
HERSPACE LONDON & INNAMO TRAVEL PRESENT
WINE & WELLNESS RETREAT
SIENA, ITALY, 09 - 14 MAY 2027

A PATH TO REJUVENATION



WWW.HERSPACELDN.COM/RETREAT

WELCOME TO VILLA CECCONI



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.



GET SOME 'YOU TIME'



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

LUXURY. EXPERIENCE. (HEALTHY) INDULGENCE.

A TYPICAL DAY ON YOUR TUSCAN RETREAT DISTILS ALL THREE.

Begin with sunrise movement—barre or Pilates—and close the day with an evening session (classes alternate daily; typically 8:00 and 18:00), so your body feels both awakened and restored.

At the villa, our chef serves at least one meal each day: in the clocktower dining room or overlooking the stunning landscape at our garden table. It's the kind of conviviality that lingers.

Two signature excursions are woven into your stay: a sojourn to Siena with a complimentary guided tour, and a private tasting at the acclaimed Antinori estate in Tuscany. For devoted wine lovers, add a visit to Castello di Ama - a 13th century village that has been lovingly transformed into a sprawling winery, complete with an award-winning art collection.

In between, choose your own pleasure: spa rituals, truffle-hunting, horseback riding, or simply the sweet luxury of free hours to wander, read, and breathe in the countryside.

We close our retreat with a final dinner and our signature Sparkle Party—a shimmering farewell that sends you home renewed and a little more in love with la dolce vita.

THE FOOD

FEED THE BODY AND THE SOUL

With a menu curated by Clinical Nutritionist (MSc) and BarreFly/HerSpace founder Nesse, together with our private chef Charlotte, every plate is designed to serve your health and your happiness in equal measure.

Guided by the morning market, a daily continental breakfast awaits in the villa—think seasonal fruit, homemade granola, and fresh-pressed smoothies—light, bright and effortless. Lunch at Villa Cecconi is a parade of healthy, seasonal dishes, designed to energise your afternoon. Come late afternoon, we gather for an aperitivo—a crafted cocktail or a glass of wine—because pleasure is part of the programme.

Evenings at Villa Cecconi are where the magic happens. Silken pastas, beautiful, characterful cheeses, abundant garden salads, and traditional (with the occasional playful twist) Italian desserts take centre stage. Each night, an optional wine pairing from Italy's storied vineyards—a different grape chosen to complement the menu—is selected by Nesse, who spent years working in luxury Italian wine. Consider it a gentle education in indulgence.



Please note:
ALL FOOD at Villa Cecconi will be vegetarian/pescatarian.
We promise - you won't miss meat for a moment. But if you do, you have an opportunity to sample Tuscany's 'fleshier' delights, during your offsite dinner in Siena.

THE TEAM



TAYLOR BENJAMIN

MOVEMENT| SPARKLE | GOOD VIBES

Master trainer, PT, dancer and movement coach, our very own Bar(re)Tender, Taylor, will be on-hand to ensure vibes are high, guests are happy, and dogs are downward-facing.
Taylor will be bringing you sunrise and sunset restorative movement 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 | ITALIAN AT HEART

Clinical nutritionist (MSc), trainer, and HerSpace Founder, 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. And NO ONE has ever loved Italy more.



