

FONTEVERDE LIFESTYLE & THERMAL RETREAT

A member of Leading Hotels of The World

This former residence of the famed Medici family has been transformed into a leading, five-star health and wellbeing resort, immersed in the Tuscan countryside.

Fonteverde offers cutting-edge spa programmes, from Oriental disciplines and massophysiotherapies to aesthetic treatments, fitness and diet programmes.

THE RESORT

Fonteverde is an elegant spa resort located in *San Casciano dei Bagni*, a historic village in Val d'Orcia, known for its mineral rich spring water that has been used for millennia.

Fonteverde has 78 elegant and refined rooms and suits. The décor blends the renaissance quality with modern comfort, creating luxurious environments conducive to total relaxation.

The star Grand Suite offers a splendid view of the valley, a large lounge, and two bathrooms with marble furnishings.

THE HISTORY

This springs at Fonteverde have been celebrated since ancient times but and were first harnessed by the Etruscans and then the Romans, who expertly made the most of the therapeutic properties of the waters and constructed the **Terme di San Casciano**.

The most splendid period in the spa's history came in the 16th century, when the Medici family created the Grand Duchy of Tuscany. In 1607, near the Terme di San Casciano, the Grand Duke Ferdinando I de' Medici commission the construction of a portico next to the Ficoncella spring, which still stands today as testimony to the wealth and power of the family.

The list of powerful historic characters that have visited the Terme di San Casciano is endless, but the first 'celebrity' to stop by to recover health and vitality would have been the Grand Duke Ferdinando himself. Today, Fonteverde offers multiple spaces for relaxing and treatments of all kinds, uniting the charm of the renaissance architecture with the elegance of immaculate environments cared for with great attention to detail and the natural simplicity of the surrounding Tuscan landscape.

DINING

At Fonteverde, the wellness begins at the table. For this reason, the hotel offers its guest a tasty and healthy menu that will satisfy even the most sophisticated palates without ever losing sight of a balanced diet. The executive chef offers Mediterranean menus where quality, taste, and simplicity are key. Vegetables grown in the resort's own garden are always part of the menu, to create a culture of healthy eating in line with the philosophy of the spa. The dishes proposed are accented by the range of prestigious wines from the most famous local producers.

Special dietary menus are also available designed to ensure a healthy and balanced diet throughout the day. There are also colourful and tasty menus for children.

Ferdinando I Restaurant: A welcoming and refined atmosphere that revives the spirit of the Grand Duchy. The seventeenth century portico is part of the restaurant, with enormous windows that offer enchanting views of the valley.

To liven up the evenings, the elegant **Falconiere** bar hosts live music and serves traditional and custom cocktails and beverages prepared using natural, high quality products, and a wide variety of teas and infusions to help guests unwind. By the large swimming pool, you can stop by the “**Bioaquam café,**” an elegant bar with a spacious solarium where you can enjoy traditional Tuscan dishes. In the evening the bar becomes a lively scene where you can dance or bathe beneath the stars while being massaged by the powerful jets or the cascade.

THE FONTEVERDE PHILOSOPHY

A spa where oriental disciplines, innovation, and traditional therapy are combined with cutting edge technologies to create bespoke treatment programmes for each guest, helping them to find the right psycho-physical equilibrium. Fonteverde offers the full package, diet, fitness and mindfulness.

The team at *Fonteverde* believe that the therapeutic side of wellness is paramount; the medical staff at Fonteverde specialise in diverse techniques, including dietology, hydrology, dermatology, and beauty medicine.

THE SPA

The Spa Centre of *Fonteverde* occupies 5,000 square meters over **three levels**, and is connected to the hotel via a corridor, allowing guests to enter the spa directly from their bedrooms in robes and slippers.

- The resort has varied fitness facilities in and out of the water and personal trainers are available upon request.
- Fonteverde offering beauty services including manicures, pedicures, hairstyling and more.
- Created for the guests of Fonteverde, the numerous psycho-physical wellness programs and treatments are ideal for a day trip, a weekend, or for longer stays in absolute relaxation.
- The spa uses the high quality products labelled *Eteria by Fonteverde*, a complete spa beauty line for the face and body, rich in active ingredients such as Elastin, Collagen, Hyaluronic Acid, and the precious Grape Stem Cells that have a powerful anti-oxidising effect.

There are **seven swimming pools**:

- Two indoor pools
- A third partly indoor partly outdoor pool, with more innovative hydro-massage techniques. The “Bioaquam” pool offers draining and toning plans with numerous jets of water.
- In addition to these three main pools, Fonteverde has an additional four pools, one of which is for external guests who come to use the spa facilities for the day, one especially for hotel guests, one for children, and one for pets.

- The spring water that supplies the pools has therapeutic properties with elements such as sulphur, calcium, fluoride, and magnesium and emerges from the 40 natural springs at a temperature of 42°C.
- Fonteverde also has an outdoor infinity pool of 140 square meters.

The Medical Spa

- Medical staff consists of: dietologist, cardiologist, posturologist, aesthetic doctor and general doctor.
- The varied offer of the “Medical Spa” includes diagnosis, dietology, naturopathy, specialist visits and hematochemical exams, thermal programs and hydrotherapy circuits in thermal water, thermal treatments, inhalation therapies and massages.
- There are also oriental disciplines, a range of energising techniques or innovative harmonic therapy, inspired by the principles of musicotherapy.

THE WINE SPECIALIST

In addition to the delicious cuisine, Tuscany produces a wide variety of prestigious wines, produced in historic wineries. A visit to the Bottiglieria, the wine specialist of Fonteverde, is a must. Once guests have settled on their favourite wines, they can buy a few bottles as souvenirs for family and friends.

THE CHAPEL

Just a few meters from the hotel, in the heart of the Tuscan valleys, is a historic Christian church, erected on a site that was previously dedicated to the pagan worship of Hygieia, the goddess of good health. The church of *Santa Maria ad Balneo*, a small architectural jewel, dates back to the year 1,000. Since it was first constructed has been used as a chapel for prayer by the pilgrims travelling along the Via Francigena and who stopped to rest at San Casciano and restore their energy at the baths.

FOUR-LEGGED GUESTS

Fonteverde is one of the few spa resorts equipped to accommodate dogs. A quality service to meet the needs of those who want a relaxing holiday without having to leave their four-legged friends in the care of others. The resort has facilities that allow pets to benefit from the sulphur-rich waters of the age-old springs. According to scientific studies, animals such as cats and dogs afflicted by conditions such as arthritis and skin pathologies also benefit from the mineral-rich water, and owners will see them revitalised and in better health. The treatment of animals at the baths is an ancient tradition. Fonteverde invites pets to paddle in the thermal baths created especially for them. And for exercise, they can run free in the vast green parkland around the hotel, surrounded by the natural paradise of Val d’Orcia.

EXPLORING THE SURROUNDINGS OF FONTEVERDE

A stay at Fonteverde is an immersion in the verdant and luxuriant Tuscan countryside, with its vineyards, olive groves, and golden fields of wheat. Guests can book guided tours

of the archeological sites of *Sovana* and *Chiusi*. Places of artistic interest include Radicofani, the town of Ghino di Tacco, and the ancient Via Cassia, dating back to the Roman Empire and where the famous Mille Miglia race was held for years. Pienza is a charming town with a famous square, Montepulciano and Montalcino are renowned for their Brunello and Nobile wines. In the immediate vicinity is also the small villahe of San Casciano, which preserves an authentic medieval atmosphere within its defensive walls. Not to be missed is the Collegiata di S. Leonardo, an architectural jewel dating back to the 11th century.