

The Italian Gemmos and Wellness Journey 2026

with Nature Provides

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Sunday

MAY 3rd: Turin

Welcome to Turin, the elegant gateway to your Italian journey. Upon arrival, guests will settle into the centrally located NH Collection Torino Santo Stefano, a refined hotel nestled in the historic heart of the city. The evening offers a warm moment of connection as we gather for our first dinner together at Pizzium, where regional flavors and good company set the tone for the days to come.

Accommodation: [NH Collection Torino Santo Stefano](#)

08:30 PM: Group Dinner at Pizzium

Monday

MAY 4th: Turin to Melle

Begin your deep dive into natural medicine with a hands-on botanical experience in the picturesque Alpine village of Melle. Surrounded by pristine nature, you'll take part in the collection of fresh plant buds, guided by local experts. In the afternoon, explore the fundamentals of plant bud extraction, uncovering the alchemical and therapeutic potential of these embryonic plant tissues in a dedicated workshop.

Accommodation: [NH Collection Torino Santo Stefano](#)

Cont'd

Detailed program of the day

07:30 AM:	Pick-up and Departure from Hotel Santo Stefano
09:00 AM:	Plant buds picking experience
12:00 PM:	Arrival in Melle (CN) and Lunch – Reis
03:00 PM:	Plant buds maceration techniques and tour of the facility
05:00 PM:	Departure for Turin (1.5hr)
08:30 PM:	Dinner - SignorVino
09:00 PM:	Overnight Hotel NH Collection Torino Santo Stefano

Tuesday

MAY 5th: Turin

Begin your day in the heart of Piedmont with a journey that blends spiritual heritage, breathtaking landscapes, and historical discovery. Together with Dr. Joseph Cannillo and a local guide, you'll explore the majestic Sacra di San Michele, a centuries-old abbey perched high above the Val di Susa, a place that has inspired legends and literature alike. The afternoon offers time to relax or explore Turin at your own pace before gathering again for a convivial dinner.

Accommodation: NH Collection Torino Santo Stefano

Detailed program of the day

08:00 AM:	Breakfast
09:00 AM:	Departure from Hotel by bus to Sacra di San Michele
10:00 AM:	Discovering Sacra di San Michele
01:00 PM:	Lunch - TBD
03:00 PM:	Return to Turin
04:30 PM:	Free Afternoon
08:30 PM:	Dinner - TBD

Wednesday

MAY 6th: Turin to Trani

Your final morning in Turin offers a cultural immersion with a guided visit to one of the city's renowned landmarks—such as the Royal Palace, the Museum of Anatomy, or the Egyptian Museum. After a midday transfer to the airport, you'll fly south to Puglia, where the evening welcomes you to Trani and the serene comfort of Hotel Maré. Get ready for the next day's in-depth exploration of Forza Vitale Laboratories and an exclusive clinical training session with Dr. Joseph Cannillo focused on concentrated gemmotherapy.

Accommodation: Hotel Maré****

Detailed program of the day

08:00 AM: Breakfast

09:00 AM: Visit Egyptian Museum


12:00 PM: Airport transfer (Torino Caselle)

02:30 PM: Flight to Bari

Turin to Bari

Sort flights by ▾

04 May Monday €93.49	05 May Tuesday €70.39	06 May Wednesday €52.79	07 May Thursday €61.59	08 May Friday €52.79
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 Operated by
Malta Air

14:25
Turin

FR 264
1h 35m

16:00
Bari

Basic Fare
€52.79

Select

05:00 PM: Arrival in Trani

08:30 PM: Dinner - TBD

10:00 PM: Overnight at Hotel Maré

Thursday

MAY 7th: Parco dell'Alta Murgia

Today is a full immersion into the land, soul, and science of Puglia. In the heart of the Parco dell'Alta Murgia, you'll begin the day by gathering wild herbs in the rolling fields surrounding Masseria Zucaro. This direct connection with nature sets the stage for a Spagyria workshop, where ancient alchemical techniques bring new understanding to plant-based preparations.

At midday, enjoy a hands-on cooking class featuring traditional Puglian recipes, followed by a light lunch prepared with the same herbs you've collected. The afternoon continues with a Gemmotherapy masterclass led by Dr. Joseph Cannillo, before concluding with a group dinner in Corato.

Accommodation: Hotel Maré****

Detailed program of the day

08:00 AM:	Breakfast
09:30 AM:	Pick-up at Hotel Maré in Trani
10:30 AM:	Wild herb collection in Parco dell'Alta Murgia (Masseria Zucaro)
11:00 AM:	Spagyrics workshop
12:30 PM:	Cooking class featuring traditional Puglia dishes & Light Lunch
03:30 PM:	Gemmotherapy Class (J. Cannillo)
08:30 PM:	Dinner - Bottega dell'Allegria (Corato)
10:00 PM:	Overnight at Hotel Maré

Friday

MAY 8th: Gemmotherapy classes

Welcome to a day entirely dedicated to Gemmotherapy, the science and art of using plant stem cell extracts to support the body's natural balance and regenerative processes. Led by Dr. Joseph Cannillo, today's sessions will guide you through both the clinical applications and the energetic dimensions of this powerful therapeutic approach.

Accommodation: Hotel Maré****

Detailed program of the day

08:00 AM:	Breakfast
08:30 AM:	Pick-up at Hotel Maré in Trani
09:00 AM:	Training class @ PriMa
12:30 PM:	Light Lunch
03:00 PM:	Training class @ PriMa
08:30 PM:	Dinner - TBD
10:00 PM:	Overnight at Hotel Maré

Saturday

MAY 9th: Discovering Puglia: Polignano & Bari

Conclude your Italian journey with a scenic and cultural exploration of Puglia's most iconic destinations. Begin the day in the breathtaking coastal town of Polignano a Mare, where whitewashed buildings meet dramatic cliffs over the Adriatic. After lunch by the sea, continue to Bari's historic old town, rich in religious tradition, medieval architecture, and southern charm. The evening will be spent back in Trani, celebrating your final night together with local cuisine and warm hospitality.

Accommodation: Hotel Maré****

Detailed program of the day

08:00 AM:	Breakfast
09:30 AM:	Pick-up at Hotel Maré in Trani and departure for Polignano
09:30 AM:	City tour
12:30 PM:	Lunch in Polignano
02:00 PM:	Road to Bari
03:00 PM:	Visit Bari Ancient City Center
06:00 PM:	Return to Hotel Maré
09:00 PM:	Dinner in Trani - Gallo
10:00 PM:	Overnight at Hotel Maré

Sunday

MAY 10th: Departure

As this unforgettable journey comes to an end, we thank you for being part of this experience rooted in nature, knowledge, and connection. This morning, guests will check out and depart according to their scheduled flights. Three transfer times have been arranged to accommodate all departures:

Scheduled Transfers to the Airport

- 04:30 AM
- 06:30 AM
- 09:00 AM

Please be ready in the hotel lobby at least 10 minutes prior to your assigned transfer.

Single Occupancy: \$5,899.00 USD
Double Occupancy: \$4,899.00 USD

Note: Cost includes meals, transportation, and hotels while in Italy and multiple private education sessions with Dr. Joseph Cannillo May 3-10th.

LINKS:

NH Collection Torino Santo Stefano
Hotel Maré***

Please note that flights to and from Italy are not included in the trip price, so you'll need to arrange those separately.

