



Castello  
di Spaltenna

EXCLUSIVE TUSCAN RESORT & SPA  
GAIOLE IN CHIANTI

LA PIEVE SPA 2023 



Partnership with

**La Colline**   
Swiss Riviera Beauty Treatment



## 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.*

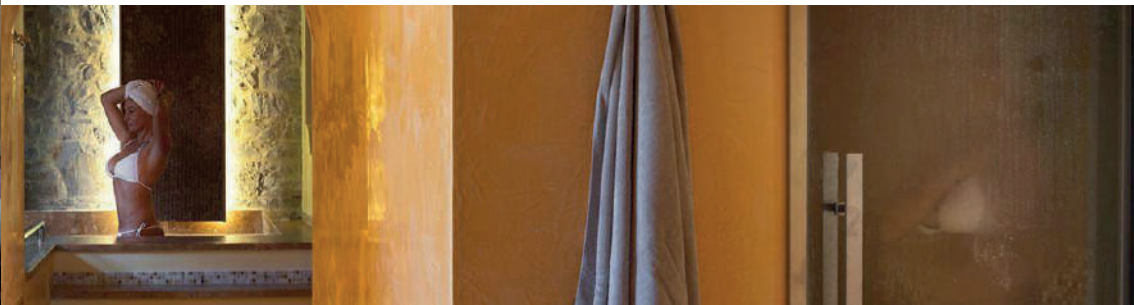
*The Center covers over 300 square meters and is divided into numerous indoor and outdoor areas. The indoor areas are dedicated to the humid area, the heated whirlpool baths, the heated swimming pool with a set temperature of 29°C, the equipped Technogym, and the relaxation area where it's possible to 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 and only among people of the same family.

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

Covid-19 Regulation: we would like to remind our guest that the use of the face mask is required during the whole duration of the treatment; this rule does not apply if you are doing a facial





## LA COLLINE

In the heart of the Swiss Alps, between hills and pure lakes, our research labs of La Colline develop the **refined formulas of excellence**. Our secret: a fine balance between the **power of biotechnology** and the effectiveness of botanical extracts in a unique and complex formula which is the result of the combination of scientific precision and rigorous Swiss standards.

The exclusive anti-aging complex **CMAge® Complex** is infused in every La Colline product. The CMAge® Complex consists in six accurately selected active ingredients and it's role is to activate the vital functions of the cells: **oxygenation, hydration and protection**.

Our luxurious products are not only the result of research and innovation but they offer a refined and elegant sensorial experience. With La Colline taking care of your skin becomes a **journey of all the senses**.

## FACIAL TREATMENTS LA COLLINE

**La Colline treatments menu** offers a relaxing interlude for a perfect balance of the body and mind with **4 different types of treatments**. Each treatment is a taste of SWISS BLISS: the **Swiss sensory evasion** that La Colline offers to each of its guest with personalized high quality facial treatments.

SWISS BLISS expresses a feeling of happiness and deep well-being combined with the competence and the rigorous Swiss standards of skin care.

### “BREAK AT ZERMATT”

(45') € 100,00

This treatment allows guest to discover La Colline's products. After a double cleansing, a sensorial massage brings immediate relaxation and well-being to the face just like a whiff of fresh air. The use of a specific face mask and skincare products finish this moment of pure bliss. The skin will appear smooth, oxygenated and revitalized.



#### **“LAYOVER IN ALETSCH”**

**(50') € 130,00**

This essential treatment instantly plumps and lifts the skin, enhancing natural radiance. The serum infused sensorial massage transforms the skin leaving it softer and firmer. Depending on the skin's specific needs you can choose between :

**MOISTURE BOOST ++** for skin that needs a boost in hydration. This treatments will immediately rehydrate the driest skin.

**MATRIX R3** for skin that needs a triple anti-aging action. This treatment will leave your skin: rejuvenated, smooth, plump and firm.

#### **“LA COLLINE MEN EXPERTISE”**

**(50') € 120,00**

This treatment has been studied exclusively for male skin. This facial combines specific products from the **CELLULAR FOR MEN** collection with restorative, radiance enhancing and anti-aging properties suitable for all types of men's skin.

#### **“SAINT MORITZ GETAWAY”**

**(80') € 200,00**

This is a premium rejuvenating treatment: it starts with a candle massage on the back massage to relax and bring a sense of well-being and then the face is massaged with lifting techniques. A collagen mask combined with a hand and scalp massage brings a sense of general tranquility and youthfulness to the face. The treatment can be done using:

**NATIVAGE** a complete anti-ageing line: at the end of the treatment the skin radiates with beauty, wrinkles and fine lines are reduced and the complexion is glowing

**LIFT & LIGHT** to restore skin's youth and radiance. The products of this line brighten, correct and even out the complexion where there are pigment irregularities while at the same time lift and redefine facial contours.



