

**Cutting-edge *Equilibrium* Programme Launched at Fonteverde,  
now available at Grotta Giusti and Bagni di Pisa, Tuscany, Italy.**



*New Philosophy Combines Science with Holistic Spa Therapies and 'Health through Water' to Reduce Inflammation and Create a Balanced, Healthier Lifestyle*

*February 2017...//* Equilibrium is a cutting-edge wellness programme designed to reduce internal inflammation and rebalance the body and immune system through the PNEI principles - psycho-neuro-endocrino-immunology - which focus on the relationship between the mind, nervous system, endocrine system and immune system.

The three- and seven-day courses offer a fully integrated programme of nutritional coaching, cookery classes, fitness classes, relaxation techniques, thermal treatments, physical therapy and immersion in nature to help guests rediscover the meaning of healthy living.

The course is overseen by a team of medical and health professionals led by the award-winning Dr. Nicola Angelo Fortunati. A full medical check-up by a PNEI trained doctor uses Pneisystem® software to provide guests with a PNEI evaluation, score and trackable health results that can be monitored over time; guests will feel more motivated to stick to the programme as they track and improve their scores.

Equilibrium provides both immediate and long-term health benefits to guests. Guests return home with a personalised and detailed health plan so that they can continue their healthier lifestyle habits after their stay.

Italian Hospitality Collection's three and seven-day Equilibrium programmes are based on four philosophies that work together to make guests feel healthier and less stressed. The four concepts are:

**Thermal Waters** - complete with eight soaking pools fed by the nearby San Casciano dei Bagni hot spring waters, Fonteverde, a 17<sup>th</sup> century Medicean villa, has been known for centuries for its mineral-rich spring water's restorative health benefits. Fonteverde's thermal pools have a naturally high concentration of fluoride, magnesium and sulphur which relaxes the nervous system, increases cell function, acts as a pain relief and stimulates the liver and bile ducts. Inhaling the steam from the waters also aids the respiratory system. It is a 'SPA' in the true meaning of the word, offering 'Salus Per Aquam' - 'health through water'.

**Nutrition** - a new approach to food is introduced during the programme. Guests will enjoy a Mediterranean 'microbiotic diet'. This is combined with low-calorie cooking lessons led by a chef and nutritional biologist. The Equilibrium programme recommends a balanced diet, low in simple sugars and rich in fibre. During the programme, foods that positively promote microbiotic diversity will be recommended. This will include foods rich in nutraceuticals (roots and berries), foods rich in fibre (pulses and wholegrain cereals) and foods rich in lactobacilli and bifidobacteria (yoghurt and miso).

**Physical Exercise** - fitness carried out in a fun and gentle manner is a large component of the Equilibrium philosophy as a way to eliminate stress and promote a healthy attitude.

**Relaxation** - Fonteverde's expert therapists teach the rebalancing of the autonomous nervous system through respiratory exercises performed in a healing salt-water bath. This is a stress management technique stemming from energy psychology.

- ENDS -

For more information contact Flora Beaumont or Laura Critoph at Grifco PR: [Flora@grifcopr.com](mailto:Flora@grifcopr.com) or [Laura@grifcopr.com](mailto:Laura@grifcopr.com) or call 020 73857090

## **Notes to Editors:**

### **About Italian Hospitality Collection:**

Italian Hospitality Collection is a world-class hotel, resort and spa brand that provides rich, authentic experiences for avid travellers who seek to feel loved, cherished and indulged in a genuine Italian lifestyle. Created in December 2014, Italian Hospitality Collection aims to be ambassador of the Italian culture, art and nature, with its collection of exclusive hotels in landscapes of excellence: Chia Laguna in Sardinia, with its unique crystal-clear waters and Fonteverde, Bagni di Pisa and Grotta Giusti in Tuscany, the country of thermal spas, history and unique wine routes.

[www.italianhospitalitycollection.com](http://www.italianhospitalitycollection.com)