BV

# VITALITER

the treatment courses at BelVedere
to experience the unity between the
components that constitute our body
and everything around us

Let BelVedere and the long-standing thermal tradition of Montecatini take you on a path to...

Discover beauty within you and all around you.

Knowing that your health is in your own hands.

Regain your inner balance through a journey that will gently push you out of your comfort zone.

Becoming more resilient than ever, conscious that adaptability is key to true health.

Renew the wellness cycle that can permeate your life and that of future generations and the world around you.

Learn to truly listen to your needs and feel rejuvenated surrounded by an intimate and welcoming space.

## VITALITER REBALANCING COURSES AT BELVEDERE

The Vitaliter courses include:

• Comparative holistic assessment, to provide tailored advice and establish the course best suited to you

• Scientific measurement, to monitor the results you obtain

• Rebalancing course, to lay the foundations for a stable sense of wellbeing, starting with the self

• Remote support, to consolidate the improvements you achieve.

The Vitaliter courses offered at BelVedere are guided by expert practitioners who can make your stay a journey into yourself, help you discover your beauty and harness the power of your talents. They aim to support the life force - dubbed the Vis Medicatrix Naturae by Hippocrates - that is present in all living beings, working tirelessly to restore balance and wellbeing throughout.

Massages, treatments, rituals, nutrition, movement, thermal baths, breathing, the art of thinking, conscious meditation, art therapy, singing, dancing, relationship-focused therapies... these are just some of the building blocks used to piece together a custom, holistic course designed to address our various constituent parts (physical, emotional, mental and spiritual), how they interact with one another, and who we are in our entirety.
Each course is designed according to the principle of *"the right thing for you, in the right measure"*. As such, the quality and quantity of the treatments are carefully dosed and customised with a view to providing extraordinary results. In order to achieve these goals, BelVedere offers courses of different durations and intensities.

The first step in crafting your ideal course is to select the duration from one of the following; alternatively, you can opt for a custom duration to suit your specific needs.

• 3 days to reduce stress and enjoy a peaceful experience
• 5 days to reawaken your life force
• 7 days to increase resilience
• 10 days to rediscover your talents and zest for life with a lighthearted outlook
•15 or 21 days for a profound self-renewal (organised upon request).

The next step is to establish the intensity best suited to you and your desire to delve into experiences outside your comfort zone, choosing from the following options:

• **LEVIS** (gentle),
to pamper yourself in a light and relaxing way

• **MEDIUM** (medium),
to strengthen your sense of empowerment and tap into your inner resources

• **MAGNUM** (intense),
for a concentrated course filled with treatments and activities intended to bring about a profound physical, mental and emotional transformation

The various courses on offer all include holistic group activities which, in addition to serving their specific functions, also offer opportunities to socialise, which is a particularly important factor in improving quality of life as a whole. Upon request, the wellness team is also available to quote and organise these same activities in individual classes.

| VITALITER<br>3 DAY'S | Levis | Medium | Magnum |
|---|---|---|---|
| Days' full-board catering with wellness menu | 3 | 3 | 3 |
| Purifying walks through the spa gardens | 3 | 3 | 3 |
| Sessions of assisted hydrotherapy (group activity) | | | 3 |
| Initial analysis | | 1 | 1 |
| Midpoint analysis | | | |
| Final analysis | | 1 | 1 |
| 30-minute massages or treatments | | | |
| 40-minute massages or treatments | 1 | 1 | |
| 50-minute massages or treatments | 1 | | 1 |
| 60-minute massages or treatments | 1 | 1 | 1 |
| 80-minute massages or treatments | | 1 | 1 |
| 90-minute massages or treatments | | | |
| Rituals | | | 2 |
| Cookery classes- | | | |
| Session of art therapy, dance or singing | | 1 | 1 |
| Rebalancing exercise activities to stimulate the appetite | 1 | 1 | 1 |
| 40-minute movement therapy session | | 1 | |
| 50-minute movement therapy session | | | 1 |
| 60-minute movement therapy session | | | |
| Wellness apéritifs | 1 | 1 | 1 |
| Shared wellness lessons | 1 | 1 | 1 |
| Group meditation or sound therapy sessions | | 1 | 2 |

| VITALITER<br>5 DAY'S | Levis | Medium | Magnum |
|---|---|---|---|
| Days' full-board catering with wellness menu | 5 | 5 | 5 |
| Purifying walks through the spa gardens | 5 | 5 | 5 |
| Sessions of assisted hydrotherapy (group activity) | | | 5 |
| Initial analysis | | 1 | 1 |
| Midpoint analysis | | | |
| Final analysis | | 1 | 1 |
| 30-minute massages or treatments | | 1 | |
| 40-minute massages or treatments | 2 | 1 | 1 |
| 50-minute massages or treatments | 2 | 1 | 1 |
| 60-minute massages or treatments | 1 | 2 | 2 |
| 80-minute massages or treatments | | 1 | 2 |
| 90-minute massages or treatments | | 1 | 1 |
| Rituals | | | 2 |
| Cookery classes- | | | |
| Session of art therapy, dance or singing | | 2 | 2 |
| Rebalancing exercise activities to stimulate the appetite | 3 | 3 | 3 |
| 40-minute movement therapy session | | 2 | |
| 50-minute movement therapy session | | 1 | 1 |
| 60-minute movement therapy session | | | 1 |
| Wellness apéritifs | 3 | 3 | 3 |
| Shared wellness lessons | 3 | 3 | 3 |
| Group meditation or sound therapy sessions | | 2 | 3 |

