

THE JUNE DEPARTURE IS NOW FULL.

NEW DATES ADDED BELOW



**My Little Italian Farm Spa
16-21 September 2018**

Join us for a luxury spa holiday in the beautiful Italian countryside. Casale San Pietro is gorgeous – surrounded by lush olive groves, stunning mountain views and only 40 minutes from Rome. The perfect base for an Italian adventure. The owners, Joe & Alana are so attentive and friendly and really have thought of everything. Attention to detail, luxurious facilities and delicious dining - make it a real home from home for us. And of course, myself and the farm spa team will be there to ensure your utmost comfort and enjoyment with some beautiful spa treatments. The bedrooms & suites are beautiful and offer views over the olive groves, mountains and the pool / garden areas.

The outdoor spaces are superb – the pool is heated and the quality of the sun loungers / furniture is extremely high. There's a huge terrace for dining and socializing as well a multitude of quiet sitting areas & a stunning outside bar. The main areas of the Casale are decorated to a high standard and there's always space for privacy and quiet time. There's a nicely stocked honesty bar inside and a library.

Joe is Italian(although he's lived most of his life in England) and is an expert enthusiast of Italian life, culture, history and food. So we've taken advantage of his knowledge to include 2 amazing tours. A full day of Rome - including so many of the well known must sees but with a few "secret" highlights thrown in too. Also, a day to delightful Villa D'Este. Even non gardeners can't help be amazed by the breathtaking Tivoli gardens. We've also included a visit to a superb restaurant in Tivoli for late lunch a short walk from the gardens.

Joe & Alana employ the talents of three local ladies who provide amazing cuisine. All authentic, local dishes - pasta like you've never tasted in your life! Lemon & olive cake at breakfast is to die for ... the list goes on. So we've included full board. Perfect for the chill days.

The weather in June is simply perfect - hot days, warm evenings and stunning sunsets.

And so to spa...

We will be there to offer you some amazing sunshine spa treatments & therapy. These can be tailored to suit your individual requirements ... And of course, we'll have all our gorgeous Neom and Temple Spa products. Some of the treatments - especially the massages and scrubs will take place outside (in private). And we'll be offering some extra therapies like meditation and mindfulness and simple yoga - perfect to wake up to. And gorgeous walks of the farm.



The Itinerary :

Sunday 16 September, meet at Manchester Airport at 0430.

Depart Manchester 0715, Arrive Rome Cia at 1100.

Transfers with Joe to the Casale. Welcome prosecco reception & settle in.

Lunch on the terrace.

Afternoon to relax.

From 5pm -SPA TIME. Includes : full body brush & exfoliate, followed by a back & shoulder massage or Indian head massage.

Dinner on the terrace

Monday 17 September. Wake up in Italian paradise with a gentle meditation, breathing techniques & yoga stretch routine. All al fresco . And/or a walk around the olive groves.

SPA TIME. Foot & leg revival therapy.

Breakfast on the terrace.

SPA TIME .Serenity package (back & shoulder massage leading into a luxury facial).

Rest of the morning at leisure.

Light lunch on the terrace.

Afternoon at leisure.

From 5pm - SPA TIME. 10 Steps to Tranquility (our deep relaxation programme)

Dinner on the terrace

Tuesday 18 September. Revive yourself with some aqua stretches & swim in the pool.

Breakfast on the terrace

Excursion to Rome (full day) includes rail travel. We intend arriving back from our Roman adventure about 7pm.

From 730pm SPA TIME. Foot & leg revival.

Dinner on the terrace

Wednesday 19 September. Good morning meditation, breathing & yoga stretches or a walk

Breakfast on the terrace

Excursion to Villa D'Este & the breathtaking gardens of Tivoli (full day) includes minibus travel and a gastronomical late lunch at the famous Villa Sabilla. We intend arriving back at the Casale around 6pm.

From 630pm SPA TIME : Foot & leg revival.

Pizza & prosecco party by the pool gardens

Thursday 20 September.

SPA TIME : Choice of Luxury full body scrub & 20 minute massage, 40 minute hot stones massage or Indian head massage.

Breakfast on the terrace.

Rest of the morning at leisure, optional guided walk of the olive groves.

Light lunch on the terrace.

Afternoon at leisure.

From 5pm : SPA TIME. Happiness . You choose any 2 half an hour treatments from Reiki therapy, luxe facial, back & shoulder massage, indian head massage, hot stones massage. Or if preferred a full body massage.

Dinner

Friday 21 September. Farewell meditation

Breakfast on the terrace

Return transfers to the airport

Depart Rome Cia at 1125, Arrive Manchester at 1320



The Price :

Based on twin, double occupancy £1595pp

Based on triple or quad occupancy (there are two 2 bedroom suites) £1485pp

Based on single occupancy £1995pp

What's not included :

Lunch in Rome on the Friday.

Travel insurance



How to book :

Please call me (Claire) at My Little Farm Spa to reserve your place. We will need an initial £100 deposit to secure your booking. 01924 401585. claire@mylittlefarmspa.co.uk

We can take up to 12 on this holiday. So please book early to avoid disappointment.



My Little Farm Spa :

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(full t's & c's will be available on enquiry)