

Argentario Golf Resort & Spa

ITALY



Argentario Golf Resort & Spa embraces the spirit of Tuscany. Spa-goers can work on their mind-body balance with treatments using local, natural ingredients, while sporty types can brush up their golf swing with a pro or enjoy a spot of tennis, jogging and football — all while soaking up views of vineyards, olive groves and forested peaks

LOCATION

The beautiful Italian region of Tuscany will always be a popular destination among travellers who enjoy history, culture, art and stunning landscapes. And it never ceases to surprise and impress. Which is why off-the-beaten-track Maremma, a sleepy pocket in the southwestern corner, between pristine beaches on the coast and neatly terraced vineyards in the countryside, is well worth a visit. The views are the first thing to strike visitors: forest-cloaked peaks drop to glistening lagoons, sprawling olive groves and a smattering of ancient townlets.

Argentario Golf Resort & Spa is strategically located in Maremma, offering easy access to the art-rich cities of Pisa, Siena, Florence and Rome, all just two hours' drive or less away. The luxury resort lies in the peninsula of Monte Argentario. Once an island, it connects to the mainland via two sandy strips of land that form the Orbetello Lagoon, a WWF Nature Reserve. But the spa is the real gem.

SPA

A sleek monochrome space, the Espace Wellness Center and MediSpa is awash with white hues, accented with dramatic splashes of black and pale wood finishes. The 2,700sq metre spa houses an outdoor swimming pool, a heated indoor saltwater pool, a bio-sauna with chromotherapy, Kneipp circuit, hot tubs, six massage cabins plus a herbal tea corner. There's also a fitness centre with Technogym equipment, plus a jam-packed exercise timetable, featuring everything from aerobics to aquagym.

PROGRAMMES

The star of the MediSpa's signature wellness experiences is the Wellbeing Method, promoting balanced nutrition as well as a healthy mind-body balance. Guests undergo a special food re-education programme, and receive exclusive treatments to help them achieve their desired weight, shape and positive mind set. A team of nutritionists and naturopaths are on hand

to help guests achieve their goals — and maintain results.

A number of face and body treatments aim to improve skin elasticity and tone, prevent premature ageing and provide a nourishment boost. Many incorporate local ingredients, such as Argentario Ceremony, a body scrub using Tuscan olive oil and lavender, followed by a 25-minute massage. Golfers will appreciate the Energy Massage, incorporating deep-tissue and sport techniques to loosen up tightness in the muscles and encourage deep relaxation. For a body overhaul, try the Hammam Ceremony, an exfoliating and hydrating treatment that eliminates toxins, blitzes cellulite and releases muscular and joint tension, at the same time as clearing sinuses and improving breathing.

HOTEL

At the luxurious Argentario Golf Resort & Spa, the old-world glamour and seductive charm of a Tuscan hideaway goes hand in hand with

sleek, modern, state-of-the-art facilities. The eco-friendly resort features 73 rooms, suites and apartments, all super-chic whitewashed spaces with inky-hued furnishings. The room to book? The three-bedroom Locker Cottage, a Tuscan-inspired hideaway built into a hillside, opening onto an outdoor terrace surrounded by a private olive garden. There are also opportunities to invest in luxury villas overlooking the fairways and lagoon, via Argentario Golf Residences.

FOOD & DRINK

Named after the Latin name for the fallow deer that can often be glimpsed gambolling through the countryside, Dama Dama Restaurant resembles an elegant mountain retreat, and fittingly serves up inspired cuisine rich in the flavours and colours of Maremma — the tasting menu is not to be missed. The executive chef has also created a Mediterranean-type menu to support the spa's Wellbeing Method, conceived by biologist and nutritionist Luca Naitana. Not surprisingly, there's plenty of fresh fish, seasonal

fruit and vegetables and extra virgin olive oil — sourced locally, of course.

OUTDOOR ACTIVITIES

Outdoors, the grounds are home to an 18-hole golf course, three tennis courts, a small football pitch and two jogging trails. At Argentario Golf Academy, players of all levels can work on their swing with one of Italy's top pros, Emanuele Canonica, winner of the 2005 Johnnie Walker Championship at Gleneagles. And, thanks to Maremma's mild microclimate, visitors can enjoy golf, biking, sailing, diving, horse riding, hot springs and spas, wine-tasting and gastronomic experiences, year-round.

Pink flamingos and rare hermit ibises, among others, make this region perfect for birdwatching and eco-tourism. In 2008, the resort — awarded the BioAGriCert environmental certification for sustainability and water management — introduced 300,000 new plants to the area, and the new habitat has prompted the return of species like the fallow deer and hare.

NEED TO KNOW

KEY TREATMENTS

- Facials with local Tuscan products
- Olive oil body massage
- Couples' massage
- Four-hands massage
- St Barth Softness gommage
- Anti-cellulite mud treatment
- Argentario Ceremony scrub
- Hammam Ceremony

KEY FACILITIES

- Espace Suite (private spa room)
- Outdoor pool & Heated indoor pool
- Gym & yoga pavilion
- Sauna/Turkish baths
- Golf
- Kneipp circuit
- Tennis courts
- Jogging trails

GET IN TOUCH

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Don't miss // The Wellbeing Method, including food re-education and weight-loss treatments, many with natural Tuscan products