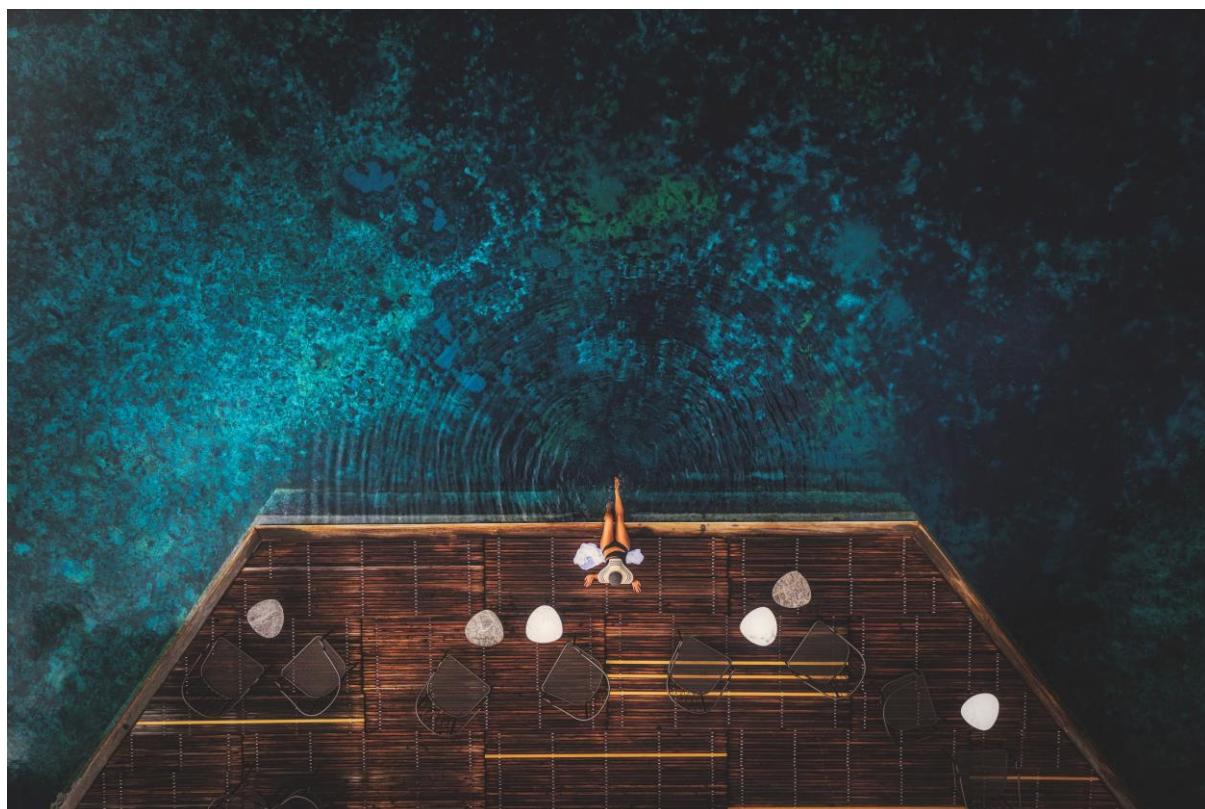




NATURAL DESTINATION

Escape to Tuscany: Terme di Saturnia unveils summer Retreats for holistic wellness

*Transformative experiences that nourish body, mind, and spirit
in the heart of the Maremma countryside*



Saturnia, July 3rd, 2024. A full immersion in the heart of the unspoilt Tuscan Maremma awaits travelers this summer: **Terme di Saturnia Natural Destination**, 5-star SPA & Golf Resort part of **Starhotels Collezione** and The Leading Hotels of the World and Italy's most famous thermal spring, welcomes the season with a careful selection of **Retreat** programmes, immersive holistic wellness experiences designed to nourish body, mind and spirit.

At the foot of Saturnia, the eponymous medieval village, lies 120 hectares dedicated to pure wellness: this is the land of authentic, natural, and ancient beauty. Each season, Terme di Saturnia offers special editions of regenerative initiatives, created for those who are looking for a transformative journey, embracing a natural approach. These experiences range from the **Cool Metabolic Boost Retreats**, to reinvigorate the body, to **Yoga Retreats**, focused on breath control techniques and designed to implement body and mind flexibility.

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COOL METABOLIC BOOST RETREATS

A powerful combination of cryotherapy, physical activity, and spa treatments, designed to stimulate the metabolism and promote overall well-being, the *Cool Metabolic Boost* retreat is the perfect opportunity to shed toxins and boost energy levels.

An effective wellness cocktail to reinvigorate the body, stimulating it with a detox nutrition, hot/cold alternation, anti-inflammatory spa treatments, and Nordic walking sessions. This special retreat includes also the IUNIC METABOLIC diagnostic package to learn more about conditions that promote metabolism changes and weight gain. The areas investigated are diet sensitivity, metabolic capacity, insulin metabolism, fat sensitivity, Leptin metabolism, cholesterol, and lipid profile.

The Cool Metabolic Boost Retreat includes a 3-night stay in a deluxe room and it's bookable from July 25 to September 15.

