



## The Ultimate Italian Wellness Retreat Is Now Here



No one needs to be convinced about the restorative power of a vacation in Italy. The food, the scenery, the history – all perfectly delicious, gorgeous, and impressive.

So good for the soul!

And now for the body.

The Ranch Malibu, the innovative wellness retreat already famous for transforming lives, health, and bodies, is adding another feather in its trailblazing cap: The Ranch Italy at Palazzo Fiuggi.

The new program, launching in May, combines The Ranch's award-winning, results-oriented fitness program with the medical services and expertise of the esteemed team at Palazzo Fiuggi, a renowned medical wellness spa an hour from Rome. It's two standouts in one – an immersive and transformative program that will leave you with a more complete picture of your overall health and longevity, setting you up for a lifetime of wellness.





## **The Program: Fantastic**

It's exclusive and personalized: Only 25 guests per week. It's organized and efficient: The daily schedule mirrors the Malibu program with a four-hour guided morning mountain hike, nap time, afternoon strength and core training classes, yoga, and daily massage. It's healthy and preventative: Guests receive diagnostic testing, a blood panel, and a consultation with one Palazzo Fiuggi's world-class physicians.

And it works: You'll leave with a greater sense of self, feeling rested and rejuvenated. Oh, and you'll lose fat, gain muscle — without sacrificing la dolce vita.

## **The Setting: Bellissimo**

Located on an ancient hilltop surrounded by ages-old sequoia trees in a private, 20-acre park, Palazzo Fiuggi is an historic property nestled in one of Italy's richest natural areas. Since the 14th century, royalty, popes, and luminaries like Michelangelo have been visiting Fiuggi for the unique healing and restorative powers of its waters. (If these walls could talk...) The Ranch's daily hikes take you into the Apennine Mountains, through forested canopies, open meadows, valleys, and streams to hilltop hamlets, medieval villages, and ancient monasteries.



## The Estate: Stupendo

As you might expect, the spa complex is a standout, and includes a state-of-the-art 4,300 square-foot fitness center with Technogym, Pilates, and more, as well as the Roman Thermae with hydrotherapy programs and Thalasso pools.

The luxurious guest rooms and suites, many with balconies and views of the hill town and park, are charming and relaxing, with classically modern décor and opulent amenities.



## **La Cucina: Buonissima**

You're in Italy. Of course you want to eat well. And you will, with a nutritionally-dense, plant-based menu created by The Ranch's executive chef and prepared by three-star Michelin chef Heinz Beck and his Palazzo Fiuoggi culinary team. Eat alone or with the group in a dining room overlooking the mountains.

## **Ready to Go? Just for Fathom: 15% Off**

The Ranch Italy at Palazzo Fiuoggi commences May 15. Rates begin at \$9,100 per person for double occupancy and \$10,650 for a single room and includes 7 nights and 8 days (Sunday-Sunday) of daily guided hikes, fitness and exercise classes, daily massages, diagnostic testing, blood panel, medical consultation, accommodations, all meals and some evening elective nutrition talks, spa access, and a return airport transfer to Rome's Leonardo da Vinci Airport / FCO.

**And just for Fathom readers, an exclusive 15% discount on The Ranch Italy program if you book by May 31 for a stay before September 30.** (This is extra special, as the Ranch never discounts!) To redeem, put FATHOM2022 in the Additional Notes section on the second page of the reservation form or contact [inquiry@theranchmalibu.com](mailto:inquiry@theranchmalibu.com) and mention Fathom when making your reservation.