

MONTEVERDI  
CASTIGLIONCELLO DEL TRINORO  
TUSCANY

THE SPA AT MONTEVERDI

## THE SPA AT MONTEVERDI

Nestled in the iconic rolling hills of the Val d'Orcia, the Spa at Monteverdi is a uniquely beautiful and pampering oasis. Surrounded by rolling green hills and golden fields, this idyllic sanctuary offers a view stretching as far as Siena and offers a range of treatments to energize and recharge your mind, body, and soul.

Inside the newly expanded spa, you will find superbly designed treatment rooms and underground hot and cold pools. Inspired by ancient Roman bathing rituals, our Spa also includes a garden view relaxation lounge, heated pool overlooking the Tuscan countryside, sensory shower, and a bathing area featuring Hammam Treatments. Or immerse yourself in an intoxicating blend of sights, smells and sounds with custom bathing rituals on our private outdoor terrace with two travertine soaking tubs.



*Outdoor soaking tubs at The Spa at Monteverdi*

## EXCLUSIVE PRODUCTS

Our artisanal treatments have been crafted to relax, refresh and rejuvenate, combining the proven techniques of centuries past with the finest modern amenities. We feature an exclusive range of luxury spa products including Officina del Profumo Santa Maria Novella and Charme d'Orient - Paris.

Santa Maria Novella products are derived from Tuscan herbs, plants, and flowers, and were first developed by 13th Century Dominican friars for their healing properties. And, Charme d'Orient - Paris products are inspired by the Hammam rituals used by ancient civilizations to purify mind and body.

## SPA MENU

### SALUS PER AQUAM -THE MONTEVERDI WATER CIRCUIT

Taking inspiration from Roman baths, this therapeutic Water Circuit alternates between hot and cold temperatures. With invigorating jets, this hydrotherapy will stimulate circulation and relax the body — leaving you relaxed and euphoric.

#### INCLUDES

- Sensory Shower with multiple jets and atomized water
- Warm Pool with hydro massages
- Frigidarium - cold water plunge
- Relaxing Room - Unwind, rehydrate, and enjoy herbal tea

90 MINUTES

€90 (Complimentary with Reserved Spa Treatment)

## HAMMAM RITUALS AT MONTEVERDI

Hammmam bathing rituals evolved from their Roman roots to adapt to the desire for purification, detoxification, and holistic health. Monteverdi Hammam treatments are profoundly luxurious spa treatments that replenish energy levels, soothe muscles, and melt your tensions away.

### TURKISH FOAM RITUAL

Experience this ancient Turkish purification with aromatic water, steam bath, followed by an Aleppo foamy lather soap treatment using the ancient technique of a manually rotated towel. Enjoy the sensation on your skin as it is deeply cleansed, and your body becomes relaxed and restored.

60 MINUTES €170

### BLACK SOAP RITUAL

Pamper yourself with this multi-sensory spa experience including evocative techniques and sensual Maghreb products. Begin your journey in the steam bath with Charme d'Orient - Paris Black Soap to dilate your pores and absorb the active ingredient. Then enjoy an exfoliation with a natural Kassa glove and allow expert hands to slough away the dead skin, followed by a generous application of pure Moroccan Argan Oil for a silky-smooth finish. Silky smooth bliss.

60 MINUTES €170

## LUXURY HAMMAM EXPERIENCE

The complete Berber ritual uses Charme d'Orient - Paris luxury products. This alluring experience starts with the application of Phoenician aromatic water (ablutions) and Rhassoul clay - a mineral-rich product with beneficial properties. Next, relax in the steam bath (Calidarium) to feel the full benefits of the clay before indulging in an Allume scrub to exfoliate and elasticize your skin. Finally, pamper yourself with an enveloping Shea butter massage to deeply relax your muscles and moisturize your skin. The ultimate in indulgent experiences.

120 MINUTES €290

## MONTEVERDI BATHING RITUALS

Indulge your senses with locally sourced herbal products as well as the Officina Fiorentina Santa Maria Novella range, along with massages and bathing rituals immersed in the tubs on the private terrace overlooking the iconic splendor that is the Val d'Orcia. These luxury soaks make use of expertly prepared natural essential oils, aromatic bath salts, and local herbs, based on your specific needs. These custom preparations soften and prepare your skin for the next stage of the ritual.

