to relax the muscles and mind. Continue with a rejuvenating facial with Subtle Energies' cleansing and exfoliation featuring regenerating Himalayan rose. Face massage is followed by a soothing and purifying light rose clay mask. To complete the experience, receive an application of anti-ageing serum to restore youthful appearance to the skin. Mogra (queen of the jasmines), gold leaves, rose and ashwagandha stimulate cell renewal and promote collagen and elastin production, firming and revitalisation.

Pure Seaweed

120 min

A mineralising body exfoliation with a seaweed-enriched mud wrap and lymphatic drainage massage

This luxurious detoxifying treatment begins with a dermo-exfoliant and energizing scrub powered by the active properties of Volterra salt and algae. Sea micronized algae concentrate is applied with absorbing rich marine mineral salts, trace elements and nutrients. These therapeutic marine-active ingredients work to purify and tone your skin. Follow with a lymphatic drainage massage with seaweed-enriched grape seed oil for ultra-nourishment, antioxidant and moisturizing impact. This therapeutic treatment rewards you with a sense of radiant wellbeing leaving your skin feeling smooth and silky.

Grape Therapy

100 min

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 RITUALS

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.

All include a rejuvenating elixir or tea offering

Tuscany Bath

20 min

Invigorate with lavender, fresh seasonal flower petals and garden leaves, Volterra salt and Lavender, Rosemary and Eucalyptus essences with invigorating, regenerating and stimulating aromatherapy power.

Rose Bath

20 min

Indulge in exquisitely scented floating rose petals, Volterra salt and our signature Love essential blend for a sense of connection, relaxation and elevation of the spirit.

Dream Bath

20 min

Calm your soul and body with calendula and chamomile flowers, Volterra salt and fresh lemon, scented with our Renew blend of cypress and lemon to support change, vision and dreams, thanks to the aromatherapy properties that strengthen body and spirit.

Aroma Bath

20 min

Harmonise with a beautiful array of Italian flowers, fresh orange, Volterra salt and our delightful Clarity blend with Neroli and Clary Sage to promote calm and presence by dissolving tension in the body and the mind.

FACE CARE

The Wellness Sanctuary offers a collection of Subtle Energies results-based therapeutic facials personalised for each guest.

Subtle Energies, utilises nearly 30 years of clinical research to create results-based aromatherapy, holistic skin science and wellness solutions founded on authentic Ayurveda principles, empowering one's physical, mental and emotional wellbeing.

All include a rejuvenating elixir or tea offering

Holistic Ageing Well Facial

60 min

90 min

A luxurious anti-ageing facial with Subtle Energies skincare

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmines and 24k Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst addressing emotional needs such as stress, anxiety and hormonal balance.

Advanced Antioxidant Facial

60 min

90 min

A high performing facial designed for dehydrated, mature, sensitive or damaged skin

This intense enriching facial therapy delivers an exceptional nutrient rich elixir infused with advanced antioxidants and essential fatty acids to strengthen and repair sensitive skin, fight free radical damage and protect the skin from the visible signs of ageing. A facial massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated. Enjoy the benefits of Subtle Energies award-winning skincare.

Essential Daily Hydrating

30 min

60 min

90 min

A deeply hydrating and nourishing facial

This face care treatment aims to restore natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, well-known for their firming brightening properties. A good option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. Emerge in a state of radiant beauty from Subtle Energies award-winning skincare.

NAIL CARE

All include a rejuvenating elixir or tea offering

Deluxe Pedi-Care

60 min

Enjoy our sensory foot bath ritual followed by a full detailed nail grooming. Nails and cuticles are cared for carefully. Continue with a gentle exfoliation with Tuscany Grape Jam Scrub to refresh and renew your feet and a revitalising foot massage with oil blends of cypress and lemon, ideal for grounding and balancing. Discover immaculate and healthier nails.

Finish with your favourite nail polish and enjoy dazzling shine.

15 min

Deluxe Mani-Care

45 min

Indulge as hands are bathed in a warm flower soak and exfoliated with a unique Tuscany Grape Jam Scrub. The nails and cuticles are cared for meticulously. A special buffing leaves your nails with a natural healthy shine. To complete the delightful experience, the hands and arms receive a soothing massage with a rose and cardamon cream to deeply nourish and moisturise.

