



Castello di Spaltenna

EXCLUSIVE TUSCAN RESORT & SPA
GAIOLE IN CHIANTI



LA PIEVE SPA

2017 

LA PIEVE SPA CENTER

In the silence and peace reigning at the Castello di Spaltenna, La Pieve Spa Center constitutes a wellness retreat where everybody can relax and be embraced by the warmth of the Finnish Sauna, the pleasant aromas of the Turkish baths, the pleasurable vapours of the Tepidarium and the delicate fragrances of the Multi-sensory showers. The Center covers over 300 square meters and is divided into numerous indoor and outdoor areas. The indoor areas are dedicated to the humid area, the heated whirlpool baths, the heated swimming pool with a set temperature of 29°C, the equipped Technogym, and the relaxation area where it's possible to enjoy hot herbal teas. The outdoor areas are surrounded by nature and overlook the local vineyards and the renowned Chianti hills. All treatments draw inspiration from the prosperous environment surrounding the resort, and the cosmetics employed are obtained from olive oil grown on the surrounding soil.



TREATMENTS

TEPIDARIUM

This treatment takes place in a predominantly dry closed environment. As the internal temperature reaches approximately 35°C, this setting constitutes the ideal environment to prepare the body for the subsequent treatments, in order to gradually sustain increasingly high temperatures. The area of the Tepidarium, equipped with a comfortable heated bench, inspires a feeling of inner peace, both physical and psychological, as an effect of the enjoyable warmth irradiating the body. In fact, the pleasant temperature facilitates muscle relaxation and eases inner tension. This treatment is suitable for people who consider the Finnish Sauna excessively dry, and the steam bath overly humid.

Before entering the Tepidarium it is necessary to take a hot shower in order to preventively dilate the pores and get accustomed to the high internal temperature. Customers should always remember to place a terry towel on the personal station before sitting. The treatment lasts no more than 15 minutes, after which it is necessary to rub the body with ice from the waterfall in order to create a sudden change in temperature that reactivates blood circulation and invigorates skin tissues. It is possible to repeat the treatment by alternating it with periods of rest of at least 15 minutes. Bathrobes, towels and slippers must remain outside the structure.

TURKISH BATH

This treatment takes place in a closed and moist environment. As the internal temperature reaches 45°C, the steam bath facilitates blood circulation and enables a profound cleaning and a deep purification of the skin, which immediately appears more radiant, elastic and soft, since by sweating the body eliminates toxins and stimulates the process of cell renewal. This treatment invigorates skin tissues, relaxes the body and reduces emotional tension.

Before entering the steam bath it is necessary to take a hot shower in order to preventively dilate the pores and get accustomed to the high internal temperature. The treatment lasts no more than 15 minutes, after which it is advisable to rub the body with ice from the waterfall in order to create a sudden change in temperature that reactivates blood circulation and invigorates skin tissues. It is possible to repeat the treatment by alternating it with periods of rest of at least 15 minutes. Bathrobes, towels and slippers must remain outside the structure.

FINNISH SAUNA

This treatment takes place in a closed environment made of wood, where a burner raises the internal temperature up to 80°C. The air inside the box becomes particularly hot and dry.

The body responds to the high temperature by dilating the skin pores and increasing perspiration in order to facilitate the heat loss. This treatment health blood circulation and skin cleansing, and enables the skin to immediately appear more radiant, elastic and soft, since by sweating the body eliminates toxins and stimulates the process of cell renewal. It also invigorates skin tissues, relaxes the body and reduces emotional tension. In fact, the increase of body temperature relaxes the muscles and reduces tension. Although the treatment does not influence weight loss, the increase of blood circulation and toxin disposal can indirectly favour fat reduction, especially in the areas of the body presenting cellulite. However, the weight lost during the session is exclusively connected to the loss of fluids through the process of sweating.

Before entering the sauna, it is necessary to take a hot shower in order to preventively dilate the pores and get accustomed to the high internal temperature. Customers should always remember to place a terry towel on the personal station before sitting. The treatment lasts no more than 15 minutes, after which it is necessary to rub the body with ice from the waterfall in order to create a sudden change in temperature that reactivates blood circulation and invigorates skin tissues. It is possible to repeat the treatment by alternating it with periods of rest of at least 15 minutes. A bucket containing hot water is placed inside the sauna with the purpose of moisturizing the air by pouring some water on hot stones. Bathrobes and slippers must remain outside the structure.





