



Tenuta di Paternostro joins Healing Hotels of the World
Equine healing experiences combined with Italian hospitality



Staying at Tenuta di Paternostro feels like a luxurious, inviting private home visit.

14 March, 2024, Cologne, Germany -- Healing Hotels of the World proudly welcomes its latest member, Tenuta di Paternostro, a haven for those seeking to tap into the therapeutic potential of nature. Nestled in the enchanting landscapes of Italy, Tenuta di Paternostro has reimagined the traditional spa experience by taking healing into the great outdoors.

Formerly a modest peasant farmhouse complete with cow stalls, Tenuta di Paternostro has been meticulously restored by architects to create a luxury hotel with just five suites for up to 12 guests. Each suite boasts eclectic interiors that reflect the owner's personal style. A stay at Tenuta di Paternostro evokes the feeling of visiting a luxurious yet inviting private home.

Anne Biging says: “It is like staying with a friend, who has great style and a fondness for delicious vegan food, with the added advantage of a program of healing activities and equine therapy.”

Tenuta di Paternostro's healing philosophy revolves around the fundamental principles of rest, discovery, and connection. It encourages guests to establish a profound connection with the natural world's beauty while discovering ways to re-energize, rejuvenate their spirits, and regain equilibrium in body, mind, and spirit. This approach to healing seamlessly weaves together ancient cultural traditions and contemporary wellness practices. At the core of Tenuta di Paternostro's offerings lies their distinctive therapy – equine-guided learning. Guests have the opportunity to engage in workshops and encounters with the hotel's free-roaming herd of thoroughbred horses, ranging from immersive three-hour sessions to transformative five-day experiences.

Guests can also indulge in treatments amidst sacred olive groves or beneath the shade of centuries-old oak trees, offering an experience deeply rooted in both nature and tradition. These treatments include sound healing and crystal sound baths, moon rituals, forest bathing, hay baths, Plant-Based Holistic Health Consultations, Embodiment Coaching and much more. The hotel's commitment to Italian culture shines through in every facet of their offerings, with a strong emphasis on beauty and the delight of exquisite cuisine.

Olivia Mariotti shares: "As the custodian of Tenuta Di Paternostro, I am deeply honored by the warm embrace extended by Healing Hotels of the World and to become part of its striving community. A precious partnership that gives us the opportunity to engage in a dialogue with inspirational, far-sighted, extraordinary visionaries. This significant milestone serves as a powerful motivator for us to expand our vision, creating and developing transformative practices and experiences deeply rooted in wild nature."

In keeping with the ambiance of a country house, meals at Tenuta di Paternostro are designed as communal experiences, fostering a sense of community among guests. The cuisine is centered around plant-based vegan dishes prepared by a vegan chef and holistic nutritionist, featuring all organic and locally sourced ingredients. They also offer a variety of excursions that allow guests to explore the food, produce, history, and culture of this region of Italy. Other Activities include foraging, vegan cooking classes, archery, hiking, horse watching, bird watching, star gazing, cultural visits, and more. Sustainable initiatives to minimize its environmental impact include an animal sanctuary, local olive groves which are native to the region and biodynamic synergistic cropping following organic and holistic principles.

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 two collections of Urban and Resort Healing Hotels around the world bring 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

Tenuta di Paternostro

Nestled within the esoteric embrace of Tuscia, Tenuta di Paternostro is a timeless escape in the heart of Italy's Etruria region, just one hour north of Rome. Tenuta di Paternostro is a large equestrian estate spread over 31 hectares of land, 5 km from the medieval village of Vetralla, of which its skyline and its cathedral can be glimpsed from the property. Surrounded by picturesque landscapes and natural springs renowned for their healing properties, the estate is valorized by remnants of the Etruscan civilization, ancient oak trees, and olive groves. Tenuta di Paternostro depicts a haven where luxury is redefined. It offers a shelter where guests can center themselves amidst the splendor of nature, ancient ceremonies and exquisite cuisine, while also experiencing a unique sense of time. The property features five suites provided with eclectic furnishings and lavish amenities with flourishing vegetable and flower gardens, a hay barn, a tranquil fountain pool, stables, and a yoga pavilion. Beyond its architectural grandeur, Paternostro thrives as a farm, home to nine thoroughbred horses, considered the resident healers central to the guests' healing experience.

[WEBSITE](#)

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