Finish with your favourite nail polish and enjoy dazzling shine.

15 min

Nail Care Refresher

30 min

Refresh your mani or pedi-care with a reshape and nail polish change.

PRENATAL CARE

Gentle therapy during pregnancy helps to relieve aches and strain and improve overall wellbeing of mother and baby. These treatments are suitable during the 2nd & 3rd trimesters.

All include a rejuvenating elixir or tea offering

Prenatal Body Care

90 min

A restorative prenatal ritual combining a nourishing massage with a soothing rose hydrating facial
Treat yourself to a nurturing full body massage where long effleurage strokes aid lymphatic drainage and relieve water retention. Gentle caring massage with a special aromatherapy blend for mother-to-be promotes skin elasticity for the mother while creating a warm cocoon for the baby. Nurturing touch helps to provide a hormone-balancing and uplifting effect. Continue this relaxing journey with a facial cleanse, a gentle saffron and frankincense exfoliation to purify and restore your complexion's glow. Drift away in a soothing face, décolleté and neck massage. To complete the experience, a rose clay mask purifies your skin with soothing and smoothing action. Treasure the feeling of nourishing beauty as mother-to-be.

Prenatal Ritual

75 min

A nourishing massage with Subtle Energies' special aromatherapy blend for mothers-to-be
Unwind and be comforted with nurturing touch. Resting comfortably on your side, supported with plenty of pillows, return to free and open breathing as you relax and receive this gentle restorative massage. Enhancing circulation, massage can relieve pressure and swelling in the hands and feet and improve heart health and oxygen supply for your baby. A specially designed baby massage blend intensively nurtures the skin. Calming and strengthening essential oils, such as Gul Heena, Lotus and Amla combine with the nourishing base oils to improve your skin's elasticity and minimise stretch marks. The caring touch of our dedicated therapists aims provide positive, nurturing energy. Emerge relaxed with a beautiful maternal glow.

Essential Daily Hydrating

30 min

60 min

90 min

A deeply hydrating and nourishing facial

This face care treatment aims to restore natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, well-known for their firming properties living the skin more revitalized, supple and resistant to the effects of urban living. Emerge in a state of radiant beauty from Subtle Energies award-winning skincare.

YOUTH WELLNESS

*For teenagers aged 14 and above. Guests under 18 years old must accompanied by an adult.
All include a rejuvenating elixir or tea offering*

Youth Aroma Harmony Ritual

60 min

A gentle and entrancing massage emphasising deep relaxation and emotional balance

This aroma massage begins with reassuring hands on the scalp and head and grounding pressure on the soles of the feet. With smooth effleurage over the back and on the legs, take in the fragrance of signature our aromatherapy blends. As the massage continues, graceful rhythmic strokes lead you into effortless relaxation. This treatment helps to release tensions and cultivate inner centering for teens.

Youth Body Care

60 min

A rejuvenating combination of massage and facial with multi-coloured clay masks

An aroma massage starts at the feet for grounding. Breathing in the pleasing fragrance of cypress and lemon, the treatment continues with the face and scalp promoting calm and relaxation. Enjoy a fun multi-coloured array of therapeutic clays for the face applied with the caring touch of our dedicated therapists. Feel the pleasure of this joyful ritual as it gently awakens the senses.

Youth Facial

45 min

A hydrating face care to nourish and rebalance the delicate skin of teens

This nourishing treatment begins with a gentle cleansing and exfoliation to rebalance healthy glowing skin, followed by a face décolleté and neck massage with local grapeseed oil for its gentle nourishing properties. Enjoy a unique multi-masking clay experience with colourful clay application made in Italy. Finish with a light moisturizer to beautify and protect the skin.

ENERGY & INTUITIVE HEALING

*These practices aim to remove blockages and restore energy flow,
enhancing deep rest, mental clarity and emotional clearing.*

All include a rejuvenating elixir or tea offering

Energy Balancing

60 min

Rebalancing energy flow naturally creates conditions that support health, reduce stress and increase vitality. Overcoming lack of energy, tiredness or insomnia has the potential to bring a sense of peace and new possibilities into your life. Restore energy balance to restore health.

