

# THE RANCH™ ITALY AT PALAZZO FIUGGI



## Gain Measurable Results and a Deeper Understanding of Your Health!

The Ranch's newest program, The Ranch Italy at Palazzo Fiuggi combines our award-winning, results-oriented fitness program with the services and expertise of the esteemed team at this renowned medical wellness retreat. Limited to 25 guests each week, this 7-night, 8-day experience features a daily schedule that mirrors The Ranch Malibu's signature no-options program. Each day includes a four-hour morning mountain hike, nap time, afternoon strength and core training classes, yoga and daily massage. During their stay, guests also receive diagnostic testing, a blood panel and a consultation with one of the renowned doctors at Palazzo Fiuggi.

The result is an immersive and transformative program that gives guests a more complete picture of their overall health and longevity. You'll leave with a greater sense of self, feeling rested and rejuvenated, while having lost weight and gaining muscle.



## Shed Unwanted Pounds, Tone Up & Detoxify

As in Malibu, hikes are meant to be done for time rather than distance, with a varied trail each day. Guests scale elevations over 2,000 meters as they trek the Apennine Mountains which surround the Lazio region in which Fiuggi is located. The scenery varies from forested canopies, open meadows, valleys and streams to hilltop hamlets, medieval villages and ancient monasteries. Afternoon fitness and yoga classes are held in a private section of the Palazzo for The Ranch's guests. You'll also have access to the state-of-the-art 4,300 square-foot fitness center, complete with Technogym, Pilates, Yoga and Reaxing Training equipment.



The rigorous routine is complemented by a nutritionally-dense, plant-based menu with an Italian flair, created by 3-star Michelin Chef Heinz Beck and prepared by his Palazzo Fiuggi culinary team in accordance with The Ranch's Executive Chef. Meals are enjoyed as a group, in a private dining room overlooking the mountains and ancient hilltop town.



## Diagnostic Testing Paired with a Medical Consultation Enhance Your Active Week

In order to offer a more complete understanding of your current health, guests of this program have the opportunity to undergo diagnostic and blood testing along with a consultation with one of the Palazzo Fiuggi's world-class physicians. The biomarker testing not only informs the medical team of any deficiencies or underlying concerns one might be experiencing, but also opens the conversation up to areas that can be improved or optimized to increase vitality.

### Tests Include:

- Assessment of vital parameters: heart rate, blood pressure, oxygen saturation and body temperature
- Assessment of anthropometric measurements
- Record of the guest's medical history
- Routine physical examination (cardiovascular, respiratory and abdominal examinations)
- Urinalysis
- Electrocardiogram

### Blood Panel Includes:

- Complete blood count
- ALT-GPT
- AST-GOT
- gGT
- Total bilirubin (direct and indirect bilirubin)
- Blood urea nitrogen
- Creatinine
- Uric acid
- Fasting plasma glucose
- Total cholesterol, including HDL, LDL and triglycerides
- C-reactive protein
- Sodium
- Potassium
- Calcium
- PT-INR
- aPTT
- Fibrinogen
- TSH
- FT3
- FT4
- Vitamin D3
- Glycated hemoglobin (HbA1c)
- Serum protein electrophoresis

Blood and urinalysis results delivered within 24 hours

## A History of Healing

Located on an ancient hilltop surrounded by centennial sequoia trees in a private 20-acre park, just 50 minutes from Rome, Palazzo Fiuggi is an historic property nestled in one of Italy's richest naturalistic areas. Known for the unique healing powers of its water since the early fourteenth century, the region was often visited by royalty, popes and masters of the Renaissance, including Michelangelo, for its restorative qualities.



At 700 meters above sea level, the newly renovated retreat offers clean and pure oxygen-rich air that creates the ideal altitude for personal transformation. The luxurious property and five-star service mirror what is offered at The Ranch as guests stay in private accommodations with views overlooking the grounds of the park or “old town” of Fiuggi.

Guests of The Ranch program can also enjoy the retreat's panoramic indoor and outdoor pools, that feature views of Fiuggi “old town.” A highlight of the experience is Fiuggi's world-class spa or Roman Thermae, which includes the use of hydrotherapy and Thalasso pools featuring the ancient healing waters of the area. Additional medical services and spa treatments can be experienced during the week at an additional rate.



## The Details

The Ranch Italy at Palazzo Fiuggi commences May 15th. Pricing for this experience starts 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, and a return airport transfer (Rome's Leonardo da Vinci Airport / FCO) at the conclusion of the program on Sunday morning. Upgrades are available at an increased rate, up to 60 days prior to your arrival.



## A Day at The Ranch Italy

### MORNING PROGRAMMING

- 5:30 - Gentle guest wake-up with Tibetan chimes
- 6:00 - Morning stretch
- 7:00 - Breakfast
- 8:00 - 12:00 - Mountain hiking
- 12:30 - Lunch

### AFTERNOON PROGRAMMING

- 1:00 - Naptime
- 2:00 - 6:00 - Strength & core training
- Massages
- Restorative yoga
- 7:00 - Dinner
- 8:30 - Bedtime

*\* The week also includes diagnostic testing, a blood panel and a consultation with one of Palazzo Fiuggi's onsite doctors along with two daily snacks.*

*\*Cancellation Policy: To secure booking a \$2,000 deposit is due at the time of booking with the balance due 40 days prior to your stay. This stay is non-refundable within 40 days of your stay and refundable less 10% prior to that time. We do suggest purchasing travel insurance.*

*Please note there is a service charge of 16% on all reservations, which includes gratuity and tax.*

For more information or to make a reservation please contact [inquiry@theranchmalibu.com](mailto:inquiry@theranchmalibu.com). To learn more about The Ranch visit [www.theranchmalibu.com](http://www.theranchmalibu.com).

## ACCOMODATIONS OPTIONS

At Palazzo Fiuggi, guest rooms are beyond luxurious. Flooded by natural light and offering views across the park, towards the old town or the pool, each room features smart contemporary styling that complements the Liberty-period provenance of the historical building. Adorned with objets d'art, rooms exude character and charm and create a comfortable and relaxing backdrop to every visit.

### CHARME ROOM

Double Occupancy - \$9,100 / pp

Single Occupancy - \$10,650 / pp

- Approximately 340 - 400 square feet
- Bathroom features a shower



### PRESTIGE ROOM

Double Occupancy - \$10,250 / pp

Single Occupancy - \$11,850 / pp

- Approximately 340 - 410 square feet
- Living area
- Panoramic views
- Bathroom features a shower
- Some offer balcony or terrace

### JUNIOR SUITE

Double Occupancy - \$11,100 / pp

Single Occupancy - \$13,450 / pp

- Approximately 350 - 540 square feet
- Separate bathtub and shower
- Exceptional views
- Some offer a balcony or terrace
- Each junior suite features unique luxury furnishing & decorative schemes including antiques and objets d'art