ICE WATERFALL

Ice waterfall is ideal after having been exposed to the heat of the sauna, the Tepidarium or the steam baths. After completing these treatments, it is advisable to rub the body with ice, hence experiencing a revitalising and invigorating effect.

SENSES WELLNESS SHOWER

Program "senses wellness" alternates hot and cold jets that reactivate blood circulation. Emotional caribbean shower: the program «tropical rain» has a special Jet with water drops at 39° C, it has relaxing and anti-fatigue effects. It's Ideal before exposure to the heat of the sauna, of the tepidarium and of the steam room.

COLD FOG

Program «cold fog» with its special vaporizer, which sprays very small water drops, has refreshing and toning effects.

Ideal after exposure to the heat of the sauna, of the tepidarium and of the steam room.

JACUZZI

Within this small hot tub, equipped with underwater deckchairs, pressurised water massages the body, facilitating the drainage of fluids and the stimulation of the lymphatic and blood circulatory system. The heated water to 38 C°, eases muscle relaxation.

Contraindications and advice: This treatment is contraindicated when the body is particularly weak, for instance in cases of high or low blood pressure, in presence of heart diseases and cutaneous or venereal diseases, during pregnancy and menstrual cycle, and in case of fever. It is also necessary to point out that the maximum period of tolerance of the heat varies depending on the subjects. For instance, throbbing temples are one of the first symptoms of excessive heat; if you experience this kind of discomfort, please exit the structure immediately, take a cold shower and lie down for a while.

Do not eat or drink alcohol or stimulating substances an hour before the sauna, as they may cause an increase of the heart rate. Moreover, since the vasodilation causes a decrease in blood pressure, it is advisable to stand up slowly and, once outside, lie down for a few minutes. Finally, it is highly advised to reintegrate the lost fluids by drinking water or herbal tea.



M A S S A G E

***MASSAGE helps alleviate stress and fatigue of modern age.
It's a moment when we can forget everyday problems and we can feel cared for.***

RELAXING MASSAGE WITH GRAPES

(50') € 90,00

Relaxing massages with grape oil. With its strong antioxidant properties this treatment is useful for countering the damaging action of free radicals and, consequently, counteracting the skin aging process.

INVIGORATING MASSAGE

(50') € 90,00

This fast and vigorous massage is ideal in order to improve muscle tone and stimulate blood circulation.

DEEP MASSAGE

(50') € 95,00

The neck, the shoulders and the back are the parts of the body where tension primarily accumulates. Since this massage is concentrated on the most contracted points of the body, this procedure enhances the body's flexibility.

HOT STONE MASSAGE

(50') € 100,00

Thanks to the use of hot volcanic basaltic stones, this massage helps dissolve muscle stiffness, improve joint mobility and relieve spinal column tension, which often causes acute pain.

MANUAL LYMPHATIC DRAINAGE

(50') € 95,00

This delicate massage helps improve lymphatic circulation, favoring the elimination of waste materials inside the body. It is perfect to alleviate skin imperfections such as cellulite and water retention.

INDONESIAN MASSAGE

(50') € 95,00

This massage originated from the northern part of the Island of Sumatra. This Indonesian massage works on the meridians described by the traditional Chinese medicine, which constitute the energy channels that connect the main organs of the body with the purpose of preventing imbalances amongst mind, body and spirit; therefore, this practice reveals its best qualities when the energy balance is compromised. It is a very relaxing massage, which enhances circulation, reduces stress and facilitates sleep.

AROMATHERAPY MASSAGE

(50') € 95,00

It is a massage technique that helps body and mind to relax through the use of essential oils, meeting the individual needs.

CONNECTIVE MASSAGE

(50') € 95,00

It's a deep massage without the use of oil. The massage consist in friction that stimulates the connective tissue and stimulates blood circulation.

SPORTS MASSAGE

(50') € 95,00

This massage is executed on specific body parts in order to enhance athletic performance. It uses two methods of application depending on whether it is executed before or after the athletic performance. In the first case, it aims to warm up and invigorate the muscles, whilst in the second case it aims to soften muscular tensions and drain fluids.

