



Fonteverde Spa, Tuscany, Launches New Treatments Inspired by Ancient Eastern Medicine



Resident Indian Master, Dipu, Combines the Healing Properties of Ancient Indian Medicine with the Therapeutic Properties of Hot Springs

November 2017 // [Italian Hospitality Collection](#)'s award-winning [Fonteverde](#) Spa, Tuscany, is delighted to introduce an exclusive range of eastern-inspired treatments designed by its resident spa guru, Dipu.

The collection of six signature treatments offers an incredible wellness experience, fusing the healing properties of ancient Eastern medicine with the restorative benefits of thermal water from the resort's natural hot springs.

Drawing on over two decades of experience, Dipu tailors the treatments and the duration of the session according to each guest's unique physical and mental condition, helping them to regain a deep sense of well-being and energy. 38°C thermal water is incorporated into each and every therapy, minimising gravity and warming the muscles to allow for a greater effect on the body.

The signature treatments, which tackle a variety of issues from stress and anxiety to physical pain and tension, include:

- **Dhara €150, up to 90 minutes**

A traditional ayurvedic therapy, this deeply-relaxing massage sees the therapist slowly and continuously slide a unique blend of oils into the centre of the client's forehead, relieving tension and stimulating pressure points to create a deep sense of pleasure and rejuvenation.

- **Reflexology Pada €120, up to 90 minutes**

A foot massage with an effect on the entire body. During this treatment the therapist applies pressure to the acupuncture and reflexology pressure points



in the feet, which correspond to the body's various organs and systems. Reflexology has known health benefits and can decrease anxiety, improve headaches, enhance wellbeing and even complement cancer treatment.

- **Dipu Five Senses Massage €320, up to 90 minutes**

A multiple phase treatment including a facial peel using a special blend of aromatherapy and essential oils, a hydromassage bath perfumed with healing ayurvedic plants, an anxiety-busting Shiatsu massage, acupuncture therapy and a Shirodhara technique involving the gentle pouring of aromatherapy oil over the forehead.

Dipu has always been fascinated by the human body and puts great passion and energy into his work. Specialising in Ayurvedic massage, a skill he first learnt in India, Dipu also offers Shiatsu, Namikitis, Chinese Zu techniques.

"The most beautiful thing is that everybody is different; there is no standard, every individual's story is written in itself, on the skin, on the muscles, among the organs. The body is a mirror. It tells our individual story," Dipu says.

Dipu has worked at Fonteverde Spa for 20 years honing his individual healing technique. During this time, he has earned a very loyal, international following, including some well-known celebrities. Each year, Dipu massages approximately 3,000 people of all ages: his youngest client was just five days old and his oldest client to date was a 93-year-old English woman.

Nightly rates at Fonteverde start from €308 (£274) per night for two in a Queen room on weekdays on a B&B basis. Rates also include wi-fi, access to spa and fitness facilities. To book visit www.fonteverdespa.com.*

**Price in pound sterling accurate according to today's exchange rate.*

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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.

Website: www.italianhospitalitycollection.com