



## The Newest Wellness Retreats To Travel For In 2022

Transformative wellbeing concepts meet spectacular natural scenery at these impressive new wellness retreats.

### Palazzo Fiuggi, Italy

Also launched in 2021, [Palazzo Fiuggi Wellness Medical Retreat](#) combines years of scientific and medical research in maximising health and wellbeing with the benefits of being in this hilltop setting that has been known for its healing waters since the early 14<sup>th</sup> century. Assessments and consultations define each guest's bespoke program of treatments and holistic therapies, with the culinary offering then devised by three-Michelin-starred chef Heinz Beck in partnership with the retreat's experts and made using biodynamic natural ingredients. Facilities across the 6,000-sq-m wellness spa using Fiuggi waters include Thalassotherapy pools and Turkish baths. Targeted retreats then range from the Deep Detox to Immuno Boost.



In May 2022, the retreat will also play host to the first permanent international program by The Ranch Malibu. This program combines The Ranch Malibu's own wellbeing concept with the services and expertise of Palazzo Fiuggi. Within the 20-acre private park, located around 50 minutes from Rome, guests will be able to join week-long programs that mirror The Ranch Malibu experience, integrating morning mountain hikes, afternoon strength and core training classes, yoga, daily massage and a plant-based diet, as well as consultations. With outdoor exploration included in the program, guests are given an introduction to the scenic Apennine Mountains surrounding the Lazio region.