

# DUJOUR

18 11 2013 10:00

REVUE



SIENNA  
SPRINGS  
ETERNAL



The Roman spa at  
Palazzo Fuggi

## FIUGGI, ITALY

### THE RANCH ITALY AT PALAZZO FIUGGI

Cult luxury fitness and wellness retreat The Ranch at Malibu is expanding its signature program to Palazzo Fuggi, just an hour outside Rome. Set on a picturesque hilltop, the innovative retreat has a rich history of healing—Michelangelo sought its restorative waters—paired with a state-of-the-art medical facility. The Ranch Italy will capitalize on the surrounding landscape and focus on intensive hiking, strength and core training, as well as yoga and massage. After spending the day in the Apennine Mountains, the 25 weekly guests (seven nights, eight days) will delight in nutrient-dense, plant-based meals courtesy of three Michelin-starred chef Heinz Beck, in partnership with The Ranch's executive chef. For a physical and mental refresh with Italian flair, book now. [theranchmalibu.com](http://theranchmalibu.com)