



PALAZZO FIUGGI

JOURNAL



MEDICAL MIRACLES AT PALAZZO FIUGGI

PALAZZO FIUGGI, WHERE HEALTH IS REWARDED

Welcome to **Palazzo Fiuggi**, a corner of paradise nestled in the green hills of central Italy; a place to reconnect mind, body and soul through a truly unique **Wellness Medical Retreat service**. Experience a breathtaking environment, where man and nature converge, allowing you to fully devote yourself to your health. In 2023, this destination of excellence received recognition from **Condé Nast Traveller**, the luxury and lifestyle magazine with a yearly readership of over 450,000 people.

At the **Condé Nast Traveller Wellness & Spa Awards 2023**, an event that casts a spotlight on the best destinations for wellness and the finest spas in the world, Palazzo Fiuggi received the prestigious **Medical Miracles** award thanks to its cutting-edge programs that centre on the healing properties of the local waters. This prize is confirmation of the care we show our guests every day, helping them aspire to a **longer life**, lived in the best possible way.

HEALTH, PREVENTION, GENOME

GENETIC TESTS FOR PREVENTION AND WELL-BEING

The principles behind Palazzo Fiuggi's new **Health, Prevention, Genome** project aim to promote health, thereby reducing the incidence of disease, and help to maintain health and a good quality of life. The project utilizes specific **genetic tests** to identify individuals' risk of developing diseases and, consequently, take action by helping them to modify their lifestyles and adopt preventive measures. This **innovative approach** aligns with Palazzo Fiuggi's vision, which has always been aimed at developing **well-being, health and longevity** models based on the principles of **personalized medicine**. This type of high-value scientific analysis examines a person's DNA to identify

mutations or abnormalities that may be associated with a **genetic or hereditary disease**, as well as provide information on the **body's response** to medications and on specific nutritional requirements. Knowing this information enables personalized lifestyles or therapies to be adopted. The Health, Prevention, Genome project is spearheaded by **Prof. Giuseppe Novelli**, a world-renowned geneticist in the field. From the first collection of a saliva sample to clinical evaluation of the results, the project has been developed to ensure constant supervision by his medical team, which has the aim of offering assistance to guests by catering to their every need in real time.

The **complete genome analysis** concentrates on aspects that encompass all areas targeting the holistic system of mind, body and soul, a concept that has always been a distinguishing factor of Palazzo Fiuggi's approach. For this reason, aspects are explored that are linked to **genetic risk** based on family analysis, **pharmacogenetics** - a branch of molecular biology that studies the interaction between drugs and DNA - and **nutrigenomics**, which combines genetic research with personalized diets.



GIUSEPPE NOVELLI

LEADER IN THE FIELD OF GENETICS

Prof. Giuseppe Novelli is a world-renowned geneticist who has dedicated his career to studying genetic variations associated with the risk of developing complex, multifactorial diseases. He is a Full Professor of **Medical Genetics** at the "Tor Vergata" University of Rome, working in collaboration with the Laboratory of Medical Genetics of the Department of Biomedicine and Prevention (Faculty of Medicine and Surgery "Tor Vergata" University of Rome), and with the "Tor Vergata" Polyclinic (Rome). At Palazzo Fiuggi, he is responsible for the **Health, Prevention, Genome** program.



Palazzo Fiuggi received the Medical Miracles award at the Condé Nast Traveller Wellness & Spa Awards 2023 for its innovative use of Fiuggi water, in an atmosphere of healing and elegance.

FIUGGI METHOD

WELLNESS AND HEALTH



LONGEVITY

To purify body, mind and soul. The **Longevity** program aims to mitigate the effects of aging by employing an approach that unites diet, fitness and beauty treatments.



DETOX & WEIGHT

To lose weight and integrate healthy habits. **Optimal Weight** and **Deep Detox** blend a combination of diets, a holistic approach, an effective exercise program and the benefits of Fiuggi water.



