



The natural Grotta, which the Natural Spa Resort Grotta Giusti is named after

water, which is supposed to have a regulating effect on all my organs.

COMBINE WELLNESS WITH DAYTRIPS

Wellness is getting more popular and, all over Europe, new spa resorts open, but what makes Tuscany unique is the possibility to combine spa and wellness with other activities in beautiful scenery. And Tuscany has an abundant number of activities to offer. Combine wellness with daytrips to the larger cities of Tuscany, where Florence is an obvious choice with its rich culture, museums, art and architecture. Lucca is a smaller, but charming city with 2,000 inhabitants and is also worth visiting

with its many churches, peaceful cobbled streets, small museums and inviting restaurants. In Pisa, which is only 6 km from the spa resort Bagni di Pisa, you can visit the leaning tower of Pisa and the beautiful cathedral on Piazza dei Miracoli (Miracle Square), which is a witness of Pisa's great historical significance. Besides visiting the famous cities of Tuscany you may consider spending time enjoying the stunning natural scenery of Tuscany. The climate and the various morphological features of the area make golf a perfect opportunity of enjoying the landscape and having an active vacation simultaneously. You can play all day or visit museums, take a thermal bath, swim

in the sea and relax in the evening enjoying Tuscan cuisine. Montecatini Golf Club, near Grotta Giusti and Bagni di Pisa Natural Spa Resorts, offers an 18 holes golf course. And in Siena, not far from Fonteverde Natural Spa Resort, Villa Gori Golf Club is situated with a 6 holes golf course. Tuscany is also well known for its many vineries, many of which can be visited. Not far from Fonteverde Natural Spa Resort the famous wine *Brunello di Montalcino* is produced, and in the beautiful city of Montepulciano the wine *vino nobile di Montepulciano* is cultivated.

Although the ski season in Tuscany is relatively short, you can go skiing on the volcano Monte Amiata in the wintertime, which is the volcano that produces the thermal heat for Fonteverde Spa Natural Resort. Monte Amiata is also very beautiful in the summer, where you can just enjoy the view from the top or explore the area around the mountain, where the flora and fauna is both unique and varied. Regardless your choice of activities I promise you that Tuscany will not disappoint you!

When I arrived at the Fonteverde Natural Spa Resort the first day I had backaches, but the thermal treatments in the three resorts have been very effective. After a short getaway with spa and wellness treatments in Tuscany I feel that I have regained my strengths, my skin is smooth and relaxed from the peeling effect of the thermal water and my backache is almost gone. It would be fantastic if doctors prescribed wellness treatments as justification for going away and spoiling ones body and mind. But is this even necessary? My recommendation stands, if you are looking for wellness perhaps in combination with culture, beautiful scenery and fine cuisine, Tuscany is the place to go! ■

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Travel directions for Fonteverde, Grotta Giusti and Bagni di Pisa Natural Spa Resorts:

see www.stbspa.com

Golf in Tuscany: www.montecatinigolf.com

Villa Gori Golf Club, reservation,

phs@royaldemeure.com

Vineries:

www.conzortioBrunelloDiMontalcino.it

www.vinonobileDiMontepulciano.it

Monte Amiata and Tuscany in general:

www.terraditoscana.com