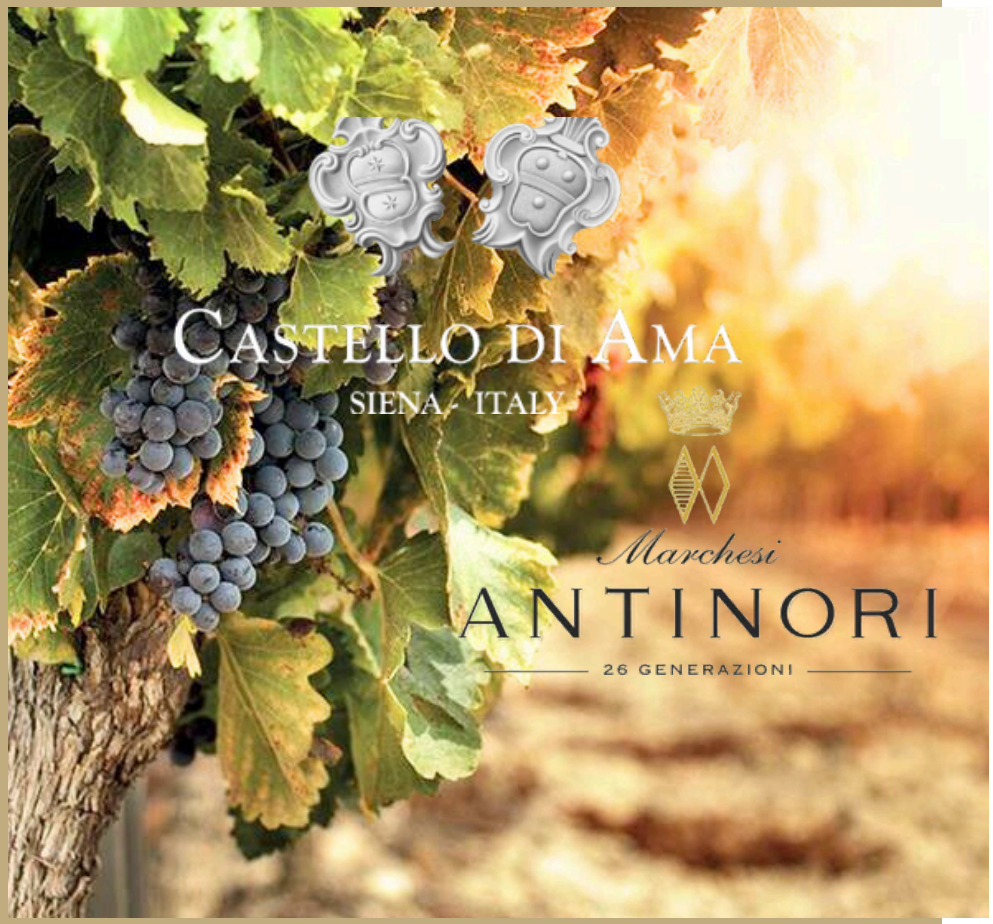
CHARLOTTE BALDWIN

GOOD 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



Ama in Chianti, Gaiole in Chiantii

A TASTE OF HISTORY IN EVERY SINGLE GLASS.

Daily Wine Pairings
Each evening's dinner includes curated wine pairings from across Italy—Tuscany, Piedmont, Veneto, Sicily and beyond—selected to complement the menu beautifully.

Included Experience — Marchesi Antinori
A tour and tasting at the iconic Cantina Antinori Toscana is included in your stay. More than a temple to winemaking, it's an architectural masterpiece—famous for its sweeping staircase and dramatic, cathedral-like cellars. We'll savour a guided tasting of Antinori's celebrated wines and stroll through the surrounding vineyards.

Optional Add-On — Castello di Ama
Approximately 45 minutes from the villa, Castello di Ama sits in the Chianti hills with centuries of heritage. Reimagined on its historic stones, Ama was once a 13th-century village. Today, it's a beacon of wine, contemporary art, and refined, sympathetic restoration. We'll tour the estate, taste a selection of their most loved wines, then continue to Radda in Chianti for a light meal in a postcard-perfect hill town.

Some people cross oceans just to see these vineyards. For you, it's simply another day in Tuscany.

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 MEALS (OPTIONAL)
- WINE TOUR AND TASTING AT ANTINORI WINERY, TOSCANA
- DAY TRIP TO SIENA & WALKING 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).
- 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 LESS EXPENSIVE TO FLY INTO, BUT YOU WILL NEED TO ARRANGE YOUR OWN TRANSPORT FROM PISA, AS OURS 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.



OUR ETHOS

IF YOU'RE CONSIDERING A WEEK IN TUSCANY WITH US, YOU ALREADY KNOW THE VIBE. JUST IN CASE: HERSPACE, AND OUR SISTER STUDIO, BARREFLY, ARE BOTH ABOUT FEELING HAPPIER AND HEALTHIER IN YOUR BODY AND EMBRACING YOUR TRUEST SELF. WE ARE UNAPOLOGETICALLY FEMINIST, WARMLY UNPRETENTIOUS, AND WE TAKE CARE SERIOUSLY; NOT OURSELVES. LUXURY IS A PRIVILEGE, AND WE APPROACH IT WITH GRATITUDE.

INCLUSION & RESPECT

WE WELCOME ALL RACES, SEXUALITIES, GENDER EXPRESSIONS, AND BODY TYPES. KINDNESS IS NON-NEGOTIABLE. DISRESPECT—TOWARDS YOURSELF OR OTHERS—HAS NO PLACE HERE. IF BEHAVIOUR DISRUPTS THE EXPERIENCE AND DOESN'T IMPROVE WHEN ASKED, WE MAY INVITE YOU TO DEPART; NO REFUND WILL BE DUE.

GRACE & GOODWILL

WE'LL DO EVERYTHING IN OUR POWER TO GIVE YOU AN EXCEPTIONAL WEEK. IN THE UNLIKELY EVENT SOMETHING GOES AWRY, WE ASK FOR GRACE WHILE WE MAKE IT RIGHT. OUR TEAM IS SMALL, METICULOUS, AND DEEPLY COMMITTED TO YOUR EXPERIENCE. AND NESSE'S LOVE OF ITALY IS INFECTIOUS. THERE IS NOTHING THAT SHE WANTS MORE THAN TO MAKE YOU FALL IN LOVE AS WELL. WE PROMISE, YOU'LL FEEL IT. EVEN IF SOMETHING GOES (BRIEFLY) PEAR-SHAPED.



RETREAT COSTS

PRICES - PER PERSON

STANDARD LUXURY ROOM, SINGLE OCCUPANCY: £4850
STANDARD LUXURY ROOM, DOUBLE OCCUPANCY: £3850
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. See our full terms and conditions for details about cancellations/rescheduling/refunds.

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

Retreats created and run in partnership with Innamo Travel, Ltd. Registered England and Wales: 13537996



GET IN TOUCH

HerSpace, London, 253 New Kings Rd, LONDON, SW6 4RB | info@herspaceldn.com | @herspaceldn


HERSPACE LONDON & INNAMO TRAVEL
ESCAPE TO TUSCANY
09 - 14 MAY 2027