



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:

10.00am – 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.

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 (100 min)

&

Tuscany Bath Ritual (20 min)

Tuscany-Inspired Lunch (60 min)

Advanced Antioxidant Facial (60 min)

527€ Per person

999€ Per couple

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 Facial (90 min)

660€ Per person

1250€ Per couple

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 or Meditation or Aikido (60 min)

Tuscany-Inspired Lunch (60 min)

Uplift Ritual (60 min)

360€ Per person

685€ Per couple

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.

Choice of private session:

Chi Nei Tsang Abdominal Massage or Shiatsu (60 min)

Pure Seaweed Body Care Ritual (120 min)

&

Dream Bath Ritual (20 min)

Tuscany-Inspired Lunch (60 min)

599€ Per person

1135€ Per couple

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.

Purify

Purifying Spa Flow (90 min)
Pure Seaweed Body Care Ritual (120 min)
Tuscany-Inspired Lunch (60 min)

460€ Per person / 865€ Per couple

Revitalise

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

305€ Per person / 580€ Per couple

Harmonise

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

3.5 hours

320€ Per person / 605€ Per couple

MEN'S VITALITY

3 hours

Refresh and revitalise with deeply therapeutic bodywork and nourishing cuisine.

Muscle Release Ritual (100 min)

Tuscany-Inspired Lunch (60 min)

Essential Daily Hydrating Facial (30 min)

366€ Per person

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)

799€ Per couple

COUPLE'S RENAISSANCE

3.5 hours

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

Signature Aroma Harmony Ritual (100 min)

&

Tuscan Bath Ritual (20 min)

Tuscany-Inspired Dinner (90 min)

650€ Per couple

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 or Meditation or Aikido (60 min)

Tuscany-Inspired Lunch (60 min)

Uplift Ritual (60 min)



560€ Per couple

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)

Family Meditation or Aikido (60 min)

445€ 1 teen + 1 adult
125€ Additional teen
125€ Additional adult

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 private session:

Family Yoga or Aikido (60 min)

Tuscany-Inspired Family Lunch (60 min)

Uplift Ritual (60 min)

&

Youth Facial (45 min)

545€ 1 teen + 1 adult
189€ Additional teen
210€ Additional adult

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 (100 min)

Tuscany-Inspired Group Lunch (60 min)

Choice of:

Group Yoga or Meditation (60 min)

360€ per person

For private groups from 4 up to 10 people.

BEAUTY REVIVAL

3 hours

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

Grape Therapy (100 min)

Tuscany-Inspired Group Lunch (60 min)

Essential Daily Hydrating Facial (30 min)

365€ per person

For private groups from 4 up to 10 people.

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 private session:

Group Yoga or Meditation or Aikido (60 min)

Tuscany-Inspired Group Lunch (60 min)

125€ per person

For private groups from 4 up to 10 people at one time.

PURE REJUVENATION

4 hours

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

Serenity Foot Ritual (60 min)

Tuscany-Inspired Group Lunch (60 min)

Pure Seaweed Body Care Ritual (120 min)

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.



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