



**CASTELLO
DI CASOLE**

ESSERE SPA

ESSERE SPA MENU

WELCOME TO THE LEGENDARY WORLD OF BELMOND

When you stay with Belmond, your wellness becomes our top priority. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on the beach or simply soaking up the sense of serenity in our tranquil hideaway, take the time to refresh both body and soul.

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01 **RELAX AND REVIVE AT ESSERE SPA**

We invite you to unwind in our serene spa in the dramatic, vaulted setting of the estate's former wine cellar. Essere, meaning "to be" in Italian, is a place where you can simply be: savour each moment and focus on your wellbeing as you soothe mind, body and soul with therapies inspired by local Tuscan ingredients, such as rosemary, grapes and olive oil.

Our pampering treatments use Italy's finest natural spa products: Comfort Zone for skin and Davines for hair treatments, famed for their sustainable and ethical approach to beauty.

All rituals are suitable for both men and women unless otherwise stated. All massages can be enjoyed as a couple's treatment in our exclusive suite, subject to availability. Work out in our fitness centre on state-of-the-art Technogym equipment, or stretch out in a yoga or pilates class on the lawn.

During your stay, please enjoy complimentary use of our pools, steam rooms and relaxing spaces, as well as the Spa's lush outdoor gardens.

Access: next to the church, close to Tosca

Reservations: Call ext 900 or press the Spa button on your room phone

02 SIGNATURE INDULGENCES

PURO 110 MINUTES

Embark on a Tuscan journey beginning with a gentle clarifying facial and an exfoliating body scrub of sea salt, honey and orange-infused oil. Using our own Belmond Castello di Casole olive oil, infused with a choice of orange, melissa or lavender from the estate, we soothe you with a classic massage that warms the muscles and melts away tension.

CASTELLO DI CASOLE CUSTOMISED EXFOLIATION 25 MINUTES

Choose from our selection of natural ingredients to create your own personalised scrub before enjoying a revitalising full-body exfoliation. Perfect as a stand-alone treatment or in addition to any of our massages.

SIGNATURE ESSERE TUSCANY MASSAGE 50/80 MINUTES

Following a full consultation with one of our expert therapists, enjoy a massage customised entirely to your needs and preferences.

ETRUSCAN BEAUTY LIFT FACIAL MASSAGE 50 MINUTES

Indulge in a real treat: our regenerating facial massage is designed to re-sculpt contours, improve circulation and re-oxygenate the skin without the need for any cosmetics. According to time-honoured tradition, the beauty-boosting facial uses refined massage techniques and pure oils to achieve exceptional results.

DIVINE ETRUSCAN MASSAGE 50 MINUTES

Regain vital energy with this unique massage performed simultaneously by two skilled therapists. In relaxing surroundings, filled with fragrant essential oils, it's an unforgettable experience.

50+ RITUAL 50 MINUTES

For women experiencing hormonal changes to the face and body, this ritual brings serenity and vitality. Cell Support Technology™, innovative textures and a special massage technique, Dermal Petrissage, combine to boost production of collagen for a deep skin regeneration. For women 50+.

03 MASSAGES

All massages can be enjoyed as a couple's treatment in our suite, subject to availability.

BACK, NECK AND SHOULDER MASSAGE 25 MINUTES

Let us soothe away any tight or knotty areas with this intensive, targeted treatment.

DETOX LYMPHATIC MASSAGE 50/80 MINUTES

Improve your circulation and benefit from the detoxifying effects of our specialised massage, which uses gentle, rhythmic strokes to stimulate the lymphatic system.

HOT STONE MASSAGE + ENERGY REBALANCING 80 MINUTES

Feel all traces of tension leave your body with a combination of warm stones from the Tyrrhenian Sea, olive oil and massage techniques that induce total relaxation.

HONEY-INFUSED MASSAGE 50/80 MINUTES

Indulge in this sweet ritual, which uses our signature blend of honey and bitter orange oils to nourish and relax the body.

MULTI-TREATMENT BACK REMEDY PACKAGE 180 MINUTES

Give your hard-working back a wonderful treat and soothe away any stiffness or tension. This series of three treatments, available for guests staying at least three days, begins with a 50-minute anti-stress preparatory massage on day one, continues with a 50-minute shiatsu massage on day two, and culminates in an 80-minute hot stone and chakra rebalancing treatment on the final day. Walk away with a new bounce in your step.

SLEEPING RITUAL (ALSO AVAILABLE FOR COUPLES) 80 MINUTES

Available from 17:00 only.

Ensure a wonderful night's sleep with this calming ritual, which combines innovative pressure-point massage with deeply relaxing essential oils. Ideal after a long flight or when you've travelled to a different time zone.

04 BODY RITUALS

EQUILIBRATO

110 MINUTES

Mud scrub and massage

Give yourself a boost with therapeutic Mediterranean mud, rich in oligo elements – or trace minerals – that restore balance to the skin, and a sea salt and olive oil polish that enhances cellular renewal. Finish with a full-body massage using orange-infused oil to relax your mind and hydrate your skin.

