



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

ADD-ON PACKAGES

Your Personalized Path to Wellness

PALAZZO FIUGGI

More Than a Program

Your journey doesn't stop at the essentials. Our add-ons give you the freedom to customize your experience with focused treatments and activities. Select what suits your goals and make your path to health, wellness, and longevity truly unique.

From deep health screenings to rejuvenating treatments and outdoor adventures, these carefully curated packages allow you to tailor every moment of your stay. Explore the possibilities and elevate your results.



PERSONALIZE YOUR JOURNEY

Enhance your experience by adding specialized add-on packages to our core programs. Whether your focus is on medical assessments, stress relief, beauty, or movement, our add-ons are designed to provide targeted solutions that complement your chosen path.

Palazzo Fiuggi Core Programs



MEDICAL

OPTIMAL WEIGHT
DEEP DETOX
LONGEVITY



WELLNESS

REGENERATE
WELLNESS BREAK



MOVEMENT

HIKING FOR LONGEVITY



Palazzo Fiuggi Add-on Packages

MEN'S
EXCLUSIVE
HEALTH

SUGAR
CLEANSE

SLEEP
ENHANCEMENT
TREATMENT

ARTICULAR
WELLNESS

FOOD SENSITIVITY
MANAGEMENT

MENOPAUSE
HEALTH
CHECK-UP

GUT-BRAIN
SYNERGY

STRESS
RESET

PALAZZI FIUGGI
& BEYOND
PERSONAL TRAINING

BEAUTY
ESSENTIALS

MENOPAUSE
WELLNESS

SLEEP
HEALTH
CHECK-UP

BODY POWER
& STABILITY

RUNE OR RIDE
EXPERIENCE





MEN'S EXCLUSIVE HEALTH

This exclusive health package is tailored to meet the specific needs of men, offering targeted treatments to monitor and improve overall well-being.

TREATMENTS INCLUDED

Andrologic Visit	1
Prostate Ultrasound	1
PSA Analysis	1
Urologic Visit	1



MENOPAUSE HEALTH CHECK-UP

A thorough health check-up for women in menopause, focusing on prevention and early detection of concerns.

TREATMENTS INCLUDED

Gynecologic Visit & Pelvic Ultrasound	1
Senologic Visit	1
Pap Test	1
HPV-DNA Test	1
Breast Ultrasound	1



MENOPAUSE WELLNESS

A wellness-focused add-on to support women experiencing menopause, enhancing comfort and balance through effective treatments.

TREATMENTS INCLUDED

Gynecological Supplements	1
Cognitive Behavioral Therapy (CBT)	1
Hormonal Blood Test	1
Collagen Facial Treatment	1





SUGAR CLEANSE

A targeted detox to eliminate sugar's negative effects on the body and mind while building healthier habits.

TREATMENTS INCLUDED

Cognitive Behavioral Thera	1
Colon Cleansing	1
Polysomnography	1
Dedicated Food Line	1



GUT-BRAIN SYNERGY

An integrative approach to balance gut health and emotional well-being, addressing the deep connection between the two.

TREATMENTS INCLUDED

Somatoemotional Osteopathy	1
Colon Cleansing with 3R Protocol	1
Mindful Eating & Low FODMAP Nutritional Mapping	1
Cognitive Behavioral Therapy (CBT)	1
Detox and Firm Abdominal Massage	2



SLEEP HEALTH CHECK-UP

A complete assessment for anyone seeking to understand and improve their sleep quality through precise medical evaluations.

TREATMENTS INCLUDED

Actigraphy	1
Cardiorespiratory Monitoring	1
Electroencephalogram (EEG)	1
Sleep Medical Visit	1
Neurological Consultation	1





SLEEP ENHANCEMENT TREATMENT

A selection of treatments to promote deep, restful sleep and restore overall vitality.

TREATMENTS INCLUDED

Sleep Medical Visit	1
Specific Sleep Supplements	1
Acupuncture	3
Sleep Band	1
Thalasso Body Work	3



STRESS RESET

An effective solution for reducing stress and restoring emotional balance through holistic and therapeutic treatments.

TREATMENTS INCLUDED

Acupuncture Session	2
Cognitive Behavioral Therapy (CBT)	1
Stress Protocol Blood Test	1
Management of Excessive Tension	2



BODY POWER & STABILITY

A series of treatments to help you reconnect with your body, improve strength, and achieve better physical balance.

TREATMENTS INCLUDED

Body Reconnection	2
Neuromuscular Training	2
Body Stability & Balance	1
Reinforcing Training	1





ARTICULAR WELLNESS

This add-on is designed to support joint health, relieve pain, and restore mobility through targeted treatments and therapies.

TREATMENTS INCLUDED

Physiotherapist	1
Individual Therapeutic Water Training	2
Recovery Training	1
Therapeutic Training	1
Osteopathy	1



PALAZZO FIUGGI & BEYOND PERSONAL TRAINING

A personalized approach to fitness and physical well-being that extends beyond your stay, ensuring long-term results.

TREATMENTS INCLUDED

Daily Personalized Programme	6
Carry-On Programme at Home	4
Online Session	2



RUN OR RIDE EXPERIENCE

An energizing add-on for sports enthusiasts and outdoor lovers who want to enjoy physical activity surrounded by nature.

TREATMENTS INCLUDED

Outdoor Training (Hiking/Walking and/or Biking)	3
Personalized Training by HPM Professional	3
Running Analysis or Bike Fitting	1





FOOD SENSITIVITY MANAGEMENT

This add-on is designed to identify and manage food intolerances, promoting better digestion, energy, and overall well-being.

TREATMENTS INCLUDED

Food Intolerance Analysis	1
Follow-Up Call Session	2



BEAUTY ESSENTIALS

A personalized approach to fitness and physical well-being that extends beyond your stay, ensuring long-term results.

TREATMENTS INCLUDED

TGB Luxury Spa Manicure	1
TGB Luxury Spa Pedicure	1
Body Glow	1
Facial Glow	1
Hairstyling	1



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