

FINANCIAL TIMES

Four retreats to reboot body and soul

Hiking, meditation, healing waters... and rest – where to rediscover your wellbeing mojo

California fit and Italian flavour meet outside Rome



From mid-May, a taste of hardcore wellness from California is touching down for a limited time in the heart of Italy. The Ranch Malibu, known for its sweat-heavy “no options” retreat model, will stage its signature Ranch week from mid-May at Palazzo Fiuggi, the Italian Peninsula’s most buzzed-about new medical wellness spa (a very convenient hour’s drive or 45-minute train ride from central Rome). Palazzo Fiuggi is situated in the foothills of the Apennines, whose wooded peaks and paths lend themselves nicely to The Ranch’s four hours of daily hiking – part of the six-hours-daily regimen of low-impact exercise, including daily core training, that are the retreat’s calling cards (and which purportedly beget exceptional fitness and weight-loss results).



The Palazzo’s extensive medi-spa facilities are worked into the itinerary, with blood panels, diagnostic testing, and daily therapeutic massage featuring throughout the week. The “no options” part will be made quite a bit less daunting by plant-based menus created by Heinz Beck, Palazzo Fiuggi’s three-Michelin-starred culinary advisor, who happens to have more than two decades of serious nutrition science study under his belt. I tested an abbreviated programme here after Palazzo Fiuggi opened in May 2021, and can confirm that the food is sublime; Beck knows how to spread 1,100kcal a long and beautifully-plated way. *From \$9,100 per person for eight days all inclusive;* palazzofiuggi.com