



CHIA LAGUNA
SARDINIA

Chia Laguna, Sardinia, Launches Brand-New Wellness Initiatives to Help Guests Exhale Their Worries and Find Their Inner Equilibrium



Detox and Destress with an Energising 'Movement & Meditation' Programme and New Anti-Inflammatory 'Equilibrium' Menu

[Chia Laguna](#), Italian Hospitality Collection's luxurious five-star family resort in Sardinia, is delighted to unveil a series of wellness initiatives designed to improve both body and mind.

From 25th June until 7th September 2018, guests can participate in *Chia Breathe*, a movement and meditation programme, which fuses conscious breathing and spontaneous physical exercises, and aims to enhance the individual's mental and physical health.

From Monday to Friday, guests will be invited to start and end the day against the backdrop of the morning sun and evening sunset, with an energising session of the *breathe-dance* method.

The invigorating classes aim to tackle a variety of issues from stress and depression to physical pain and tension, by increasing the individual's energy and concentration levels, improving digestion and even stimulating the lymphatic system.

Guests will be in safe hands with Italian-born *Chia Breathe* teacher, who has dedicated herself to studying human psychological and social behaviour for over seven years.

Individuals wishing to cleanse their body inside and out will be able to sample the new Equilibrium menu at three of the resort's most popular restaurants: Le Dune and Bioquam at lunch, La Terrazza for dinner.

Previously available only at Italian Hospitality Collection's three Tuscan Spa properties - Grotta Giusti, Bagni di Pisa and Fonteverde - this low-calorie menu

features healthy, microbiotic foods which help the body fight and prevent internal inflammation.

Guests will enjoy a selection of delicious and refreshing dishes, offering a myriad of nutritional benefits. Seasonal local produce, including fresh fish and vegetables, are specially selected for their health-boosting properties, and superfoods such as turmeric, oil seeds and black sesame will form the basis of each dish.

Whilst adults are finding their inner Qi, children can also enjoy the resort's newly launched 'Mini Mindfulness' activities, designed to help little ones step away from screens, build their confidence and recharge. The activities will include 'smiling yoga', al-fresco painting, smoothie-making and home-made spa treatments.

Chia Laguna is comprised of four luxurious hotels – Hotel Laguna, Hotel Baia, Spazio Oasi and Hotel Village – set on the unspoilt turquoise water of Chia Bay on the south coast of Sardinia, voted Italy's best beach for two consecutive years.

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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.

www.italianhospitalitycollection.com