



Tuscan Tranquility Retreat

Inspired by the natural harmony of Tuscany, this three-night retreat is a restorative journey designed to calm the body and mind, while encouraging balance, peace and gratitude among nature and in everyday life.

Unpack and unwind with rejuvenating body and facial treatments, seek connection with the healing power of nature through classic Yin yoga classes and awe inspiring hikes, and indulge in the flavors of the region through exquisite meals and interactive cooking classes. This retreat, available year round, is ideal for individuals, couples or groups who wish to reset and replenish.

The Tuscan Tranquility Package:

- Welcome Aperitivo
- Nourishing breakfast each morning served at Oreade
- Custom lunch and dinner menus created by our Executive Chef
- Restorative movement during intimate Yin Yoga session and a private guided hike
- Traditional Tuscan cooking class followed by lunch at the Culinary Academy
- Spa treatments that replenish and restore:
 - Monteverdi Water Circuit
 - Relaxing massage
 - Silk Warm Ceremony
 - Cryotherapy session
 - Customized massage or facial treatment