

# DEPARTURES

— Hotels —

## A Tuscany Resort Offers Brain Training As A Spa Service



Haven't you always wanted to keep a vacation mindset when you return home?

By Jordi Lippe on August 19, 2019

There's no question wellness travel is booming. In fact, the 2018 Global Wellness Economy Monitor revealed that the market is worth \$639 billion and is expected to reach \$919.4 billion by 2022. So, it's no surprise hotels, and resorts across the globe are going out of their way to offer unique [health-focused services](#) like detoxes, wraps, and mindfulness exercises. But one luxury retreat in Tuscany is taking it to the next level by providing brain training as a spa amenity.



*Courtesy Toscana Resort Castelfalfi*

What's involved exactly? Officially called BRAINKINETIK Body and Brain Training Sessions, the goal is "to support healthy lifestyles with specific exercises created to enhance brain function and productivity," according to the hotel. The main objectives of each session are to help the brain learn how to be more performance-orientated, be better able to manage stress, and help it promote a positive outlook during your day-to-day life.

The experts want you to leave with tangible tools and a mindset you can carry home with you. And the course is meant to complement the endurance training courses offered in the BLUEfit program to promote that mind-body connection.

Both the BLUEfit and BRAINKINETIK sessions are available free of charge to guests of Il Castelfalfi, Toscana Resort Castelfalfi's flagship five-star hotel. Also, health experts are on hand to create a customized wellness experience for you that could include activities like a guided hike through the Tuscan countryside or enjoy a three-course garden-picked meal prepared by Executive Chef Francesco Ferretti.





*Georg Roske/Courtesy Toscana Resort Castelfalfi*

Even if you choose not to participate in any of the offerings, your brain will still get a nice break considering the stunning surroundings. The Preferred Hotels & Resorts L.V.X. Collection member hotel sits amid 2,700 acres of protected vineyards, olive groves, lakes, and a wildlife reserve. What better way to leave the noise and stress of home behind?