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LUXURY TRAVEL
MAGAZINE

The Ranch Malibu to Debut FIRST PERMANENT International Program in Italy



The Ranch, the US-based luxury healthy lifestyle company featuring acclaimed, results-oriented fitness and wellness programs, has launched their first permanent international program at the award-winning Palazzo Fiuggi Wellness Medical Retreat.

Beginning May 15, 2022, this new program combines The Ranch Malibu's signature program with the services and expertise of the esteemed team at Palazzo Fiuggi, for a transformational experience that provides a more complete picture of one's overall health and longevity.

Located on an ancient hilltop in a private 20-acre park, just 50 minutes from Rome, Palazzo Fiuggi is an innovative retreat, set in a historic property, nestled in one of Italy's richest naturalistic towns. 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. This history of healing, paired with a state-of-the-art medical facility and incredible hiking trails offers the perfect backdrop for The Ranch's active health program.

Limited to just 25 guests each week, this 7-night, 8-day stay features a daily schedule that mirrors The Ranch Malibu's signature no-options experience. Each day includes a four-hour morning mountain hike, nap time, afternoon strength and core training classes, yoga and daily massage complemented by a nutrient-dense, plant-based diet. Guests also have the opportunity to undergo diagnostic and blood testing along with a consultation with one Palazzo Fiuggi's world-class physicians for a more complete understanding of their current health. This fusion of health programming leaves guests with a greater sense of self, feeling rested and rejuvenated, while having lost fat and inches and gaining muscle and mental clarity.

Similar to Malibu, hikes will be done for time rather than distance, with a varied trail each day. Guests will scale elevations over 2,000 meters as they hike 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 restorative yoga classes are held in a private section of the Palazzo for The Ranch's guests.

The rigorous routine is complemented by a nutritionally-dense, plant-based menu with an Italian flair, created by Palazzo Fiuggi's 3-star Michelin Chef Heinz Beck and prepared by his Palazzo Fiuggi culinary team in accordance with The Ranch's Executive Chef.

During their stay, guests have access to the state-of-the-art 4,300 square-foot fitness center, complete with Technogym, Pilates, Yoga equipment and Reaxing Training equipment. They can also enjoy the property's panoramic indoor and outdoor pools, that feature views of Fiuggi "old town." A highlight of the experience is Fiuggi's world-class spa, which features a fountain connected directly to the 'miraculous' fountain of Fiuggi waters. Innovative treatments include hydrotherapy and Thalasso pools featuring the ancient healing waters of the area, additional medical services and the Roman Thermae can be experienced during the week for an additional rate.

The Ranch Italy at Palazzo Fiuggi is offered at a starting rate of \$9,100 USD per person for double occupancy and \$10,650 USD for a single room and includes 7 nights and 8 days (Sunday-Sunday) of daily guided hikes, fitness and exercise classes, daily massage, diagnostic testing, blood panel, medical consultation, accommodations, all meals and some evening elective nutrition talks and a return airport transfer at the conclusion of the program on Sunday morning. Upgrades are available at an increased rate, up to 60 days prior to arrival.

For more information or to make a reservation, please visit <https://theranchmalibu.com//>