



## Two Italian resorts join Healing Hotels of the World

*Palazzo BelVedere, Almar Giardino di Costanza are latest properties to join the consortium*



Palazzo BelVedere (left) is in Tuscany, and Almar Giardino di Costanza (right) is in Sicily

**07 July, 2022, Cologne, Germany** -- Palazzo BelVedere, in the famed spa town of Montecatini Terme, and Almar Giardino di Costanza in Sicily have become the latest resorts to join Healing Hotels of the World. The two Italian properties each have their own unique offerings based on their location and healing philosophy.

A modern wellness retreat located in a stunning UNESCO World Heritage-listed thermal spa town, Palazzo BelVedere draws on traditional European and Mediterranean medicine; holistic naturopathy; the four Hippocratic Qualities of hot, cold, wet and dry; and the healing power of Montecatini's famed thermal waters, which have been used for healing since ancient times. Palazzo BelVedere's signature Vitaliter Programs, guided by expert practitioners, include a wide range of treatments and group activities that support physical, emotional, mental and spiritual wellbeing. The hotel features 60 rooms and suites featuring Tuscan craftsmanship, as well as a Circular Garden for relaxation, a thermal spa, and two restaurants.

The holistic wellbeing program includes massages, treatments, rituals, nutrition, movement, thermal baths, breathwork, the art of thinking, conscious meditation, art therapy, singing, dancing and relationship-focused therapies – all of which are used to create custom, holistic programming for each guest's needs. The resort has recently undergone a complete renovation to become an urban retreat focusing on circular wellbeing, which includes the wellbeing of the individual as well as the community and the planet.

“We are so happy that Palazzo BelVedere is joining Healing Hotels of the World,” says Dr. Elisabeth Ixmeier, Co-Founder of Healing Hotels of the World. “The BelVedere and the age-old spa tradition of Montecatini Terme provide the ideal setting for anyone wishing to rediscover the beauty within and all around us, to regain awareness of the relationship between our health and our inner lives, to rebalance themselves and embrace a healthier lifestyle. Their circular wellbeing philosophy means they are focused not just on their guests, but also on the wellbeing of the community and the planet – all of which are values that Healing Hotels shares.”

Located on a charming and wild corner of western Sicily, Almar Giardino di Costanza Resort is a luxury wellbeing retreat offering the most natural of all healing therapies: sun, trees and gardens. The resort offers massages and treatments inspired by a combination of Traditional Chinese Medicine, Western and Eastern philosophies. Their specialist rituals are inspired by the ancient Chinese practice of Tuina to energize, detox, support immune health, or simply destress.

Almar Giardino di Costanza takes design inspiration from the Sicilian tradition of a villa built around a central garden, and each of the 88 rooms are suites or junior suites. The location is a key part of the healing experience: surrounded by gardens, olive trees and vineyards, with the coast only a short drive away, it’s an ideal place to restore inner balance. In 2023, the resort will add a 2,700-square-meter spa, as well as Pilates and yoga classes.

“Almar Giardino di Costanza is an oasis of tranquility and regeneration, rooted in the great history of the Sicilian land and caressed by the magic energy of the Mediterranean,” says Anne Biging, Co-Founder of the Healing Hotels of the World. “We are so thrilled to have this beautiful, healing place join our portfolio.”

#### **About Healing Hotels of the World**

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the member based collection of 90+ of the best Urban and Resort Healing Hotels around the world brings holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified, ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training, empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

[www.healinghotelsoftheworld.com](http://www.healinghotelsoftheworld.com)

**Almar Giardino di Costanza Website**

[Almar Giardino di Costanza Resort](#)

**Palazzo BelVedere Website**

[Palazzo BelVedere](#)

To find selected photo material accompanying this press release, please click [here](#).

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