Craniosacral Therapy

60 min

An extremely gentle and deeply intuitive therapy with roots in Osteopathy, this session aims to improve cranial-sacral fluid flow and restore the body's innate ability to self-correct and heal. A gentle easing of chronic tension within the body helps promote emotional wellbeing, relieve pain and improve overall health and vitality.

Reiki

60 min

Guided by experience and intuition, the Reiki practitioner encourages the activation of dormant energies of the body, awakening natural healing on physical, mental and emotional levels. This session helps to achieve deep relaxation and a greater sense of peace, reducing stress and anxiety and promoting positive feelings of wellbeing.

WATER HEALING

Enjoy our hydrotherapy area offering an array of facilities, including hydromassage, a tepidarium, steam room, sauna, emotional showers and heated pool for movement sessions and classes.

All include a rejuvenating elixir or tea offering

Spa Flows

Guided journeys within our Water Healing facility for renewed health

Immerse yourself in one of our three intentional hydrotherapy sequences designed to support physical detox and mental clarity (Purify), gain energy and vitality (Revitalise), and enhance inner and outer balance (Harmonise). Each 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.

Purify Flow

90 min

Body-Mind Purification with focus on the skin for detox

Our Purify Flow is for detoxifying the body and mind, promoting elimination of accumulated toxins and stress due to less-than-ideal habits and lifestyles. It focuses on lymphatic massage and cleansing of the body, with clearly visible benefits for the skin.

Revitalise Flow

90 min

Hydrate-Rest-Invigorate with focus on contrast therapy for immune boosting and resetting

Revitalise Flow is aimed at improving energy levels and addressing insomnia and anxiousness while enhancing immunity as well as mental and physical wellbeing.

Harmonise Flow

90 min

Sooth-Allow-Integrate with focus on breath, balance and rest

Our Harmonise Flow is designed to induce physical relaxation, mental and emotional balance while alleviating and soothing muscle tension.

Aqua Core

60 minutes (up to two people)

A total body workout made easy by the buoyancy and resistance of the water

Aqua Core is a gentle and low-impact exercise programme especially favourable in case of mobility issues, osteoporosis, joint strain, stability concerns, or balance problems. Strengthening and coordination exercises, are all aimed at developing a harmonious toning of all muscles in an easier way, requiring less effort to develop cardiorespiratory endurance, a stronger body, and greater wellbeing. Discover the sensation, pleasure, and unique effectiveness of performing exercises in the water.

Inner Flow

60 minutes (up to two people)

A moving meditation to promote psychological wellbeing and increased inner serenity

Deep breathing and slow movements are combined using a combination of tai chi, meridian stretching, and aquatic exercise. The initial focus is on mastering deep breathing patterns, then progresses into gentle movement of the upper and lower body. Throughout the process careful attention is paid to body alignment and breathing to induce a calm, meditative state of mind. The buoyancy of water reduces the load on the joints, while the pressure of the water combined with movement effectively creates a massage that enhances circulation.



MINDFULNESS & MOVEMENT PRACTICES

Practices such as yoga and movement, breathwork, mindfulness, movement, forest bathing, sound wellness, creative sessions, and more active sports wellness foster health and wellbeing while nurturing the human spirit and unfolding new awareness, freedom and joy.

These sessions inspire a deeper connection with oneself and the whole of life, promoting clarity, confidence and authenticity.

MEDITATION & MINDFULNESS

We offer supportive practices to help you better manage your mind in times of stress, to slow down and become more centred at any moment. These sessions provide an opportunity to learn or refine new strategies to boost resilience and foster a renewed sense of wellbeing from within.

All include a pure Elixir or Tea Offering

Breathwork

45 min

Explore the essence of breathwork and discover how it can help calm the nervous system, restore vital energy, and allow you to tap into the deep well of your unique creative power

As humans from around the world, we have experienced a period of constant change, alertness and deep concern, especially over recent years. It is time to heal our wounds, let go of the past, strengthen our resilience and find our way forward with confidence, wisdom & compassion. Emerge wiser and more resilient from connecting consciously and skilfully with your breath, acquiring a tool that can bring back a sense of embodied presence and intuitive response to any circumstance of your life.

