



PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



Palazzo Fiuggi Wellness Medical Retreat Fact Sheet

Overview:

Lorenzo Giannuzzi, founder of Palazzo Fiuggi Wellness Medical Retreat and his team of specialists introduce this radical new approach to health, wellbeing and longevity. Fusing the deepest holistic traditions with the most advanced traditional Western medicine and a unique Food Line, never seen before in a wellness medical retreat. The integrative approach elevates therapy beyond the treatment of symptoms to fully rejuvenate the body, mind and soul.

The retreat programmes takes a 360-degree approach to your health. The diagnostic assessments and consultations allow the team of renowned scientists and doctors, who are experts in their fields, to carefully craft a bespoke programme of medical services, wellness treatments and holistic therapies designed exclusively for you.

At Palazzo Fiuggi, you will discover how the four natural elements; water, earth, air and fire can be balanced to achieve a harmonious state of health and mental wellbeing.

Location:

Located on an ancient hilltop in a private 8 hectare park, Palazzo Fiuggi offers unrivalled views over a breathtaking landscape, made verdant by the rich mineral waters that flow through it. At 700 metres above sea level, it offers clean and pure oxygen-rich air that creates the ideal altitude for personal transformation.

The town of Fiuggi is one of Italy's richest naturalistic areas. In Fiuggi everything is born from its extraordinary water, known for its unique healing powers since the early fourteenth century. The birth and development of one of the most famous Italian 'villes d'eaux' is closely linked to the history of Palazzo Fiuggi.

ROMA - A 50 minute drive from Rome (70 Km), Palazzo Fiuggi has exceptional transport links, including a fast train from Milan and a choice of international airports just one hour away.

Ciampino Airport (40min)
Fiumicino Airport (55min)

NAPOLI - (1h 25min)
POMPEI (1 hour 30 min) CAPRI (2 Hours)
FIRENZE - (High Speed Train 2 hours)
MILANO - (High Speed Train 3 hours and half)



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The Water of Fiuggi:

The source since the Middle Ages was known for its ability to "break stones" and cure the illness of Pope Boniface VIII and Michelangelo. The Fiuggi water that originates within the region's natural springs and mountains is known for restoring the kidneys and balancing the immune system. The mineral water has been scientifically proven to cleanse and purify.

Founder	Lorenzo Giannuzzi
CEO	Magno Cristiani
General Manager:	Ciro Verrocchi
Medical and Scientific Director:	David Della Morte Canosci
Spa Director:	Sharon Cassius
Building Architect:	Sandro Sergi
Spa Architect:	Mario Dal Molin

The Wellness Programmes:

Palazzo Fiuggi offers a range of fully bespoke programmes to include: **Complete Life Rewind, Optimal Weight, Deep Detox, Fit + Well and Immuno Boost**

- Each programme is available to book for either one or more weeks
- The price for each programme is fully inclusive of all treatments, personalized breakfast lunch and dinner, consultations and assessments.
- Guests will be able to book additional treatments as part of an à la carte menu to further enhance their Palazzo Fiuggi experience

Spa, Beauty and Wellbeing:

A selection of two very innovative beauty programs will be available soon:

- **Advanced Beautyfication**, an intense, one or more week program
- **Beauty Crash**, a 3-day program

Spa and Wellness offerings:

- 6,000 sqm of wellness and medical facilities divided into 3 areas: area wellness & spa; medical spa and the beauty spa.
- The contemporary style with the dominant use of white marble and wood creates an extraordinary contrast with the grandeur of the historic building, both combined in a perfect balance
- 21 multifunctional treatment rooms
- 8 beauty cabins



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- 1 Private Spa Suite
 - 6 medical rooms plus MRI
 - Dedicated yoga studio
 - Pilates studios
 - Hairdresser, manicure and pedicure salon area
 - Hydro circuit to include:
 - 2 thalasso pools incorporating healing Fiuggi waters, featuring the same protocol as the Forte Village's + one contrast cold pool
 - Hydro Circuit Rooms
 - Hammam and wet rooms
 - Terme Romane: the 700 square meters facility reproduces the experience of the ancient Roman baths. The area, connected to the central body of the building, offers a unique view of the fascinating "Old Town".
 - Ultra-modern 400 sqm Workout Movement Lab in the Palazzo's former ballroom, featuring Technogym, Reaxing for cognitive training and Icarus for virtual reality fitness experiences
 - Beauty product lines to include;
 - Dr Barbara Sturm who formulates unique, science-based products with instant results
 - The natural organic Spa brand Vitalis
 - Charme d'Orient for the hammam ritual
 - Johanna Hakimova's Natural Bio Lifting
 - Holistic healing with Indian Ayurveda therapies
 - Sound Healing Therapies
 - High Tech touchless treatment experiences
- A research laboratory specifically linked to the water found in Fiuggi and regenerative medicine that will be linked to the water

Advanced state of the art medical and aesthetic equipment and technology to include:

- **CT scan** and the highest range of MRI technology
- **Light needle Laser Therapy**
- **Dynostics**, an intelligent holistic system for performance and metabolism analysis that determines a subject's fitness level in just a few minutes, based on their respiratory gases. It shows exactly which heart rate burns fat most efficiently, when performance increases, and when muscles are acidified in the anaerobic zone
- **Infrared** technology for brain health and sleep
- **Imedos**, a technology based on the method of static or dynamic vessel analysis, offering a unique and non-invasive (optical) approach to the microcirculation of patients. Thanks to this outstanding technology, changes in the retinal vessels, their function and regulation can be made visible, analysed and observed.
- **MLX Dome**, a new generation of detox treatments combining Far Infrared Rays (FIR) technology, which stimulates metabolism and detoxification, with Plasma Light Therapy (PLT) for visible rejuvenation of the skin after the first use.
- **Cellis**, it promotes the optimal flow of the vascular and lymphatic systems, while reducing subcutaneous fat through a manual and non-invasive percussion process. The skin on the thighs, hips, abdominals and buttocks is stimulated to increase the production of fibroblasts. Perfect for cellulite reduction, toning and firming the whole body.
- **Spa Wave**, an acoustic therapy uses specific vibrations and binaural audio frequencies capable of inducing deep relaxation even in the most stressed minds. As with meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the centers of energy (chakra) of the body.
- **Psammo Therapy**: dating back to Ancient Egypt, this therapy is carried out via a specially equipped bed that supports the body, allowing the dry heat of natural quartz sand to relieve muscle and joint pain, inducing a state of total relaxation.
- **Quarz Vibra Sound Healing**: the healing powers of the vibrations emitted by natural quartz can be used to treat stress, anxiety, high blood pressure, depression and sleep disorders. It's an effective way to not only reach a state of total relaxation, but also to achieve a perfect balance of the body.



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- **Vibrahealing®** is an integrative treatment that uses the vibrations of the bell, combined with therapeutic music such as binaural and monaural frequencies, guided meditation and chromotherapy to transform the body, the flow of energy and the mental state.

Nutrition:

Three-star Michelin chef, Heinz Beck alongside David della Morte, a specialist in senescence-related diseases, expert in genetics and Medical and Scientific Director at Palazzo Fiuggi, have designed a Food Line unique to Palazzo Fiuggi.

Heinz Beck has used his expertise and honorary degree in Natural Bioenergies to create light and healthy, yet delicious personalised menus using biodynamic, natural ingredients. Unlike other medical retreats, these Food Lines will be designed using food nutrients able to activate cellular pathways linked with antiaging, anti-inflammatory and antioxidant processes, showcasing food as medicine, that aids the body when cooked and served the right way.

Heinz will use as much locally sourced, biodynamic produce as possible, ensuring guests experience the unique Food Line created for Palazzo Fiuggi, which incorporates a Mediterranean diet.

A Heinz Beck Cookery School will open late 2021, offering guests, specifically those experiencing the Detox and Weight Management programmes, classes to cook healthy dishes. These will be things they will be able to make at home easily, using local ingredients.

Exclusive rooms and suites:

Palazzo Fiuggi features 102 rooms and suites - from 32 to 135 sqm - all of them offering views overlooking the grounds of the private park or the "old town" of Fiuggi. As part of the complete renovation, all rooms and suites offer incredible amenities, home baked healthy snacks and state-of-the-art technology.

Guests are able to choose their preferred selection of rooms and suites while reserving the program

- 54 Double Bedrooms
- 26 Junior Suites
- 19 Suites
- 1 Old Town Suite
- 1 Royal Suite
- 1 Presidential Suite
- 1,000 sqm private villa set within the private park

Meetings & Events:

Each request for exclusive events will be evaluated individually by the management team.

Activities on site:

Set within 8 hectares of park which Palazzo Fiuggi sits high upon, guests will find an abundance of activities on offer when they are not having treatments as part of their wellness programmes to include;

- Panoramic Pool, indoor and outdoor: the indoor pool connects via a panoramic tunnel to an outdoor heated pool with a view of Fiuggi "old town"
- an additional Olympic sized pool (which dates back to 1936), surrounded by gardens and woodland
- Yoga and Pilates studios with private classes for all abilities
- Heinz Beck Cookery School



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- Cinema seating 20 seats
- 1 Paddle and 1 tennis court
- 1 billiard room
- Bike riding
- Bowling green

Discovering the surrounding area:

Guests are able to enjoy a variety of excursions and experiences, within an hour drive from Palazzo Fiuggi to include:

- Guided visits of Ciociaria historical villages and the most famous Abbeys of the Region (Subiaco, Trisulti, Casamari)
- Fiuggi 18-hole golf course
- Rafting in the Aniene River
- Hiking and cycling tours
- Private guided tours of the ancient medieval villages of Fumone, Anagni, Collepardo, Veroli, Alatri, Ferentino, Subiaco, Acuto, Piglio. All within a 25-45-minute drive from Palazzo Fiuggi
- Rome – the eternal city – is just an hour away and it is perfect for a shopping afternoon
- Ponza, Capri, Ischia and the Pontine Islands can be the perfect match for a stunning continuation of the most upscale Italian holiday

Families:

Children over the age of 14 years old are welcome to stay at Palazzo Fiuggi

Pets:

Pets are not allowed, even if they are small for sanitary reasons

Please note that at Palazzo Fiuggi alcohol and coffee are not available