



BARREFLY LONDON
WINE & WELLNESS RETREAT

SIENA, ITALY, 11 - 16 MAY, 2025

A PATH TO REJUVENATION



WWW.BARREFLYLDN.COM/ESCAPETOTUSCANY



SITTING QUIETLY OFF
THE COUNTRY ROAD,
VILLA CECCONI
OFFERS HISTORY,
TRANQUILITY, AND
LUXURY.

Villa Cecconi is spread over three stone buildings - an original medieval watchtower forms the main guest villa, and a second, terraced villa provides the remaining guest accommodation, with a final stone cottage for staff. Each part of the property has been carefully restored, retaining its original exposed stone walls, terracotta tiles and wooden beamed ceilings. All rooms are en suite, and offered as single, private accommodation with queen-sized beds, though some can also be shared between two.



WELCOME TO VILLA CECCONI

GET SOME 'YOU TIME'



*Excursion days may not include an evening class, but will include both class options in the morning.
A final agenda will be provided 14 days before departure.

LUXURY. EXPERIENCE. (HEALTHY) INDULGENCE.

**A typical day on your Tuscan retreat
involves all of the above.**

Each day* will include a sunrise and an evening fitness class - barre and yoga (these will swap time slots each day - typically 8am and 6pm).

At least one (usually 2 - 3) meals prepared by our chef will be served at the villa, either at the main dining room in the clocktower, or at one of our outdoor garden tables.

The retreat will include two excursions: one city break to Siena, with complimentary guided tour, and another to a local winery (famous in Italy) - Antinori Toscana. We offer an additional tour of luxury boutique winery, Castello di Ama, for the wine enthusiasts, after which we will drive to Radda in Chianti for dinner overlooking the vast expanse of the Tuscan hills.

Other activities include a cooking class, optional spa treatments, a final dinner and 'sparkle party', plus plenty of free time to relax, regroup, and enjoy the incredible Tuscan countryside.

FEED THE BODY AND THE SOUL

With a menu written by BNC-certified nutritionist, Nesse, and our private chef, Charlotte, your health and happiness will be served up daily.

Though final menus are still being confirmed, a continental breakfast with fresh smoothies will be served daily in the villa. Lunchtime at Villa Cecconi will consist of light, healthy salads, fresh fruit, and a glass of chianti from a local vineyard (optional, but highly recommended).

But dinnertime at Villa Cecconi is when the real magic happens... Fresh pasta dishes, beautiful cheeses, abundant salads, and traditional (and some not-so-traditional) desserts will be on the menu. As will the option of a glass (or three) of SuperTuscan wines from our favourite award-winning local winery - all wines selected by Nesse, who spent years working in luxury Italian wines.



Please note: **ALL FOOD served at Villa Cecconi will be vegetarian.** We promise - you won't miss meat for a moment. But if you do, you have two opportunities to sample Tuscany's 'fleshier' delights, during offsite dinners in Radda and in Siena.

THE TEAM



TAYLOR BENJAMIN

YOGA | GOOD VIBES

Master trainer, PT, dancer and yogi, our very own Bar(re)Tender, Becki, will be on-hand to ensure vibes are high, guests are happy, and dogs are downward-facing.

Our resident yogi will be bringing you sunrise and sunset yoga classes, and optional PT sessions, and will be on-hand to help with any other needs you may have throughout your stay.

