



FONTEVERDE

LIFESTYLE & THERMAL RETREAT | TUSCANY

THE EQUILIBRIUM PHILOSOPHY AND ITS WELLNESS  
PROGRAMMES

A MEMBER OF

H

Italian  
Hospitality  
Collection

## EQUILIBRIUM TOTAL GREEN

A weekly programme designed to restore harmony and wellbeing through nature and the beneficial power of plants.

The Total Green purifying programme is inspired by Equilibrium, our innovative wellbeing philosophy. Over seven days, Total Green offers a medical examination and dietary consultation, outdoor exercise with strolls through the Tuscan countryside and Nordic walking, or discovering plants and their benefits through the ancient practice of foraging. Physical and spiritual wellbeing continues with Hatha and Power yoga, plus targeted spa treatments and relaxing massages.

Throughout the programme, guests follow the Total Green Purifying Diet, based on green as form of colour therapy and source of serenity. This complete diet includes delicious meals made using local organic produce, chosen to reflect the natural cycle of the seasons, medicinal and wild herbs from the Tuscan countryside, and the right proportion of lean, natural proteins.





## ———— EQUILIBRIUM TOTAL GREEN ————

### TOTAL GREEN PURIFYING DIET

The diet is based on green, through colour therapy and the health-giving powers of herbs, fruit and plant products from Tuscany and the Mediterranean.

As part of the programme, “green” means purification, sustainability and bioavailability, based on seasonal, local produce.

The seven-days diet begins with an Equilibrium and a purifying day, followed by an energizing day and ending with a rebalancing, maintenance day.

Every meal is deliciously different, always prepared with plant products and the correct amount of proteins. Food is cooked to conserve all of its beneficial properties, making it easier to digest. Healthy snacks, exercise, herbal teas and juices feature throughout each day. We place great emphasis on correct hydration, with a Microdrink Waterdrop Set and refillable eco-friendly water bottle for every guest.

## YOUR MEDICAL SPA EXPERIENCE

### ACCOMMODATION

7 Nights with breakfast, lunch and dinner with total green purifying diet

### THERMAL SPA

Thermal pools with natural hydro massage waterfall

Thermal Bioaquam circuit

Lux thermal pool, Light Bath

Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit

Thermal pools with natural hydro massage waterfall

Thermal Bioaquam circuit

Lux thermal pool, Light Bath

Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit

Fitness Room

Every morning, physical activity with our Wellness awakening  
(from Monday to Saturday)

### MEDICAL SPA TREATMENTS

1 Medical consultation

1 Dietologic consultation

2 Dietologic check-ups

2 Health and wellness in Tuscany supplement kits

2 Hata and Power Yoga sessions with personal trainer 50'

1 Thermal bath with Rosso Nobile red wine and saffron

1 Detox scrub with Tuscan grapes

1 Firming treatment with green and helicine stem cells

2 Localized slimming treatments with thermal-active alginate cast

2 Total body detox lipo muds

1 Relaxing massage with hemp oil

2 Personalized massages with cypress oil

### TOTAL GREEN EXPERIENCES

1 Foraging experience 3h or nordic walking 70'





— EQUILIBRIUM TOTAL GREEN —

RATES  
PER PERSON PER PACKAGE  
IN DOUBLE ROOM

Room type	Rates	Rates from 22/12/2023 to 06/01/2024
Classic	€ 3.027,35	€ 3.436,50
Superior	€ 3.184,85	€ 3.611,50
Superior Balcony	€ 3.263,60	€ 3.699,00
Superior Valley View	€ 3.342,35	€ 3.786,50
Superior Valley View Balcony	€ 3.421,10	€ 3.874,00
Deluxe Valley View Balcony	€ 3.625,85	€ 4.101,50
Junior Suite Valley View	€ 3.783,35	€ 4.276,50
Junior Suite Valley View Terrace	€ 4.003,85	€ 4.521,50
One Bedroom Suite	€ 4.240,10	€ 4.784,00
Suite Val D'Orcia	€ 4.460,60	€ 5.396,50
Grand Suite	€ 4.791,35	€ 6.796,50

# THE PERIODIC FASTING PROGRAMME 3 DAYS

This dietary programme leads to weight loss and health benefits. It reduces abdominal fat while maintaining lean body mass, boosts cell and tissue turnover, reduces inflammation, prevents metabolic and degenerative diseases and lengthens the healthy lifespan. It involves a period of 1 day of semi-fasting, which is repeated at different intervals depending on nutritional and health-related factors. The short programme consists of 2 days of semi-fasting and 1 day of a personalised diet plan. It is repeated at regular intervals, depending on the individual's health. Relaxing and lymph-draining treatments enhance the effects of the diet. The entire programme is carried out under medical control, with daily check-ups.





