



Postpartum Retreat

A dedicated journey for new mothers, designed to restore physical, emotional, and cognitive balance, rejuvenate the body, and renew energy, vitality, and overall well-being.

Motherhood is a deeply **transformative** experience that calls for **specialised care and attention**.

The **Postpartum Retreat** is a comprehensive and integrated program that draws on **functional medicine, osteopathy, advanced aesthetics, and postural re-education**. It is designed to promote tissue regeneration, support lymphatic drainage, rebalance the endocrine system, and strengthen muscles—through personalised treatments, targeted nutrition, and cutting-edge diagnostic evaluations.

THE PROGRAMME INCLUDES THE FOLLOWING TREATMENTS:

Personalised Detox® or Biolight® Nutrition

Targeted nutrition to cleanse the body and restore metabolic and digestive balance.

2 Medical Consultations

Specialist assessments to define a tailor-made therapeutic plan.

1 Body Composition Analysis (DEXA scan)

Measurement of lean and fat mass, and bone density for a complete body assessment.

Blood Test (3 key values)

Essential blood screening to evaluate key postpartum wellness parameters (female hormones, thyroid and stress function, and vitamin/oxidative status)

1 Dietary Consultation with Customised Nutrition Plan

A personalised meal plan to support recovery, boost energy, and improve physical shape.

2 Lymphatic Drainage Massages

Stimulate lymphatic circulation, reduce swelling, and promote toxin elimination.

2 Energy Massages

Help rebalance vital energy and relieve both physical and emotional tension.

2 Anti-Cellulite Treatments

Targeted action to improve microcirculation and skin texture.

2 Osteopathy Sessions

Rebalance the body's structures, alleviating post-pregnancy tension and discomfort.

2 Pressotherapy Sessions

Mechanical drainage that promotes circulation and reduces water retention.

2 Firming Treatments

Enhance muscle tone and skin firmness in areas most affected by childbirth.

2 Abdominal Reshaping Sessions (Indiba®)

Advanced technology to tone, reduce localised fat and stimulate collagen production.

1 Postural Assessment

Analysis of body alignment to help prevent imbalances and posture-related pain.

1 Biomechanical Assessment

A movement analysis designed to enhance functionality, strength, and coordination.

3 Targeted Postural Training Sessions

Personalised exercises to strengthen the core and improve stability and posture.

1 Body Carboxytherapy Session (medical aesthetic treatment)

A medical treatment to stimulate microcirculation and improve skin tone.

1 Body Radiofrequency Session (medical aesthetic treatment)

Promotes tissue regeneration and enhances skin elasticity.

6 Detoxifying Mud & Hydrotherapy Treatments

Deep detoxification to stimulate metabolism and relax body tissues.

Full Access to Pool and Sauna Area

Thermal wellness to relax body and mind in a regenerative environment.

Indoor & Outdoor Group Activities

Gentle movement to reactivate the body and restore energy while sharing the experience with others.

Bookings: 6 days of treatments **starting from € 7,522.00** | Accommodation in a Comfort Single Room for 7 nights **starting from €2,870.00**

On request: Connecting second room available **at half rate** (subject to availability)

Extras: Babysitting service available **from €25.00 per hour**

reservations@palace.it | +39 0473 271 399

It is recommended to begin the program no earlier than 12 weeks after childbirth and once breastfeeding has concluded, in order to ensure the safety and effectiveness of the proposed treatments.