## THE FULL MONTEVERDI

Our signature treatment made up of an exfoliating salt scrub enriched with natural local Tuscan treasures, including lavender, rosemary, lemon balm and sweet orange, followed by a detoxifying bath in our outdoor tubs overlooking the Val d'Orcia. This unforgettable and regenerating experience is completed with a revitalizing massage using aromatic plant oils. Peaceful, extravagant, sensorial.

120 MINUTES €290

## SCENT OF LAVENDER

A relaxing and softening immersion in organic lavender and rose aromatherapy, iconic Tuscan herbs renowned for their calming, soothing and relaxing properties. A gentle massage is followed by a moisturizing and nourishing body wrap enriched with lavender flower and followed by a soothing bath in our outdoor tub overlooking the Val d'Orcia. Aromatic relaxation in the great outdoors.

90 MINUTES €250

## ROMANTIC MONTEVERDI

Our magical treatment specially designed for couples begins with a harmonious side-by-side massage enhanced with Tuscan flower oil and is followed by a relaxing bath on our private terrace overlooking the Val d'Orcia. Enjoy the beautiful view, sip a glass of Prosecco, and indulge yourselves in this magical corner of Tuscany, creating memories that will last a lifetime.

105 MINUTES €550 per couple (Advance booking required)

## BATHING RITUAL

Relax in one of our outdoor soaking tubs. Your body and soul will be invigorated as you relax in the splendid tubs and enjoy stunning views of the Val d'Orcia. Your therapist will help you to select the best local ingredients to infuse your bath water. A perfect addition to any massage, facial or body treatment.

40 MINUTES €70



## FACE TREATMENTS

### THE MONTEVERDI FACIAL

An exclusive blend of Tuscan herbs, including Echinacea, sage, burdock and witch hazel, purifies pores and revitalizes the skin — an ideal treatment to battle the effects of fatigue and seasonal stresses and strains. The Monteverdi Facial uses ultrasound technology to exfoliate the skin, enhance the effect of the all-natural herbal solution and permeate impurity on the dermis for a truly deep cleanse.

75 MINUTES €200

### THE MONTEVERDI LUXURY FACIAL

Restore your skin's natural tone and elasticity with this luxurious treatment. Our unique, pampering remedy combines the all-natural rejuvenating power of Curcuma, Ginkgo Biloba and red berries, vitamin E and a seaweed mask with state-of-the-art ultrasound and iontophoresis technology to reduce wrinkles, tone the face, neck, and décolletage for an immediate lifting effect.

75 MINUTES €200

## SIGNATURE SKIN TREATMENTS

Monteverdi Spa's Signature Skin treatments are optimized for a personal spa experience. Choose from one of our specializations to customize your treatment to your specific needs. Looking after your skin helps slow down the aging process and gives the skin a natural glow.

### MOISTURIZING

Ideal for dry and dehydrated skin, the Moisturizing skin treatment uses natural ingredients including avocado oil, jojoba oil, and beeswax which give a moisturizing, emollient and elasticizing effect.

50 MINUTES €175

### SOOTHING

Formulated for sensitive skin, the Soothing skin treatment combines a gentle blend of all-natural ingredients such as olive oil, Shea butter, and essence of chamomile to reduce inflammation and fortify the skin with essential protective elements.

50 MINUTES €175

### GLOWING

Essential oils of wheat germ and avocado, and Vitamins A, E, and F are combined with a crystal face mask in this very special formula designed to enrich tired skin and reveal the youthful glow beneath, giving the skin a "mother-of-pearl" appearance.

50 MINUTES €175

## EYE REJUVENATION TREATMENT

Refresh your "windows to the soul" with Monteverdi Spa's eye rejuvenation treatment-perfect for lightening dark circles, removing bags under the eyes and smoothing orbital wrinkles. This treatment may be added to any of our facial treatments.

25 MINUTES €75



## MASSAGES

Massages at Monteverdi Spa use the finest aromatic oils from the Officina del Profumo Santa Maria Novella.

### RELAXING MASSAGE

Our signature muscle treatment massage combines soothing, harmonious movements with relaxing and evocative scents to promote physical and mental well-being, relieve tension and relax aching muscles.

