



# WATER IN THE ROCK

by Antonella Euli



You're not expecting it, and as a result it has a jaw-dropping impact. Under an hour from Naples, just before reaching Benevento, near the spa resort of Telese Terme, an unpaved road among the woods of oak leads to an old, totally-restored stone-built village surrounded by centuries-old olive groves, with a number of chapels. It stands in the heart of ancient Sannio Beneventano, a land of great wines and fine foods. At Aquapetra the sound of silence is interrupted only by birdsong and the voice of the winds blowing across the main square and along the narrow paved streets leading to the rooms, swimming pool, restaurant and spa. Buildings with a variety of interior volumes, where the interiors embrace the outside through broad, panoramic windows







looking out onto meadows, woods and paths. The restoration was personally supervised by the owner/architect, who has given new life to every space without excessive change. The spa, for example, the resort's focus, is located in what was originally the old barn, includes the atmospheric Aquaspa. Its name says it all - water and stone throughout, as well as wide windows looking out onto the outdoor pool. The well-being offer comprises sauna, Turkish bath, Kneipp cures, indoor pool with hydromassage and relaxation area with a view of the gardens, plus a number of renovated cabins for fitness and well-being treatments using Carita products. There are twenty or so options on offer, and combined with essential oil, hot stones and mud treatments they provide guests with an unforgettable experience. The varied choices include a private spa for couples - where guests are welcomed with a flute of Italian sparkling wine accompanied by fresh fruit, and can enjoy an intimate experience of the entire Aquaspa offer, from swimming pool with hydromassage to the sauna, Turkish bath, Kneipp cures and aroma/chromotherapy shower. Small groups can also rent the entire spa. If your aim is to restore the balance between mind and body then treat yourself to a mini-escape of romantic wellbeing. Female guests

are offered the Ideal White face treatment, an oxygen therapy to target tired, uneven complexions, while for men there is a 100% natural scrub and access to the fitness area. The pampering draws to a close with a candle-lit dinner in the resort's intimate restaurant, La Locanda del Borgo, in what used to be the cellars. The magnificent surroundings - interior room with fireplace and spacious terrace with patio and high beamed ceiling - provide an attractive display of ochre-coloured local stone, glass wood and iron. The overall effect is extremely striking, and somehow evokes large North American chalets. The food, by Luciano Villani, also makes a powerful impact. The dishes created by the chef from Pompei show a deep attachment to the land and its traditions, seasoned with a creative touch that reinvents flavours while respecting their fundamental character. And we can offer one final tip to take advantage of before packing your bags in preparation for a visit to this enchanted corner of nature and wellbeing in their purest form - book the 50 square metre "regale" suite accessed via a stone bridge. This dream accommodation comprises a lounge, bedroom, bathroom and a hydromassage pool carved out of the rock, underneath a glass vault looking up into the starry night sky. [www.aquapetra.com](http://www.aquapetra.com)

