

Grand Hotel  ALASSIO  
BEACH & SPA RESORT

# *Wellness & Art Retreat*

*with Giada Todesco  
and Emanuele Specchio*

On the Riviera delle Palme

*MyCherry App* 

*May 16-18, 2025*

# **Grand Hotel Alassio**

*Beach & SPA Resort*

# Grand Hotel Alassio

## *Beach & SPA Resort*

### Wellness & Art retreat

Experience the magic of Alassio in spring and rejuvenate with a weekend of pure wellness and relaxation. The Grand Hotel Alassio invites you to three exclusive days of art, outdoor sports, and indulgent wellness, welcoming the new season with energy and harmony.

Unique experience combining Pilates and meditation with **Emanuele Specchio**, Italy's leading expert, to reconnect with yourself and relax both body and mind.

Immerse yourself in nature with rejuvenating walks, indulge in unforgettable moments at the Thalassio Medical SPA, and uncover the secrets of healthy cuisine through exclusive lessons.

Special guest of the Wellness & Art Retreat weekend is renowned healthy lifestyle influencer **Giada Todesco**, founder of the *My Cherry* app, who inspires thousands daily to eat better, practice self-care, and live in balance. An unmissable opportunity to enhance your lifestyle and treat yourself to a truly rejuvenating experience.

### La location

The **Grand Hotel Alassio Beach & SPA Resort** is a luxurious five-star hotel located in the beautiful seaside town of Alassio, in Liguria. In addition to offering hospitality based on the concept of "Luxury pieds dans l'eau," the hotel also features a dedicated wellness area, allowing guests to relax and rejuvenate during their stay. The wellness section of the Grand Hotel Alassio is called **Thalassio Medical SPA**, a 1500 square meter oasis of tranquility and well-being, recently renovated, offering a wide range of treatments and services for both the body and mind. The wellness center is based on Thalassotherapy, a practice that uses seawater and its derivatives to promote physical and mental balance.

Furthermore, the Thalassio Medical SPA features a heated indoor pool, equipped with a Jacuzzi and water cascades, where guests can relax and enjoy the benefits of thermal water. There are also saunas, Turkish baths, and a Technogym fitness room for those who wish to stay in shape during their stay. On sunny days, guests can take advantage of the Grand Beach Club service, with sunbeds and umbrellas, for a full dose of vitamin D.



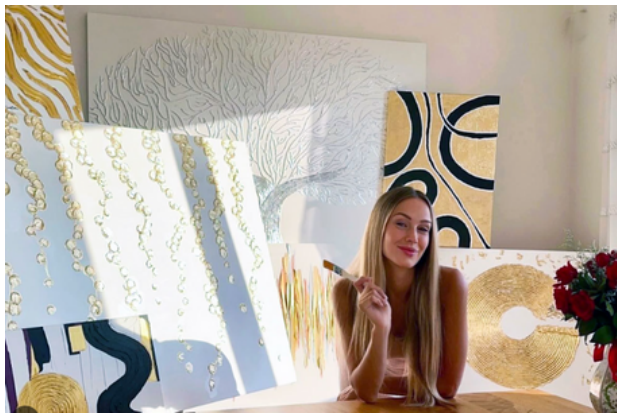
# Friday, May 16 2025



## 3:00 PM - 6:00 PM | Welcome to the Grand Hotel

Arrival and check in at the Grand Hotel Alassio.

\*6:20 PM meeting point at the Hotel Hall



## 6:30 PM | Textured Art with Giada Todesco

An immersive experience where well-being meets material painting: a creative workshop to free emotions and awaken inner energy, painting with hands and heart.

*Materials provided by the hotel: canvas, acrylic paints, brushes.*



## 7:30 PM | Welcome aperitivo

Toast with a delightful welcome aperitif at the Grand Hotel. A special opportunity to meet your fellow adventurers.



## 8:00 PM | SPA Night Experience

The perfect appointment with the waters of the Ligurian Sea, accompanied by Aufguss rituals with Sauna Masters and the relaxing "Meditation Circle." Includes a buffet dinner on the SPA terrace.



# Saturday, May 17 2025



## From 7:30 AM | Breakfast buffet

There is nothing more refreshing than starting the day with the rich buffet at the Sala Orangerie.

\*9:25 AM meeting point at the Hotel Hall



## 9:30 AM | Pilates & meditation

To make the most of your day, enjoy a Pilates and meditation session with instructor Emanuele Specchio. The lesson takes place on the enchanting panoramic terrace of the Grand Hotel. In case of bad weather, the session will be held in the indoor hall of the Grand Hotel Alassio.

*Equipment provided by the hotel: Pilates mat, towel, and water.*



## 10:30 AM | Textured Art with Giada Todesco

An immersive experience where well-being meets material painting: a creative workshop to free emotions and awaken inner energy, painting with hands and heart.

*Materials provided by the hotel: canvas, acrylic paints, brushes.*



## 1:30 PM | Light lunch Detox



# Saturday, May 17 2025

\*2:30 PM Meeting point at the Hall Hotel



## 3:00 PM | Boat excursion

A wonderful boat tour to discover the Gallinara Island, and for the more adventurous, a dive into the crystal-clear waters of the Gulf of Alassio. Breathtaking views and unspoiled nature—let yourself be enchanted!



## 5:30 PM - 8:00 PM | Free time

Take some time to discover the charm of Alassio with a walk between the sea and boutique shops, or indulge in a moment of pure rejuvenating relaxation at the Thalassio Medical SPA.



## 8:30 PM | Dinner at the 18.97 Bistrot Contemporaneo

The perfect moment to savor the exquisite flavors of Ligurian cuisine.

Menu signed by Executive Chef Roberto Balgisi.



# Sunday, May 18 2025



## From 7:30 AM | Breakfast buffet

There is nothing more refreshing than starting the day with the rich buffet at the Sala Orangerie.

\*9:50 AM meeting point at the Hotel Hall

## 10:00 AM | Pilates & meditation

To make the most of your day, enjoy a Pilates and meditation session with instructor Emanuele Specchio. The lesson takes place on the enchanting panoramic terrace of the Grand Hotel. In case of bad weather, the session will be held in the indoor hall of the Grand Hotel Alassio.

*Equipment provided by the hotel: Pilates mat, towel, and water.*



## 12:00 PM | Pesto Masterclass

Discover the art of preparing Ligurian pesto with Executive Chef Roberto Balgisi and Giada Todesco.

At the end of the masterclass, enjoy a delightful gift featuring local flavors.



## 1:30 PM | Ligurian Light lunch

## Aurevoir Grand Hotel Alassio

It's time to say goodbye, but if you have more time to spend with us, our Grand Beac Club or our Thalassio Medical SPA will be happy to welcome you.





## Price and contact

### Superior Alassio view room

**Double room price**

2 nights - per person: 784,00 €

**Double room for single use price**

2 nights: 1.107,00 €

### Superior Sea view room

**Double room price**

2 nights - per person: 830,00 €

**Double room for single use price**

2 nights: 1.198,00 €

VAT included.

[Discover our Rooms](#)



### Booking contact

For reservations, please contact us at **+39 0182 648778** or via email (subject: "Wellness & Art Retreat") at **reservation@ghalassio.com**.

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