— THE PACKAGE INCLUDES —

**ACCOMMODATION**

3 Nights with personalized dietary programme (beverages not included)

**THERMAL SPA**

Thermal pools with natural hydro massage waterfall

Thermal Bioaquam circuit

Lux thermal pool, Light Bath

Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit

Fitness Room

Every morning, physical activity with our Wellness awakening  
(from Monday to Saturday)

**SPA TREATMENTS**

1 Medical consultation

1 Dietologic consultation with anthropometric analysis

1 Dietologic check-up

1 Cosmetologic consultation

1 Dipu Jet Massage

1 Reflexologies with head massage

1 Thermal relaxing massage

— THE PERIODIC FASTING PROGRAMME —  
3 DAYS

RATES  
PER PERSON PER PACKAGE  
IN DOUBLE ROOM

Room type	Rates	Rates from 22/12/2023 to 06/01/2024
Classic	€ 1.276	€ 1.452
Superior	€ 1.344	€ 1.527
Superior Balcony	€ 1.377	€ 1.564
Superior Valley View	€ 1.411	€ 1.602
Superior Valley View Balcony	€ 1.445	€ 1.639
Deluxe Valley View Balcony	€ 1.533	€ 1.737
Junior Suite Valley View	€ 1.600	€ 1.812
Junior Suite Valley View Terrace	€ 1.695	€ 1.917
One Bedroom Suite	€ 1.796	€ 2.029
Suite Val D'Orcia	€ 1.890	€ 2.292
Grand Suite	€ 2.032	€ 2.892







## THE PERIODIC FASTING PROGRAMME 7 DAYS

This dietary programme leads to weight loss and health benefits. It reduces abdominal fat while maintaining lean body mass, boosts cell and tissue turnover, reduces inflammation, prevents metabolic and degenerative diseases and lengthens the healthy lifespan. It involves a period of 2 to 5 days of semi-fasting, which is repeated at different intervals depending on nutritional and health-related factors. The weekly programme consists of 5 days of semi-fasting and 2 days of a personalized diet plan. It is repeated at regular intervals, depending on the individual's health. Relaxing and lymph-draining treatments enhance the effects of the diet. The entire programme is carried out under medical control, with daily

## THE PACKAGE INCLUDES

### ACCOMMODATION

7 with personalized dietary programme (beverages not included)

### THERMAL SPA

Thermal pools with natural hydro massage waterfall

Thermal Bioaquam circuit

Lux thermal pool, Light Bath

Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit

Fitness Room

Every morning, physical activity with our Wellness awakening  
(from Monday to Saturday)