| VITALITER<br>7 DAY'S | Levis | Medium | Magnum |
|---|---|---|---|
| Days' full-board catering with wellness menu | 7 | 7 | 7 |
| Purifying walks through the spa gardens | 7 | 7 | 7 |
| Sessions of assisted hydrotherapy (group activity) | 7 | 7 | 7 |
| Initial analysis | 1 | 1 | 1 |
| Midpoint analysis | | 1 | 1 |
| Final analysis | 1 | 1 | 1 |
| 30-minute massages or treatments | 1 | 1 | |
| 40-minute massages or treatments | 1 | 1 | 1 |
| 50-minute massages or treatments | | 2 | 1 |
| 60-minute massages or treatments | 1 | 2 | 2 |
| 80-minute massages or treatments | 1 | 1 | 2 |
| 90-minute massages or treatments | | 1 | 1 |
| Rituals | 1 | 2 | 3 |
| Cookery classes- | | 2 | 3 |
| Session of art therapy, dance or singing | | 2 | 3 |
| Rebalancing exercise activities to stimulate the appetite | 4 | 3 | 4 |
| 40-minute movement therapy session | | | 1 |
| 50-minute movement therapy session | | 1 | 1 |
| 60-minute movement therapy session | | 1 | 1 |
| Wellness apéritifs | 4 | 4 | 4 |
| Shared wellness lessons | 4 | 4 | 4 |
| Group meditation or sound therapy sessions | | 3 | 3 |

| VITALITER<br>10 DAY'S | Levis | Medium | Magnum |
|---|---|---|---|
| Days' full-board catering with wellness menu | 10 | 10 | 10 |
| Purifying walks through the spa gardens | 10 | 10 | 10 |
| Sessions of assisted hydrotherapy (group activity) | 10 | 10 | 10 |
| Initial analysis | 1 | 1 | 1 |
| Midpoint analysis | | 1 | 1 |
| Final analysis | 1 | 1 | 1 |
| 30-minute massages or treatments | 1 | 2 | 1 |
| 40-minute massages or treatments | 2 | 3 | 3 |
| 50-minute massages or treatments | 1 | 2 | 2 |
| 60-minute massages or treatments | 1 | 3 | 3 |
| 80-minute massages or treatments | | 2 | 3 |
| 90-minute massages or treatments | 1 | 1 | 1 |
| Rituals | 2 | 2 | 3 |
| Cookery classes- | | 2 | 3 |
| Session of art therapy, dance or singing | | 2 | 3 |
| Rebalancing exercise activities to stimulate the appetite | 5 | 5 | 5 |
| 40-minute movement therapy session | | 1 | 1 |
| 50-minute movement therapy session | | 1 | 1 |
| 60-minute movement therapy session | | 1 | 1 |
| Wellness apéritifs | 5 | 5 | 5 |
| Shared wellness lessons | 5 | 5 | 5 |
| Group meditation or sound therapy sessions | | 4 | 5 |

# Vitaliter Programs | Rates

Rates per person
in Smart room single use

| | 3 Nights | |
|---|---|---|
| | Low | High |
| Levis | 925,00 € | 985,00 € |
| Medium | 1.130,00 € | 1.190,00 € |
| Magnum | 1.490,00 € | 1.550,00 € |

| | 5 Nights | |
|---|---|---|
| | Low | High |
| Levis | 1.575,00 € | 1.675,00 € |
| Medium | 2.060,00 € | 2.160,00 € |
| Magnum | 2.495,00 € | 2.595,00 € |

| | 7 Nights | |
|---|---|---|
| | Low | High |
| Levis | 2.350,00 € | 2.490,00 € |
| Medium | 3.055,00 € | 3.195,00 € |
| Magnum | 3.265,00 € | 3.405,00 € |

| | 10 Nights | |
|---|---|---|
| | Low | High |
| Levis | 3.380,00 € | 3.580,00 € |
| Medium | 4.250,00 € | 4.450,00 € |
| Magnum | 4.535,00 € | 4.735,00 € |

Rates per person
in Smart room double occupation

| | 3 Nights | |
|---|---|---|
| | Low | High |
| Levis | 790,00 € | 820,00 € |
| Medium | 995,00 € | 1.025,00 € |
| Magnum | 1.355,00 € | 1.385,00 € |

| | 5 Nights | |
|---|---|---|
| | Low | High |
| Levis | 1.350,00 € | 1.400,00 € |
| Medium | 1.835,00 € | 1.885,00 € |
| Magnum | 2.270,00 € | 2.320,00 € |

| | 7 Nights | |
|---|---|---|
| | Low | High |
| Levis | 2.035,00 € | 2.105,00 € |
| Medium | 2.740,00 € | 2.810,00 € |
| Magnum | 2.950,00 € | 3.020,00 € |

| | 10 Nights | |
|---|---|---|
| | Low | High |
| Levis | 2.930,00 € | 3.030,00 € |
| Medium | 3.800,00 € | 3.900,00 € |
| Magnum | 4.085,00 € | 4.185,00 € |

Low Season: 1 Nov 2023 - 21 Dec 2023
High Season: 10 Jul - 31 Oct 2023 | 22 Dec 2023 - 2 Jan 2024

Please contact reservation@palazzobelvedere.com to know rates for other room categories

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