Meditation

60 minutes (up to two people)

Train your mind to focus and redirect your thoughts

One of the most studied practices by science, meditation has been proved to restore mental and emotional health improving symptoms of stress-related conditions. Practicing meditation develops other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance. Nurture a positive outlook on life as you grow into your best self, developing kind thoughts and feelings toward yourself and learning to extend this kindness and forgiveness to others.

Mindfulness

60 minutes (up to two people)

Train your attention and bring yourself into the present moment

Step outside of autopilot behaviours to relate more skilfully to emotions, thoughts, and even unpleasant physical sensations. Through simple practices and tools, learn how to respond rather than react automatically to stressful situations and challenging interpersonal encounters. Get more in touch with the most important person in your life: you!

Presencing

60 minutes (up to two people)

Practice the power of Presencing with your loved one or a small group

Based on principles of union and harmonisation, Presencing is an ideal opportunity for groups and couples to experience contact, trust and active listening to improve the quality of relating. Exploring wisdom together with our closest ones holds the potential for profound societal renewal.

Forest Immersion

90 min

120 min

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

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.

YOGA & MOVEMENT

All include a pure Elixir or Tea Offering

Yoga 60 minutes (up to two people)

Practices for mental and physical poise and resilience

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, emphasise restorative, dynamic, and holistic yoga traditions.

Aikido 60 minutes (up to two people)

A pathway in the “art of peace” supporting you to achieve a more full and joyful life

In addition to bringing the typical benefits of meditation, aikido is also an excellent aerobic activity that helps create a strong connection with others through a practice that teaches “being together” with compassion, respect and unity. Aikido also teaches how to overcome the different fears that arise in life by transforming them into propulsive energy and enthusiasm and putting one’s ideas into action. The practice of Aikido becomes a metaphor for life— learning to manage yourself, the situation and others in the best way, cultivating willpower, discernment and self-control.

Pilates 60 minutes (up to two people)

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

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.

Somatic Movement 60 minutes (up to two people)

A new practice to reconnect, build confidence and explore your human potential

Somatic Movement is a meditation in motion which explores the experience of movement through space, as well as the sense of space within the body. The session is an invitation to awaken creativity, expand awareness, and joy. Graceful yet simple movements combine with breath and touch to direct life energy through the body, enhancing internal balance, circulation, immunity and overall healing.

SOUND WELLNESS

All include a pure Elixir or Tea Offering

Sound Bath

60 min

A deeply relaxing meditative experience to come back to a natural state of wholeness

“Bathe” in the sound waves and frequencies produced by instruments such as chimes, gongs, and singing bowls. During a sound meditation, as you listen with intention and awareness, you’ll naturally deepen your inner connection while beginning to feel more calm, balanced and recharged.

Chakra Awakening

60 min

Energy balancing through sound

The vibration of singing bowls placed on each individual Chakra is ideal for calming the mind and connecting you with your essence. Sound has the power to harmonise matter. In the body, it releases energy blocks, increases body awareness, deepens the breath, and has a soothing effect on the nervous system, leaving the receiver with a renewed sense of relaxation and fine-tuned awareness.

HEALING ARTS

All include a pure Elixir or Tea Offering

The Art of Life

3 hours

(minimum 3 people/maximum 10 people)

We can glue the fragments of our history and put gold in the cracks of our Life

In everyone's life there are moments we may feel shattered by decisive events such as bereavement or illness, displacement or abandonment. We are forced to take shelter, physically and mentally, yet we have to keep living with the scars we're left with. The Art of Life workshop is an opportunity to look at our life from a new point of view to recognize a new beauty given by our own uniqueness.

SPORTS WELLNESS

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

All include a pure Elixir or Tea Offering

Personal Training

60 min

Body awareness, motivation and accountability increase with a dedicated trainer

Enjoy personalised guidance to achieve your health and fitness goals in a faster, more focused and efficient way. In addition to the purely fitness approach, personal training sessions can be integrated with exercises borrowed from natural movement disciplines and mindfulness, increasing both awareness of one's body and physical performance.