### SPA TREATMENTS

1 Medical consultation

1 Dietologic consultation with anthropometric analysis

2 Dietologic check-up

1 Cosmetologic consultation

3 Sessions of stretching or pilates with personal trainer

2 Dipu Jet Massage

2 Reflexologies with head massage

1 Thermal relaxing massage

1 Anti-stress massage with phytomelatonin





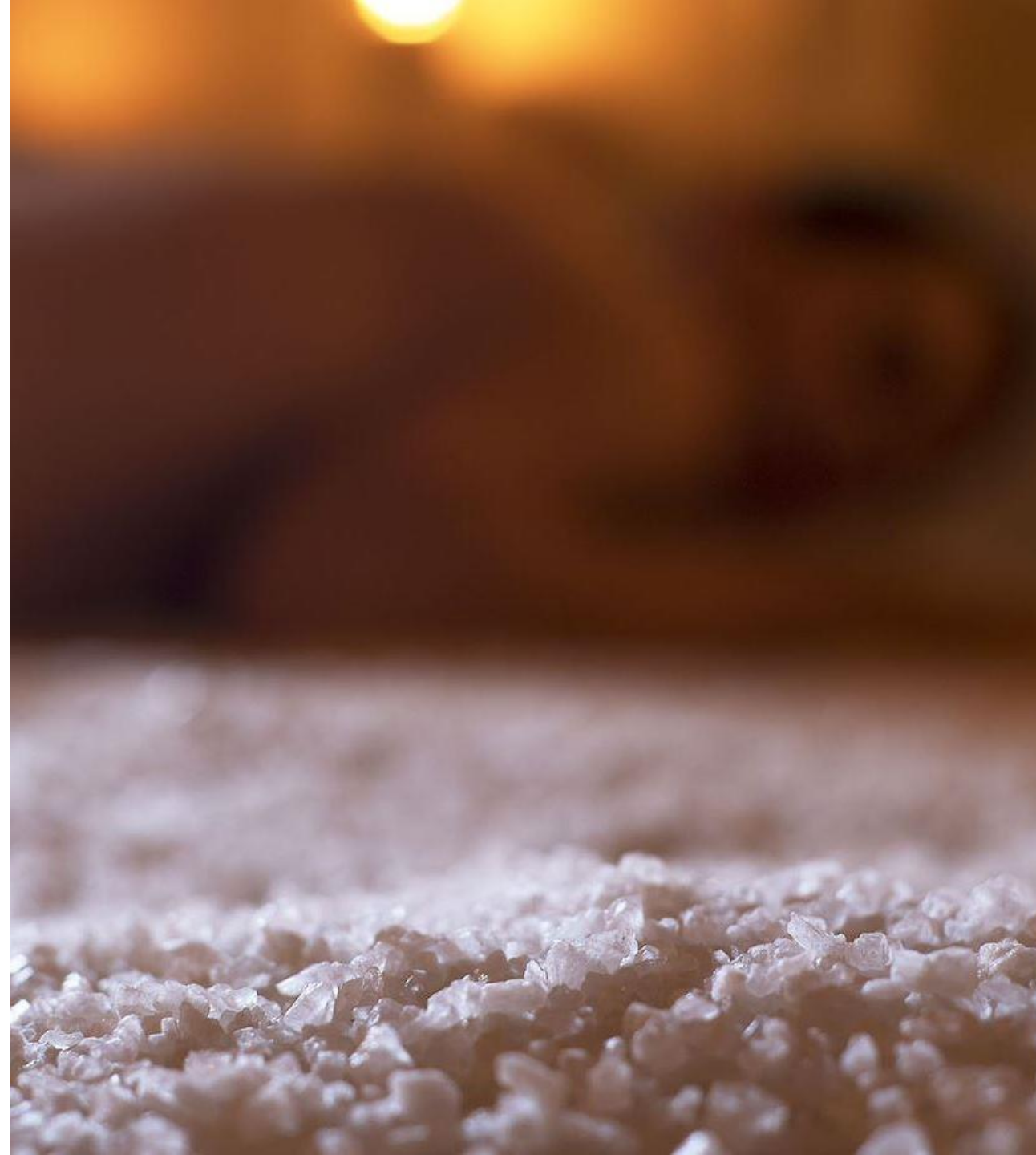
— THE PERIODIC FASTING PROGRAMME —  
7 DAYS

RATES  
PER PERSON PER PACKAGE  
IN DOUBLE ROOM

Room type	Rates	Rates from 22/12/2023 to 06/01/2024
Classic	€ 2.744	€ 3.153
Superior	€ 2.901	€ 3.328
Superior Balcony	€ 2.980	€ 3.416
Superior Valley View	€ 3.059	€ 3.503
Superior Valley View Balcony	€ 3.138	€ 3.591
Deluxe Valley View Balcony	€ 3.342	€ 3.818
Junior Suite Valley View	€ 3.500	€ 3.993
Junior Suite Valley View Terrace	€ 3.720	€ 4.238
One Bedroom Suite	€ 3.957	€ 4.501
Suite Val D'Orcia	€ 4.177	€ 5.113
Grand Suite	€ 4.508	€ 6.513

## DETOX INTENSIVE PROGRAMME

As well as fighting the symptoms of cellulite such as swelling and orange-peel skin, the programme is designed primarily to treat the main cause: silent tissue inflammation. We begin by analysing body water distribution and then create a nutrition plan based on the de-acidifying, anti-inflammatory microbiota diet. This is followed by a series of customised lymph-draining treatments to improve tissue oxygenation, alongside targeted physical activity. The effects are boosted by the oxygenating, anti-inflammatory powers of thermal water.





## THE PACKAGE INCLUDES

### ACCOMMODATION

7 nights with microbiotic diet, de-acidifier and anti-inflammatory (beverages not included)

### THERMAL SPA

Thermal pools with natural hydro massage waterfall  
Thermal Bioaquam circuit  
Lux thermal pool, Light Bath  
Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit  
Fitness Room  
Every morning, physical activity with our Wellness awakening (from Monday to Saturday)

### SPA TREATMENTS

1 Medical consultation  
1 Dietologic consultation with anthropometric analysis  
1 Cosmetologic consultation  
2 Dietologic check-up  
1 Thalaquam and Salidarium  
1 Talasso fango-scrub  
1 Dipu Jet Massage  
1 Reflexologies with head massage  
1 Thermal relaxing massage  
2 personalized Dipu Massage  
3 Slimming casts with fleur thermal  
2 Endosphere therapy

