

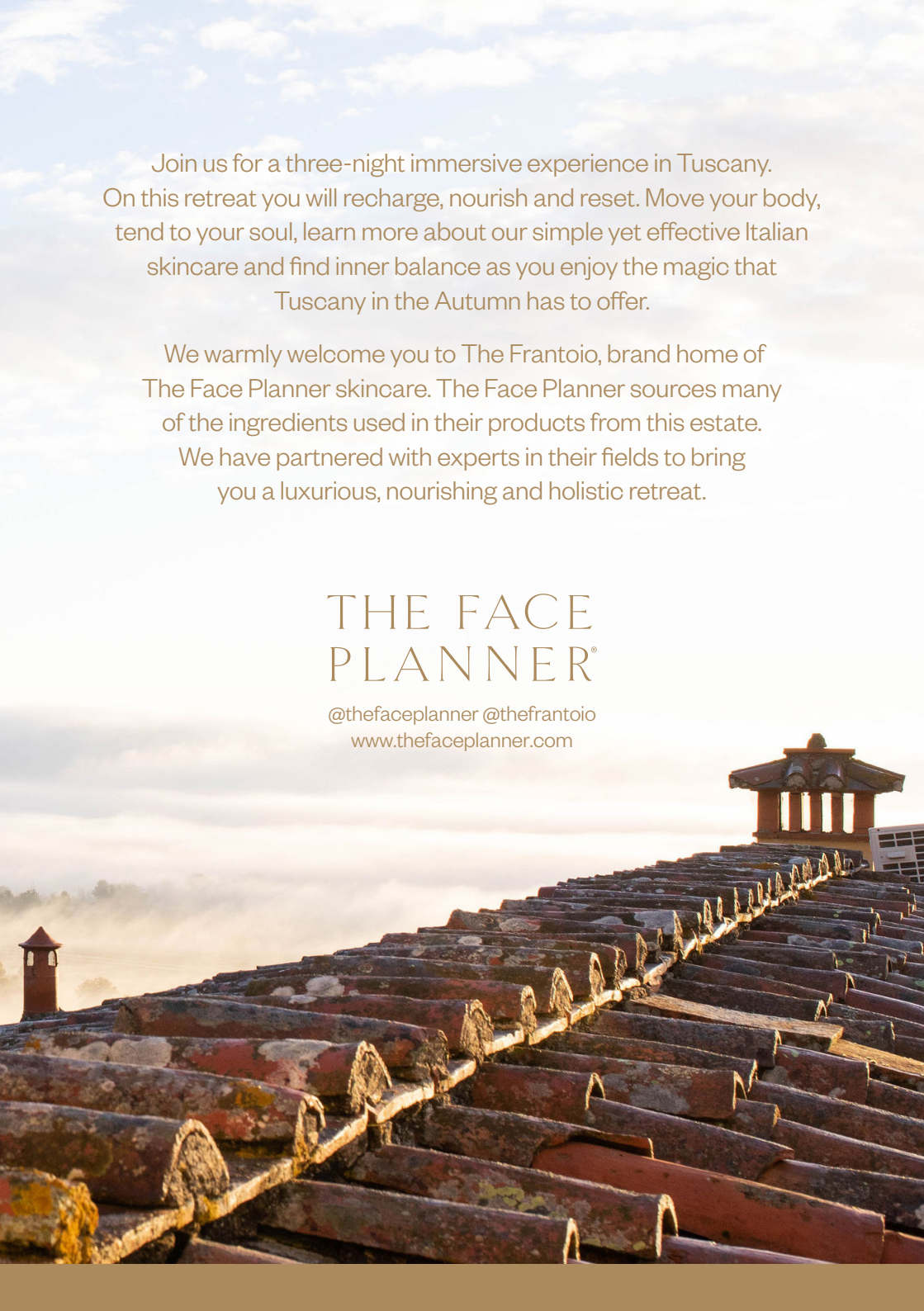
THE FRANTOIO

IMMERSIVE WELLNESS RETREAT IN TUSCANY

OCTOBER 2023







Join us for a three-night immersive experience in Tuscany. On this retreat you will recharge, nourish and reset. Move your body, tend to your soul, learn more about our simple yet effective Italian skincare and find inner balance as you enjoy the magic that Tuscany in the Autumn has to offer.