Guided Walking/Hiking

90 min-personalised itinerary
120 min-personalised itinerary

Health benefits for all ages and fitness levels

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

60 min-personalised itinerary
90 min-personalised itinerary
120 min-personalised itinerary

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

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.



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.

Our Wellness Team is pleased to help you select the most suitable program for your needs. Reservations are required at least 48 hours prior to arrival to secure your desired program.

**Lunch or dinner included in the package will be served at Osteria Il Toscanico or Restaurant La Colonna.*

SIGNATURE WELLNESS DAY

4 hours

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

Signature Revival Body Care Ritual (90 min)

&

Tuscany Bath Ritual (20 min)

Tuscany-Inspired Lunch (60 min)

Advanced Antioxidant Facial (60 min)

BEAUTY REVIVAL

5 hours

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

Pure Seaweed Body Care Ritual (120 min)

&

Aroma Bath Ritual (20 min)

Tuscany-Inspired Lunch (60 min)

Holistic Ageing Well Face Care Ritual (90 min)

A MINDFUL JOURNEY

3 hours

Experience a reflective journey for cultivating inner peace and a deeper connection with self.

Learn to meet life with greater ease and joy.

Choice of private session:

Yoga, Meditation or Sound Wellness (60 min)

Tuscany-Inspired Lunch (60 min)

Uplift Massage (60 min)

PURE REJUVENATION

4.5 hours

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

Chi Nei Tsang Abdominal Massage or Shiatsu Massage (60 min)

Pure Seaweed Body Care Ritual (120 min)

&

Dream Bath Ritual (20 min)

Tuscany-Inspired Lunch (60 min)

VITALITÀ WATER JOURNEYS

3.5-4.5 hours

“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.

Enjoy our restorative body care rituals to perfect this ultimate wellness day experience.

Clarify, Connect, Glow

Purifying Spa Flow (90 min)

Pure Seaweed Body Care Ritual (120 min)

Tuscany-Inspired Lunch (60 min)

4.5 hours

Hydrate, Rest, Recover

Revitalising Spa Flow (90 min)

Uplift Massage (60 min)

Tuscany-Inspired Lunch (60 min)

3.5 hours

Soothe, Allow, Integrate

Harmonising Spa Flow (90 min)

Signature Aroma Harmony Massage (60 min)

Tuscany-Inspired Lunch (60 min)

3.5 hours

MEN'S VITALITY

3 hours

Refresh and revitalise with deeply therapeutic bodywork and nourishing cuisine.

Muscle Release Massage (90 min)

Tuscany-Inspired Lunch (60 min)

Essential Daily Hydrating Facial (30 min)

COUPLE'S RENDEZVOUS

4 hours

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

Rose Ultra Hydration Body Care Ritual (120 min)

&

Rose Bath Ritual (20 min)

Tuscany-Inspired Dinner (90 min)

COUPLE'S RENAISSANCE

3.5 hours

Connect with that special someone in a luxurious Tuscany-inspired wellness journey.

Signature Aroma Harmony Massage (90 min)

&

Tuscan Bath Ritual (20 min)

Tuscany-Inspired Dinner (90 min)

COUPLE'S CONNECTION

3 hours

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

Choice of private session:

Yoga, Movement or Sound Wellness (60 min)

Tuscany-Inspired Lunch (60 min)

Uplift Massage (60 min)

FAMILY CONNECTION

3+ hours

Share a memorable family day in nature surrounded by the beauty of Tuscany's Chianti Classico region and connect in a joyous mindful movement experience.

Choice of Guided:

Bike Tour or Forest Immersion (90 min)

Tuscany-Inspired Family Lunch (60 min)

Mindfulness & Movement (60 min)

FAMILY REFRESH

3+ hours

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.

Choice of:

Family Yoga or Movement (60 min)

Tuscany-Inspired Family Lunch (60 min)

Adult Uplift Massage (60 min)

&

Teen Signature Artisanal Facial (45 min)

SIGNATURE WELLNESS DAY

3.5 hours

Enjoy this ultimate wellness experience featuring rejuvenating body care hand-blended with Tuscany healing herbs and botanicals complete with a delicious lunch and mindful harmony session.

