



PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



POSITION

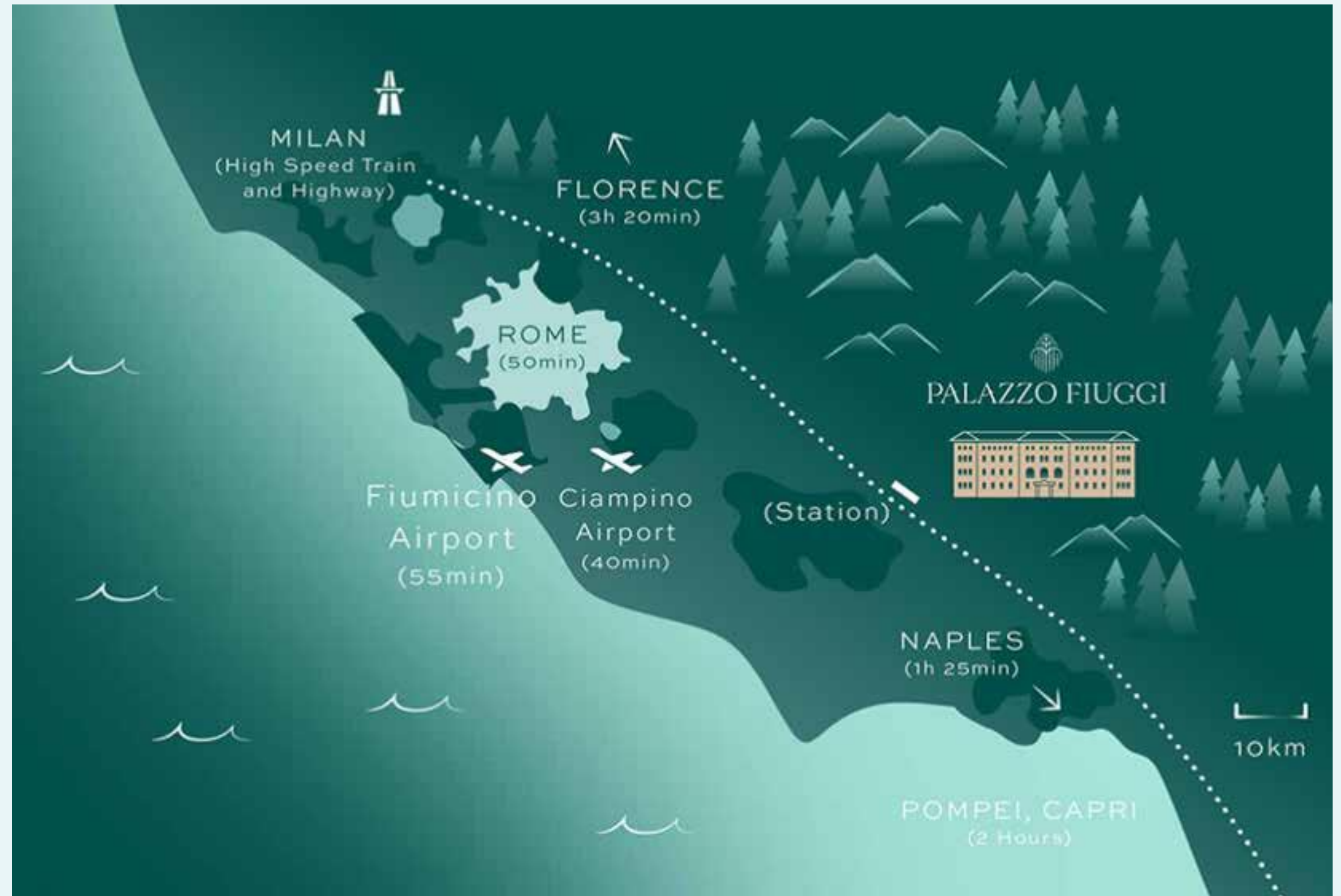
Located fifty minutes drive from Rome, Palazzo Fiuggi has exceptional transport links, including the fast train from Milan, and a choice of international airports just one hour away.

- Less than an hour from Rome's airports (Ciampino and Fiumicino)
- Excellent road links from Rome

NATURE

Located on an ancient hilltop in its own 8.5-hectare private park, Palazzo Fiuggi creates the ideal environment for personal rejuvenation.

- 700m above sea level, this is the ideal climate for oxygenation
- In all the Fiuggi area is forbidden to use pesticides to preserve Fiuggi water spring





EXPERIENCE
THE PALAZZO FIUGGI
MEDICAL CONCEPT AT
THE SOURCE

The celebrated mineral waters found at Palazzo Fiuggi are famed for their unique healing properties. In 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

THE MIRACOLOUS FIUGGI WATER



THE EXPERTS

Palazzo Fiuggi's team includes renowned scientists and doctors who bring you the very best of Western and holistic medicine.



PROF. DR. DAVID
DELLA MORTE CANOSCI

MEDICAL & SCIENTIFIC DIRECTOR
Miller School of Medicine, University of Miami

International expert in the field of aging,
genetics, metabolic, cardiovascular and
cerebrovascular disease.

HEINZ BECK: FOOD AS MEDICINE

Heinz Beck is a three Michelin Star Chef whose interest in health and innovation has made him a pioneer of high international gastronomy. Today he brings his natural Bioenergies expertise to the table at Palazzo Fiuggi, creating delicious personal nutrition meal plans.