HILLARY 'NESSE' CANNON

BARRE | NUTRITION | CHIANTI

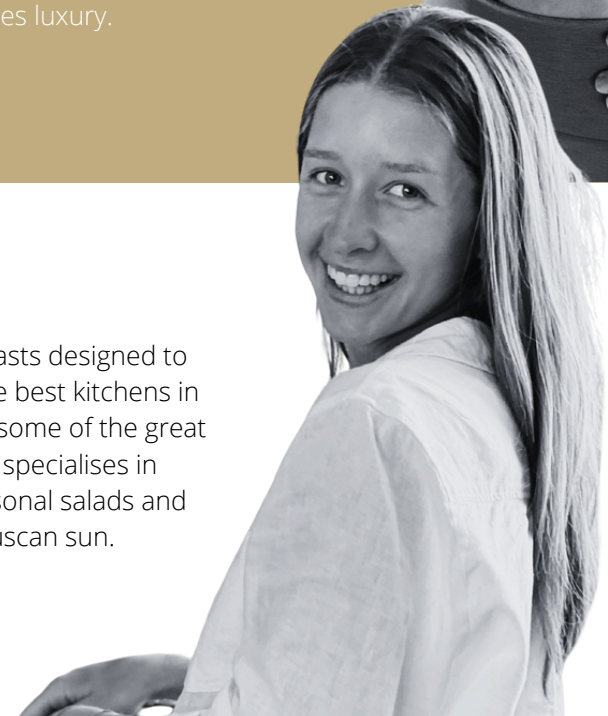
BNC-certified nutritionist, personal trainer, and BarreFly's Chief Bad B*tch, Nesse will be bringing mat-based barre classes and nutritionally balanced menus to your daily routine. She will be your go-to for anything you may need whilst at Villa Cecconi (unless she has had too much Chianti, in which case she will probably delegate it to someone else), and has personally organised every single detail of this retreat. Trust us... no one does luxury quite like Nesse does luxury.



