



LA BICICLETTA

Not just a smaller men's bike, Bianchi's Dama Bianca range offers the highest performance specifically designed for women, from one of Italy's best builders bianchiusa.com

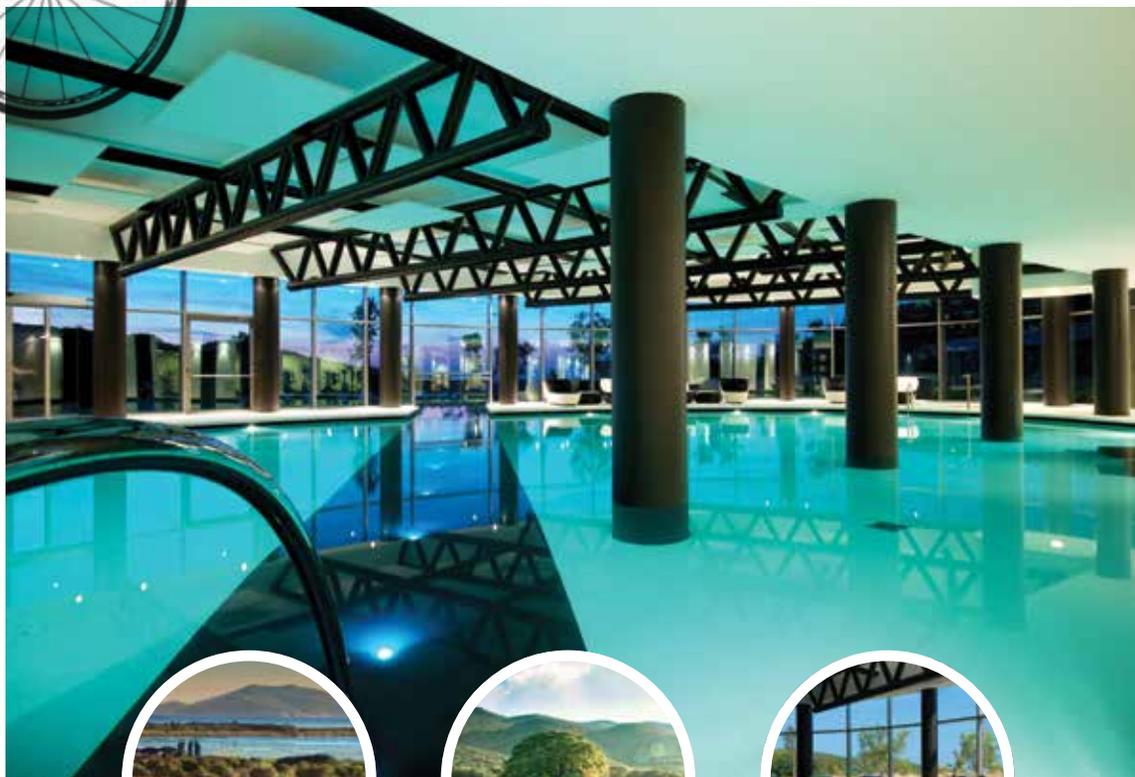


ITALIAN COMFORT

Made in Assisi since 1962, the Sensi family's sandals have become fashionable fixtures across spas and beaches in Italy and around the world sensi.com

HEALTHY SWEET

In autumn, Southern Italy has its second fig harvest (the first is in June), yielding the sweet fruit that offers potassium, magnesium, iron, copper and calcium along with plenty of antioxidants (namely, vitamins E, A and K), making them both healthy—and delicious



Argentario Golf Resort & Spa

Porto Ercole, Italy

GREAT FOOD AND WINE, beautiful architecture, glamorous fashion and some of the best exotic cars on the planet... Italy gets a lot right, and so it should come as no surprise that Italian spas turn relaxation into an art form. One example: the Espace Wellness Center at the Argentario Golf Resort & Spa in Tuscany. Swim in the large indoor heated pool, disappear into any of the numerous massage and body treatments on offer or simply lounge around the center, which is peacefully accented with light and dark woods. For those seeking another level of wellness, the on-site MediSpa employs a team of nutrition

and naturopathy professionals who can help to organize a comprehensive health program aimed at changing your life for the better, both physically and mentally, while the surrounding Tuscan hills work wonders on their own, especially when viewed from the outdoor pool. The eco-friendly 18 holes of golf here qualify as therapy as well, located just five minutes from a top nature reserve and with calming views of the sea and the countryside. Small greens and a sea breeze add a challenge, but with some of that great Italian food and wine waiting at 19 we can't think of a better place to relax. *Vivi bene!* argentariogolfresortspa.it