PALAZZO FIUGGI PROGRAMS

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. All Fiuggi programs are based on medical evidence and are tailored by our doctors and experts to fit guests' unique treatment profiles and objectives.



COMPLETE LIFE REWIND

Nutrition, exercise, stress and environmental factors all impact our overall health and wellness. The Palazzo Fiuggi Complete Life Rewind program is designed to mitigate the effects of aging, giving you the tools you need to live your best life.



OPTIMAL WEIGHT

A few simple, pleasurable changes to your diet and lifestyle choices is all it takes to completely, and permanently, transform your body. The Palazzo Fiuggi Optimal Health program helps you adopt healthy new routines, while releasing old, unhelpful habits.



REGENERATE

The Regenerate Program is designed to provide a personalized and unique experience at Palazzo Fiuggi. 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.



FULL IMMUNO BOOST

Revitalize and restore cognitive strength and balance. In this relaxing setting, you'll connect with the harmony of nature, enjoy restorative sleep and positively harness the power of the mind, with the help of Ayurvedic specialists.



DEEP DETOX

Palazzo Fiuggi's holistic Deep Detox program is backed by the latest scientific research. Enjoy nutritious three-star Michelin cuisine, coupled with tailored therapies and the therapeutic effect of the Fiuggi water for a balanced, long-lasting detox effect.



POST 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.



Palazzo Fiuggi's medical-scientific approach enables our team of experts to develop rigorous and evidence-backed pathways that are tailored to guests' unique treatment profiles. All our interventions and programs are scrupulously designed to promote and support better human health, wellbeing and longevity.

LEADING MEDICAL & DIAGNOSTIC CENTER



A FULL RANGE OF TREATMENTS

Our guests have the opportunity to experience the most exclusive medical spa treatments designed to relax, rejuvenate and reset.





A STUNNING LOBBY



—
IT'S MOVIE TIME



—
THE GREATEST MOVEMENT LAB IN THE WORLD



SWIM FROM INTERNAL POOL...



—
...TO THE PANORAMIC ONE

ROMAN THERMAE





IMPERIAL SUITE



PRESIDENTIAL SUITE



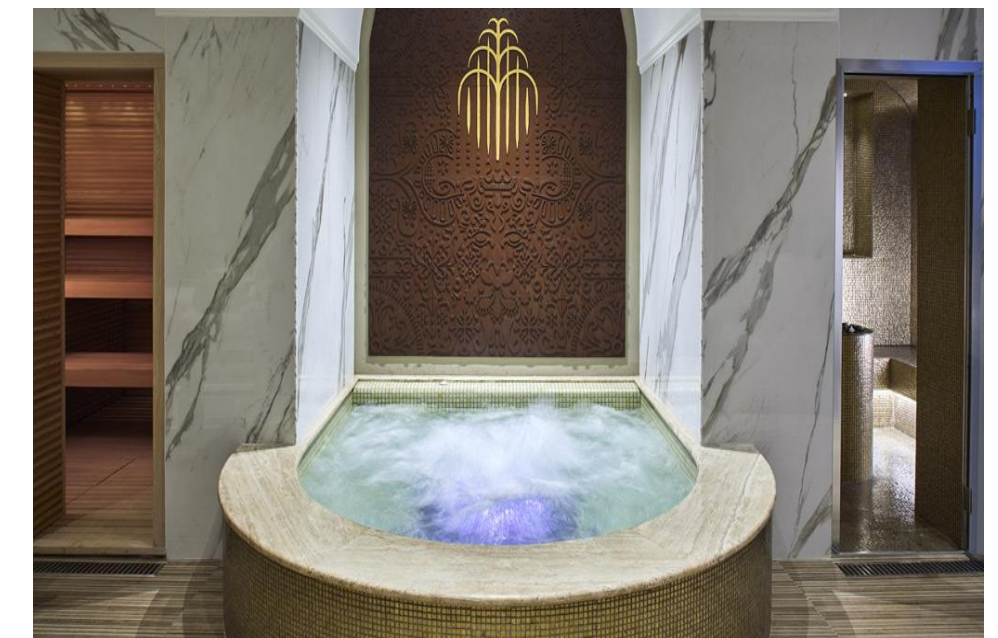
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ROYAL SUITE



ROYAL SUITE BATHROOM

A SPECTACULAR DESTINATION

- Oldest golf course in Italy
- The eternal city of Rome
- Hiking & Biking
- Historic sites and towns
- Vineyards and winetasting
- Trekking
- Shopping, luxury brand outlet





WHY PALAZZO FIUGGI?



EVIDENCE BASED PROGRAMS

Astonishing medical improvements seen just after one week



HEALING FIUGGI WATER

Known for its unique diuretic properties and for dissolving kidney stones



FOOD AS MEDICINE

An extraordinary anti-inflammatory Food Line by 3 Michelin Star Chef Heinz Beck



WORLD LEADING MEDICAL AND WELLNESS EXPERTS

A team of international doctors and specialists in western medicine and traditional holistic disciplines



STRATEGIC POSITION

Only 50 minutes away from Rome Fiumicino and 1 hours and 30 minutes from Naples



LEADING TECHNOLOGIES

Ultramodern 6000sqm wellness and medical spa



PERFECT LOCATION

At 700 metres above sea level with pure oxygen air and no pollution

P  F



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World's
Best New Wellness
Retreat