RESTORE & BALANCE

The **personalization** of the Palazzo Fiuggi experience. Medical assessments, the Heinz Beck Food Line, fitness, yoga, meditation and sound healing, nature walks, tailored workouts and relaxation.



MEDICAL & DIAGNOSTIC

A journey through natural therapies, nutritional advice, treatments and physical activity, combined with a **personalized approach** to boost energy, prevent disease and strengthen the immune system.



THE RANCH

Mountain hikes, yoga classes and a traditional plant-based menu together with diagnostic testing, blood tests and medical consultations combine to make **The Ranch** an engaging and transformative program.

THE CRUCIAL TEST

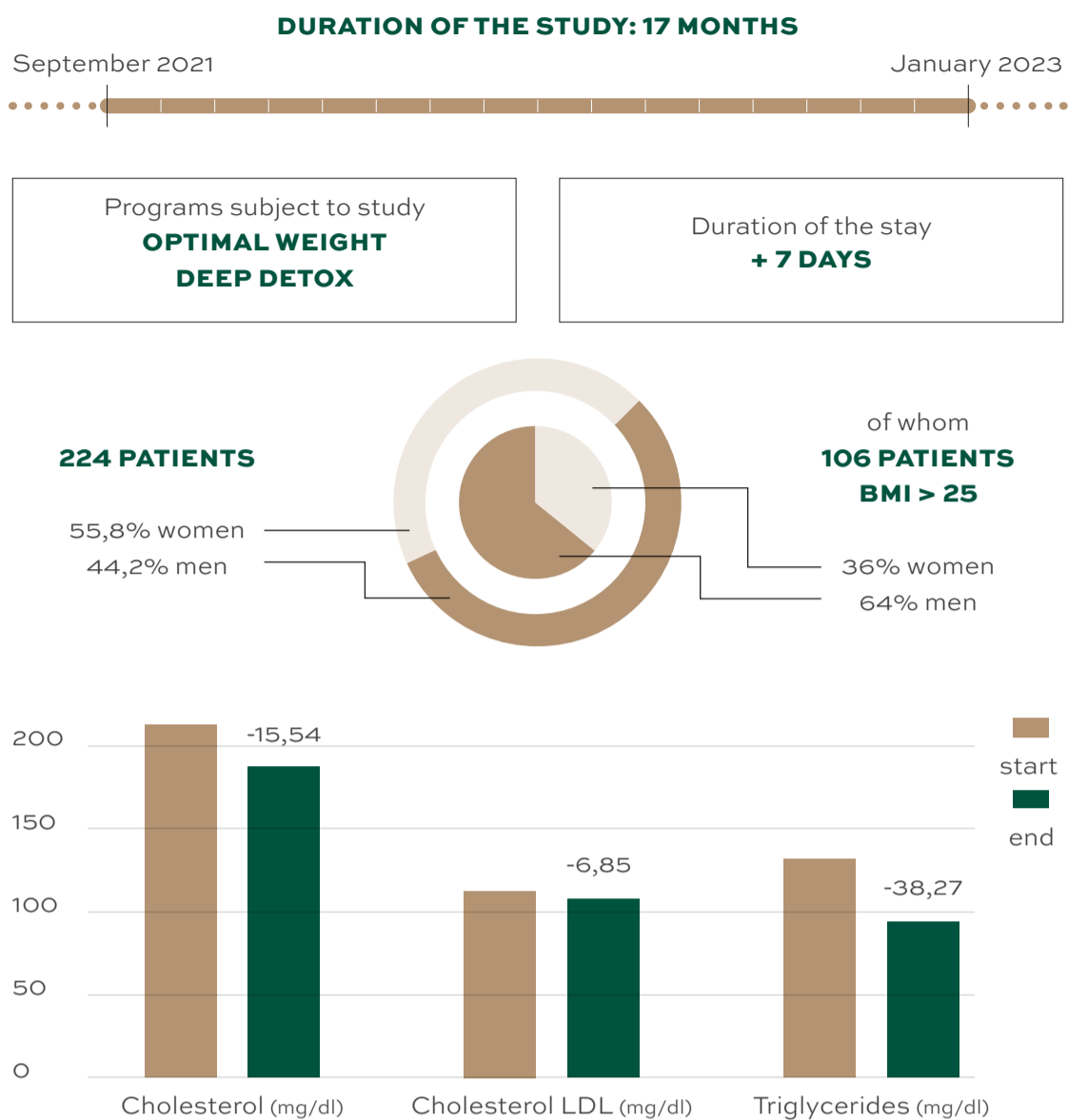
TANGIBLE SCIENTIFIC TESTS

In addition to being a **Wellness Medical Retreat**, in recent years guests at Palazzo Fiuggi have been the subject of a **medical study** designed to evaluate the effectiveness of the treatments and programs offered.

Palazzo Fiuggi's **team of experts** conducted tests and evaluations on participants through a combination of natural therapies, physical activity and personalized nutrition to assess changes over the course of their stay.

The **results** of the study can be seen below. They demonstrated significant improvement in overall health including a reduction in the percentage of body fat, a decrease in blood toxin levels, and an increase in mental and physical well-being.

These findings not only provide **new perspectives** for medical research but also represent a major breakthrough in the care of body and mind.



REBALANCE THE BODY WITH ACUPUNCTURE

WITH BOTH CHINESE AND TRADITIONAL MEDICINE

Acupuncture is an ancient healing method that involves the painless insertion of thin needles at specific points on the body's surface to restore the psycho-physical balance of the individual undergoing treatment. This practice has positive effects on **mental health** by addressing mood disorders,