50 MINUTES €125

75 MINUTES €160

### ENERGIZING MASSAGE

Invigorate the body through kneading, rubbing and drumming techniques to prepare, lengthen and relax tense muscles and eliminate lactic acid. Ideal as a preparation before physical activity or immediately after to relieve muscle fatigue.

50 MINUTES €125

75 MINUTES €160

### DEEP TISSUE MASSAGE

This personalized muscle massage combines deep pressure, finger pressure and stretching to oxygenate and relax the parts of the body typically prone to muscle tension.

50 MINUTES €125

75 MINUTES €160

## DETOXIFYING MASSAGE (LYMPH DRAINAGE)

A European massage to restore balance to the body using specific pumping and draining techniques, the best remedy to relieve water retention and purify the lymphatic system.

75 MINUTES €160

## TUSCAN MASSAGE

This aromatic massage is the perfect remedy after a long journey or after a busy day of sightseeing, to kick-start the circulation in your legs, and relieve tension.

Choose from one of the following products:

### OLIVE OIL

With local Tuscan olive oil, rich in beta-carotene and vitamins E and A, to renew and moisturize your skin and improve elasticity

### GRAPSEED OIL

From the Chianti area delivers moisturizing and antioxidant properties that stimulate capillary microcirculation and reduce the signs of aging skin.

50 MINUTES €125

75 MINUTES €160

## CANDLEWAX MASSAGE "SANTA MARIA NOVELLA"

Harmony. Serenity. Melt reality away with Santa Maria Novella's specially formulated therapeutic massage candle. Nourishing warmed candle oil is dripped and massaged deeply into the skin.

50 MINUTES €140

75 MINUTES €170

## HOT STONE MASSAGE

A holistic treatment using heated lava stones rich in minerals to restore energy levels. Placed on various parts of the body, the stones produce relaxing sensations, help to improve the circulation, infuse oxygen to the muscles, help eliminate toxins and lactic acid, as well as improve muscle pain and inflammation. Energizing and soothing.

75 MINUTES €160

## MAORI MASSAGE

Enjoy this innovative massage inspired by traditional Maori art and culture. The Maori method involves applying varying pressure on every muscle in the body using special wood tools and techniques, and leaving you feeling relaxed, de-stressed and energized. This experience reduces tension, stimulates your senses, gets your circulation pumping, restructures the silhouette and refines your skin. The ultimate pressure release massage.

75 MINUTES €170

## FOR PREGNANCY

The specific treatment for pregnant women based on natural ingredients to counteract excess fluid and swelling. A draining herbal pack provides immediate lightness and relief to the legs, while body drainage techniques are performed with sweet almond oil to relax tensed muscles and stimulate micro-circulation. Recommended after the third month of pregnancy.

75 MINUTES €170



## MASSOTHERAPY TREATMENT

Enjoy a customized massage based on your own specific needs and aimed at helping to relieve problems due to muscle damage or tendonitis due to minor trauma, bad posture or inflammation, thanks to the expert hands and specific techniques of our masseur. Advance booking required.

50 MINUTES €140

75 MINUTES €170

## NUPTIAL SPA TREATMENTS FOR THE BRIDE AND GROOM

We have designed a special treatment to help the happy couple relax the body and ease the mind in preparation for their very special day. Enjoy a romantic couples massage performed with orange flower oil in combination with harmonious movements while immersed in the scent of orange and rose. Take in the beautiful view while sipping an apertif and create memories that will last a lifetime. We recommend reserving the treatments through our concierge upon arrival.

This bride and groom treatment is only available for wedding events.

105 MINUTES €420 per couple

### PLEASE NOTE

In order to guarantee the times indicated on our price list, we ask you to kindly arrive 15 minutes prior to your appointment time. We are unable to guarantee full treatment time for late arrivals.

We will ask you to fill out a form declaring yourself to be in good health.

To ensure we provide the highest level of service to all of our guests, we require 24-hour notice to cancel or reschedule appointments. Cancellations made with less than 24-hour notice are subject to fees.

Upon arrival for your spa appointment, you will be shown to a private cubicle where you may change into the provided spa kit. Due to safety considerations, children under the age of 14 are not permitted in the spa.

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