

Aromatic~Herbal Adventure in Tuscany

with Kathi Keville

June 14 ~ June 25, 2019



Immerse yourself in the healing power of fragrance as you experience Tuscany with its unparalleled beauty, antiquity, culture, romance, and culinary wonders. Living in an ancient villa just outside Siena, we will seek out the wisdom and craft of ancient and modern masters of essential oils, perfumes, herbs, and the healing arts. This adventure offers you a rich harvest of scents, flavors, textures, colors, and experiences, with products for you to bring home. Friendship, learning, holistic health through movement, dance, aromatherapy, the best Italian food, nature, and culture are the main ingredients of this journey.

See p. 8 for trip pricing information



Our lodging—the grand **Villa Certano**—is just minutes from Siena, in the heart of Tuscany. This 16th century villa with 100 acres is owned by the Baldassarrini family. This ancient setting is home to bee hives, 20 acres of olive groves, 20 acres of grape vines, lavender, a formal rose garden, herb garden, winery and much more. The view from each cozy room



looks like a painting. A 1200 year-old church nestles between the villa and winery, its door covered with roses—blooming and climbing everywhere. You will tour the historic estate and its aromatic herbs and flowers with Kathi, our hostess Annalisa and a local Tuscan herbalist. Sit under the 450 year-old Cedar of Lebanon tree, breathing in deep richness and diversity of scents of this treasured land.



Dining. The food in Italy is incredible, fresh and delicious. We will eat out at local trattorias and ristoranti during our time together. We also prepare wholesome food in the ancient kitchen and then, dine in Villa Certano's formal dining room with its hand-painted wallpaper. We will feast on the Villa's own olive oil, wine and honey. Meals are suited for all types of dietary preferences. Our hostess Annalisa will offer an Italian cooking class!

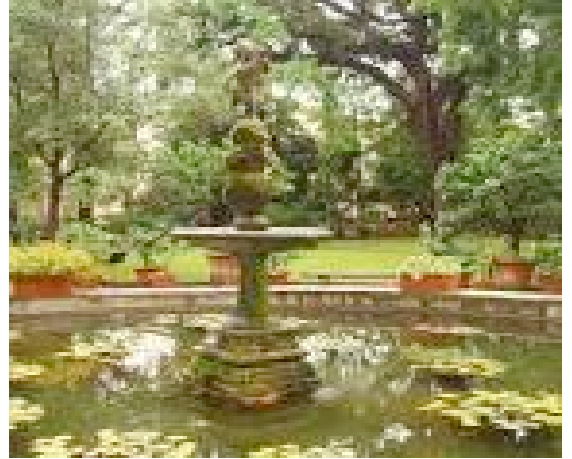
Tuscan Countryside. Enjoy nature in the beautiful outdoors under the famous Tuscan sky as we discover plant medicines. A local herbalist will take us through the countryside around the villa to discover familiar and new plant medicines of Tuscany.

Aromatherapy Creations. We'll harvest fresh herbs both from the villa and the wild, combining them with the villa's wine, olive oil, and local honey and beeswax to create an array of Tuscan aromatherapy products. Bring these home to relive your Italian experience every time you use them.



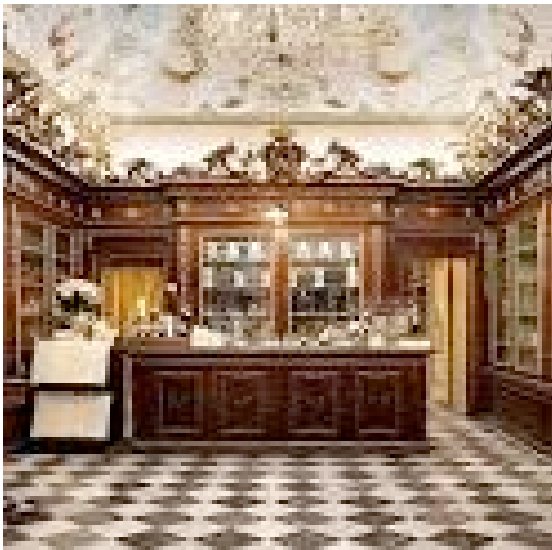
FLORENCE

Wander the streets, sample gelato, stand on the Ponte Vecchio, Florence's famous bridge, sniff your way through a natural perfumery, and vstop by the Galileo Museum sundial in this jewel of Tuscany. We'll visit the renowned outdoor markets of 'Firenze,' as Florence is known to Italians. The town is famous for the best pizzerias and restaurants.



