

Age Is No Limit: Venerina Conti's Journey from Singer and Survivor to Founder of a Sicilian Wellness Retreat

After 38 years abroad, Venerina Conti returns to Sicily to establish Vista Alcantara, a mountain wellness retreat she built with her own hands, offering holistic healing, yoga, mindfulness, heritage preservation while continuing her family legacy



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Age Is Not a Limit in Female Entrepreneurship: Venerina Conti's Journey from International Singer and Near-Death Survivor to Founder of a Sicilian Mountain Wellness Retreat

After nearly four decades abroad, 57-year-old Venerina Conti has returned to her father's homeland of Sicily with a mission: to create a sanctuary of wellness, nature, and transformation in the Sicilian mountains. Her story is one of resilience and rebirth—spanning international stages, humanitarian service, and a life-changing near-death experience.

A former international singer and global spa leader, Conti survived a 200-meter mountain fall—a near-fatal accident that sparked a profound healing journey. Overcoming depression, anxiety, and the victim mindset, she immersed herself in spiritual practice, spending years in monasteries across Nepal, India, and Thailand to deepen her understanding of meditation, healing, and energy work.

Her humanitarian service extended to disaster zones and conflict areas, where she volunteered to support communities in crisis. These experiences shaped her calling as a Reiki Master, holistic healer, and author of five published books, with a sixth forthcoming.

Today, she has transformed her vision into reality by creating the **Vista Alcantara Mountain Wellness Retreat in Sicily**. In just 16 months, she has:

- Restored a six-bedroom, five-bath main house
- Constructed a panoramic swimming pool
- Converted a dilapidated storage space into a massage sanctuary
- Built a pergola for outdoor breakfasts
- Designed a yoga and events space surrounded by nature

“Every wall, every stone, every corner tells a story,” says Conti. “This is more than a retreat—it’s a living testament to resilience, healing, and the power of creating a space where people can reconnect with themselves.”

The retreat continues her family’s legacy, safeguarding Sicily’s heritage by preserving ancient landmarks dating back to 3000 B.C., including an altar and a palmento—sacred reminders of humanity’s timeless bond with ritual and reflection.

Nestled in Sicily’s breathtaking mountain landscape, Vista Alcantara now welcomes guests seeking restoration, inspiration, and mindful living in harmony with nature.

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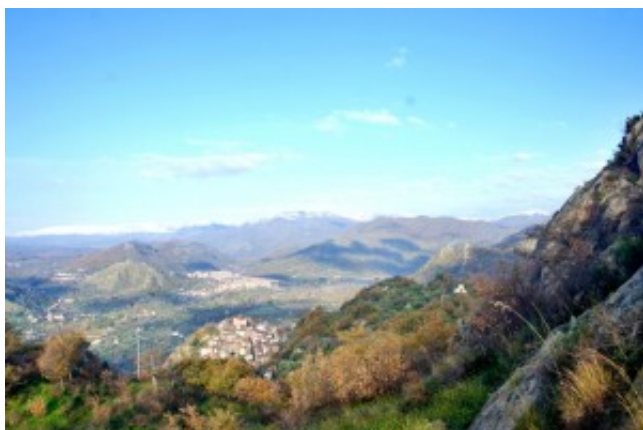
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