insomnia and anxiety, and on the **musculoskeletal system**, effectively treating trauma, contractures and neck pain. Due to increased worldwide interest in this method, **Palazzo Fiuggi** decided to introduce this practice among its services, entrusting management to **Dr. Tullio Cusano**, an expert in acupuncture and auriculotherapy. "Over the past few years," explains Dr. Cusano, "this method of healing has emerged from being viewed as a minor practice to being considered a genuine scientific

discipline, with demonstrable and repeatable diagnostic and therapeutic possibilities. Even the World Health Organization has compiled a list of diseases for which acupuncture is deemed one of the first therapeutic choices."

Problems for which acupuncture can be offered as an effective solution include skin diseases, sleep and eating disorders, acute neuromuscular blockages, headaches and dizziness, neck, back, lower back and limb pain, muscle weakness, addictions, and trauma.



WHITE ASPARAGUS IN AN HERB CRUST ON AVOCADO AND SAMPHIRE CREAM



A RECIPE FROM HEINZ BECK,
PALAZZO FIUGGI'S MICHELIN-STAR CHEF

INGREDIENTS FOR 4 PEOPLE

White asparagus

12 white asparagus spears
half a lemon
salt
extra-virgin olive oil
4 slices of bread, without crusts

Herb crust

100g stale bread
10g parsley
10g basil
10g tarragon

Peas

300g fresh peas
extra-virgin olive oil
salt
lemon zest

Avocado and samphire cream

2 avocados
50g samphire
extra-virgin olive oil
salt
Espelette pepper
juice of 1 lime

Plate decoration

wild herbs
mint

DISH PREPARATION

White asparagus

Wash the asparagus. Bring some salted water, with the lemon and extra-virgin olive oil, to boil and add the asparagus. Cover with the bread slices and leave to cook for 7 minutes. Cool the asparagus in water, ice and salt. Peel them, place on a plate and set aside.

Herb crust

Pulse the bread and herbs together in a food processor until they look like green breadcrumbs.

Peas

Shell the peas and blanch them in salted water. Drain and season with extra-virgin olive oil, salt and lemon zest.