Giardino dei Semplici ~ Simplers Botanical Gardens

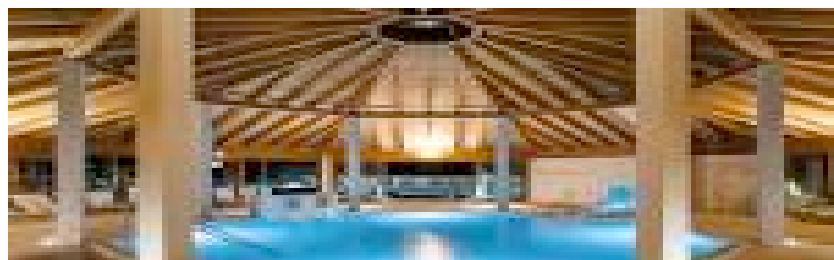
Director Dr. Paolo Luzzi will share his passion of healing plants of Tuscany with us. The gardens are an education and research facility, as well as a repository of rare and endangered plants and trees. They feature a large greenhouse. This third oldest botanical garden in the Western world highlights the concept of Simplers, who use single plants for healing. Today, plant collections continue to be expanded.



Pharmacy of Santa Maria Novella Adjacent to the Piazza Di Santa Maria Novella is possibly the oldest pharmacy in the world, and the most fragrant. Since 1221, Dominican monks have been concocting perfumes, fragrant potions, skin creams, powders, pomades, aromatic honey and medicinal herbal liqueurs. The famous Seven Thieves Vinegar and Acqua di Rose were originally disinfectants during the plague. The apothecary and store are still filled with these aromatic treasures. Nothing seems to have changed except for installing a modern cash register. Housed in a fantastic frescoed chapel, this is "Italy's most beautiful store." It rose to fame after creating perfume for Catherine d'Medici, who carried her love of fragrance to France when she become their queen.

CIVITELLA PAGANICO

As we ride through this picturesque area, you will enjoy the hilly countryside that is densely forested with cypress, oak and juniper, and interspersed with colored fields of deep violet lavender, blooming saffron flowers, soft green olive orchards, and orderly vineyards.



Terme Hot Springs Spa Resort

We will appreciate Tuscany's rich tradition of "taking the waters," as we soak and relax at the five-star resort and spa's healing mineral waters. Etruscans and Romans once partook of these ancient mineral baths. The mineral-rich clay here has long been reknowned as a healing poultice for pain and skincare. If you wish, enjoy a massage, beauty treatment and hydrotherapy at the spa before sitting down to a delicious dinner in the resort's restaurant.

ASSISI



We will spend a couple of days exploring and enjoying Assisi. Savor the food, ambiance and message of this powerful pilgrimage site. Built on a hill, the town offers scenic views of the countryside and castles, palaces and Roman ruins that you will always remember. Herbs like Helichrysum and Thyme sprout wildly between stones of ancient towers. Hanging Geraniums are suspended along main streets. Assisi is filled with interesting shops, including a Lavender store.

Basilica of St. Francis. In the 13th century, a simple friar from Assisi challenged church decadence with a powerful message of non-materialism, simplicity, and advice to ‘slow down and smell the flowers’. His message of love and sensitivity about the environment has a broad and timeless appeal. Of course, St. Francis had a garden. An inner garden was devoted to the aromatic herbs he loved. The massive Basilica of St. Francis is an artistic highlight of Medieval Europe. We will visit the Grotto and original Chapel of St. Francis. As pilgrims, we travel up the hills of Assisi to caves in which St. Francis meditated. Be prepared to experience the profound and sacred.



Assisi Lavender Festival

In June, lavender fields at their height of bloom and fragrance are cradled in view of Assisi. Soak in the scented landscape as you stroll down endless rows of lavender with its pink, blue, and lilac flowers. And, participate in the annual, country-style fair located next to these fields. Booths display local, impassioned Italian artisans of horticulture and crafts. There will be basket weaving, handmade clothing and bags, leather work, painting, jewelry, organic food and beverages, bee keeping, essential oil distillation, and lavender gelato! Be sure to try the taste samples of the medicinal compotes! There are herbal workshops and instruction on cultivating rose, lavender and other aromatic plants. This festival is described as “discovering the many scents of aromatic plants often unknown.”

