



No more sleepless nights at L'Albereta, Franciacorta

With the clocks turning back next month, sleep becomes an even more topical subject. The [Espace Henri Chenot](#) Spa at [L'Albereta](#) offers guests the following treatments dedicated to individuals with sleep issues or insomnia.

- **Acupuncture**
Individual needle treatments are performed by L'Albereta's dedicated acupuncture doctor using a combination of body and in-ear acupuncture points – it is believed that this procedure can help cure sleep disturbances.
- **Auricular Acupuncture**
Acupuncture points on the outer surface of the ear are used as an alternative approach to balance the energy within the body. This treatment consists of micro-needles, microspheres and vegetables seeds that are appropriately positioned to stimulate and rebalance the body – including sleep, anxiety and symptoms of irritability and restlessness.
- **Chenot Relaxing Massage**
This unique body massage promotes physical and mental relaxation for a profound feeling of well-being according to the energetic concept on which the Chenot Method. This helps relax muscles and free the mind, helping to recuperate after extensive exertion and exhaustion – the perfect treatment before bedtime.

Choose from a selection of spa programmes, each tailored to suit specific needs and issues.

Tucked away in the rose-bowered vineyards of Franciacorta and the alpine foothills between the Po valley and the southern shore of Lake Iseo, L'Albereta is the perfect tonic to city life – just 40 minutes' drive from Milan. From the moment you arrive, you are immersed into the beauty and stillness of the countryside. With 57 rooms, L'Albereta feels exclusive and remote and is surrounded by some of Italy's most breath-taking scenery.

Spa Programmes are available from €1,260 (approx. £1,120) per person. Rooms available from €260 (approx. £231) per night based on two sharing a double room. Rates based on today's exchange rate: £1 = €1.12. For bookings please visit www.albereta.it/en/hotel/ T. +39 030 7760550

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