

# IMMERSIVE WELLNESS RETREAT

TUSCANY

9 - 13 OCTOBER 2024



During your four night retreat you can expect to be guided through daily movement, nourished by expert Italian chefs, treated by our holistic facialists and consulted by our renowned partners for health and nutrition.

The Frantoio is situated in the heart of Tuscany, in a private olive Estate. It was originally an ancient olive mill and has since been beautifully converted. The tranquil, rural location is perfect for relaxing and unwinding. The property proudly grows it's own vegetables and fruits, all of which will be used in your retreat menus. The bedrooms are uniquely designed, creating a gentle ambience.

The panoramic Tuscan views will quite simply take your breath away.



## THE LOCATION

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

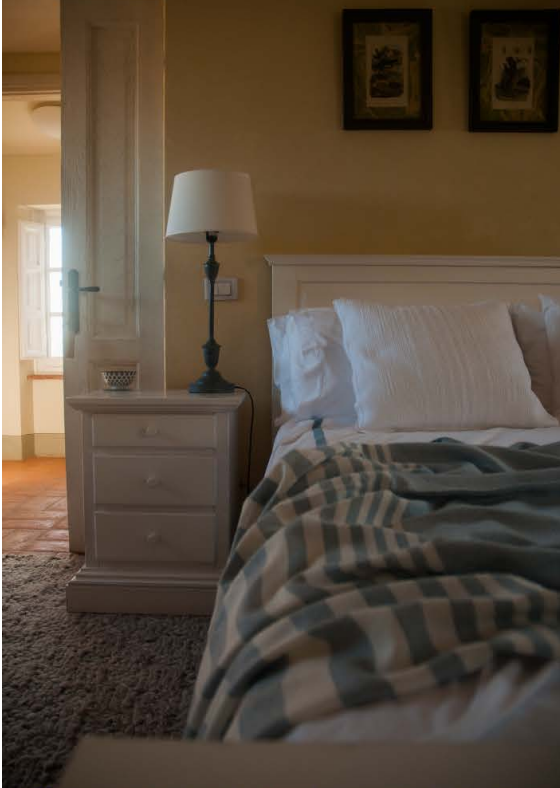
Nestled on a sun-drenched hillside in a private olive estate, The Frantoio is a converted ancient olive mill. Each year, we still hand-pick and harvest over 300 litres of olive oil from the 540 olive trees surrounding the property.

There are six double bedrooms, each with an en-suite and two 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.





# THE RETREAT

Join us in October 2024 for a late Tuscan summer retreat to restore and nourish.

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.

Throughout this wellness experience, Loes, a certified medical doctor and lifestyle coach will lead the morning and evening movement sessions. Loes' classes are designed with both your physical and mental wellbeing in mind. Emma, the founder of skincare brand The Face Planner, will lead a skincare masterclass providing insights and recommendations tailored to your individual needs as well as introducing you to the brand's production process which begins at The Frantoio.

We will work with other experts in their fields to lead additional activities throughout the retreat.

Time is made available for optional treatments such as full-body massages and facials.

Classes taught are suitable for all levels and modifications will be offered where needed.

# SAMPLE SCHEDULE

## **Day One**

Arrival from 3pm  
Welcome yoga flow  
Aperitivo and Welcome Dinner

## **Day Two**

Tea, coffee, fresh fruit  
Morning meditation & movement  
Brunch  
Guided walk or free time/treatments  
Intentions workshop or free time/treatments  
Evening movement  
Dinner

## **Day Three**

Tea, coffee, fresh fruit  
Morning meditation & movement  
Brunch  
Free time/treatments  
The Face Planner skincare masterclass or free time/treatments  
Wine Tasting  
Dinner

## **Day Four**

Tea, coffee, fresh fruit  
Morning meditation & movement  
Brunch  
Free time/treatments  
Somatic movement class (optional)  
Tuscan cooking class & dinner

## **Day Five**

Tea, coffee, fresh fruit  
Morning meditation & movement  
Brunch  
Free time  
Checkout 3pm

[Please note schedules are subject to change]

# ACCOMMODATION OPTIONS

All rooms are beautifully and uniquely designed with plenty of space.

