



GROTTA GIUSTI  
TUSCANY

## Grotta Giusti, Tuscany, Launches World's Most Unusual Sound Healing Offering



### *Tuscan Spa Resort Launches Sound Healing sessions in its Underground Thermal Cave*

October 2019...// [Grotta Giusti](#), part of [Italian Hospitality Collection](#), is delighted to extend its wellness offering with a medley of sound healing treatments in the hotel's millennial thermal cave.

Grotta Giusti, a historic Tuscan spa retreat and the former residence of poet Giuseppe Giusti, is home to an ancient Grotto – a millennial thermal cave and a thermal underground hot spring lake – which famed composer, Giuseppe Verdi, regarded as “the eighth wonder of the world”.

In this miraculous wonder, the hotel is now offering three new sound healing sessions with renowned Bowl Master and music therapist, **Iuri Ricci**. Sound healing practised in the natural warmth of this underground labyrinth amplifies sensations, aids concentration and raises body temperature whilst guests benefit from the therapeutic effects of the cave's thermal vapours.

The ancient tradition which uses Tibetan singing bowls to replicate “om” vibrations and frequencies similar to those of the brain has been heralded over the centuries for its profound effect on the body and mind. Known benefits include the relieving of anxiety, lowering blood pressure, improved circulation, the aiding of pain relief, Chakra balancing, increased mental, emotional clarity and happiness.

The three wellness experiences, available to book now, include:

#### **Thermal Sound Massage**

Guests who book the Sound Massage will enjoy a 40-minute private session which involves the Bowl Master directly placing the singing bowls on each chakra before

gently playing them. The harmony of sounds transmits vibrations through the body which aligns the energy points and induces relaxation.

### **Thermal Sound Meditation**

The 40-minute sound meditation can be enjoyed in a private or group session. The soothing voice of the Bowl Master and the accompanying sound of the singing bowls will guide guests through the visualizations and simple breathing exercises, helping to channel the energy to the chakras before restoring balance in the body and mind.

### **Thermal Sound Bath**

Grotta Giusti's Sound Bath is a 40-minute group experience which allows guests to relieve stiffness and tensions from the stomach and solar plexus when lying down, by listening to the voice of the Bowl Master and the soothing vibrations of the ancient Tibetan instruments.

Guests booking the sound treatments will also enjoy full access to the hotel's thermal hot spring swimming pools and bioquam circuit, fitness centre and guided morning hike.

*Nightly rates at Grotta Giusti start from €148 (£129\*) per person per night in a Comfort room on a B&B basis. Rates also include wi-fi, access to spa and fitness facilities. For further information or to book please email [travel@grottagiustiapa.com](mailto:travel@grottagiustiapa.com) or call +39 0572 90771.*

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

*\*Grotta Giusti's 40-minute Sound Massage (Private Session) is €90 per person*

*\*Grotta Giusti's 40-minute Sound Meditation (Private session) is €90 per person*

*\*Grotta Giusti's 40-minute Sound Meditation (Group session) is €30 per person*

*\*Grotta Giusti's 40-minute Sound Bath (Group Session) is €30 per person*

**-ENDS-**

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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: Le Massif in Courmayeur, 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](http://www.italianhospitalitycollection.com)