We warmly welcome you to The Frantoio, brand home of The Face Planner skincare. The Face Planner sources many of the ingredients used in their products from this estate. We have partnered with experts in their fields to bring you a luxurious, nourishing and holistic retreat.

THE FACE PLANNER®

@thefaceplanner @thefrantoio
www.thefaceplanner.com

THE LOCATION

The property is situated 30 minutes from Pisa and Florence airports and blends old-world Tuscan charm with contemporary comforts.

Nestled on a sun-drenched hillside in a private olive estate, The Frantoio is a converted ancient olive mill. Each year, we still hand-pick and harvest over 300 litres of olive oil from the 540 olive trees surrounding the property.

There are 6 double bedrooms, each with an en-suite and 2 with private living areas. Bedrooms are flooded with natural light and endless Tuscan views. The Frantoio comfortably sleeps 12, however retreats can be run for groups of 6 or more.

The interiors of the house are stylish with a modern rustic twist, decorated with soothing greys and earthy tones. The central hallway provides a great meeting focus and atmospheric display of the ancient olive press dating back to 1804. There is a fully equipped kitchen, perfect for cooking classes. A sumptuous relaxing upstairs living area provides a peaceful base to melt into the sofas with a good book!

The beautiful surroundings of the property offer clean and oxygen-rich air, perfect for a mind and body refresh. Guests can also enjoy our uniquely designed pool which is open year-round.





IMMERSIVE ESCAPE

The days will begin with movement ranging from challenging power yoga, HIIT classes and vinyasa flow yoga and lead into rich group activities such as walks in surrounding nature, workshops and cooking classes. Expect time to reflect, relax and rest while soaking up the Italian autumn sun. The days will wrap with nutritious meals made from locally sourced ingredients and soulful, nourishing conversation by candlelight in the evening.

Included in this wellness experience, Loes, a certified medical doctor and lifestyle coach will lead a workshop on how to change your lifestyle to become the healthiest and happiest version of yourself. You'll leave this retreat with new evidence based insights and a relaxed but challenged body and mind.

Skincare experts, trained by The Face Planner, will be on-site to guide you through a workshop, and their luxury organic products to help you develop a skincare routine that is aligned with your lifestyle and environment.

We look after everything so that you can tune back into you, enjoy the luxurious location, take time for your personal wellbeing and truly relax, restore and reset.

SAMPLE SCHEDULE

THURSDAY, OCTOBER 12, 2023

16.00
Check-in
17.00
Opening Circle & Welcome
18.00
Twilight Yoga Class
19.30
Group Welcome Dinner
21.00
Evening Circle

FRIDAY, OCTOBER 13, 2023

08.30
Morning Meditation and Yoga Class
10.00:
Brunch
The Face Planner Introduction & Workshop
11.00
Post-brunch Walk or Journalling (optional)
and Free Time
12.30
Workshop 'Blue Zones and What We've
Learned'
15.00
Vineyard Visit
18.00
Twilight Yoga Class
20.00
Dinner
21.30
Evening Circle

SATURDAY, OCTOBER 14, 2023

08.30
Get Sweaty! HIIT Class
10.00
Breakfast
11.00
Workshop 'Living Intentionally'
13.00
Italian Lunch
17.00
Twilight Yoga
19.30
Cooking Class and Group Dinner

SUNDAY, OCTOBER 15, 2023

08.00
Morning Yoga
09.30
Breakfast
10.30
Closing Circle
12.00
Farewells and Check Out



WHO WE ARE



RACHEL ZITIN

RETREAT LEADER, ITALY TRAVEL EXPERT,
YOGA INSTRUCTOR AND SOMATIC COACH

Rachel has been living in Rome, Italy for over 13 years. She is originally from Asheville, NC and is generally regarded as quite italianizzata. She is a certified Body-Oriented Coach and her transformational coaching uses somatics to unlock the body's hidden wisdom in order to grow past your limiting beliefs and learn to trust and follow your own inner guidance. She is obsessed with watching people grow into the most authentic versions of themselves. She has taught yoga for over 5 years and is trained in Vinyasa, Hatha, Restorative, and Yin Yoga. For the past 3 years she has led Yoga & Wellness retreats around the Mediterranean; in Santorini, Sicily, Tuscany and more.

