

WELLNESS IN TUSCANY

ary. In this moment I think to myself whether pa nurses the mind or the body – who knows? Maybe it is a combination. My curiosity makes me swim through the passage and out in the early night, but the water is warm, and the combination of the heat and the light wind is refreshing. I lie down in one of the “beds” in the water and let the bobbles massage my circulatory system as well as my venous, lymphatic and arterial systems. I leave the pool to go and have dinner in the restaurant.

AN EYE FOR DETAILS

The restaurant is named after the Grand Duke Ferdinand the first, which was Grand Duke in the 17th century, where the hotel was constructed. The restaurant serves a range of traditional Tuscan cuisine, calorie-controlled dishes and customized diet programmes. I choose a selection of local Tuscan salamis with canapés and, for the main course, mixed Tuscan meat filled with spinach, pine nuts and raisins - it is simply outstanding. Along with the Tuscan wine I am drinking Fonteverde mineral water, which is a private label. The chairs are high-backed for which reason the waiter has placed a stool for my handbag. In Fonteverde they have an eye for the details, and these details are contributing to making this spa resort something special. Nothing is left by chance; the spa resort has its own line of products based on algae from the thermal water and is used in all treatments, and I get to try these products as the hotel have left me a package of samples. Furthermore the hallways in the hotel smell sweet of fresh flowers. Fonteverde is simply fascinating and enchanting.

ROTTA GIUSTI AND BAGNI DI PISA

I love Fonteverde Natural Spa resort, for which reason I decide to go and visit the two remaining spa resorts in the hotel chain STB Società Terme e Benessere, also situated in Tuscany: Rotta Giusti and Bagni di Pisa. These two spa resorts far from disappoint me. Grotta Giusti, which is situated in the Monsummano Terme between Pisa and Florence, is especially known for its natural Grotta, in which the hotel is built around. In the Grotta, which is some



Watsu is a combination of water and Shiatsu, where the instructor is floating the receiver – a newer source of well being and is all about trust and connection



sort of cave, the steam of the thermal waters detoxifies the organism for an overall sense of well being resembling the Turkish bath in Fonteverde. Even though the temperature in the Grotta ranges from 31°C in the first cavity to a maximum of 34°C in the last cavity, however, after thirty relaxing minutes in a comfortable chair it feels much hotter because of the high

humidity, which is close to 100 percent. In Bagni di Pisa, which is located about six km from Pisa, a treatment called Watsu especially impresses me as I have never tried anything like this. Watsu is an oriental discipline and combines water and shiatsu. It is a different water experience, where an instructor performs a massage of my meridians in warm