



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 [➤](#)



MEDICAL AND DIAGNOSTIC

FULL IMMUNO BOOST

 DURATION 7 DAYS, 6 NIGHTS

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 defenses, reduce fatigue and increase wellbeing. An ideal rehabilitation path for post-Covid patients looking to supercharge their recovery.

OBJECTIVES

- Increase immune system and build up body defenses
- Reduce fatigue
- Increase Well-Being

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

PROGRAM TREATMENTS FULL IMMUNO BOOST

MEDICAL

- Three (3) Medical Checks – a full check up on arrival with two follows ups
- ECG (electrocardiogram)
- One (1) Abdominal Ultrasound
- Two (2) 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 life style
- One (1) Immunological Medical Consultation
- One (1) Nilas Assessment
- One (1) Naturopathic – giving you all the right tools for your specific health & nutrition goals
- Three (3) Ozono therapy sessions
- (Daily) Personalised menu with every meal
- Six (6) Personalised infusions from the oldest pharmacy in the world
- Fiuggi Healing Thermal Medical Therapy
- Two (2) Bio-Impedancemetry (BIA) and Three (2) Styku (3D body scanner). Deep diagnosis of your body both internal and external.
- One (1) Nutritional Consultation session
- One (1) Dexa: whole body scan
- Three (3) Intravenous sensational supplementation
- One (1) Spirometry
- Two (2) Cryo Therapy sessions

OVERALL WELL-BEING

- One (1) SPA Wave session – binaural sleep & relaxation therapy
- Two (2) MLXiDome Treatments

HYDRO & BATHING

- One (1) Hammam Welcome Cleansing Ritual
- Two (2) 3-Step Hydro Cure activated by Fiuggi
- Two (2) Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- One (1) Aromatherapy massage

MOVEMENT

- Daily Group classes (Sound Healing and Meditation)
- (Daily) Yoga small group sessions



MEDICAL AND DIAGNOSTIC

POST COVID 19

 DURATION 12 DAYS, 11 NIGHTS

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

- Preventive measures against further Covid-19 infection
- Rehabilitation after suffering with Covid-19
- Strengthen and support defence system
- Evaluating and enhancing the immune system

BENEFITS

- Strengthen and increase immune system and build up body defenses
- Rehabilitate organs
- Increase Well-Being

PROGRAM TREATMENTS POST COVID

MEDICAL

- Medical visit with Internal Medicine Specialist 1x
- Immunological Consultation x 1
- Blood Profile for immune system 1x
- Immunology Profile 1x
- Inflammatory Tests CRP, VES, Omega 3/6 1x
- Bioelectrical Replacement Therapy (BIA) 1x
- Complete Cardiovascular Assessment 1x
- Chest MRI 1x
- Chest CT Scan 1x
- Whole Body DEXA Scan 1x
- Oxidative Stress Analysis 1x
- Nilas Bioresonance x1
- Vitamin and Mineral Profile 1x
- Electrolyte Evaluation 1x
- Blood Cell Count and Vital Organ Parameters 1x
- Ozone Therapy 2x
- Airnergy Therapy 9x
- Cryotherapy x1
- Neurology Specialist visit and Sleep Evaluation 1x
- Intravenous Sensational Supplementations 2x
- Complete Pulmonary Check Up incl Spirometry Test 1x
- Sleep Enhancement Device 1x
- Polisomnography 1x
- Dynostics for metabolism function 1x
- Infusion from Monastery 6x
- Fiuggi Healing Thermal Water Therapy – as prescribed
- Food as Medicine – as prescribed

OVERALL WELLBEING

- Spa Wave – Binaural Sleep & Relaxation Therapy – 2x
- iDome Far Infra Red – 2x

HYDRO & BATHING

- Welcome Cleansing Ritual in the Hammam – 1x
- Detoxifying Hammam 1x
- 3-Step Hydro Cure – 2x
- Thalasso Therapy – 2x
- Roman Therme – unlimited

WELLNESS & HOLISTIC TREATMENTS

- Wellness Massage (50min) – 2x
- Psammotherapy (80min) x1

MOVEMENT

- Daily group classes (Yoga, Sound Healing /Meditation, Movement)



DETOX & WEIGHT

OPTIMAL WEIGHT

 DURATION 7 DAYS, 6 NIGHTS

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

- Immediate and tangible weight loss
- Support for long-term weight loss

BENEFITS

- Sustainable weight management
- Implementing a more active lifestyle
- Awareness of eating habits and weight-related complications
- Providing knowledge for a lasting healthy lifestyle

PROGRAM TREATMENTS OPTIMAL WEIGHT

MEDICAL

- Three (3) Medical Checks – a full check up on arrival with two follows ups
- ECG (electrocardiogram)
- One (1) Abdominal Ultrasound
- Two (2) 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 life style
- Two (2) Laboratory Full Blood Analysis tests, including Life Rewind Woman/ Man. 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
- One (1) Naturopathic – giving you all the right tools for your specific health & nutrition goals
- One (1) Nutritional Consultation session
- (Daily) Personalised Menu with every meal
- Fiuggi Healing Thermal Medical Therapy
- One (1) Metabolism Diagnostic (Dynostics Mask)
- One (1) Nilas Assessment
- Three (3) Health Check up
- Three (3) Bio-Impedancemetry (BIA) and
- Three (3) Styku (scanner in 3D del corpo). Deep diagnosis of your body both internally and externally.
- One (1) Endocrinology visit
- Three (3) Ozono therapies
- One (1) Hydro Colon Therapy
- Two (2) Cryo Therapy sessions
- Six (6) Personalised infusions from the oldest pharmacy in the world