QI GONG – THE PATH OF TAO

Among the enticing retreats unfolding at Terme di Saturnia from September onwards, **QI GONG – THE PATH OF TAO** stands out as a beacon of tranquility and self-discovery. This immersive program invites guests to embark on a transformative journey of inner harmony, guided by the ancient wisdom of Qi Gong. Also known as Chi Kung, this is an ancient Chinese practice that cultivates physical, mental, and spiritual well-being. Through gentle movements, coordinated breathing techniques, and focused meditation, Qi Gong harmonizes the flow of vital energy, or Qi, within the body. This holistic practice promotes relaxation, stress reduction, and overall vitality.

This retreat includes Qi Gong, yoga and Tai Chi group lessons, Tao vibration and reflexology treatments, in addition to unlimited access to the Natural Hot Spring and thermal pools, Roman Bath with sauna and Turkish bath, whirlpools, vascular paths, waterfall whirlpools, and indoor relaxation areas.

The QI GONG retreat includes a 3-night stay in a deluxe room with breakfast, and it is scheduled from September 19 to September 22, and from October 17 to October 20.

YOGA RETREATS | BREATH

This transformative escape whisks away to a luxurious setting, where breathtaking nature and rejuvenating thermal waters combine with the ancient practice of yoga to create an unforgettable experience.

Considering breath as a bridge connecting physical and mental well-being, Terme di Saturnia's Yoga Retreats go beyond simple breathing exercises: they embody a philosophy that views all yoga as a means to manage and store this vital energy.

Declined in both group and private sessions, breath-focused yoga retreats are available in 3 and 7-night packages:

The 3-night package is scheduled from September 26 to September 29.

The 7-night package is scheduled from September 22 to September 29.

Throughout the year, Terme di Saturnia offers special editions of its programs inspired by the Terme di Saturnia Method, featuring personalized nutritional advice, specialized cooking classes, and mindful



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eating sessions. These unique programs are designed to promote overall well-being, with a particular focus on embracing a slower pace and reconnecting with oneself during the summer months.

For more information, details, and costs, please visit the [dedicated page](#).

Terme di Saturnia Natural Destination

120 hectares of wellness where a millennia-old spring from which a unique, powerful water flows at the foot of a medieval village. Here stands Terme di Saturnia Natural Destination a Natural SPA & Golf Resort, whose power is encapsulated in the water of its Spring, which emerges naturally after a 40-year journey into the folds of the Earth and gushes out at a constant temperature of 37.5°C. A beneficial water for everyone: over 3,000 years popes, peasants, centurions, generals, kings and exponents of every hemisphere, along with hundreds of thousands of people from all over the world have bathed in it, benefiting from the antioxidant, anti-inflammatory and dermatological properties of the waters of Saturnia, which propel this place into the Olympus of wellness.

Today Terme di Saturnia Natural Destination represents a unicum in the heart of the Tuscan Maremma, a temple of natural longevity now an icon in the world of hospitality and wellness, a Historical Brand where excellence and professionalism in services, attention to detail and contact with nature are the secret of a long success story of over 100 years. A 5-star Resort affiliated with "The Leading Hotels of the World" and "Starhotels Collezione"; a refined gastronomic offer with the 1919 Restaurant and authentic with La Stellata | Trattoria; the SPA with spa and beauty treatments, medical consultations and innovative massages inspired by the gifts of nature; the Active Beauty Skin Care Line based on Bio-Plankton, an algae that spontaneously matures in the Spring, a concentrate of minerals and beneficial nitrogenous substances dissolved in it; the Thermal Park, a thermal water and nature trail, among the largest in Europe; the Club, dedicated to members or external guests who also wish to have access to the Spring and the Resort's facilities; the Golf, a Geo-Certified 18-hole championship course of 6.316 meters on 70 moved hectares, designed by renowned American architect Ronald Fream.

Terme di Saturnia is at the forefront of wellness care thanks to the Terme di Saturnia Method, which, with its programmes, combines 5 ingredients of health and psychophysical wellness: specialist medicine, nutrition, SPA and spa treatments, movement, and energy rebalancing through naturopathy.

A long-standing stage for major international events, today the 5-Star resort and Thermal Park are global icons of hospitality and wellness, with the hotel voted in 2023 for the second consecutive year among the top 5 SPA Resorts in the world by Travel + Leisure.

All this is not enough to describe Terme di Saturnia: it lacks the excitement and loyalty of the guests who for years have chosen it as the ideal destination for their well-being

Starhotels

Starhotels, the first Italian private hotel company, is a market leader in the hospitality industry within 4 and 5-star hotels. The Group vaunts 30 hotels with more than 4,200 rooms and luxury residences located in the heart of the top Italian destinations, in addition to London, Paris, and New York. Starhotels is synonymous with the excellence of Italian hospitality, offering impeccable service that excels at anticipating the guests' wishes and exceeding their expectations.

The prestigious **Starhotels Collezione** – icons of style in the most beautiful destinations in the world – stand out for their strategic positions, sophisticated design, and bespoke services. Starhotels Collezione properties are located in Florence, London, Milan, New York, Paris, Rome, Saturnia, Siena, Trieste, Venice, and Vicenza.

Starhotels Premium, located in the heart of the most beautiful Italian cities, Bergamo, Bologna, Florence, Genoa, Milan, Naples, Parma, Rome, Saronno, and Turin, stand out for their contemporary style, and perfect combination of elegance and comfort, providing an intangible sense of well-being through excellent and welcoming service.

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