



PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT

PROGRAMS

PROGRAMS

At Palazzo Fiuggi, we take a **360-degree approach** to your health. Surrounded by unspoilt nature and healing waters, Fiuggi will open the doorway to a healthier life. All Fiuggi programs are based on **medical evidence** and are **tailored by our doctors and experts** to fit guests' unique treatment profiles and objectives. A series of initial assessments and consultations allow us to carefully craft a bespoke portfolio of **medical services, wellness treatments** and **holistic therapies** designed exclusively for you. Each program is created from a comprehensive menu of treatments and **tailored to individual needs** and objectives to return targeted and successful results.

CHOOSE THE PROGRAM THAT SUITS YOUR NEEDS:



MEDICAL & DIAGNOSTIC

FULL IMMUNO BOOST >

POST COVID 19 >



DETOX & WEIGHT

OPTIMAL WEIGHT >

DEEP DETOX >



LONGEVITY

COMPLETE LIFE REWIND >



RESTORE AND BALANCE

REGENERATE >



MEDICAL AND DIAGNOSTIC

FULL IMMUNO BOOST

 DURATION 7 NIGHTS, 6 DAYS OF TREATMENTS

The program is designed for those seeking to increase vital energy, feel confident in the fight against infection, strengthen immunity and achieve optimal health. Initial diagnostic consultations will lead to the creation of a bespoke therapy schedule to build the body's defences, reduce fatigue and increase well-being. An ideal rehabilitation path for post-Covid patients looking to supercharge their recovery.

OBJECTIVES & BENEFITS

- Preventive measures against Covid-19
 - Rehabilitation after suffering with Covid-19
 - Evaluating the health and fitness status of the guest
 - Enhancing the guest's immune system
 - Reduce fatigue
 - Increase general well-being
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FULL IMMUNO BOOST: PROGRAM TREATMENTS

MEDICAL

- **x3** Medical Checks – a full check up on arrival with two follow ups
- **x2** Health Check ups
- **x1** ECG (electrocardiogram)
- **x1** Abdominal ultrasound
- **x2** Laboratory full blood analysis tests, including immuno profile, heavy metals profile and hormone profile. The first on arrival, the second on departure. This will help to determinate improvements over the week and set your direction for a better lifestyle
- **x1** Immunological medical consultation
- **x1** Nilas assessment
- **x1** Naturopathic – giving you all the right tools for your specific health & nutrition goals
- **x3** Ozone therapy sessions
- **x2** Bio-Impedancemetry (BIA) and **x2** Styku (3D Body scan). Deep diagnosis of your body both internally and externally
- **x1** Nutritional consultation session
- **x1** Dexa: whole body scan
- **x3** Regenerative intravenous supplementations
- **x1** Spirometry
- **x2** Cryotherapy sessions
- Scientific and nutrient rich Food Line by 3-star Michelin Chef Heinz Beck balanced to reach your program goals
- **x6** Herbal tea from the oldest pharmacy in the world

OVERALL WELL-BEING

- **x1** Spa Wave - sleep well
- **x2** MLXiDome treatments

HYDRO & BATHING

- **x1** Hammam welcome cleansing ritual
- **x2** 3-Step Hydro Cure
- **x2** Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- **x1** Aromatherapy - Body and Mind release massage
- **x1** Lymph Flow – lymphatic drainage massage
- **x1** Detox and Firm abdominal treatment

MOVEMENT

- Daily group classes (Sound Healing and Meditation, mobility, pilates, olit)
- Movement Lab with Technogym and Reaxing equipment at your disposal



MEDICAL AND DIAGNOSTIC

POST COVID 19

 DURATION 11 NIGHT AND 10 DAYS OF TREATMENTS

Our POST COVID 19 program evaluates the organs and systems that may have been weakened by Covid-19. The program is designed to support and rebuild a resilient and improved immune system. Guided by a team of professionals, Palazzo Fiuggi blends world class scientific medical services with holistic treatments and carefully curated food menus all designed to heal and energise the body and equip each guest with the knowledge and tools to live a healthy and full life after experiencing Covid-19.

