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Wholesome food: elixir of beauty for Miss Italy candidates

2008-09-05 11:53:42 - **Rehearsals, photos and fashion shows whet the beauty queens' appetite, Grand Hotel Terme Astro offer them many savoury dishes, cooked according to the dictates of a correct [nutrition](#).**


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The idea came from Patrizia Mirigliani, patron of Miss Italy competition, and Sara Farnetti, doctor at the hospital "Gemelli" in Rome and president of Eutrophia, an association that fights against the eating disorders.

The chefs of the Thermal Hotel will prepare for the girls a wide range of dishes with seasonal ingredients, combined in a way so as to guarantee a wholesome and well-[balanced diet](#).

These girls take particularly care of their bodies eating in a correct way, because a varied [diet](#) is already a beauty treatment.

And if between a photo and an interview the appetite starts to call, no restrictions, instead, some fresh fruits and a biologic snack without GMO and artificial preservatives, in order to regain the right energy towards the pageant final the 13th of September.

Thanks to this project, each meal will be a gourmet voyage of discovery to the food

properties, and a journey to reach the perfect psychophysical wellness for the beauty contest candidates. Not only hairdressers, make-up artists and personal trainers but also chefs of the thermal hotel: everybody contributes to make the girls even more beautiful and well-shaped with their cookery compositions.

For further information about the Hotel Tabiano and its prestigious beauty farm visit the website www.grandhoteltermeastro.it, or contact Grand Hotel Terme Astro, via Castello, 2 - 43039 Tabiano Bagni (PR), phone number 0039 0524 565523 fax 0039 0524 565497

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