

Gastronomy for Your Gut: Italian Hospitality Collection Launches the *Equilibrium* Cooking School in Three Tuscan Spa Properties



Complimentary Cooking Classes at Grotta Giusti, Bagni di Pisa and Fonteverde Target Internal Inflammation and Help Guests Live Longer

February 2018 // [Italian Hospitality Collection](#) is delighted to announce the launch of the *Equilibrium* Cooking School across its three Tuscan spa hotels, [Grotta Giusti](#), [Bagni di Pisa](#) and [Fonteverde](#).

On select dates in 2018, guests across the three hotels will be able to sign up for the School entirely free of charge, with the option to join five two-hour sessions from Monday to Friday.

The gut-health boosting cooking classes are the latest offering from Italian Hospitality Collection, best known for pioneering the award-winning *Equilibrium* wellness programme, a spa, exercise and dietary retreat targeting internal inflammation, the number one cause of life-limiting illnesses.

Through participation in the *Equilibrium* Cooking School, which will see participants learn to make a variety of microbiotic, anti-inflammatory recipes, guests will now be able to uncover the *Equilibrium* philosophy in the tastiest way possible.

The School, which will be led by the head chef and leading dietician at each property, will cover a different aspect of nutrition every day, ranging from lessons in probiotics to high-protein, anti-oxidant foods and nutraceuticals.

Seasonal, local produce, specially selected for its health-boosting properties, and superfoods such as turmeric, *kombu* seaweed and black sesame, will form the basis for each recipe, as guests learn preparation techniques and cooking methods that will be easy to replicate in their own kitchens. At the end of the week, participants will compete in a *Masterchef*-style invention test, choosing from a selection of nutritious ingredients before cooking off against each other to create the best-tasting dish.

The chef will teach students to create a variety of healthy and delicious recipes such as '*Miglio con broccoli e crema di porro*' (quinoa with broccoli in a creamy leek sauce), after which students will recreate and taste the dishes as a dietician talks through the myriad nutritional benefits of each ingredient.

A book of recipes will be presented to each guest upon completion of the course, which will allow them to continue their healthy new lifestyle long after returning home.

The *Equilibrium* Cooking School is free of charge for all guests of Grotta Giusti, Bagni di Pisa and Fonteverde, and places will be allocated on a first come, first served basis, up to a maximum of 15 participants. Please see below for an example programme:

~ The Equilibrium Cooking School at Fonteverde ~*

Monday:

*An introduction to boosting the immune system through diet
Cereals: their nutritional value, how to prepare and conserve them*

Tuesday:

*Improving your intestinal health with probiotics
Cooking with miso, legumes and oilseeds*

Wednesday:

Healthy proteins: what are they and how to introduce them into a balanced diet

Thursday:

The Invention Test! Participants will be split into groups to prepare a recipe using the foods supplied, based on the previous three days' learnings

Friday:

*Incorporating nutraceuticals in the kitchen
Making the most of plant-based ingredients*

All three spas are set in beautiful and historic Tuscan villas which were former homes of notable figures including the Medici family, the Grand Duke of Tuscany and poet Giuseppe Giusti. All three are located above natural thermal springs whose healing properties have been known since ancient times and whose waters have induced Gustav of Sweden, George IV of England and Mary Shelley, amongst others, to visit over the centuries.

Nightly rates at Grotta Giusti start from €144 (£128**) per person per night in a Comfort room on a B&B basis. **The Equilibrium Cooking School at Grotta Giusti will be held on 19th - 23rd March, 18th - 22nd June, 17th - 21st September and 19th - 23rd November 2018.** For further information or to book please email travel@ihchotels.it or call +39 0578 572333.

Nightly rates at Bagni di Pisa start from €150 (£133**) per person per night in a Comfort room on a B&B basis. **The Equilibrium Cooking School at Bagni di Pisa will be held on 5th – 9th March, 4th – 8th June, 24th – 28th September and 12th – 16th November 2018.** For further information or to book please email travel@ihchotels.it or call +39 0578 572333.

Nightly rates at Fonteverde start from €219 (£194**) per person per night in a Privilege room on a B&B basis. **The Equilibrium Cooking School at Fonteverde will be held on 12th – 16th March, 11th – 15th June, 10th – 14th September and 26th – 30th November 2018.** For further information or to book please email travel@ihchotels.it or call +39 0578 572333.

All rates include access to the Equilibrium Cooking School, wi-fi, access to spa and fitness facilities.

**Please note that the programme will vary slightly at each of the three properties. Example programmes for Grotta Giusti and Bagni di Pisa available on request.*

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

- ENDS -

For further press information please contact one of the team at Grifco PR on 020 7751 8010 or email Flora Beaumont flora@grifcopr.com, Marielle Ruiz marielle@grifcopr.com or Laura Mee laura@grifcopr.com

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