## — DETOX INTENSIVE PROGRAMME —

### RATES PER PERSON PER PACKAGE IN DOUBLE ROOM

Room type	Rates	Rates from 22/12/2023 to 06/01/2024
Classic	€ 2.975	€ 3.385
Superior	€ 3.133	€ 3.560
Superior Balcony	€ 3.212	€ 3.647
Superior Valley View	€ 3.290	€ 3.735
Superior Valley View Balcony	€ 3.369	€ 3.822
Deluxe Valley View Balcony	€ 3.574	€ 4.050
Junior Suite Valley View	€ 3.731	€ 4.225
Junior Suite Valley View Terrace	€ 3.952	€ 4.470
One Bedroom Suite	€ 4.188	€ 4.732
Suite Val D'Orcia	€ 4.409	€ 5.345
Grand Suite	€ 4.739	€ 6.745





## THE DETOX SHOIRT PROGRAMME 3 DAYS

Our body naturally eliminates the harmful substances produced by our metabolism and those that come from the food we consume or pollution. However, sometimes the actions of our body are not enough and harmful substances accumulate. For this reason it is necessary to help our defence systems. Our detox programme combines the anti-inflammatory and antioxidant power of spa water with a specific diet and treatments that restore the balance of our body's cleansing mechanisms, like thermal mud.

## THE PACKAGE INCLUDES

### ACCOMMODATION

3 nights with microbiotic diet, de-acidifier and anti-inflammatory (beverages not included)

### THERMAL SPA

Thermal pools with natural hydro massage waterfall

Thermal Bioaquam circuit

Lux thermal pool, Light Bath

Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit

Fitness Room

Every morning, physical activity with our Wellness awakening (from Monday to Saturday)