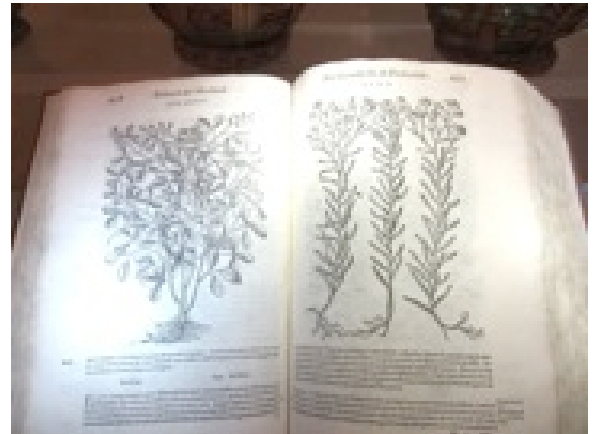
Hiking Assisi We'll enjoy both scents and panoramic views as we hike the hills above Assisi to experience the healing art of “forest bathing” that refreshes body and soul. The trails are lined with Italy’s medicinal plants for us to identify and sample along the way. Choose to spend a morning hiking with the group or give yourself more time to explore the wonders of Assisi, including a native plant preserve and ethnobotanical garden.

SIENA



We visit Siena—close to our villa—on its bustling market day to experience Tuscan foods and wares, and shop—of course! With the same number of people today as 700 years ago, it was the first in Europe to eliminate autos from its great central piazza, IL Campo, which sits atop a hill. Red brick lanes cascade everywhere in this walled city, inviting us to wander the streets or sit and people watch as “loitering” becomes a magical experience. And then, there’s Grom’s at Piazza Salimbeni with its first rate organic gelato! The Duomo di Siena cathedral is in true Gothic style with a fine inlaid floor. A famous herbalist, Mattioli, was born in 1501 in Siena, where he and his father had a practice. Mattioli created the Italian

version of Greek Dioscorides’ *Herbal*—one of the world’s most famous herbals and the first to dedicate a section to aromatics—adding beautiful woodcuts.



Orto Botanico of Siena. Siena’s Botanical Gardens feature over 3000 species! Part of Siena University, we will tour the gardens and museum. The enchanting Dr. Claudia Perini and Elibetta Moraldi, curators, will expertly guide us through this amazing garden, focusing on the history, lore and properties of aromatic plants. First planted in 1784, these gardens have the best views in Siena. Herbs were originally cultivated in them for Santa Maria della Scala hospital. Today’s garden display sections of Tuscan natives, exotic plants, and fruit-bearing plants.

SAN GIMIGNANO

The small walled medieval hilltop town is known for its many fine towers and a rich history that has not been forgotten by its residents. They also have an herbal pharmacy museum. Their main crop is the glorious yellow and highly expensive saffron. For countless centuries, this farming community has celebrated the Summer Solstice with music, dance and good food. We will be



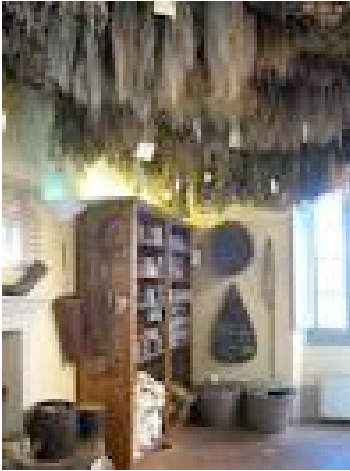
there to celebrate with them!



Medieval Faire: *Ferie della Messa*. We will attend the historic, pre-harvest solstice festival, Ferie delle Messie. This annual event fills the town’s streets and squares with markets of medieval arts and crafts, storytellers, actors, musicians, and music. The faire is described as as “recalling ancient scents & traditions.” About 500 townspeople dress in Medieval attire for the faire and afternoon parade and and tournament. Visit herb booths, watch jousting and the dancing circle, and sample the saffron, truffles, and pine nut cakes for which this town is famous.