## SHARED ROOMS

Bedroom with Tuscan countryside view, twin beds, private en-suite with shower and bath-tub

€1,500 per person

Bedroom with garden view, twin beds, private en-suite with shower and bath-tub

€1,500 per person

## PRIVATE ROOMS

Bedroom with king-size bed, en-suite with shower and copper bath-tub, private living space

€2,550 per person

Bedroom with king-size bed, en-suite with shower

€2,550 per person

Bedroom with king-size bed, en-suite with shower and copper bath-tub, private living space (optional double fold-out sofa bed)

€2,550 per person | additional charge for person in private living space

Bedroom with king-size bed, en-suite with shower and separate bath-tub

€2,550 per person

Additional person in private room

€800





# WHAT'S INCLUDED

Luxury private en-suite for each bedroom

Healthy and nutritious daily meals using fresh, locally sourced ingredients and catered to your personal dietary requirements

Twice daily 60 minute movement and meditation

Tea, coffee, juices and herbal infusions throughout the day

Activities confirmed in the final agenda i.e. skincare masterclass, cooking class and other workshops

Goodie bag filled with sustainable wellness products

Mats, class equipment, fresh towels

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 (facials and massages)



# WHO WE ARE



## LOES VERKUIJLEN

DOCTOR WITH A FOCUS ON LIFESTYLE MEDICINE, YOGA INSTRUCTOR,  
MEDITATION COACH 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, helping people live their healthiest and fullest lives through changing their way of living. She has an holistic approach in practising medicine, including what we eat, how we move, sleep, disconnect and relax, set intentions and connect with others. Through optimising 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. The last 4 years she has helped patients treat and cure their chronic illnesses by changing their lifestyle.

She also is a certified 300 RYT yoga teacher, a certified meditation teacher and HIIT instructor, using her knowledge of body and soul to build strong but soothing classes. Loes took her first 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 fulfilled.

# WHO WE ARE



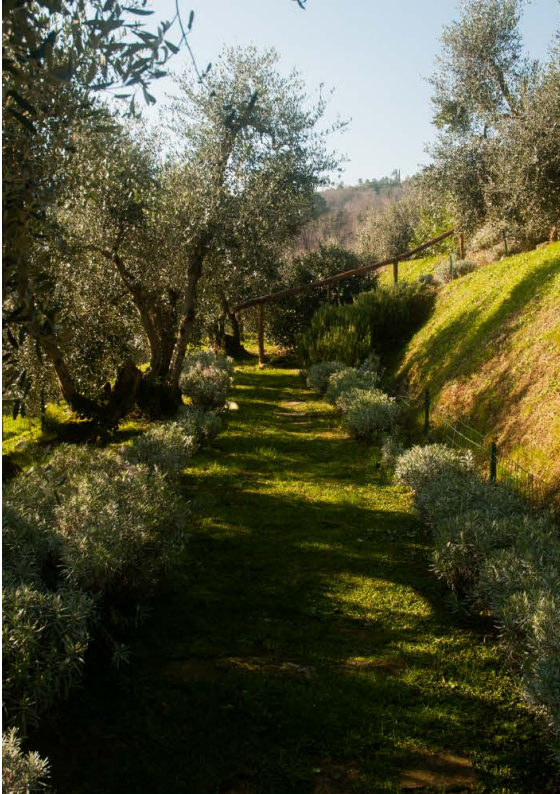
## EMMA DOBBIE

### THE FACE PLANNER FOUNDER

Emma is the Founder of The Face Planner, an Italian-made skincare brand launched in 2023. The brand is sold globally online and in select retail outlets and spas.

Many of the ingredients used in The Face Planner products are sourced directly from The Frantoio. The products are manufactured in a small-batch Doctor-led laboratory 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 within the overwhelming skincare market. The brand is proudly focused on sourcing the best plant-derived ingredients that Italy has to offer and taking a slow, sustainable approach to growth. Through offering retreats at The Frantoio, Emma is excited to offer a 360 degree approach to skincare.

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.





# PRICING

EUR 2,550

FOR DOUBLE ROOM (SINGLE OCCUPANCY)

EUR 800

FOR ADDITIONAL PERSON IN DOUBLE ROOM

EUR 1,500

FOR SINGLE BED IN SHARED ROOM

To reserve your place, we require a 50% deposit payment. The balance will be payable 6 weeks before your arrival.





To confirm your booking, please email [hello@thefaceplanner.com](mailto:hello@thefaceplanner.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 28th August 2024.

## 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/retreat in the next 18 months. We are unable to run our programs for less than 6 guests. You will be charged in full even if you are late to arrive or early to leave the retreat.

## 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.