OBJECTIVES & BENEFITS

- Preventive measures against further Covid-19 infection
 - Rehabilitation after suffering with Covid-19
 - Enhancing the guest's immune system
 - Rehabilitate organs
 - Increase general well-being
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POST COVID 19: PROGRAM TREATMENTS

MEDICAL

- x3 Medical visit with internal medicine specialist
- x1 Immunological consultation
- x2 Immunology profile
- x1 Naturopathic consultation
- x2 Laboratory blood analysis tests. The first on arrival, the second on departure. This will help to determinate improvements over the week and set your direction for a better lifestyle
- x1 ECG (electrocardiogram)
- x1 Cycling Ergometer Test
- x1 Inflammatory tests CRP, VES, Omega 3/6
- x2 Health Check-ups
- x2 Bio-Impedancemetry (BIA) and x2 Styku (3D Body scan). Deep diagnosis of your body both internally and externally
- x1 Complete cardiovascular assessment
- x1 Dexa: whole body scan
- x1 Oxidative stress analysis
- x1 Nilas Bioresonance
- x1 Vitamin and mineral profile
- x1 Electrolyte evaluation
- x4 Ozone therapy
- x5 Airnergy therapy
- x2 Cryotherapy
- x3 Regenerative intravenous supplementations
- x1 Complete pulmonary check-up incl. spirometry test
- x9 Sleep enhancement device
- x1 Dynostics for metabolism function
- Scientific and nutrient rich Food Line by 3-star Michelin Chef Heinz Beck balanced to reach your program goals
- x10 Herbal tea from the oldest pharmacy in the world

OVERALL WELL-BEING

- x2 Spa Wave - sleep well
- x2 Fir Body Detox

HYDRO & BATHING

- x1 Welcome cleansing ritual in the Hammam
- x1 Detoxifying Hammam
- x2 3-Step Hydro Cure
- x2 Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC TREATMENTS

- x1 Lymph Flow – lymphatic drainage massage (50min)
- x1 Aromatherapy - Body and Mind release massage (50min)
- x1 Psammo Signature Experience (80min)

MOVEMENT

- Daily group classes (Sound Healing and Meditation, mobility, pilates, olit)
- Movement Lab with Technogym and Reaxing equipment at your disposal



DETOX & WEIGHT

OPTIMAL WEIGHT

 DURATION 7 NIGHTS, 6 DAYS OF TREATMENTS

A few simple changes to your diet and lifestyle are all it takes to transform your body in a radical and lasting way. Palazzo Fiuggi's Optimal Weight programme helps you abandon old bad habits and adopt new, healthier routines. The programme does not focus exclusively on weight loss. Instead, it focuses on the ideal size and shape that you would like your body to be and that will allow you to be the best version of yourself. Our experts will explain how small changes in your daily routine can make a big difference to your mental and physical well-being. The programme includes advanced hydrotherapy detox sessions, cryotherapy detox, slimming treatments, massages, exercise and long-term weight control strategies.

OBJECTIVES & BENEFITS

- Immediate and tangible weight loss
- Creating awareness of eating habits and weight-related complications
- Stimulating sustainable weight management
- Enhancing the guest's immune system
- Rehabilitate organs
- Implementing a more active lifestyle
- Providing knowledge for a lasting healthy lifestyle
- Support for long-term weight loss

OPTIMAL WEIGHT: PROGRAM TREATMENTS

MEDICAL

- **x3** Medical checks – a full check up on arrival with two follows ups
- **x3** Health check-up
- **x1** ECG (electrocardiogram)
- **x1** Abdominal ultrasound
- **x2** Laboratory full blood analysis tests, including screening of metabolics syndrome & diabetes. The first on arrival, the second on departure. This will help to determinate improvements over the week and set your direction for a better lifestyle
- **x1** Naturopathic – giving you all the right tools for your specific health & nutrition goals
- **x1** Nutritional consultation session
- **x1** Metabolism diagnostic (Dynostics Mask)
- **x1** Nilas assessment
- **x3** Bio-Impedancemetry (BIA) and **x3** Styku (3D body scan). Deep diagnosis of your body both internally and externally
- **x1** Endocrinology visit
- **x3** Ozone therapies
- **x1** Hydro colon therapy
- **x2** Cryotherapy sessions
- Scientific and nutrient rich Food Line by 3-star Michelin Chef Heinz Beck balanced to reach your program goals
- **x6** Herbal tea from the oldest pharmacy in the world

