

Villa ferraia Tuscany 1 May – 8 May 2008

Villa Ferraia, recently restored to exacting standards, is a luxury villa sitting on a secluded mountain top near the medieval hamlet of Castello di Tocchi, about 20kms south of Siena. In the extensive gardens there's a beautiful pool, and the surrounding lawns are dotted with sunbeds, chairs and umbrellas, providing guests with the perfect opportunity to relax and enjoy the sunshine and the breathtaking views of the Merse river valley.



The airy, beautifully appointed Villa is privately owned. The 15 bedrooms are smart, comfortable and cool, and all have ensuite bath or shower rooms with complimentary Florentine soaps and shampoos. The beds are made up with fine linens.

The friendly **in:spa** team made up of Chris James our guest Yoga Teacher, and specialist chefs, nutritionists, masseurs and personal trainers will be hosting several weeks here in the gorgeous Tuscan countryside during 2008, including the Bank Holiday weekends at the start and end of May. The **in:spa** team will ensure maximum benefits for all our guests, such as weight-loss, improved fitness, stress relief and a heightened sense of wellbeing. Every day at **in:spa** is inspiring and unique, but to get an idea of how your day may be structured, read on.

This day starts off with a morning yoga session led by Chris James on the terrace as the sun washes over the Tuscan hills. By breakfast time you will be feeling supple and refreshed, ready for fresh fruit, home made muesli, yummy smoothies and freshly squeezed juices. An excellent kick-start both to the day and your health and fitness plans. We then head out for a morning of hiking in the hills to invigorate your body and stimulate your metabolism and, of course, enjoy the quintessential Italian countryside. Just like yoga and exercise classes, hikes are tailored to all levels of fitness so everyone can join in at their own pace. For example, the hikes tend to form into three groups: the fit, the moderately fit, and those who prefer a less strenuous walk. But they are always great fun!

After a light, fresh, detoxifying lunch, the afternoons are varied and, depending on the day, your personally tailored programme may include small group yoga instruction, personal fitness training or nutritional consultations. In addition, a regular massage will help to relax, restore and prepare you for the week's activities. There will also be plenty of time to soak up the sun by the swimming pool.

The day winds down with dinner in the magnificent dining room or on the pretty courtyard terrace. Dinners are a showcase of delicious, fresh, healthy cuisine – much of it picked from the Villa's own vegetable garden - which our chef is always pleased to discuss and explain with those guests who are interested in creating cleansing cuisine for when they return home. Dress is relaxed and informal.

High points of the week include stunning hikes in the Tuscan countryside direct from the Villa, gorgeous views from the pool, and our inspiring team. You can always organise your flights to include some time in Rome, Florence or Siena before or after your stay, or we can happily organise a day trip for you to Siena during your holiday.

All inclusive prices per person

	Single Occupancy	Based on two sharing
Double Room	£2,795	£2,195
Superior Double	£2,895	£2,250

Prices include: 7 nights accommodation
all rooms have their own ensuite bathrooms
all meals and beverages
airport transfers with recommended flights
all group physical activities – i.e. yoga classes, hiking, group circuits
one on one nutrition consultation
one on one personal training session
small yoga class for individuals at different levels: beginners, intermediary and advanced.
three deep tissue massages
constant access to team members throughout the day and evening

Prices exclude: Flights, personal insurance, laundry, telephone and internet usage.

Dates: May 1 – May 8

Group size: maximum 25 guests.

Passport: There are no formal entry requirements for EU passport holders travelling to Italy.

Health: There are no inoculations required of travellers.

The **in:spa** team looks forward to welcoming you and ensuring you have a magical week!!