CHARLOTTE BALDWIN

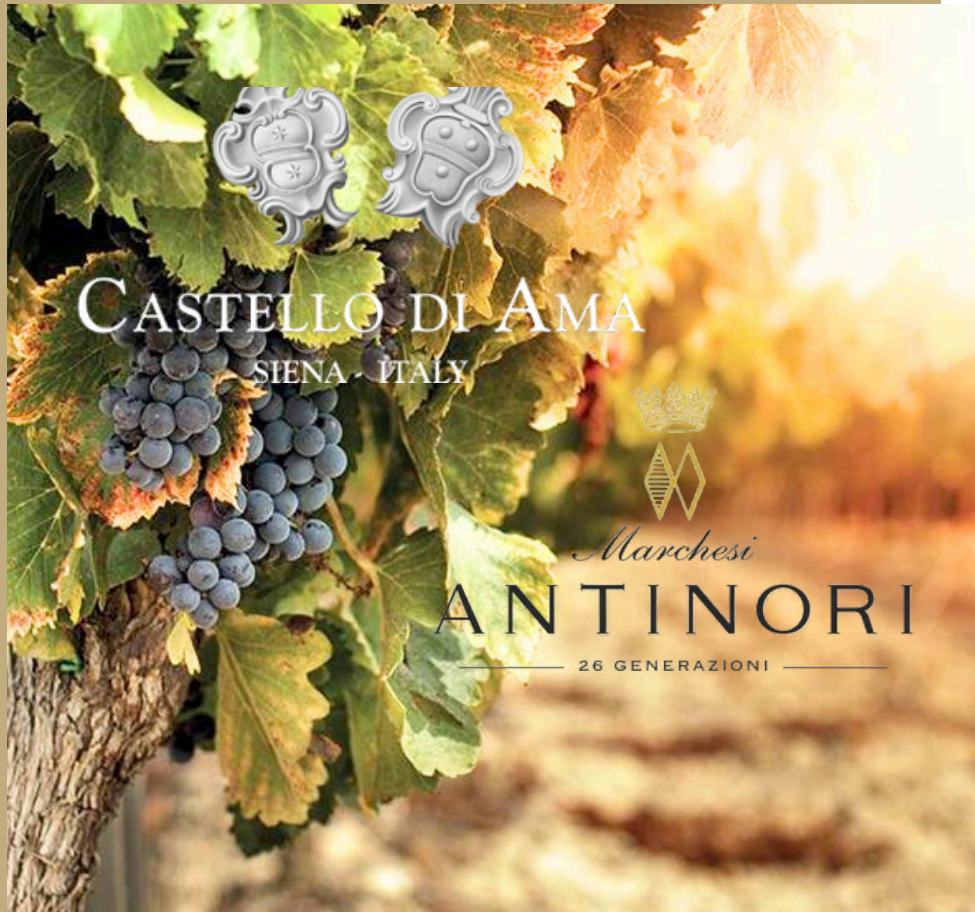
FOOD | GOOD VIBES

With a passion for everything food, Charlotte creates fresh, seasonal feasts designed to share with friends and family. Having trained at home and in some of the best kitchens in England (The Port hotel, among others), Charlotte has worked alongside some of the great chefs in Britain and has drawn influence from around the world. She specialises in sustainable, fusion meals, and has a particular passion for healthy, seasonal salads and sharing platters - perfect for enjoying under the warmth of the Tuscan sun.



THE WINES

A TASTE OF HISTORY IN EVERY SINGLE GLASS.



Ama in Chianti, 53013 Gaiole in Chianti SI, Italy

Included in the retreat cost is a tour and tasting of one of Italy's most famous wineries - Marchesi Antinori. Cantina Antinori Toscana is not just a marvel of winemaking - it's a marvel of architectural design - famous for its sweeping staircase and imposing cellars. The Cantina is the newest and most impressive of Antinori's public venues and we will enjoy a fabulous tasting of their famous wines, and take a stroll through their incredible vineyards.

Castello di Ama - your optional second tour/tasting is located about 45 minutes from the villa, in the hills of Chianti and was owned by the Firidolfi family during the Holy Roman Empire. The castle was destroyed in the fifteenth century during the Aragonese invasions, and was rebuilt in the early 1700s, in the exact same spot where the castle had originally stood, using the exact stones that comprised its walls centuries ago.

Today, the villa is a beacon of wine, of course, but also of art, modern architecture, and sympathetic restoration. The family believes that winemakers are great artists in themselves, and so have embraced art in all its forms within the winery itself.

We will be taking a tour of the stunning Ama vineyard and sampling some of their most popular wines. Followed by a lovely light lunch in their 18th century dining room.

Some people travel across oceans just to see this vineyard. For you... it'll be just another day in Tuscany.

YOUR RETREAT

WHAT'S INCLUDED

- 5 NIGHTS IN A LUXURY VILLA IN SIENA
 - DAILY HOUSEKEEPING SERVICE
 - AIRPORT/CITY TRANSFERS FROM FLORENCE (TIMES & LOCATIONS TBC)
 - 2x DAILY FITNESS CLASSES
 - ALL MEALS SERVED IN VILLA, PLUS SNACKS, JUICES, & A GLASS OF WINE WITH LUNCH (OPTIONAL)
 - PASTA-MAKING CLASS
- WINE TOUR AND TASTING AT ANTINORI WINERY, TOSCANA
- DAY TRIP TO SIENA & CAMPO TOUR
 - WELCOME GIFT BAGS
- A LUXURIOUS ITALIAN DRESSING GOWN WHICH CAN BE WORN AT ANY/ALL TIMES AT THE VILLA.

NOTE: THE RETREAT KICKS OFF ON SUNDAY, BUT WE RECOMMEND ARRIVING IN ITALY ON SATURDAY EVENING AND ENJOYING A NIGHT IN ROME OR FLORENCE BEFORE JOINING US AT VILLA CECCONI.



WHAT'S NOT INCLUDED

- FLIGHTS
- 1 MEAL IN SIENA (AS THIS WILL BE FREE TIME FOR EVERYONE TO EXPLORE THE CITY AS THEY WISH).
- ALCOHOL (EVENING)
- OPTIONAL EXTRAS (SEE BOOKING FORM)

GETTING HERE

FLIGHTS FROM LONDON TO FLORENCE ARE APPROXIMATELY 2.25 HOURS, AND SEVERAL AIRLINES RUN DAILY FLIGHTS FROM LONDON CITY, GATWICK, AND HEATHROW AIRPORTS.

