



Castello di Spaltenna

EXCLUSIVE TUSCAN RESORT & SPA
GAIOLE IN CHIANTI

LA PIEVE SPA

2020 





LA PIEVE SPA CENTER

Immersed in the silence and peace reigning at the Castello di Spaltenna, La Pieve Spa Center is 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 pleasing 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.

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 the dissolution of 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 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 tissue. 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.



STEAM ROOM

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 tissue, relaxes the body and reduces emotional tension.

Before entering the steam room 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 eases blood circulation and skin cleansing, and enables the epidermis 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 tissue, relaxes the body and reduces emotional tension. In fact, the increase in 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 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

The 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

The program "senses wellness" has alternating hot and cold jets that reactivate blood circulation.

MULTI-SENSORY 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

the 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 bathtub, equipped with underwater deckchairs, pressurised water massages the body, hence 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 organism 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.

Access to the WELLNESS CENTER

Due to the sanitary Covid 19 emergency and the new regulations, access to the wellness area will be available prior booking.

The duration will be of 1 hour with the following price list:

FROM 1 TO 2 PEOPLE	€ 40,00	Per Person
FROM 3 TO 4 PEOPLE	€ 30,00	Per Person
FROM 5 TO 6 PEOPLE	€ 20,00	Per Person

People allowed in the spa per family; Children under the age of 12 are not allowed inside the spa



RELAXING MESSAGES

RELAXING MASSAGE

(50') € 90,00

Classic relaxing massage with sweet almond oil. It relaxes both body and mind; the use of sweet almond oil nourishes the skin leaving it soft and hydrated. It can be used as a first massage if you are not use to having them.

HOT STONE MASSAGE

(50') € 100,00

THIS TREATMENT MUST BE BOOKED AT LEAST 1 HOUR BEFORE THE REQUIRED TIME

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

AROMATHERAPY MASSAGE

(50') € 95,00

This relaxing massage helps body and mind relax through the use of essential oils, meeting the individual needs and the various body parts that are treated.

CALIFORNIAN MASSAGE

(50') € 95,00

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

DREAM MASSAGE*

(50') € 100,00

This massage is a sensorial experience for both the massage therapist and the client. It transports the person beyond the mind , creating a sense of lightness that restores the natural well being of both the mind and the body. The treatment consists of 7 different technique maneuvers that can be personalized depending on the needs of the client; it combines deep pressure with a lighter and more relaxing touch.

MASSAGE DURING PREGNANCY*

(45') € 85,00

This massage helps relieve the pressure on the legs and lower back that derive from the weight of the baby during pregnancy. It also creates a further bond between the mother and the baby through soft and relaxing maneuvers.



DEEP MESSAGES

SWEDISH MASSAGE

(50') € 95,00

This massage combines different techniques to achieve a general well-being of the body and mind. It eases the mind, helps drain liquids and loosens muscular tensions. This is a good option if you are looking for a firm pressure but not strong as a deep tissue.

DEEP TISSUE MASSAGE

(50') € 95,00

Neck, shoulders and back are the parts of the body where tension primarily accumulates. This massage concentrates on the parts where there are contracted muscles or actual muscle knots and tries to soften them, relieving pain. This massage can be full body or it can just work on the parts that are in pain.

SPORTS MASSAGE

(50') € 95,00

This massage is executed on specific body parts in order to enhance athletic performance. It comprises 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

AESTHETIC MESSAGES

INVIGORATING MASSAGE

(50') € 95,00

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

MANUAL LYMPHATIC DRAINAGE

(50') € 95,00

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

BAMBÙ MASSAGE

(50') € 100,00

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.

REBALANCING MESSAGES

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.

LOMI LOMI MASSAGE*

(50') € 95,00

This Hawaiian massage only uses forearms to massage the body. It's relaxing and enveloping, it restores the mind with its light movements and it leaves the skin soft and nourished.

BIO-EMOTIONAL MASSAGE*

(50') € 100,00

This massage loosens muscle contractures, increases joint mobility, encourages the release of emotions and enhances the flow of energy. It has different movements depending on the body structure and the presence of muscular, emotional or energetic blocks of the person treated.

REFLEXOLOGY

(45') € 85,00

This massage uses the feet as a map of the body. 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.

*The massages with the asterisk * are available on Thursday and Friday.*

SHORT MESSAGES

PARTIAL BACK OR LEGS MASSAGE

(25') € 60,00

FOOT MASSAGE

(20) € 40,00

HEAD AND FACE MASSAGE

(20) € 40,00

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

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



RITUALS

SWEET HONEY TREATMENT

(70') € 120,00

This treatment, starts by preparing 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” TREATMENT

(75') € 150,00

The products used in this ritual contain Tuscan ingredients like: lavender, grapes and broom flower. The ritual starts with a grape 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 treatment.

WINE TREATMENTS

(80') € 160,00

This treatment only uses products with grape extract, which has nourishing properties and is full of antioxidants, a strong source against skin ageing. This ritual consists of a wine must scrub, a wine bath and a relaxing massage with a grape seed oil.

BODY SCRUB

(40') € 75,00

This treatment stimulates exfoliation and a healthy cell regeneration, leaving the skin soft and glowing. It is also suitable to prepare the skin for subsequent body treatments.



FACIALS

FACE CLEANSING

(50') € 80,00

This facial includes exactions and removes impurities and dead cells from the skin. By enabling oxygen to reach skin tissue, the epidermis appears luminous and healthy. It is also suitable to prepare the skin for subsequent face treatments.

ANTI-AGE FACETREATMENT

(50') € 95,00

Collagen and vitamins F, A, C, E products the skin will be more toned and luminous.

HYDRATING FACETREATMENT

(50') € 90,00

This treatment uses products with hyaluronic acid wich deeply hydrates the epidermis, reconstitutes the hydro-lipid barrier and strengthens and elasticizes skin tissue.

YOUNG/SENSITIVE SKIN TREATMENT

(50') € 85,00

This treatment is for young people who do not need a full facial cleansing but still need to maintain intact the hydro-lipid barrier or for people who have delicate skin that does not react well to stronger products. The products used aim to nourish the skin without being too thick and oily and soothe irritated or reddened skin.



BEAUTY Treatments

MANICURE (regular polish)	€ 40,00
SHELLAC REMOVAL (we do not remove gel or acrylic)	€ 20,00
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
PARTIAL BIKINI WAXING	€ 20,00
FULL BIKINI WAXING	€ 30,00
UPPER LIP WAXING	€ 10,00
TOTAL WAXING (Legs, underarms, arms, eyebrows and upper lip)	€ 85,00

spa

ETIQUETTE

RELAXATION



The Spa is a quiet zone where customers look for tranquillity 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









Castello di Spaltenna

EXCLUSIVE TUSCAN RESORT & SPA
GAIOLE IN CHIANTI

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SMALL
LUXURY
HOTELS
OF THE WORLD

SPALTENNA.IT