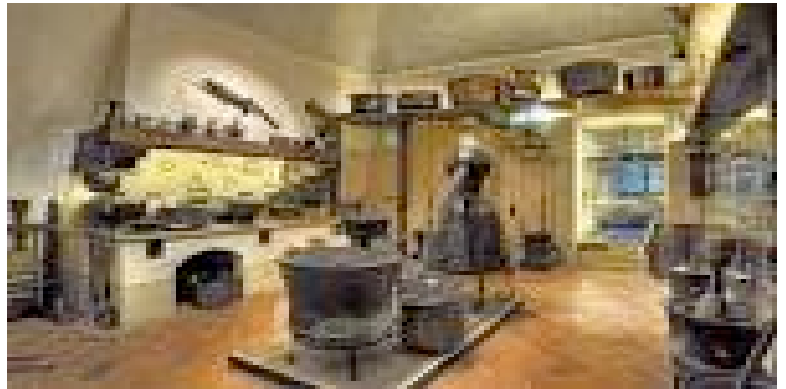
SANSEPOLCRO

In the quaint, stone city of San Sepolcro, townspeople still promanade in the squares for the evening passeggiata. Situated where Italy's trades routes meet, the town has always been prosperous, as seen by impressive Italian Renaissance palaces still in use and masterpieces hanging in the churches and museums. St. Francis preached here in the Cathedral of St. John.



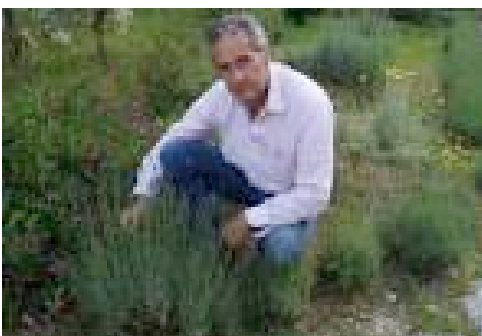
Aboca Herbal Museum, Library & Shop. This great cultural museum is housed in a magnificent, 18th century Palazzo, the Bourbon Del Monte. Its mission is to recover and spread traditional use of medicinal herbs. Exhibits showcase the history of people and medicinal plants on theological, philosophical, mythological, magical and literary levels. Separate rooms of exquisite displays are dedicated to History, Pottery jars that once held herbal concoctions, Weighing Scales, Apothecary

Glassware, Herbs, an Apothecary Shop, a Phytochemical Laboratory, Mortar room, 19th century Pharmacy, and even the Poison Cellar. The botanical library—Bibliotheca Antiquais—houses a remarkable collection of valuable antiquity prints, catalogs and herb books, including an original **Mattioli** herbal. This is a unique opportunity to see priceless botanical artwork. Truly, our experience will be every herbalist, aromatherapist and history lover's dream come true, highlighted by a private tour. We will also tour their excellent private collection of medicinal plants from around the world that they cultivate at their production facility.



CHIANTI

The Estate of Casalvento. Located on the highest hill of Castellina in Chianti, the estate offers us the color and scent of fields of medicinal herbs, such as Helichrysum, Rose, Rosemary, Iris, Sage, Thyme, Juniper, nine types of Lavender. This distillery produces high quality essential oils, hydrosol floral waters, and perfumes, which we will have an opportunity to smell and purchase. Dr. Lorenzo Domini will personally guide us through his fields and distillery and present an entertaining lecture with demonstrations to show how essential oils affect the brain. We see the process from field to distillery to product. Our lunch beneath olive trees will be traditionally Tuscan.

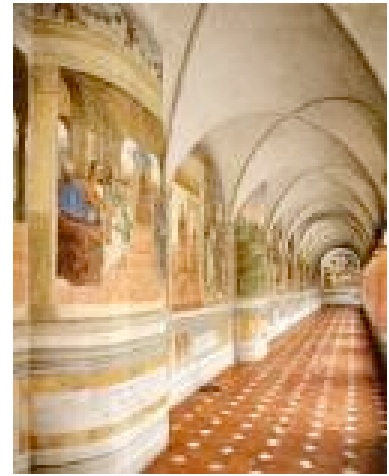


PROVINCE OF SIENA

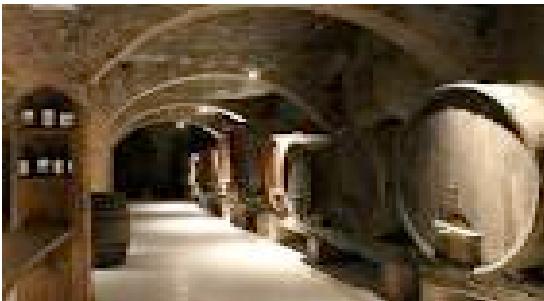
We travel through the countryside beyond Siena to enjoy a tapestry of rolling, wooded hills and sharp cliffs dotted with vineyards. The area is especially known for its fine truffles that are wildcrafted from the extensive woods.