OVERALL WELL-BEING

- **x2** Fir Body Detox
- **x2** Celliss - Slimming treatments

HYDRO & BATHING

- **x1** Hammam welcome cleansing ritual
- **x2** 3-Step Hydro Cure
- **x2** Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- **x2** Lymph Flow – lymphatic drainage massage (50min)
- **x1** Aromatherapy - Body and Mind release massage (50min)
- **x1** Psammo Signature Experience (80 min)

MOVEMENT

- **x1** Bespoke training with our Personal Trainers
- Daily group classes (Sound Healing and Meditation, mobility, pilates, olit)
- Movement Lab with Technogym and Reaxing equipment at your disposal



DETOX & WEIGHT

DEEP DETOX

 DURATION 7 NIGHTS, 6 DAYS OF TREATMENTS

Palazzo Fiuggi's holistic Deep Detox programme is backed by the latest scientific research. Delight in the nutritious three-Michelin-starred cuisine, combined with personalised therapies and the therapeutic effect of Fiuggi water for a balanced and long-lasting detoxifying effect. The personalised detox programme is designed to work in synergy with broader personal health goals, helping you to reduce the levels of toxins in your body and find your ideal lifestyle. This approach combines exquisitely prepared meals from our team with increased exercise and detox treatments, together creating a new healthy regime. The programme includes detox hydrotherapy sessions, wellness treatments, light exercise and dietary advice.

OBJECTIVES & BENEFITS

- Reduce toxins in the body
 - Reduce heavy metals in the body
 - Changing to a healthier lifestyle
 - Implementing a more active lifestyle
 - Creating attention towards a healthier diet
 - Giving knowledge for a continuous healthy lifestyle
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DEEP DETOX: PROGRAM TREATMENTS

MEDICAL

- **x3** Medical checks – a full check up on arrival with two follow ups
- **x1** ECG (electrocardiogram)
- **x1** Abdominal ultrasound
- **x2** Laboratory full blood analysis tests, including detox & heavy metal profile. The first on arrival, the second on departure. This will help to determinate improvements over the week and set your direction for a better life style
- **x1** Naturopathic – giving you all the right tools for your specific health & nutrition goals
- **x2** Regenerative intravenous supplementations
- **x1** Nilas Assessment
- **x1** Hydro Colon Therapy
- **x1** Nutritional Consultation session
- **x2** Health Check up
- **x2** Bio-Impedancemetry (BIA) and **x2** Styku (3D body scanner) Deep diagnosis of your body both internally and externally
- **x3** Ozone therapy sessions
- **x2** Cryotherapy sessions
- Scientific and nutrient rich Food Line by 3-star Michelin Chef Heinz Beck balanced to reach your program goals
- **x6** Herbal tea from the oldest pharmacy in the world

OVERALL WELL-BEING

- **x3** Fir Body Detox

HYDRO & BATHING

- **x1** Hammam welcome cleansing ritual
- **x2** 3-Step Hydro Cure
- **x1** Detoxifying Hammam
- **x2** Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- **x2** Lymph Flow – lymphatic drainage massage (50min)
- **x2** Detox and Firm abdominal treatments

MOVEMENT

- Daily group classes (Sound Healing and Meditation, mobility, pilates, olit)
- Movement Lab with Technogym and Reaxing equipment at your disposal



LONGEVITY

COMPLETE LIFE REWIND

 DURATION 7 NIGHTS, 6 DAYS OF TREATMENTS

Diet, exercise, stress and environmental factors all affect our overall health and well-being. Palazzo Fiuggi's Complete Life Rewind programme is designed to mitigate the effects of aging, giving you the tools you need to live your best life. The programme aims to combat the inner and outer signs of aging with a holistic approach. Using specialist testing to identify any imbalances, we create a personalised programme that focuses on nutrition, fitness and lifestyle to achieve long-term results. Therapies include beauty and anti-aging facials, detox hydrotherapy, rejuvenating cryotherapy, massage and advanced relaxation and sleep enhancement techniques.

