

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 The Cathedral on the Mountain

12:00 PM: Airport transfer (Torino Caselle)

02:30 PM: Flight to Bari

The screenshot shows a flight search interface for the route Turin to Bari. At the top, it says 'Turin to Bari' and 'Sort flights by'. Below this, there are five columns representing different days: 04 May Monday (€93.49), 05 May Tuesday (€70.39), 06 May Wednesday (€52.79), 07 May Thursday (€61.59), and 08 May Friday (€52.79). The 06 May Wednesday option is highlighted. Below the date selection, there is a flight card for FR 264, operated by Malta Air. The flight details are: Departure at 14:25 from Turin, arrival at 16:00 in Bari, with a duration of 1h 35m. The basic fare is €52.79, and there is a 'Select' button.

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

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|------------------|--|
| 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.



HIGHLIGHTS ABOUT PLACES WE WILL VISIT

ENCHANTING JOURNEY THROUGH ITALY: A SYMPHONY OF NATURE, BEAUTY, AND CULTURE

Turin: The Mystical Heart of Italy

Our journey begins in Turin, a city where the love of nature intertwines with the mystical beauty of Italian culture. Nestled against the backdrop of the Alps, Turin's elegant squares and grand boulevards are adorned with baroque architecture, echoing tales of alchemy and ancient secrets. The city's lush parks, such as Parco del Valentino, offer serene landscapes perfect for a leisurely stroll. As we explore the enigmatic Egyptian Museum, the second largest in the world, and the Shroud of Turin, we are reminded of the city's deep-rooted symbolism and its place in the heart of alchemical lore.

Lago di Como: Nature's Mirror

Next, we venture to the breathtaking Lago di Como, where the lake's crystal-clear waters reflect the surrounding mountains, creating a scene of unparalleled natural beauty. The love of nature is palpable here, with verdant gardens and charming villages dotting the shoreline. As we wander through the picturesque town of Bellagio, often referred to as the "Pearl of the Lake," we are immersed in the tranquility and elegance that have inspired poets and artists for centuries. The beauty of Lago di Como is a testament to nature's artistry, a living symbol of serenity and grace.



Polignano a Mare: Coastal Charm

Our journey then takes us to Polignano a Mare, a gem perched on the edge of the Adriatic Sea. This coastal town, with its dramatic cliffs and azure waters, embodies the raw beauty of nature. The ancient town center, with its labyrinth of narrow streets and whitewashed buildings, offers a glimpse into the timeless charm of Italian culture. As we stand on the terrace of the iconic Lama Monachile, the panoramic view of the sea and the rugged coastline evokes a sense of awe and wonder. Here, the love of nature and the beauty of the place come together in a harmonious symphony, celebrating the enduring allure of the Italian coast.

Alberobello: The Trulli Village

Our final destination is Alberobello, a UNESCO World Heritage site known for its unique trulli houses. These conical-roofed dwellings, built from local limestone, are a marvel of architectural ingenuity and a symbol of the region's rich cultural heritage. Walking through the streets of Alberobello, we are transported to a bygone era, where each trullo stands as a testament to the craftsmanship and creativity of its builders. The town's enchanting atmosphere, combined with the surrounding olive groves and vineyards, offers a perfect blend of natural beauty and cultural significance. In Alberobello, the love of nature and the deep-rooted symbolism of Italian tradition are woven together in a tapestry of unforgettable experiences.

Embracing the Journey

As we journey through these enchanting places, we are not just travelers, but seekers of beauty, nature, and culture. Each destination offers its unique charm and profound symbolism, inviting us to delve deeper into the heart of Italy. From the mystical allure of Turin to the serene waters of Lago di Como, the coastal charm of Polignano a Mare, and the architectural wonders of Alberobello, our adventure is a celebration of the love of nature and the timeless beauty of Italian culture.



ADVANCED BOOKING

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EXCLUSIVE EARLY BOOKING OFFER: SECURE YOUR SPOT AND ENJOY SPECIAL BENEFITS

We are excited to offer an exclusive early booking opportunity for our upcoming enchanting journey through Italy and the discovery of gemmotherapy. By securing your spot in advance with a deposit, you'll not only guarantee your place on this unforgettable adventure but also enjoy a range of special advantages designed to enhance your travel experience.

Here are the benefits you'll receive by booking early:

- **Discounted Price:** Save on the total trip cost with our special early booking discount. This exclusive rate is only available to those who secure their reservation in advance.
- **Flexible Cancellation Policy:** Enjoy peace of mind with our flexible cancellation policy. Cancel your booking until the end of September without any cost, ensuring you can plan with confidence.
- **Priority Access to Premium Accommodation:** Early bookers will have first choice of our premium accommodation options, ensuring you stay in the most comfortable hotel rooms throughout the journey.
- **Complimentary Welcome Package:** Receive a complimentary welcome package, including free supplements and cosmetic products and local delicacies.



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