

NaturalMente

A wellness path to regenerate your physical and mental health, back to rhythms, to gifts and to ancient techniques of Nature.



NaturalMente is :

A **natural wellness path**, with a 7 days stay in the ancient building of our farmhouse, into the peacefulness of **Gubbio's** countryside and woods.

A moment to take care of yourselves, in the physique, in the mind and in the heart, **regenerating** and **restarting** with new (and ancient) tools to improve your life.

An occasion to learn techniques and knowledges to maintain a healthy lifestyle for yourself and for the environment.

A path exclusively based on **natural products and techniques**.

An **exclusive** stay (10 people max): our farmhouse, in these 7 days, will be dedicated only to NaturalMente, in order to guarantee the best of the attention and tranquillity to our guests.

What you do in the NaturalMente wellness program

Rest and regenerate mind and body do not improve our life, if it's just a parenthesis in everyday life.

We unfortunately are living in a stress vortex, in frantic races, with an unhealthy supply, in pollution...

For this reason **NaturalMente** is a wellness stay which gives immediate benefits, but also allows to **learn how to improve every day of our lives**, during relaxing formative moments.

Each program is personalized, it starts from a base plan which include also:

hot tub bath (heated with wooden stove), facial reflexology, EM-Effective *Microorganisms- ceramics, bokashi bath, conscious walking*.



If you want more infos or if you want to do a reservation, you can contact us directly at: info@montesalce.it or phone +39 349 6369280