SHIATSU MASSAGE

(50') € 100,00

available on Thursday and on Friday or to be booked 48h in advance

This treatment of Oriental origins employs acupuncture along the body's meridians. Through the pressure of hands, fingers and elbows this massage restores the fluidity of these pathways in order to encourage the flow of vital energy, creating a sense of relaxation and well-being.

BAMBOO MASSAGE

(50') € 100,00

available on Thursday and on Friday or to be booked 48h in advance

This profound treatment presents specific bio-stimulating and reactivating features. The special maneuvers carried out by sliding and rolling bamboo make it ideal for the stimulation of the muscles with its relaxing and reinvigorating effect. Its powerful draining effect makes it ideal against localized cellulite, water retention and heavy legs.

CALIFORNIAN MASSAGE

(50') € 95,00

available on Thursday and on Friday or to be booked 48h in advance

This is the KING of Relaxing Massages. This massage, developed during the American crisis of the 1970s by specialists of the field, employs delicate, rhythmic and fluid movements to treat the whole body. It acts on the receptive system of the skin in order to relieve mental and muscle tension, stimulating blood circulation and lymphatic drainage of unnecessary fluids.

HOLISTIC MASSAGE

(50') € 115,00

available on Thursday and on Friday or to be booked 48h in advance

The particular feature of this treatment is the unique combination of techniques to harmonize body, spirit and mind. It user classic massage maneuvers, together with other energetic and spiritual techniques. The customer can have this treatment sporadically to reach a sense of well-being, or choose a course of several sessions in order to find harmony in situations of change.

TIBETAN BELL WITH RAIN STICK

(25') € 50,00

available on Thursday and on Friday or to be booked 48h in advance

This tool is derived from the fusion of seven metals, which symbolize the seven chakras in the East. Its vibrations create sounds which reconcile the energy centers of the body originating a sense of well-being.

ENERGETIC HEARTS ALIGMENT

(25') € 50,00

available on Thursday and on Friday or to be booked 48h in advance

It is an energetic treatment that stimulates the chakras of the body, harmonizing and blending by means of specific manoeuvres on the back. The restoration of internal balance is created by using the body and its cellular memory, hence achieving a sense of well-being.

ESSENE TREATMENT

(25') € 60,00

available on Thursday and on Friday or to be booked 48h in advance

This treatment uses manoeuvres on specific points of the physical body, as well as energetic elaborations on the etheric body, elaborating and cleansing negative mental states. This treatment therefore recreates balance in the duality of the human spirit and re-establishes a greater light in the aura.

UPON RESEVATION, ON WARM DAYS, MASSAGES CAN BE PERFORMED OUTOORS IN OUR BEAUTIFUL GAZEBO.

SWEET HONEY TREATMENT

(70') € 120,00

It is a complete treatment, which consists in the preparation of the skin with a honey and sugar scrub, which eliminates the dead cells in a delicate, calming and soothing manner. Afterwards, the treatment involves a relaxing massage with honey oil, which adds to its nutritional and healing properties the soothing and softening qualities of the aromatherapy created by the warm honey, giving the skin nourishment and hydration, as well as a beautiful silky sensation.

RELAX IN TUSCANY

(75') € 150,00

The products used in this wellness package contain Tuscan ingredients like lavender, olive and broom flower.

This package includes an olive scrub that has nourishing properties, followed by a bath in a jacuzzi with lavender water which is toning, soothing and is also an important tranquilizer which balances the nervous system.

A relaxing massage with broom flower oil which is relaxing, diuretic and vasoconstrictive ends the session.

CHIANTI TREATMENT

(80') € 160,00

This body treatment uses only products with grape products, which are very hydrating and an important antioxidant, a strong source against skin ageing. This package consists of a grapeseed scrub, a bath in wine and a relaxing massage with a grapeseed mousse.

HEAD AND FACE MASSAGE

(20') € 40,00

Stress causes our eye and mouth muscles to contract and we tend to build up tension on the muscles around the head, neck and shoulders.

This massage helps you to relax, giving your face a healthy and luminous glow.

FOOT MASSAGE

(20') € 40,00

The feet are an essential part of the body, therefore their massage creates a feeling of total relaxation. This massage stimulates blood circulation and the nervous system.