OBJECTIVES & BENEFITS

- To mitigate the effects of ageing both internally on a physical and emotional level and externally on an aesthetic level.
 - Transformative
 - Rejuvenation
 - Reduce the aging process
 - Regenerative
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COMPLETE LIFE REWIND: PROGRAM TREATMENTS

MEDICAL

- x3 Medical checks – a full check upon arrival with two follows ups
- x1 ECG (electrocardiogram)
- x2 Laboratory full blood analysis tests, including Life Rewind Woman/Man and an anti-aging genetic test. The first on arrival, the second on departure. This will help to determinate improvements over the week and set your direction for a better lifestyle
- x1 Naturopathic – giving you all the right tools for your specific health & nutrition goals
- x1 Nutritional consultation sessions
- x1 Abdominal ultrasound
- x1 Nilas assessment
- x2 Health check-up
- x1 Aesthetic medical consultation
- x1 DEXA: whole body scan
- x3 Ozone therapy
- x2 Bio-Impedancemetry (BIA) and x2 Styku (3D body scan) Deep diagnosis of your body both internally and externally
- x2 Cryotherapy session
- x2 Regenerative intravenous supplementations
- Scientific and nutrient rich Food Line by 3-star Michelin Chef Heinz Beck balanced to reach your program goals
- x6 Herbal tea from the oldest pharmacy in the world

OVERALL WELL-BEING

- x1 Spa Wave - Sleep Well
- x1 Celliss - Slimming treatment

HYDRO & BATHING

- x1 Hammam welcome cleansing ritual
- x1 3-Step Hydro Cure
- x1 Thalassotherapy session
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- x1 Psammo Signature Experience (80 min)
- x1 Aromatherapy - Body and Mind release massage (50min)
- x1 Lymph Flow – lymphatic drainage massage

BEAUTY & TOUCH

- x1 Facial Advance Bio-lifting session
- x1 Intense purifying face treatment

MOVEMENT

- x1 Bespoke personal training session with our personal trainers
- x1 Postural evaluation & alignment
- Daily group classes (Sound Healing and Meditation, mobility, pilates, olit)
- Movement Lab with Technogym and Reaxing equipment at your disposal



REGENERATE

RESTORE & BALANCE

 DURATION 7 NIGHTS, 6 DAYS OF TREATMENTS

The Regenerate Program is designed to provide a personalized and unique experience at Palazzo Fuggi. Medical evaluations and diagnostics upon arrival guide us to create the perfect program exclusively for you. Indoor and outdoor activities including nature trails, trekking and exploring the surrounding countryside, yoga and pilates, fitness classes in our Movement Lab, meditation and sound healing, along with relaxing moments spent in our Roman Thermae round off the experience to give a perfect balance of rest, recuperation and relaxation.

OBJECTIVES & BENEFITS

- Enhance your quality of life
 - Improve general wellbeing
 - Regain health and vitality
 - Relieve the stress
 - Stimulate muscle activity with holistic experiences
 - Enhance your immune system
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REGENERATE: PROGRAM TREATMENTS

MEDICAL

- **x2** Medical checks – a full check up on arrival with one follow up
- **x2** Blood and urine analysis. The first on arrival, the second on departure. This will help to determinate improvements over the week and set your direction for a better lifestyle
- **x2** Bio-Impedancemetry (BIA) and **x1** Styku (3D body scan) Deep diagnosis of your body both internally and externally
- **x1** Nilas assessment
- **x1** ECG (electrocardiogram)
- **x1** Dynostics for metabolism function
- **x1** Group nutritional consultation sessions
- **x1** Skin evaluation
- Scientific and nutrient rich Food Line by 3-star Michelin Chef Heinz Beck balanced to reach your program goals
- **x6** Herbal tea from the oldest pharmacy in the world

HYDRO & BATHING

- **x1** Hammam welcome cleansing ritual
- **x3** Thalassotherapy sessions
- **x2** 3-Step Hydro Cure
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- **x1** Aromatherapy - Body and Mind release massage (50min)
- **x1** Classic Abhyanga massage
- **x1** Lymph Flow – lymphatic drainage massage

MOVEMENT

- **x3** Bespoke personal training session with our personal trainers
- **x1** Postural evaluation & alignment
- Daily group classes (Sound Healing and Meditation, mobility, pilates, olit)
- Movement Lab with Technogym and Reaxing equipment at your disposal