PALAZZO FIUGGI

WELLNESS MEDICAL SPA

NEW YEAR'S EVE WELLNESS BREAK



New Year’s Eve Wellness Break

DURATION: 3 nights

The New Year Wellness Break at Palazzo Fiuggi is a unique opportunity to welcome the coming year in a spirit of harmony, health, and renewal. Through the perfect balance of wellness, nature, and celebration, guests rediscover vitality and inner balance in an atmosphere of peace and refined beauty.
The experience features an exclusive New Year’s Eve dinner crafted by 3 Michelin-starred Chef Heinz Beck, introducing the concept of food as medicine: each dish is meticulously designed and supervised by the Palazzo Fiuggi medical and scientific team for its nutritional value and therapeutic benefits.

During your stay, enjoy our world-class wellness spa and a selection of treatments delivered by our expert therapists, and discover a variety of group classes designed to bring movement and energy into your journey. Find your own rhythm between moments of relaxation, activity, and time to simply unwind in the peaceful surroundings of Palazzo Fiuggi.

An opportunity to pause, recharge, and begin the new year with a renewed sense of balance and vitality.

MEDICAL TREATMENTS

	3
Wellness consultation	1
Electrocardiogram (ECG)	1
Aesthetic medicine consultation	1
Skin Analyzer	1

WELLNESS TREATMENTS

	3
Palazzo Fiuggi Ritual Hammam	1
3 steps hydrotherapy	2
Psammotherapy	1
Mind & body relax	1
Deep Tissue Massage	1
Lifting Face Kobido	1
Spa Wave – Binaural Sound Therapy	1
Thalassotherapy treatment	2
Access to the Roman Thermae:	
- Kneipp Path	✓
- Sauna and Steam Bath	✓
- Himalayan pink Salt Room	✓
- Infrared Sauna	✓
Access to the indoor and outdoor pools	✓



NUTRITION

	3
Longevity food line: breakfast, lunch,dinner and healthy snacks	✓
New Year's Eve Dinner	1
The therapeutic Fiuggi water straight from the source	✓
Herbal infusions from one of Italy's oldest pharmacies	✓

Live music will accompany the new year's eve dinner, creating a warm and festive atmosphere throughout the evening.

MOVEMENT

	3
Access to the Movement Lab	✓
Access to group classes:	
- Neuromuscolar Training	✓
- Aqua Training	✓
- Muscle Pump	✓
- Tabata Circuit	✓
- Functional Movement	✓
- Vinyasa Flow Yoga	✓
- Hatha Yoga	✓
- Pranayama Breathing	✓
- Yoga Therapy	✓
- Mindfulness Ritual	✓

PRICES

Wellness Break in Charme Room, single occupancy, starting from	€3.445
Wellness Break in Charme Room, double occupancy, starting from	€6.230



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