THAI FOOT MASSAGE

(50') € 85,00

available on Thursday and on Friday or to be booked 48h in advance

This treatment is indicated for those suffering from fatigue, swelling and heaviness in the legs. It stimulates the lymphatic circulation starting from the feet and calves by employing a specific stick, in order to create an immediate draining and relaxing effect in the whole body.



REFLEXOLOGY

(45') € 85,00

available on Thursday and on Friday or to be booked 48h in advance

The particular feature of this treatment is the use of feet as a map of the person. A particular kind of finger pressure stimulates the sole and toes, in order to treat the points corresponding to organs, joints, viscera and other parts of the body.

PARTIAL LYMPHODRAINAGE MASSAGE FOR LEGS

(25') € 60,00

PARTIAL MASSAGE FOR BACK OR LEGS

(25') € 60,00

BODY PEELING

(40') € 75,00

Body peeling is an aesthetic treatment which stimulates exfoliation and a healthy regeneration of the skin. It is also suitable to prepare the skin for subsequent body treatments.

FACE CLEANSING

(60') € 75,00

Face cleansing removes impurities and dead cells from the skin. By enabling oxygen to reach skin tissues, the epidermis appears luminous and healthy. It is also suitable to prepare the skin for subsequent face treatments.

ANTI-AGE FACE TREATMENT

(50') € 90,00

This treatment alleviates the signs of aging.

HYDRATING FACE TREATMENT

(50') € 85,00

It deeply hydrates the epidermis, reconstitutes the hydro-lipid barrier and strengthens and elasticizes skin tissues.

The center constitutes an intimate, romantic and exclusive oasis, with Turkish Baths, Finnish saunas, Tepidarium and heated whirlpool baths, where couples can enjoy wonderful moments of relaxation.



BEAUTY

Treatments

MANICURE	€ 40,00
AESTHETIC PEDICURE	€ 50,00
EYEBROWS	€ 20,00
FULL LEG WAXING	€ 40,00
PARTIAL LEG WAXING	€ 30,00
ARM WAXING	€ 20,00
UNDERARM WAXING	€ 15,00
BIKINI WAXING - PARTIAL	€ 20,00
BIKINI WAXING - FULL	€ 30,00
UPPER LIP WAXING	€ 10,00
TOTAL WAXING (Legs, underarms, arms, eyebrows and upper lip)	€ 85,00
EXCLUSIVE WELLNESS CENTER	(60') € 120,00

spa ETIQUETTE

RELAXATION



The Spa is a quiet zone where customers look for tranquility and relaxation. Therefore, please turn off your cell phone and pager.

SUN



Before exposing your body to the sun after a treatment please ask your doctor or therapist whether there are any contraindications.

TOWELS



Towels are available in your rooms or at the Spa.

Access to the wet area is prohibited for children under 12 years

BOOKING

In order to book treatments please contact the staff at the beauty center.

ARRIVAL AT THE SPA

It is advisable to arrive at the Spa 5-10 minutes before the scheduled time of the treatment. If you arrive late the treatment will end at the scheduled time in order to guarantee the punctuality of the next treatment.

CANCELLING A TREATMENT

If you cancel your treatment at least 24 hours before the scheduled time you will be charged only 50% of the cost of the treatment; in case of cancellation 12 hours before the scheduled time you will be charged the entire amount of the treatment.

HEALTH



Please inform the operator of any physical condition, pregnancy or allergy that may influence the choice of your treatment.

SHAVING



It is not advisable to shave or wax immediately before a treatment, therefore if you wish to shave or wax please do it at least 2 hours before the scheduled time.

our FACILITY

1. 29°C HEATED SWIMMING POOL
2. LARGE GYM EQUIPPED WITH TECHNOGYM MACHINES
3. TIEPIDARIUM
4. SAUNA
5. EMOTIONAL SHOWER FRAGRANCES
6. ICE WATERFALL
7. TROPICAL RAIN
8. CHANGING ROOM
9. STEAM ROOM
10. JACUZZI 35°C
11. MASSAGE ROOM WITH TUB
12. ROOMS FOR BEAUTY TREATMENTS
13. INDOOR RELAXATION AREA
14. OUTDOOR RELAXATION AREA





EXCLUSIVE TUSCAN RESORT & SPA
GAIOLE IN CHIANTI

SPALTENNA.IT

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