

# 3 days and 2 nights of **Relax Chic in Nature** at the Forestale Luxury Ecolodge

**849€**

(for two nights for two persons)

## Day 1:

From 2.00 p.m. to 4.00 p.m. - Guests are expected to check in

From 5.00 p.m. to 7.00 p.m. - Bioenergetic massage session (one per person): a gentle and highly personalised treatment that aims to release muscular tensions, the seat of emotional conflicts, helping the body and mind to regain their precious harmony and re-establish an energetic balance.

Free dinner. Don Merlino can give advice on restaurants in and around Furlo.

First night in the Suite Royale, the room with the most beautiful view in the entire Reserve!

## Day 2:

From 8.30 a.m. to 10 a.m. - After resting, Don Merlino's Super Healthy Breakfast will be served

From 10.30 a.m. to 12.30 p.m. - Guests will be taken on a bioenergetic sensorial journey through the forest to discover their chakras: it will be two hours of self-awareness in nature and the revelation of one's bioenergetic centres through the use of the 5 senses, with the aim of aligning one's energy with the energy of nature and benefiting from the regenerating effect it has on physical and mental health.

From 1 p.m. to 3 p.m. - Free lunch at the Furlo.

From 3.30 p.m. to 5.30 p.m. - Guided Yoga and Meditation session at the Yoga Gym with an exceptional view of the Furlo Gorge.

From 6.00 p.m. to 7.00 p.m. - Opportunity to access the Finnish Sauna 'Iglusauna' of the Forestry Department, the only one of its kind in the Marche region.

From 6.30 p.m. to 7.30 p.m. - It will be possible to enjoy an aperitif with Forestale's bubbles directly from the balneotherapy pool in the Suite Royale.

Free dinner. Don Merlino can give advice on restaurants at or around the Furlo.

Second night in the Suite Royale.

### **Day 3:**

From 8.30 a.m. to 10 a.m. - After rest, Don Merlino's Super Healthy Breakfast will be served.

At 11.00 a.m. - Check-out

FREE/OPTIONAL - At guests' discretion, it will be possible to make a wine and food tour at a local winery in the Marche region producing wine and oil. 'Don Merlino's wine tours', part 1 & 2, sent directly to your smartphone with the route on Googlemaps and information on the wineries. Smart & Easy !