



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:

10.00am – 8.00pm

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.

MASSAGE & BODYWORK

*A deeply relaxing, mineral-rich Foot Ritual is a prelude to each treatment.
All include a rejuvenating elixir or tea offering*

Signature Aroma Harmony Ritual

75 min - 175€
100 min - 240€

A gentle body massage emphasising 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. As you enjoy full-bodied effleurages, take in the fragrance of our signature aromatherapy blends. Long gliding strokes 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. Immerse in stillness - easeful, peaceful, and present.

Muscle Release Ritual

75 min - 175€
100 min - 240€

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

This full body treatment alternates acupressure, skin rolling and wringing at the shoulders, spine, and legs. Palm pressure and deep effleurage strokes are applied with our signature Tuscany oil blends of Lavender, Rosemary and Eucalyptus to improve circulation and bring a new aliveness into the tissues, relieve stiffness and increase vitality and wellbeing.

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.

Uplift Ritual

60 min - 160€

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 tension in the muscle fibers. 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

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.

SPECIALIST THERAPIES

Chi Nei Tsang

60 min - 195€

90 min - 280€

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 - 195€

90 min - 280€

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.

Thai Massage

60 min - 180€

90 min - 260€

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 - 195€

90 min - 280€

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€

90 min - 280€

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.

BODY CARE

All include a rejuvenating elixir or tea offering

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 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 - 320€

A soothing full body ritual combined with complete face care

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 mask. To complete the experience, receive an application of anti-ageing serum to restore youthful appearance to the skin. Mogra (queen of the jasmines), rose and ashwagandha stimulate cell renewal and promote collagen and elastin production, firming and revitalisation.

Pure Seaweed

120 min - 320€

A mineralizing body exfoliation with a seaweed-enriched mud wrap and tonifying drainage massage

This luxurious detoxifying treatment begins with a dermo-exfoliant and energizing scrub powered by cell-renewal stimulating properties. Sea micronized algae concentrate is applied with absorbing rich marine mineral salts, trace elements and nutrients. Follow with a lymphatic drainage massage with one of our signature Scent Blends 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 - 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 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 - 65€

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

Rose Bath

20 min - 65€

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 - 65€

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 - 65€

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 therapeutic facials personalized for each guest.

Subtle Energies, utilizes 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.

Holistic Ageing Well Facial

60 min - 180€

90 min - 260€

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 - 180€

90 min - 260€

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. This restorative treatment will leave your skin smooth, vitamin enriched and deeply hydrated.

Essential Daily Hydrating

30 min - 95€

60 min - 180€

90 min - 260€

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 and brightening properties. A good option for men, leaving skin more supple and revitalized. Emerge in a state of radiant beauty.

NAIL CARE

All include a rejuvenating elixir or tea offering

Deluxe Pedi-Care

60 min - 120€

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 - 20€

Deluxe Mani-Care

45 min - 80€

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 - 20€

Nail Care Refresher

30 min - 45€

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

Gel or semi-permanent nail polish removal

20 min - 30€

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 Ritual

100 min - 260€

A restorative prenatal ritual combining a nourishing massage with a soothing rose hydrating facial

Treat yourself to a gentle caring massage with a special aromatherapy blend for mother-to-be that promotes skin elasticity for the mother while creating a warm cocoon for the baby. 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 face, décolleté and neck massage. To complete the experience, a hydrating mask will nourish your skin with soothing and smoothing action. Treasure the feeling of pampering beauty as a mother-to-be!

Prenatal Body Care

75 min - 175€

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. A specially designed massage blend with calming and hydrating essential oils, such as Gul Heena, Lotus and Amla intensively nourishes the skin. The caring touch of our dedicated therapists aims to provide positive, nurturing energy. Emerge relaxed with a beautiful maternal glow.

Essential Daily Hydrating

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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 Massage

45 min - 120€

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 our signature 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 - 160€

A rejuvenating combination of massage and a deeply relaxing facial

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 unique clay mask experience 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 - 140€

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

This soothing treatment begins with a gentle cleansing and exfoliation to rebalance healthy glowing skin, followed by a face, décolletè and neck massage with enriching Coriander oil known for its gentle nourishing properties. Enjoy a unique clay mask experience and 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 - 180€

A session dedicated to revive flow, balance, harmony and vitality

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 - 195€

Release tension in the central nervous system to promote healing

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 - 180€

A treat for mind, body and spirit

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

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 – 110€

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 hydro-massage and cleansing of the body, with clearly visible benefits for the skin.

Revitalise Flow

90 min – 110€

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 – 110€

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.

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.



A PEACEFUL HEAVEN

A restorative getaway from the complexities of life's everyday affairs

A place that evokes an immediate sense of safety, calm and "home."

TO EXPLORE, DISCOVER AND REGAIN ONE'S INNER STRENGTH

A place where as soon as you arrive, you begin to hear the beating of your heart and smell the gifts of untethered nature once again

This is a place to attune one's senses and embody new ways to bring harmony and happiness to your soul.

www.fontanellestete.com