### SPA TREATMENTS

1 Medical consultation

1 Dietologic consultation with anthropometric analysis

1 Cosmetologic consultation

1 Dietologic check-up

1 Session with personal trainer

1 Personalized treatment 70'

2 Personalized treatments 50'

1 Detox thermal mud pack







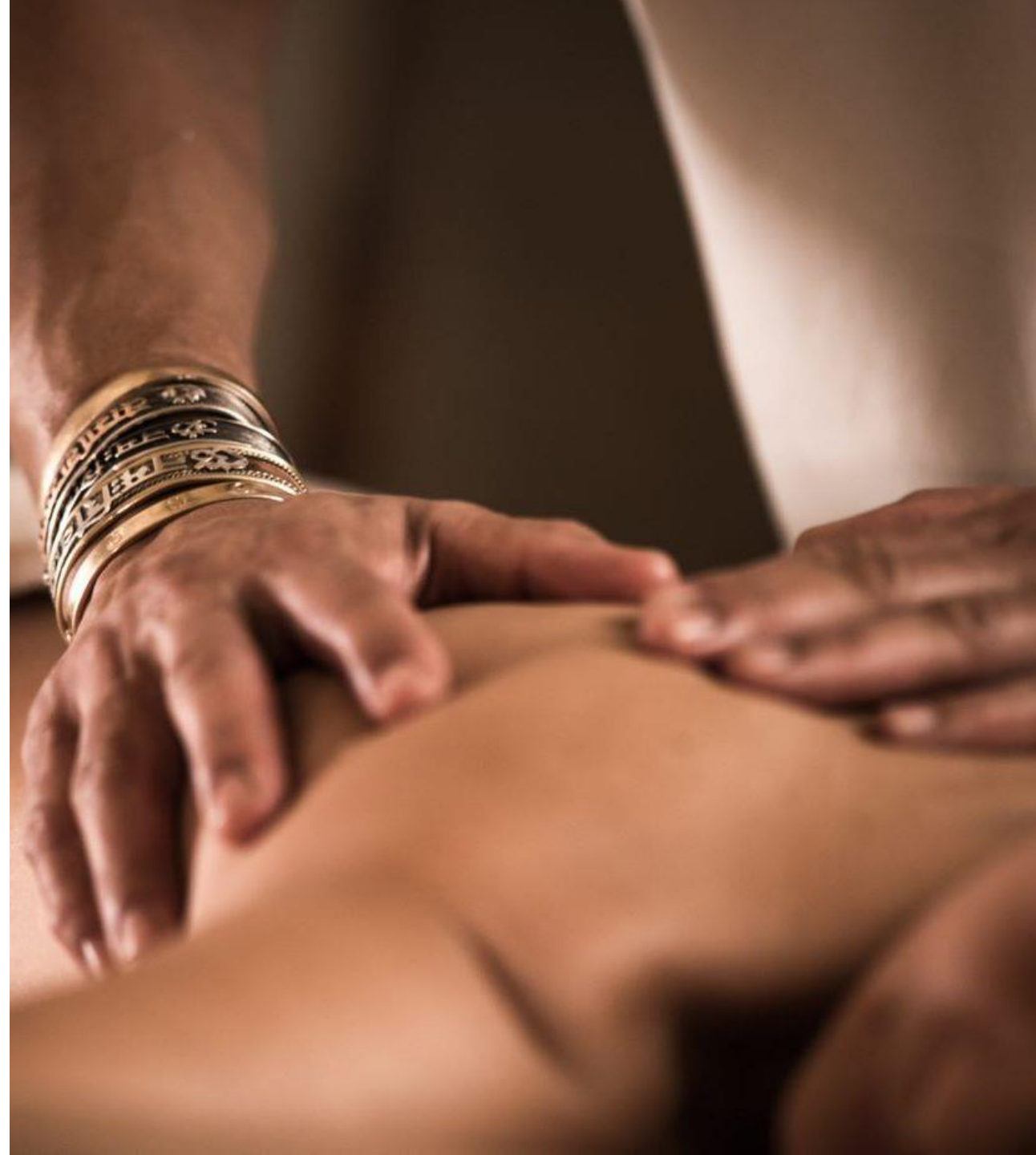
— THE DETOX SHORT PROGRAMME —  
3 DAYS

RATES  
PER PERSON PER PACKAGE  
IN DOUBLE ROOM

Room type	Rates	Rates from 22/12/2023 to 06/01/2024
Classic	€ 1.440	€ 1.616
Superior	€ 1.508	€ 1.691
Superior Balcony	€ 1.541	€ 1.728
Superior Valley View	€ 1.575	€ 1.766
Superior Valley View Balcony	€ 1.609	€ 1.803
Deluxe Valley View Balcony	€ 1.697	€ 1.901
Junior Suite Valley View	€ 1.764	€ 1.976
Junior Suite Valley View Terrace	€ 1.859	€ 2.081
One Bedroom Suite	€ 1.960	€ 2.193
Suite Val D'Orcia	€ 2.054	€ 2.456
Grand Suite	€ 2.196	€ 3.056

## THE DETOX WEEKLY PROGRAMME 7 DAYS

Our body naturally eliminates the harmful substances produced by our metabolism and those that come from the food we consume or pollution. However, sometimes the actions of our body are not enough and harmful substances accumulate. For this reason it is necessary to help our defence systems. Our detox programme combines the anti-inflammatory and antioxidant power of spa water with a specific diet and treatments that restore the balance of our body's cleansing mechanisms, like thermal mud.



## THE PACKAGE INCLUDES

### ACCOMMODATION

7 nights with microbiotic diet, de-acidifier and anti-inflammatory (beverages not included)

### THERMAL SPA

Thermal pools with natural hydro massage waterfall

Thermal Bioaquam circuit

Lux thermal pool, Light Bath

Etruscan circuit with sauna, hot plate, salt cave and Kneipp circuit

Fitness Room

Every morning, physical activity with our Wellness awakening (from Monday to Saturday)

### SPA TREATMENTS

1 Medical consultation

1 Dietologic consultation with anthropometric analysis

1 Cosmetologic consultation

2 Dietologic check-up

3 Sessions with personal trainer

3 Personalized treatments 70'

3 Personalized treatments 50'

1 Detox thermal mud pack





— THE DETOX WEEKLY PROGRAMME —  
7 DAYS

RATES  
PER PERSON PER PACKAGE  
IN DOUBLE ROOM

Room type	Rates	Rates from 22/12/2023 to 06/01/2024
Classic	€ 3.209	€ 3.619
Superior	€ 3.367	€ 3.794
Superior Balcony	€ 3.446	€ 3.881
Superior Valley View	€ 3.524	€ 3.969
Superior Valley View Balcony	€ 3.603	€ 4.056
Deluxe Valley View Balcony	€ 3.808	€ 4.284
Junior Suite Valley View	€ 3.965	€ 4.459
Junior Suite Valley View Terrace	€ 4.186	€ 4.704
One Bedroom Suite	€ 4.422	€ 4.966
Suite Val D'Orcia	€ 4.643	€ 5.579
Grand Suite	€ 4.973	€ 6.979



FONTEVERDE

LIFESTYLE & THERMAL RETREAT | TUSCANY

CON TUTTA LA NOSTRA PASSIONE



Info and Reservations  
[travel@fonteverdespa.com](mailto:travel@fonteverdespa.com)  
+39 0578 572333  
[fonteverdespa.com](http://fonteverdespa.com)