She wants her students to feel comfortable, yet challenged, nourished, yet inspired to go deeper. Her desire is for retreat guests to have a truly embodied experience that they can take with them into their daily lives, as well.

WHO WE ARE



LOES VERKUIJLEN

GENERAL PRACTITIONER WITH A FOCUS ON LIFESTYLE
/ FUNCTIONAL MEDICINE, YOGA TEACHER AND HIIT INSTRUCTOR.

Loes is a Dutch doctor in love with Italy and its richness in both culture and lifestyle.

She specializes in functional medicine, trying to help people live their healthiest and fullest lives through changing their way of living. She has an holistic approach in practicing medicine, including what we eat, how we move, sleep, disconnect and relax, set intentions and connect with others. Through optimizing all these aspects in life, she teaches individuals how to build a meaningful life, growing old both happy and healthy. Her work is based on the evidence gathered by studying the Blue Zones on this earth. Throughout the last 3 years she has helped patients treat chronic diseases without the use of medication.

She also is a certified yoga teacher and HIIT instructor, using her knowledge of body and soul to build strong but soothing classes. Loes did her yoga teacher training in 2019 in Bali, and is certified to teach power yoga, vinyasa yoga, yin yoga and yin-yang yoga. She also teaches powerful HIIT classes and bootcamps, leaving you sweaty and feeling fulfilled.

WHO WE ARE



EMMA DOBBIE

THE FACE PLANNER FOUNDER

Emma is the Founder of The Face Planner, a skincare brand launched in 2022.

Many of the ingredients used in The Face Planner products are sourced directly from The Frantoio, the brand home. The products are manufactured in a small Dermatologist and Doctor-led lab batch lab in Trento, Northern Italy and distributed through the brand's website across Europe, the UK and the US. The brand is known for selling its products in 'plans' to reduce customer confusion, particularly when they are counting down to a milestone moment in their life and want to look and feel their best.

Emma's background was in finance between London and New York until 2021 when she left the corporate world for a change of pace and refocused on what was important to her in life.



WHAT'S INCLUDED

- Twice daily 60 minute movement and meditation
 - Luxury private en-suite for each bedroom
- Healthy and nutritious daily meals using fresh, locally sourced ingredients and catered to a variety of dietary requirements
- Tea, coffee, juices and herbal infusions throughout the day
 - Guided hike in surrounding area
 - Visit to local vineyard and tasting
 - Cooking class
 - Workshops
 - 1 private coaching session per guest
- Goodie bag filled with sustainable wellness brands
 - Service and 10% VAT

WHAT'S NOT INCLUDED

- Flights
 - Transfers to/from the airport
(although we can arrange these on your behalf)
 - Travel insurance
- Optional wellness treatments (i.e. massage)

PRICING

EUR 1,595

FOR DOUBLE ROOM (SINGLE OCCUPANCY)

EUR 500

FOR ADDITIONAL PERSON IN DOUBLE ROOM

EUR 895

FOR SINGLE BED IN SHARED ROOM





To confirm your booking, please email retreats@thefrantoio.com

RESERVATIONS

Upon acceptance of your reservation, and after a brief phone or email consultation, we will request via invoice a 50% deposit for the overall stay. The remaining balance is due by 10th September 2023.

REFUNDS

If you cancel outside of 40 days, your deposit is refundable less 10% as a service fee. In the event of a cancellation within the 40 day period prior to your arrival, and if your reservation cannot be filled on short notice, your stay is non-refundable. If we are able to fill your space, we will credit you for a future stay in the next 18 months. We are unable to run our programs for less than 4 guests. You will be charged in full even if you are late to arrive or early to leave the 3 night stay.

ADDITIONAL EXPERIENCES

Experiences not included in the cost of your stay can be organised and added to your program prior to your arrival. These additions must be organised and paid for in full 14 days before your arrival date.

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