OVERALL WELL-BEING

- Two (2) iDome Fir Triple Detox sessions
- Two (2) Celliss Slimming

HYDRO & BATHING

- One (1) Hammam Welcome Cleansing Ritual
- Two (2) 3-Step Hydro Cure activated by Fiuggi water
- Two (2) Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- Two (2) Lymph Flow – Lymphatic Drainage
- One (1) Aroma Mind Release Massage (50 min)
- One (1) Quartz Sound Healing treatments

MOVEMENT

- Daily Group classes (Yoga, Sound Healing and Meditation)
- One (1) Bespoke training with our Personal Trainers



DETOX & WEIGHT

DEEP DETOX

 DURATION 7 DAYS, 6 NIGHTS

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

- Reduce toxins in the body
- Reduce heavy metals in the body

BENEFITS

- Changing to a healthier lifestyle
- Implementing a more active lifestyle
- Creating attention towards a healthier diet
- Giving knowledge for a continuous healthy lifestyle

PROGRAM TREATMENTS DEEP DETOX

MEDICAL

- Three (3) Medical Checks – a full check up on arrival with two follows ups
- ECG (electrocardiogram)
- One (1) Abdominal Ultrasound
- Two (2) 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
- One (1) Naturopathic – giving you all the right tools for your specific health & nutrition goals
- (Daily) Personalised Menu with every meal
- Fiuggi Healing Thermal Medical Therapy
- Two (2) Intravenous sensational supplementation
- One (1) Nilas Assessment
- One (1) Hydro Colon Therapy
- One (1) Nutritional Consultation session
- Six (6) Personalised infusions from the oldest pharmacy in the world
- Two (2) Health Check up
- Two (2) Bio-Impedancemetry (BIA) and Three (2) Styku (scanner in 3D del corpo). Deep diagnosis of your body both internally and externally
- Three (3) Ozono terapy sessions
- Two (2) Cryo Therapy sessions

HYDRO & BATHING

- One (1) Hammam Welcome Cleasing Ritual
- Two (2) 3-Step Hydro Cure activated by Fiuggi water
- One (1) Hammam Detox
- Two (2) Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

OVERALL WELLBEING

- Three (3) iDome Fir Triple Detox sessions

WELLNESS & HOLISTIC

- Two (2) Lymph Flow Massage Treatments (50 min)
- Two (2) Detox and Firm Abdominal Treatments

MOVEMENT

- Daily Group classes (Yoga, Sound Healing and Meditation)
- One (1) Kinesis Group Class
- One (1) Cognitive Group Class

HYDRO & BATHING

- One (1) Hammam Welcome Cleansing Ritual
- Two (2) 3-Step Hydro Cure activated by Fiuggi water
- Two (2) Thalassotherapy sessions
- Access to Roman Thermae and swimming pools

WELLNESS & HOLISTIC

- One (1) Aroma Mind Release Massage (50 min)
- One (1) Detox and Firm Adbominal Treatment
- One (1) Lymph Flow Massage

MOVEMENT

- Daily Group classes (Sound Healing and Meditation)
- (Daily) Yoga small group sessions



LONGEVITY

COMPLETE LIFE REWIND

 DURATION 7 DAYS, 6 NIGHTS

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

To mitigate the effects of ageing both internally on a physical and emotional level and externally on an aesthetic level.

BENEFITS

- Transformative
- Rejuvenation
- Reduce the aging process
- Regenerative

PROGRAM TREATMENTS COMPLETE LIFE REWIND

MEDICAL

- Three (3) Medical Checks – a full check upon arrival with two follows ups
- ECG (electrocardiogram)
- Two (2) Laboratory Full Blood Analysis tests, including Life Rewind Woman/ Man. The first on arrival, the second on departure. This will help to determine improvements over the week and set your direction for a better life style
- One (1) Naturopathic – giving you all the right tools for your specific health & nutrition goals
- One (1) Nutritional Consultation sessions
- (Daily) Personalised Menu with every meal
- One (1) Abdominal Ultrasound
- One (1) Nilas Assessment
- Fiuggi Healing Thermal Medical Therapy
- Six (6) Personalised infusions from the oldest pharmacy in the world
- Two (2) Health Check up: saturation, blood pressure, body temperature
- One (1) Aesthetic Medical Consultation
- One (1) Dexa : Whole Body Scan
- Three (3) Ozono Therapy
- Two (2) Bio-Impedancemetry (BIA) and Two (2) Styku (3D body scanner). Deep diagnosis of your body both internally and externally.
- Two (2) Cryo Therapy session
- Two (2) Intravenous sensational supplementation

OVERALL WELLBEING

- One (1) SPA Wave session - binaural sleep and relaxation therapy
- One (1) Cellis Slimming treatment

BEAUTY & TOUCH

- One (1) Facial Advance Biolifiting session
- One (1) Intense Purifying Face Treatment

WELLNESS & HOLISTIC

- One (1) Psammo Therapy
- One (1) Aromatherapy
- One (1) Lymph Flow Massage

HYDRO & BATHING

- One (1) Hammam Welcome Cleansing Ritual
- One (1) 3-Step Hydro Cure activated by Fiuggi water
- One (1) Thalassotherapy session
- Access to Roman Thermae and swimming pools

MOVEMENT

- One (1) Bespoke Personal Training session with our personal trainers
- One (1) Cognitive Fitness Training small group session
- (Daily) Yoga small group sessions
- One (1) Postural Evaluation & Alignment
- (Daily) Sound Healing and Meditation small group sessions