



The Winter you've always dreamed of **The new Long-Stay experience at Eco Resort Costa Etrusca**

We are delighted to introduce an exclusive proposal designed for a growing segment of guests who value taking time to invest in the quality of their lives: **Silver Travellers** and **Empty Nesters** - mature travellers who choose Long Stays, from November to April, embracing tranquillity, health and physical and mental well-being, away from the fast pace of everyday life.

- Our accommodation has been thoughtfully designed to offer maximum independence and comfort, specifically for guests choosing stays of **one to three months**, as well as extended stays of **more than three months**.
- In addition, guests may choose, entirely on an optional basis, to join our **“The Etruscan Longevity Protocol”** - a fully tailored, turnkey journey designed to promote regeneration and well-being (please see the dedicated section for further details).

THE “LONG STAY” BASE PACKAGE

Operational excellence: maximum independence, zero worries

- **Housekeeping & linen:** Weekly apartment cleaning; weekly change of bed linen and twice-weekly change of towels - so guests can enjoy their stay without having to worry about household chores.
- **Bathroom comfort:** Bathrooms equipped with a professional hairdryer and a complete range of high-quality amenities, including body wash, intimate wash and shampoo.
- **Fully equipped kitchen:** Everything needed for complete self-sufficiency, including a microwave, kettle, blender, espresso coffee machine and Moka pot. (Dishwashers are available in selected units.)
- **Laundry service:** Two laundry cycles per week (washing machine + dryer) included per accommodation unit.
- **Grocery delivery:** Guests can order their groceries online and have them delivered directly to their accommodation.
- **Connectivity:** Stable and reliable Wi-Fi throughout the property, keeping guests connected with family, children and grandchildren whenever they wish.
- **Transfers:** Transfer service to and from the main airports (Pisa and Florence) and railway stations (Campiglia Marittima, Cecina and San Vincenzo).
- **Accommodation:** A welcoming private space where guests can enjoy their daily activities in complete tranquillity, with a private outdoor dining area and a fully fenced private garden.
- **Local guide:** A carefully curated list of restaurants and bars open year-round, pizzerias offering home delivery, and local delis and food shops.
- **Zero bureaucracy:** No administrative formalities, no utility bills to manage or calculate — simply a worry-free stay with everything taken care of.



WELCOME AND COMMUNITY

A resort designed as an ecosystem for a slower pace of life and meaningful social connections.

- **A Dedicated Welcome:** For long-stay guests, we provide a personal welcome upon arrival. Throughout the resort, clear signage helps guests find their way between the Casali, swimming pools, vegetable garden, Otium and Olivum areas.
- **Four-Legged Friends:** A stay to be enjoyed together with your beloved pets, in complete peace of mind. Private gardens, a dedicated dog exercise area, a 24/7 veterinary service, countryside walks and beaches where dogs are welcome make it possible to enjoy the sea even in winter.
- **Olivum:** The convivial heart of the Resort, where we host tastings and social gatherings — precious opportunities to meet people, share experiences and make new friends during your stay.
- **Otium:** A dedicated relaxation lounge with a large fireplace, big screen, board games, a herbal tea corner, a library and a billiard table — the perfect space to read, socialise or simply unwind.





THE PILLARS OF THE “ETRUSCAN LONGEVITY PROTOCOL”

Built around:

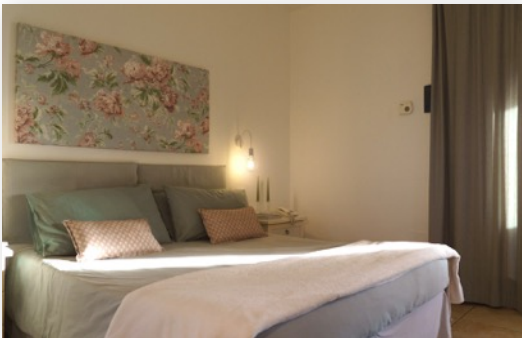
- **Breath & Climatotherapy:** The pure, iodine-rich air of San Vincenzo, combined with the biophilic environment of the surrounding hills. (Guests are provided with Nordic Walking poles and access to a digital map of flat trekking routes, allowing them to explore safely and at their own pace, without excessive physical strain.)
- **Thermal Wellness:** Regenerating thermal baths at Terme del Calidario (open year-round, except for scheduled maintenance from 7 January to 19 March, inclusive) and at Terme La Cerreta (closed from 7 January to 12 February, inclusive) — a true restorative experience for the joints, circulation and overall relaxation.

Services available upon request

To further personalise the experience, we offer the following services upon request:

- **Safety & Health Monitoring:** The “Health Kit” (smart blood pressure monitor and thermometer) and 24/7 access to a local telemedicine service. A trusted doctor can also be arranged upon request, either for a home visit or at the medical practice.
- **Experiences:** The “Longevity Welcome Kit” (Resort olive oil, seasonal locally sourced vegetables and homemade jams), healthy and balanced dishes prepared by our Chef, in-apartment holistic massages, weekly gentle/postural exercise sessions and guided botanical walks.







For more information, service details, prices and availability checks,
please do not hesitate to contact us.

We can't wait to welcome you and let you experience the magic of our land!

The Eco Resort Costa Etrusca Team

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