

PRESS RELEASE

AN EASTERN WEEKEND AT GREEN PARK RESORT'S SPA IN TIRRENIA

A haven of wellness on the Tyrrhenian coast, a few kilometres from Pisa

He learnt Ayurvedic techniques from Indira Gandhi's therapist. He was the only westerner to be admitted to the most famous Indian school of Ayurvedic medicine and regularly returns for refresher courses in that country. Satyam - Marco Bardi's Indian name - is the guru at Green Park Resort's spa in Tirrenia. The beauty weekend "Eastern Fragrance" - a concise programme to experience ancient Eastern wellness methods based on balanced soul-body relations - is the ideal choice to have a taste of his regenerating treatments.

About Guru Satyam

Many are the Italian beauty farms that propose Eastern treatments today. But few can pride in gurus who are really expert in Ayurvedic medicine, the ancient Indian "science of life" that is based on three *dosha* (vital energies) - every individual's components. Marco Bardi met Prakesh Khanna, Indira Gandhi's therapist, during a holiday in Almora, in Uttar Pradesh, about 15 years ago. Captivated by Khanna, Marco decided to perfect his knowledge of Ayurvedic techniques by becoming the only westerner to be admitted to the master's school on the Himalayan slopes. Satyam regularly returns to India to improve under his teacher's spiritual guidance. One of the most demanded treatments at Green Park Resort's spa is the body energy balancing method, a series of interventions designed to restore the *dosha*'s balance. In fact, according to Ayurvedic medicine diseases are the result of a lack of balance between vital energies.

The "Eastern Fragrance" Package

The "Eastern Fragrance" package comprises: 2 nights accommodation in a deluxe double room with two candlelight dinners; wellness track, hydrotherapy and thermarium track with sauna, Turkish bath and shower, tropical shower; 1 complete Ayurvedic massage with specially prepared oils (60 minutes); 1 shiatsu massage (60 minutes); 1 energising toning massage with sandalwood oil to restore psychophysical balance with a thrust of energy (60 minutes); 1 toning facial, neck and neckline massage (30 minutes); and, relaxation with herbal tea tasting.

Price per person: 482 euros; supplement per person in a Junior Suite room - 27 euros.

The Spa

Green Park Resort stands in a century old 5 hectare pine forest along the Tyrrhenian coast, just a few kilometres from Pisa. The spa is a large building where an artful architectural project has created a play of transparencies that project the "green" of the trees outdoors to the great hall indoors, which is furnished with comfortable seats and small tables.

The ground floor hosts: the Thermarium with a Turkish bath, sauna, chromatic and aromatic showers, cold baths, large heated swimming-pool tiled with mosaics and enhanced with waterfalls, hydromassages, upstream swimming and the cold-hot Kneipp method.

The 11 treatment cabins located on the first floor are restful environments with pale blue walls and teak flooring. The same floor also has the solarium terrace, American Bar and fitness hall overlooking the swimming-pool.

Experts at Green Park Resort perform an extensive range of personalised treatments, numbering the innovative "Fine Layer - Queen's Treatment" and "Gumming Skin". Ayurvedic Feet Reflexology, a

massage of the soles of the feet to balance physiological functions by massaging reflex points, the Shiatsu Feet Massage and the complete shiatsu and watsu massages or those involving insufflation are an absolute must. Green Park Resort is also establishing collaboration with the University of Pisa for small outpatients' cosmetic dermatology surgery, such as filling, botox applications and dermoabrasione.

The Wellness Centre prides in high-tech systems: swimming-pools and hydromassages by Cullighan; saunas, the Turkish bath and showers by CMV; fitness equipment by Air Machine, while the magnificent mosaic tiling is the work of Sicis. The air-conditioning system has been designed with special care to comprise seven zones with different microclimates: swimming-pool, gym, hall, greenhouse, changing rooms, saunas and treatment cabins. These areas have a very different relative temperature and humidity. Moreover, rooms for individual treatment can be individually controlled.

Green Park Resort's Wellness Centre is open all year round, even to non residents. At Green Park Resort guests will find a beautiful outdoor swimming-pool with hydromassage, two tennis courts that are also fitted with artificial lighting and a Mini Golf Course.

Green Park Resort

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