PISA IS ALSO NEARBY (1.25 HRS DRIVE), AND IS OFTEN LEES EXPENSIVE TO FLY INTO, BUT YOU WILL NEED TO ARRANGE YOUR OWN TRANSPORT FROM PISA, AS OUR TRANSFER RUNS FROM FLORENCE ONLY.

IF YOU ARE TRAVELLING INTERNATIONALLY, WE RECOMMEND A FLIGHT INTO ROME OR MILAN, AND THEN A TRAIN TO FLORENCE TO MEET THE TRANSFER ON SUNDAY.



HOUSE RULES

**CHANCES ARE, IF YOU'RE CONSIDERING SPENDING A WEEK IN TUSCANY WITH US,
YOU ALREADY KNOW THE BARREFLY VIBE. BUT JUST IN CASE...**

BARREFLY IS ABOUT FEELING HAPPIER AND HEALTHIER IN YOUR BODY AND EMBRACING YOUR INNER BAD B*TCH.

WE ARE UNAPOLOGETICALLY FEMINIST, DECIDEDLY UNPRETENTIOUS, AND NEVER **EVER** TAKE OURSELVES TOO SERIOUSLY. FOR US, LUXURY IS A PRIVILEGE, AND WE RECOGNISE HOW FORTUNATE WE ARE TO BE ABLE TO INDULGE IN IT NOW AND AGAIN. WE LOVE AND WELCOME ALL RACES, SEXUALITIES, GENDER EXPRESSIONS, AND BODY TYPES AND WILL TOLERATE NO DISRESPECT - OF YOURSELF OR OTHERS - WHILST IN OUR STUDIO OR AT OUR RETREAT.

**ANYONE WHO MESSES WITH OUR VIBE WILL BE ASKED TO STOP OR TO GO HOME,
AND NO REFUNDS WILL BE GIVEN.**

WE WILL, OF COURSE, DO OUR ABSOLUTE BEST TO ENSURE THAT YOU HAVE AN INCREDIBLE WEEK WITH US, BUT IN THE UNLIKELY EVENT THAT MISTAKES HAPPEN, WE EXPECT ALL GUESTS TO BE GRACIOUS AND UNDERSTANDING AS WE DO OUR VERY BEST TO RESOLVE ANY ISSUES. THIS IS PRETTY UNLIKELY, AS NESSE IS A TOTAL PERFECTIONIST. BUT STILL... OUR TEAM IS SMALL AND CARES DEEPLY ABOUT ENSURING YOU HAVE AN EXCEPTIONAL EXPERIENCE. WE ASK YOU TO BEAR WITH US IF ANY ISSUES DO ARISE.

**FOR FULL TERMS AND CONDITIONS, PLEASE VISIT OUR WEBSITE:
WWW.BARREFLYLDN.COM/ESCAPETOTUSCANY.**



RETREAT COSTS

PRICES - PER PERSON

STANDARD LUXURY ROOM, SINGLE OCCUPANCY: £3500

STANDARD LUXURY ROOM, DOUBLE OCCUPANCY: £2800

All of our rooms are luxuriously appointed with queen beds, en suite bathrooms, and luxury products.

PLEASE NOTE:

All rooms will be allocated on a first-come, first-served basis. NOT ALL ROOMS can be split into two beds, so if you would like to share a room, please bear this in mind.

PAYMENT TERMS

We require a 50% non-refundable deposit to be paid at time of booking.

The remaining payment is due 6 weeks before arrival in Tuscany.

See our full [terms and conditions](#) for details about cancellations/rescheduling/refunds.

All payments in GBP.



GET IN TOUCH

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ESCAPE TO TUSCANY

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