Avocado and samphire cream

Blanch the samphire and immerse in water and ice to cool down. Blend one of the

avocados and the samphire until combined to form a smooth sauce. Pass through a Chinese strainer to make the sauce smoother and more homogeneous. Clean the remaining avocado and mash in a bowl, with the help of a whisk. Add the mashed avocado to the sauce and dress with extra-virgin olive oil, salt, Espelette pepper and lime juice.

Plating

Trim the asparagus spears to a length of 10 cm and cut the lower part into rings. Cover with the herb breadcrumbs and place in a salamander oven until golden brown. Using a serrated scraper, distribute the avocado and samphire cream in the centre of the plate. Place the asparagus on top, add the peas and asparagus rings.

Decoration

Decorate the plate with wild herbs and mint.



AYURVEDA, VALUABLE RESOURCE

THE EXPERIENCE OF VIKAS GUPTA AT YOUR DISPOSAL

Ayurveda is a traditional medicine system originating in India that focuses on **balancing the body, mind and spirit**. The aim of Ayurveda is to achieve harmony between these three aspects in order to maintain an optimal state of health by preventing diseases and treating various types of problems.

Dr. **Vikas Gupta**, Palazzo Fiuggi's specialist in this field, is an expert in Ayurvedic medicine, nutrition and lifestyle medicine. With over 20 years of experience, Dr. Gupta helps people achieve balance by using a holistic approach that combines different techniques and practices, including nutrition, yoga, the use of herbs and essential oils, meditation and massage therapy, as well as the most suitable lifestyle choices and physical activity. At Palazzo Fiuggi, Ayurvedic practice has been introduced to help people restore and balance their vital energies.

This is particularly important for

those who have experienced and continue to experience **post-Covid symptoms**, which lead to significant mental and physical problems.

According to Ayurvedic philosophy, everything is connected to a universe composed of **five elements** (the *panchamahabhuta*): ether, air, fire, water and earth. The human body is composed of these elements together with **three bio-energies** (the *tridoshas*) *Vata*, *Pitta* and *Kapha*, one of which is always dominant.

To gain a better understanding of which bio-energy is dominant and learn more about the body, it is essential to seek guidance from an Ayurveda specialist. By performing a thorough examination,

the specialist can determine the balances and imbalances within the body and provide recommendations regarding the best practices to employ to restore harmony and well-being.



THE ENCHANTMENT OF WATER

WELLNESS FLOWS IN FIUGGI

It is no secret that the benefits of **Fiuggi water** are world-renowned. And in Palazzo Fiuggi this unique natural mineral water is the **fundamental component** of our wellness programs. Used to treat kidney diseases, digestion problems, kidney stones and other medical conditions, Fiuggi water boasts an extremely high **concentration of minerals**, such as calcium, magnesium and bicarbonate, ideal ingredients for impro-

ving health. However, the benefits do not end there! It also helps to improve the health of bones and teeth, preventing conditions such as osteoporosis and other bone diseases, and is known for its **beneficial effects** on the skin. Regular consumption helps to keep the skin healthy by purging toxins from the body and maintaining optimal hydration levels. Guests of **Palazzo Fiuggi** are provided with a wellness pro-

gram that includes the local water in various forms, which tackle the root causes and behaviours that contribute to the development of common ailments, such as imbalanced diets, stress, sedentary lifestyles, inflammation and weakened immune defences. Nestled in Italy's most exclusive health valley, the **external setting** further complements the guests' journey towards complete regeneration.

CHOOSE NATURE

HEALTH ITINERARIES AROUND FIUGGI

Nestled in a green oasis, **Palazzo Fiuggi** offers breathtaking views and a range of itineraries for **sports and cultural activities**. These opportunities, when

combined with the hotel's programs, are essential for **rejuvenating body and spirit**. Step into the Lazio region and discover the beauty of the landscapes.



