

THE NATURAL AWAKENING OF YOUR WELL-BEING



PALAZZO DI VARIGNANA

HERITAGE OF ITALIAN LIFESTYLE

1705



Labyrinth. Location for Green Bathing experiences



Annamaria Acquaviva

The 5 Pillars of health

Acquaviva Method - a scientific approach to regain a balance between body and mind.

“My innovative scientific program aims to enhance metabolic activity, support the immune system, fight oxidative stress and promote sleep quality.

Harmony and inner balance, a healthy diet, adequate exercise, good sleep and micronutrition: these elements represent the ‘5 pillars of health’ that I have placed at the center of my approach to prevention and treatment and they are the basis of a series of retreats at Palazzo di Varignana”

Annamaria Acquaviva
Head of Health & Medical Programs



Anfiteatro della Vigna. The Nature Therapy approach

Nutritional programs and mindfulness

Along with a carefully balanced diet, designed to get back into shape, a new approach to food is being tested at Palazzo di Varignana: mindful eating! By immersing yourself in the colors, textures and aromas of the dishes on the menu, you will acquire a new awareness of nourishing your body and train yourself not to give in to emotional eating.

Local produce

The 300-hectare farm of Palazzo di Varignana includes an ornamental garden that is among the 100 most beautiful in Italy as part of the network of Grandi Giardini Italiani. The cultivation of olive trees, orchards, vineyards and vegetables leads to the production of outstanding fresh ground to table food, including extra virgin olive oil with an intense flavor and astonishing nutritional properties, as well as being internationally awarded.

The products made on site include: low-sugar jams, hazelnut cream, wines, saffron and salts with herbs that reduce the amount of sodium and add flavor. These are ingredients exported on an international scale and that, in the hands of the skillful and creative chefs of the resort, become the stars of tailor-made menus.



Ground to table products

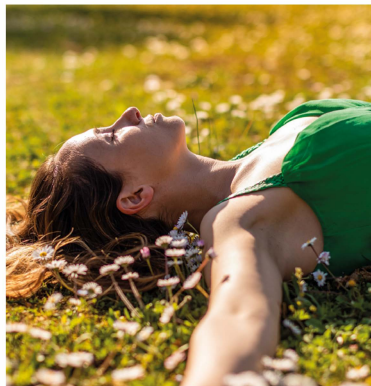
The health retreats.

In-Forma retreat

A program designed to get back into shape and maintain it.

The stay includes an analysis of your current body and the formulation of a carefully balanced menu, with a low glycaemic impact, whilst still including tasty meals for you to enjoy. The diet is combined with a personalized exercise plan and extremely effective Varsana SPA beauty treatments.

The *In-Forma retreat* is ideal to get fit and rediscover your natural beauty.



The health retreats.

Immuno Defence

A program designed to counteract the weakening of our natural defences, regain a healthy immune system and help it stay strong.

In addition to a personalized nutrition plan, the *Immuno Defence* program also involves preventive medicine therapies such as oxygen-ozone therapy which has a powerful antibacterial, antiviral, anti-inflammatory and antioxidant effect. Furthermore, the program combines outdoor fitness sessions and effective Varsana SPA treatments, specifically designed to clear the body of toxins and impurities.

Immuno Defence is the perfect program to regenerate both your body and mind while improving health and beauty.



The health retreats.

Deep Sleep

A program designed to fight sleeping disorders and improve the quality of sleep.

The *Deep Sleep* program involves a test to evaluate your chronotype and sleep quality index, with an anthropometric and nutritional measurement. Based on the results of these tests, the program offers a personalized meal plan, plus relaxing activities such as yoga nidra, massages and treatments with a soothing effect on the nervous system and opportunities to bathe in nature, which promote a state of calm and relaxation.

Deep Sleep is a holiday where you can fully relax and an investment in your health and well-being.



Grotta dei Calanchi

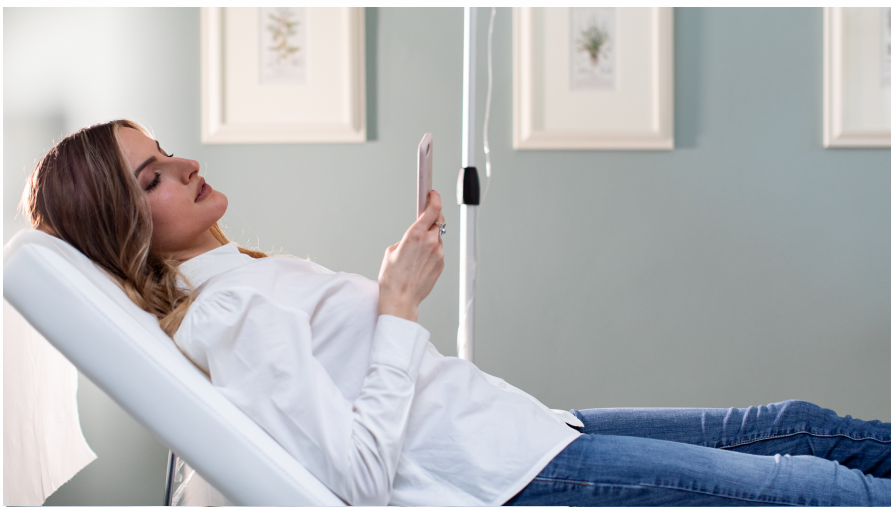
Nature Therapy

All our wellness programs include Green Bathing sessions. As extensively described in scientific literature, exposure to natural stimuli through our five senses has a direct effect on the parasympathetic nervous system. It helps relieve tension, improves sleep and supports the immune system.

Medical Center

Preventive Medicine

The Medical Center of Palazzo di Varignana offers a series of scientifically proven treatments to boost your immune system, slow down cellular ageing, avoid dehydration and fight low energy levels.



Nutritional Consultancy

Through an individual and personalized path, the tools are provided to face the moment of the meal with serenity and new awareness, without giving up the pleasure of the table. The goal is to educate on proper nutrition as an integral and indispensable part of a correct and healthy lifestyle, which is sustainable even after returning home.

IV Therapy

A regenerative medical treatment that consists in the intravenous injection of a mix of vitamins, nutrients and antioxidants to allow rapid absorption. It is ideal to fight off free radicals, fatigue, chronic headaches, stress and anxiety, dehydration and alcohol abuse.

Oxygen-ozone Therapy

This is a medical therapy which consist of a mix of oxygen and ozone. Once introduced into the body, it significantly increases the oxygenation of tissues, has an antioxidant effect, counteracts free radicals, as well as providing an anti-inflammatory and analgesic action. The therapy has been proven to be effective in treating chronic back pain and joint pain and is designed to prevent and treat numerous medical conditions.

Palazzo di Varignana

Lose yourself in nature

The greenery of the surrounding hills and the fortunate microclimate, known since ancient times for its healing properties, make Palazzo di Varignana the ideal place for holidays dedicated to relaxation, nature and sport.

It is in this enchanting oasis that complete well-being programs are offered along with highly effective beauty treatments of Varsana SPA, including the signature treatment Olive Oil Ritual Massage based on the resort's extravirgin olive oil, and with the possibility of exercising outdoors.

The vast estate offers the possibility of practicing outdoor physical activity. Palazzo di Varignana is the perfect destination to find the right balance between mind and body.



Olive Oil Ritual Massage



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