Benedictine Abbey



Our journey takes us to a Tuscan Abbey featuring stunning frescos and a 17th century pharmacy with old mortars, Italian herb vases, and herbals on display amongst the artwork. These Benedictine monks and nuns belong to an order known for creating botanical remedies. They still hand prepare herbal teas and aromatic pain ointments to sell in the old packaging. The aromatic, digestive Benedictine elixir is infused with 23 herbs for liver, kidney and stomach health and healing is made according to their own ancient recipe, once given to those who came seeking healing. A small herb garden adjoins the ruins of the original Medieval pharmacy.



Wine tasting in the wine cellar includes the Abbey's own selection of wines--available in their store, along with their herbal medicines. Take time to enjoy the wine master's stories of Abbey history.

"... leave on all edges of the garden a strip of fallow land in order that, at the right season, green wild herbs and beautiful flowers could proclaim God... and in the garden ...leave aside a little area for sweet-scented herbs and flowers, which recall to the onlooker the Eternal Fragrance."

~ Fra Tommaso Da Celano: Vita di St. Francesco di Assisi.

Your Guides through Tuscany

Kathi Keville is an internationally-known aromatherapist-herbalist who has a university degree in art and a passion for both botanical and art history. Her academic studies also included sociology, anthropology, and ethnobotany, as well as pottery and glass blowing. She has written 15 popular herb and aromatherapy books, works as an industry consultant, cultivates a 450-species organic herb and fragrance garden, and teaches engaging, spirited seminars on the healing arts. Kathi co-hosted the Dish TV aromatherapy series, "Everybody Nose." She has co-led an aroma-herbal tour to Provence, France, organized a series of professional herb retreats, and currently takes groups on herbal camping expeditions in California's High Sierra. She also belongs to a Medieval and Celtic choral group that studies foods, music, wardrobe and customs of Medieval Europe, with emphasis on Italy, France and England. www.ahaherb.com



Richard and Natalie have been tour guides for health and adventure trips for over 20 years. Tuscany is one of their favorite destinations. The couple co-created and operate the beautiful Lokahi Garden Sanctuary in Hawaii with 10 landscaped acres of over 250 species.



Richard Liebmann ND. Richard has a deep love of the Tuscany countryside. A Doctor of Naturopathic Medicine, he was the first United Plant Savers Executive Director, National College of Naturopathic Medicines Academic Dean, opened Hawaii Family Health Clinic, and co-founded Equinox Botanicals, a high quality herbal medicine manufacturer.

Natalie Young MSW LMT. Natalie's degrees in sociology, anthropology, modern dance, and social work, provide her with a special knack for guiding groups. She has also been a licensed massage therapist for 20 years. An excellent yoga/pilates instructor, she will share yoga and movement with early birds in the group most mornings—combined with Kathi's aromatherapy blends to enhance yoga.



Plus, we will be joined by distinguished Tuscan aromatherapists, herbalists, botanists, guides and Italian interpreters leading us on special tours and adventures through museums, gardens, distilleries, and apothecaries. We'll also celebrate both the Summer Solstice (June 21) and St. Giovanni's Day, once called Herb Day (June 24) in true historic Italian style. Kathi will provide a Tuscan herb list and relate colorful botanical stories while we travel on our bus to each destination.

We invite aromatherapists, herbalists, natural healers, gardeners, artists, history buffs, foodies and all lovers of nature to join us.

"amo la vita"



TRIP PRICING

Includes lodging, most meals except a few on your own, pickup/drop off at Florence airport, transportation to all activities, classes, guided tours, entry into museums and our personal attention to your comfort. \$3095.

Airfare not included.

Come explore an aromatic and healing Tuscany with us

contact Richard for payment details & deposit: richardliebmann@gmail.com

808-987-7501



TUSCANY

“Birthplace of the Renaissance, the region gets its name from the Etruscans, the most powerful civilization of pre-Roman Italy. Its walled cities, cypress lined roads, and patchwork hills have been written about and photographed with such unrivaled enthusiasm that the image of the place seems to have insinuated itself in the public consciousness, even in the minds of those who have yet to set foot on its fertile soil. A cynic might expect the ‘real’ Tuscany to disappoint, for how could it ever live up to all the attention it received? And yet whenever I come home to the Tuscany ~ even after the shortest absence ~ its startling beauty, its richness and abundance strike me with a freshness that belies the many years I have spent here” ~ *Lori de Mori*