

SPA PHILOSOPHY



Castello del Nero welcomes you to our Spa of refined relaxation where contemporary design merges seamlessly with elegant Florentine tradition. Journey through natural wood, smooth glass and cool stone to our cocooning treatment rooms, where each ESPA Treatment fuses advanced techniques with ancient therapies to deliver the best bespoke therapeutic experiences in the world. Aromatic and pure essential oils work in harmony with powerful plant extracts and deeply nourishing marine elements, to create a collection of treatments and products that are both efficacious and luxurious.

Ease into tranquility in the soothing relaxation room and gaze out at the Tuscan rolling hills and valleys below. Refresh and revitalise in our outdoor Vitality Pool overlooking fertile vineyards and olive groves. A state-of-the-art Spa that emerges sensitively from its noble 12th century heritage, ESPA at Castello del Nero embodies restoration - of mind, body and spirit.

HOW TO SPA

Opening Hours Mon-Sun

Spa Facilities open 09:00 - 21:00

Spa Treatments available 10:00 - 20:00

Arrival Time You are encouraged to arrive 60 minutes prior to your appointment to enjoy the exclusive facilities at the Spa. Please be aware that late arrivals may result in reduced treatment time.

Heat Experiences Enjoy the luxurious range of heat and cooling experiences which cleanse the body and skin, relax and soothe aching muscles and prepare your body and mind for the treatment experience to follow.

These facilities include the following areas:

- Laconiums with spectacular Tuscan Views · Outdoor Portico covered Vitality Pool
- Aromatic Caldarium Steam Rooms · Lifestyle Showers · Ice Fountains
- Relaxation Areas · Separate Male and Female Changing Rooms.

For Resident Guests wishing to enjoy the Thermal Suites without a treatment there is a small charge, as detailed in the Spa Tariff.

Spa Treatments The specialised ESPA Treatments care for your every need from Advanced Facials, Hot Stone Therapy, Essential Body Massages, Envelopments and specific Castello del Nero Signature Treatments to Half Day and Full Day Spa Programmes. All treatments and Spa Programmes will be available to Residents of Castello del Nero.



ESPA AT CASTELLO DEL NERO

FULL DAY AND HALF DAY SPA RITUAL PROGRAMMES

Indulge in a Full or Half Day Ritual of treatments and relaxation at ESPA at Castello del Nero. You are encouraged to arrive 60 minutes prior to your treatment time in order to enjoy use of the Spa Facilities, including the outdoor Vitality Pool with views of the beautiful Tuscan countryside, and separate heat facilities for Male and Female Guests including Laconium, Caldarium, Lifestyle Showers and Ice Fountain. Relaxation Rooms overlooking the Castello del Nero olive groves provide a quiet space to rest before treatments. Each experience begins with a herbal infusion and energy balancing Foot Ritual.

FULL DAY SPA RITUALS

All Castello del Nero Full Day Spa Rituals include use of the Spa Facilities and an exquisite three course Daily Specials Spa Cuisine Lunch in the spectacular La Torre Restaurant.

Castello del Nero Ultimate Ritual 3 Hours 50 Minutes

€ 610

ESPA Chakra Balancing with Hot Stones

Olive Oil and Pink Clay Oriental Inspired Head Massage

ESPA Age Defyer Facial

Combining the energy equalizing and deeply relaxing Chakra Balancing Treatment with Hot Stones and the Castello del Nero Signature Oriental Head Massage, with the advanced massage techniques and products in the Age Defyer Facial makes this the Ultimate Holistic Ritual.

Tuscan Haven Ritual 3 Hours 50 Minutes

€ 565

Castello del Nero Relaxation Ritual

ESPA Intensive Facial

ESPA Holistic Foot and Nail Treatment with Hot Stones

Beginning with body exfoliation and sophisticated Balinese massage techniques this treatment combination also includes an Intensive Facial tailored to your specific requirements and concludes with the ESPA Foot and Nail Treatment with Hot Stones incorporating the hydrating paraffin mask to nourish and condition the feet and legs.