SWEET AS HONEY

110 MINUTES

Facial and massage

Inspired by our precious, locally harvested ingredients, this indulgent treatment combines an anti-ageing facial using royal jelly to restore skin resilience and a massage with millefiori honey-infused oil to nourish the body.

DI-VINO

110 MINUTES

Body scrub and massage

Be pampered by a treatment harnessing the goodness of our vineyards. Begin with a divine body scrub of grapeseed oil, honey, wine and brown sugar, leaving your skin soft and silky. Follow with a full-body massage using pure grapeseed and essential oils blended to our signature formula.

DETOX & DRAIN

80 MINUTES

Reap the benefits of this intensely detoxifying, draining, anti-cellulite treatment. Thermal water and essential oils are combined with a deep tissue purification to drain away waste and toxins. The perfect boost for legs encumbered by edematous cellulite.

DEEP BODY RENEWAL

50 MINUTES

Enjoy a reshaping, revitalising massage that provides an intense metabolic boost. While tackling water retention and helping to drain toxins, it reactivates your circulation and eases muscle tension.

05 FACIAL THERAPIES

GLOWING RADIANCE THERAPY 80 MINUTES

Nourishing, Hydrating, Rejuvenating

Treat your complexion to a radiant boost with this sensual therapy, which begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation. Powerful damask rose and sandalwood oils are then used to stimulate the skin cells before we use specialist massage techniques to restore luminosity. A green clay mask soothes the skin, leaving your complexion glowing and your mind calm.

NEW ANTI-AGEING LIFT 80 MINUTES

Lifting, Filling, Tautening

Firm and tone your skin with this new lifting facial that gives stunning visible results. The secret lies in an innovative massage technique and a high-performance formula of age-defying ingredients.

LUMINANCE FACIAL 80 MINUTES

Illuminating, Clarifying, Anti-Ageing

Smooth out your skin and lighten any pigmented areas with this highly effective and nourishing facial.

LADY OF THE CASTLE 50/80 MINUTES

Enjoy a custom-designed, regenerating facial, tailored precisely to your needs. Your session begins with a short consultation to determine which areas you'd like your therapist to focus on.

REMEDY 50 MINUTES

Boost the health and beauty of your skin with this renewing, fortifying and soothing facial, perfect for sensitive, fragile and redness-prone complexions. An exclusive massage inspired by physiotherapy and osteopathic techniques includes jade spheres, renowned for their detoxifying properties.

SUBLIME SKIN EYES 25 MINUTES

Fight dark circles, puffiness and fine lines with this triple-action treatment. Look forward to illuminated, rejuvenated eye contours.

SACRED NATURE REGENERATIVE ELIXIR 80 MINUTES

Repair, regenerate and revitalise your face, neck and décolletage with this luxury pro-youth treatment containing organic ingredients. An antioxidant botanical complex and the innovative Regener-lift Massage combine to achieve immediate toning and firmness.

SACRED NATURE REGENERATIVE HYDRA 50 MINUTES

Enjoy a treatment using moisturising and regenerative organic ingredients. A unique 7-step ritual revitalises and brightens the complexion to extraordinary effect.

06 RITUALS FOR MEN

All our treatments are suitable for men unless otherwise indicated.

LORD OF THE CASTLE

50/80 MINUTES

Design a facial to suit your own needs, whether it's reducing fine lines or promoting cellular renewal. After a short consultation, relax as your therapist begins your fully customised ritual.

MEN'S RADIANT FACE THERAPY

50 MINUTES

Purifying, Anti-bacterial, Youthful

Restore vitality to skin weakened by frequent shaving or exposure to the elements. Using wholly natural ingredients, this treatment combines cleansing, exfoliation and toning with deeply relaxing massage techniques.

BACK & SHOULDER RESCUE

50 MINUTES

Melt away tension with this decontracting and detoxifying treatment for the head, neck and back.

07 **HOLISTIC TREATMENTS**

SHIATSU 80 MINUTES

We employ a blend of Japanese traditional massage, acupressure and gentle stretches to enhance your physical and mental wellbeing.

REIKI FULL BODY TREATMENT 50 MINUTES

Rebalance your body with this ancient healing discipline in which the therapist places their hands on your chakras, or centres of energy.

CHAKRA REBALANCING 30 MINUTES

In just a short session you'll feel revived and rejuvenated as your therapist covers the chakras of your body to restore energy and vitality. The treatment is perfect to enjoy on its own or in conjunction with another therapy.

REFLEXOLOGY 50 MINUTES

Guided by the principle that all parts of the body are connected by energy lines to reflex points in the feet, we apply gentle and firm pressure to your feet to heal or stimulate the corresponding parts of your body. This therapy can be tailored to your specific needs.

08 RITUALS FOR TWO

Enjoy the following therapies in our luxurious couple's suite.

