

The Best Wellness Retreats Across Italy

For rejuvenation and relaxation amid glorious Italian scenery, book a stay at one of these top health-giving getaways.

10 AUGUST, 2021



Suitcase Magazine Online
(UMV 73,000; Points 13)
10th August 2021

(IMAGE 1 OF 2)



Address

Terme di Saturnia, 58014 Saturnia, Maremma

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(IMAGE 2 OF 2)



HOTEL

Paragon 700 Boutique Hotel & Spa

Puglia

An imposing red-brick palace that contrasts strikingly with the other, all-white buildings in the ancient walled city of Ostuni, this 11-bedroom hotel is an oasis of tranquillity. Reopened in summer 2020 following an extensive refurbishment, the spa is built underground in the palace's former water chamber. There's a Turkish bath, Himalayan salt wall, multi-sensory shower and natural whirlpool, plus a large garden and swimming pool. Unusually for such a spacious spa destination, you're only a short stroll from the historic centre of Ostuni, while a handful of pretty beaches are also within easy reach.

Address

Largo Michele Ayroldi Carissimo 14, 72017 Ostuni

+39 0831 369 219
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HOTEL

Grand Hotel Tremezzo

This magnificent hotel on the shores of Lake Como offers every wholesome activity under the sun, without ever sacrificing its old-school chic. Pre-breakfast dip? You have your pick of three swimming pools or the sparkling lake, found just beyond the jungle-like botanical garden. Fancy a spot of sunset tennis? Head to the hilltop clay courts for a knockabout. Elsewhere, there's a fully equipped gym set over three floors, as well as Turkish baths and an indoor infinity pool in the T Spa. The hotel has paired up with Off the Beaten Path to bring you the most beautiful...