Pre Natal for New Beginnings 3 Hours 40 Minutes

€ 470

ESPA Total Indulgence Pre/Post Natal Treatment

ESPA Holistic Hand and Nail Treatment with Hot Stones

ESPA Holistic Foot and Nail Treatment with Hot Stones

Specifically and carefully designed for this very special time of life the Total Indulgence Treatment is combined in this Ritual with specific care for hands and arms and feet and legs to bring about deep relaxation and a sense of calm.

Detox and Balance 2 Hours 50 Minutes

€ 450

Detox Essential Massage

ESPA Stimulating Hip and Thigh Treatment

ESPA Intensive Facial

The stimulating deep tissue massage and specific lymphatic drainage techniques of the ESPA Hip and Thigh Treatment combine with the essential full body Detox Massage to effect maximum benefits of cleansing and purification for the body. The Intensive Facial and Oriental Scalp Massage is tailored to meet the skins requirements achieving complete balance for Mind and Body.



De-Stress and Calm 2 Hours 50 Minutes
ESPA Stress Relieving Full Body Massage
ESPA Stress Reliever Ultimate Envelopment
ESPA Skin Brightener Intensive Facial

€ 450

The Massage and Envelopment combination in this Ritual target areas of stress and tension in the body to re-establish equilibrium to Body and Mind, while the Skin Brightener Facial helps restore vibrance and luminosity to the skin.

HALF DAY RITUALS

All Half Day Spa Rituals include use of the Spa Facilities and begin with a herbal infusion and cleansing Foot Ritual. Lunch can be added at an additional cost.

Castello del Nero Time Ritual 1 Hour 50 Minutes
TIME

€ 260

An innovative treatment approach - ESPA TIME allows you to relinquish the decision making process and place yourself in the hands of your highly skilled therapist who will tailor your treatment specifically to suit your needs and requirements at that time.

Tuscan Retreat Ritual 1 Hour 50 Minutes
Sea Salt and Tuscan Rosemary Body Exfoliation
ESPA Essential Body Massage
Olive Oil and Pink Clay Oriental Inspired Head Massage

€ 260

Body exfoliation with Sea Salt and Tuscan Rosemary brings softening and purifying benefits while a specific Essential Body Massage with ESPA Aromatherapy Oils chosen to suit your needs targets tension, and finally the Castello del Nero Signature Oriental Inspired Head Massage uses acupressure points to bring about deep relaxation and ultimate balance to Mind and Body.



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ESPA Mini Ritual 1 Hour 50 Minutes

€ 260

An introduction to the Ritual Experience which combines several elements including, Skin Brushing and ESPA Body Exfoliation or Salt and Oil Scrub; ESPA Essential Body Massage with essential oil blends, Ultimate Body Wrap and Oriental Head Massage.

Choose from the following Mini Rituals or allow your therapist to help you determine which is best suited to your needs on the day.

ESPA Detoxifier - ESPA Body Toner - ESPA Muscle Relaxer - ESPA Stress Reliever

ESPA Immune Booster - ESPA Energy Booster - ESPA Jet Lag Eliminator

MID WEEK SPA RITUAL

Available Monday through Thursday this Ritual includes use of the Spa Facilities and a two course Daily Special Spa Lunch in the spectacular La Torre Restaurant.

Spa Taster Ritual 1 Hour 50 Minutes

€ 300

ESPA Full Body Salt and Oil Scrub

ESPA Aromatherapy Body and Scalp Massage

Combining the skin cleansing and smoothing benefits of one of three specialized ESPA Salt and Oil Body Scrubs with the relaxing and calming, or inspiring, uplifting and mind clearing benefits of the Aromatherapy Body and Scalp Massage this Ritual is the perfect mid-week treat. Available Monday through Thursday (excluding public holidays).