## 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 muscular tensions and drain fluids.

## AESTHETIC MESSAGES AND TREATMENTS

### 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.

### BAMBOO 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.

#### 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.

#### FACE CLEANSING (COMEDO EXTRACTION)

(50') € 90,00

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

## REBALANCING MESSAGES

#### 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.

#### GUA SHA FACE MASSAGE

(45') € 85,00

This treatment uses a pink quartz stone to massage the face. This massage consists on stimulating the meridian points of Chinese Medicine to bring a sense of relaxation and general well-being; it also has firming and anti-ageing effects because it stimulates the cells to produce collagen and elastin fibers and smoothes out wrinkles, it reactivates the microcirculation giving the skin a healthy complexion.

# SHORT MESSAGES

## PARTIAL BACK OR LEGS MASSAGE

(25') € 60,00

## FOOT MASSAGE

(20') € 40,00

## HEAD AND FACE MASSAGE

(20') € 40,00

# RITUALS

## “GOLDEN GLOW” TREATMENT

(50') € 110,00

This face and body treatment prepares the skin for sun exposure. The ritual starts with a scrub that eliminates dead skin cells and prepares the skin to absorb the products that will be applied next; afterwards a tan stimulating mousse is applied followed by a cream rich in vitamin C (which is full of antioxidants) and Beta-Carotin (which helps our body produce melanin). The skin is now prepared for the sun!

## “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 the 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 TREATMENT

(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.



# BEAUTY

## Treatments

MANICURE (regular polish)	€ 40,00
SHELLAC REMOVAL (we do not remove gel or acrylic)	€ 20,00
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 or pager and use a low and adequate tone while speaking.

## 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 or at the front desk.

## 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

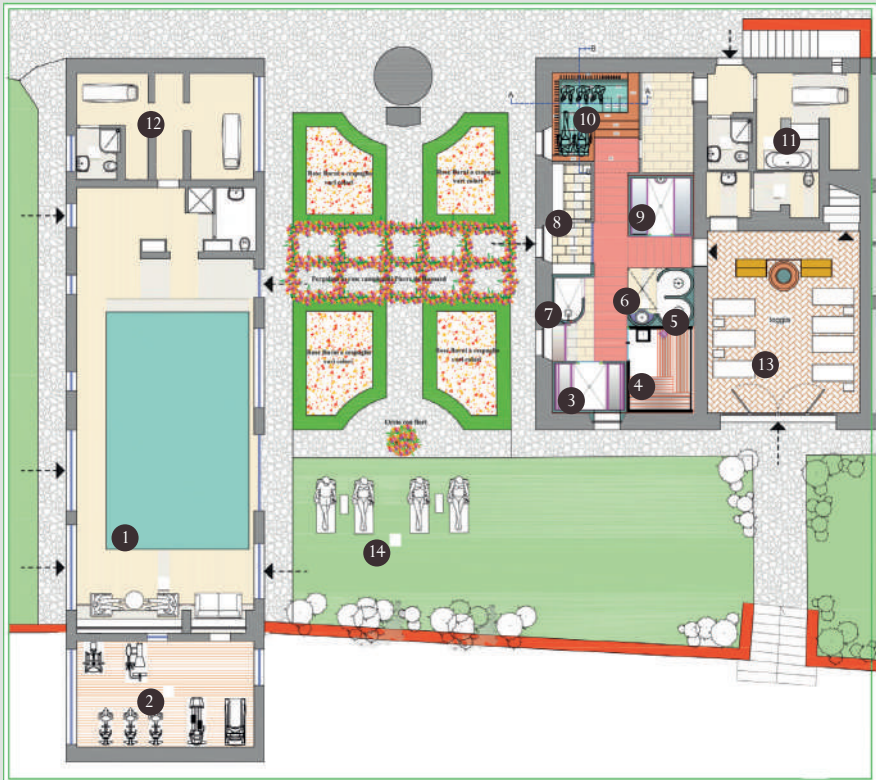


It is not advisable to shave or wax immediately before a treatment, therefore if you wish to shave or wax please do it at least 2 hours before the scheduled time.



# our FACILITY

1. 29° HEATED SWIMMING POOL
2. LARGE GYM EQUIPPED WITH TECHNOGYM MACHINES
3. TEPIDARIUM
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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