COLLEPARADO



1H 45MIN
DIFFICULTY: **MEDIUM**

Located in the heart of the Monti Ernici, Colleparado is the ideal starting point for hiking in nature, in discovery of ancient woodland and pure water springs.

Don't miss
The Certosa di Trisulti, founded in 1204 at the behest of Pope Innocent III.

LA MONNA



2H 22MIN
DIFFICULTY: **EXPERT**

A hiking route that takes you along a series of ups and downs. At high altitudes, you will be rewarded with views of the Sacco river valley and the Ciociaria.

Don't miss
The view over Ciociaria, the ancient name for lands around Frosinone.

ANAGNI



TRANSFER BY CAR: 20MIN

Known as the "City of the Popes" for being the birthplace of four popes, Anagni is famous for being a long-time papal residence and seat, and for its medieval centre.

Don't miss
Santa Maria Cathedral, considered the Sistine Chapel of the Middle Ages.

RIVERANIENE



4H 30MIN
DIFFICULTY: **EASY**

A cycle path immersed in nature, where you can enjoy the beauty of the woods surrounding Subiaco. The long track runs along the entire length of the river.

Don't miss
The amazing San Benedetto Lake, with its wonderful falls.

MONTI ERNICI



1H 50MIN
DIFFICULTY: **MEDIUM**

Monti Ernici (Mountains of the Hernici) is the ideal place for long walks along paths created by repeated grazing over the years and to observe the local flora and fauna.

Don't miss
Golden eagles and peregrine falcons, which nest on the Monti Ernici.

ALATRI



TRANSFER BY CAR: 25MIN

One of the oldest and best-known towns in the region, Alatri has a legendary history: according to legend it was founded by the god Saturn during the Golden Age.

Don't miss
The pre-Roman Acropolis, a gargantuan construction surrounded by walls.

TESTIMONIALS

IN THE WORDS OF OUR GUESTS



Oprah Winfrey
Television host

I've been to many spas over the years—I've relaxed and retreated, deep-tissued and shiatsu'd, woken up with the birds for yoga and cardio, starved, meditated, cleansed. But never have I ever experienced anything like this.



SUPERFOODS

INGREDIENTS FOR OUR WELL-BEING



SAMPHIRE

Samphire has intense purifying and refreshing properties. Its **iodine-rich** juice is recommended for treating hypothyroidism, and its concentration of **vitamin C** helps to prevent scurvy.



AVOCADO

Rich in **antioxidants**, this fruit is a concentrate of monounsaturated fatty acids that help to increase **"good" HDL cholesterol**, protecting the body from heart problems.



WHITE ASPARAGUS

Made up primarily of water, it contains few calories and is recommended for anyone following a reduced **calorie diet**. When consumed, it helps to purge toxins and reduce cholesterol.



SPIRULINA

An **alga** with excellent properties for improving sport and work performance by increasing mental **concentration**. It strengthens the immune system by acting as an **antioxidant** agent.



CHASTE TREE

A plant used to treat menstrual disorders, premenstrual syndrome and menopausal pain in **women**. Chaste Tree is also used in the treatment of **infertility** and **acne**.



RED CLOVER

Red clover contains **isoflavones**, substances of plant origin that are functionally similar to oestrogen and help reduce the discomfort and pain associated with **menopause**.



ForteVillage

SARDINIA

Set in 50 hectares of **beautiful gardens** along the **white sandy beaches** of Sardinia, Forte Village is the **epitome of world-class resorts**. With a range of 5-star hotels, 4-star hotels and private villas, you can select the most suitable accommodation for enjoying an **unforgettable holiday** of relaxation and fun.



visit the website



PALAZZO DOGLIO

CAGLIARI

Sardinia from a **new perspective**, the first Leading Hotel of the World in Cagliari, in the heart of the city, close to **history and natural beauty**. Charming rooms, an enchanting courtyard, excellent restaurants, exclusive boutiques and a prestigious spa: the **magical experience** of Palazzo Doglio awaits you.



visit the website