Signature Revival Body Care Ritual (90 min)

Tuscany-Inspired Group Lunch (60 min)

Choice of:

Yoga or Meditation (60 min)

BEAUTY REVIVAL

4.5 hours

Revive your radiance in this luxurious journey of nourishing wellness rituals. Feel the benefits of remineralising algae for the body and gold's anti-ageing properties for the face, combined with the nurturing care of our dedicated therapists.

Signature Revival Body Care (90 min)

Tuscany-Inspired Group Lunch (60 min)

Holistic Ageing Well Facial (90 min)

A MINDFUL JOURNEY

2 hours

Experience a reflective journey for cultivating inner peace and a deeper connection with self and others.

Learn to meet life with greater ease and joy.

Choice of:

Yoga, Meditation or Aikido (60 min)

Tuscany-Inspired Group Lunch (60 min)

PURE REJUVENATION

4 hours

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

Serenity Foot Massage (60 min)

Tuscany-Inspired Group Lunch (60 min)

Pure Seaweed Body Care Ritual (120 min)



WELLNESS ETIQUETTE

At The Wellness Sanctuary at Fontanelle Estate, you are invited to preserve an atmosphere of tranquillity and wellbeing. We kindly request your review of our guidelines and wellness etiquette to ensure your utmost privacy and security.

Hours of Service

The Wellness Sanctuary is open from 10am to 8pm daily.

The Gym is available for guest use between 8am to 8pm daily. Should you wish to use it beyond the opening hours, please contact our Wellness Concierge.

Reservations

In order to ensure that you obtain your desired appointments, we recommend scheduling as far in advance as possible (24 hours suggested).

For treatment enquiries or reservations please visit our Wellness Concierge in the Wellness Sanctuary (located at The Club House) or dial extension number 502.

Health Concerns

Please advise us of any health conditions, allergies, injuries or sensitivities to aromas or ingredients that could affect your treatments or use of the wellness facilities.

Upon arrival, all guests will be required to complete and sign a health questionnaire form. This will help us to check for contraindications to any treatments.

Wellness Experience

To make the most of your wellness experience, we recommend that you arrive a minimum 15 minutes before your scheduled appointment to ensure sufficient time for check-in with our Wellness Concierge.

For your convenience, we will provide towels, slippers and all amenities required for use during your visit. During all treatments you will be properly covered to ensure utmost privacy.

To maximise the benefits of your wellness experience and others nearby, mobile phones are not permitted in The Wellness Sanctuary, except for in the changing rooms or your private treatment room. Please leave them switched off or on silent mode during your wellness experience.

It is recommended that you leave valuables in your guest room safe. The Wellness Sanctuary at Fontanelle Estate decline responsibility for any loss or damage of guests' personal belongings.

Pregnancy

Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician first prior to beginning any treatments with us.

Lateness & Cancellation Policy

Please note that any late arrivals may result in a shorter treatment or session in order to respect all guest schedules. Cancellation or rescheduling of a treatment or session must take place by 18:00 of the previous day, and preferably 24 hours prior to your booking; otherwise, 100% of the total treatment will be charged. Any no-shows will also be charged at the full treatment price.

Minimum Age

The Wellness Sanctuary facilities and fitness areas are available for teenagers aged 14 and above. Guests under 18 years of age must be accompanied by an adult.

Facilities Use

If your experience includes one-hour use of our water therapy facilities, you may be provided with additional instructions.

Showering before using our water therapy or pool facilities is mandatory and recommended between sauna and steam rooms.

Swimwear is compulsory in our water therapy area, including the steam room, sauna, emotional showers, tepidarium and hydrotherapy pool areas.

A towel should always be placed on the sauna, steam room and tepidarium benches between your body and the bench.

In the gym and wellness studio, comfortable sportswear is recommended, and appropriate footwear is required.

Water infusions and tisanes are provided in our Wellness Sanctuary. Please ensure that you drink plenty of fluids to rehydrate after using the sauna, steam room and tepidarium.

Outside food & beverages are not permitted in the Wellness Sanctuary.

THE WELLNESS
SANCTUARY

at

FONTANELLE
— ESTATE —

www.fontanellestate.com