ROMANTIC

80/110 MINUTES

Shared bath and massage

Enjoy an indulgent soak together in a bath of rose petals as you sip a flute of Prosecco. Then lie next to each on comfortable treatment tables to luxuriate in a synchronised massage, leaving you deeply relaxed and reconnected.

DIVINE RITUAL

110 MINUTES

Body scrub, red wine bath and massage

This one's for wine lovers. It begins with a grape body scrub that leaves your skin soft and silky, and follows with a shared bath of red wine as you and your loved one drink red wine and snack on grapes. Next, you'll experience a hydro-massage enriched with circulation-enhancing wine extracts, before reclining next to each other for a simultaneous DiVino massage using grapeseed and essential oils to relax and tone your body.

09 **FOR YOUNGER GUESTS**

Up to the age of 16.

TEENAGE DREAM

50 MINUTES

Treat young ones to a mini-facial and an express manicure or pedicure. Tailored exclusively to teens, the facial will renew and refresh skin while a fabulous choice of colours is available for a file and polish to finger- or toenails.

10 **FOR BRIDES AND NEW MOTHERS**

BRIDE TO BE

200 MINUTES

Look your most radiant on your big day. Our pre-wedding spa regimen features a Luminance Facial, a signature manicure and pedicure and an illuminating Honey Glow Body Massage.

MOTHER'S MASSAGE

50 MINUTES

Both mothers-to-be and women with young babies need and deserve special care. Indulge in our gentle, specially tailored massage to feel born again.

MOTHER-TO-BE MASSAGE

50 MINUTES

Expert antenatal techniques are used to relieve stress, alleviate back aches and reduce water retention. A nourishing body oil, enriched with Tamanu, soothes even the most delicate skin. Pillows and bolsters make the treatment safe and comfortable for all expectant mothers after their first trimester.

11 **ESSERE SPA PACKAGES**

UNDER THE TUSCAN SUN

100 MINUTES

Facial and massage

After a day exploring the great outdoors or soaking up the rays by the pool, hydrate and restore your skin with our refreshing after-sun facial and massage.

SHORT AND SWEET

80 MINUTES

Preparing for a special event? Make sure you look your most dazzling with our three express treatments – a mini-facial, manicure and pedicure.

12 FINISHING TOUCHES

NAIL CARE

Mediterranean manicure or pedicure

50 MINUTES

Express manicure or pedicure

30 MINUTES

Signature Royal Ritual - our Mediterranean manicure and pedicure combined and performed simultaneously by two technicians

50 MINUTES

HAIR REMOVAL

Upper lip

Arms

Underarms

Bikini area

Half leg

Full leg

MAKE-UP

Special occasion make-up available on request.

HAIRDRESSER

Available on request.

13 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain a peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Appointments for minors (children under 17 years of age) must be made by a parent or guardian, who must also check them in. Minors booked in for closed-door spa treatments must have a guardian in the room for the duration of the service.

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least 24 hours before your appointment to avoid being charged the full fee.

ARRIVAL

We invite you to arrive at least 30 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towel, slippers and other amenities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies, when booking your appointment as certain treatments may not be advisable. In addition, before your treatment begins, please let your therapist or aesthetician know of any medical concerns.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment or exercise class. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

JEWELLERY AND VALUABLES

Most therapies flow more easily without the interference of jewellery. We recommend removing neck and wrist ornaments. Please leave all valuables in your room safe.

14 PRICE LIST

All prices are quoted in Euros. 22% VAT included in all listed prices.

SIGNATURE INDULGENCES

PURO	(110 MIN)	380
CASTELLO DI CASOLE CUSTOMISED EXFOLIATION	(25 MIN)	105
SIGNATURE ESSERE TUSCANY MASSAGE	(50 MIN) (80 MIN)	185 280
ETRUSCAN BEAUTY LIFT FACIAL MASSAGE	(50 MIN) (80 MIN)	185 280
DIVINE ETRUSCAN MASSAGE	(50 MIN)	280
50+ RITUAL	(50 MIN)	210

MASSAGES

BACK, NECK AND SHOULDER MASSAGE	(25 MIN)	105
DETOX LYMPHATIC MASSAGE	(50 MIN) (80 MIN)	185 280
HOT STONE MASSAGE + ENERGY REBALANCING	(80 MIN)	280
HONEY-INFUSED MASSAGE	(50 MIN) (80 MIN)	185 280
MULTI-TREATMENT BACK REMEDY PACKAGE	(180 MIN)	600
SLEEPING RITUAL (PER COUPLE)	(80 MIN) (80 MIN)	280 520

BODY RITUALS

EQUILIBRATO	(110 MIN)	380
SWEET AS HONEY	(110 MIN)	380
DIVINO	(110 MIN)	380
DETOX & DRAIN	(80 MIN)	280
DEEP BODY RENEWAL	(50 MIN)	185

14 PRICE LIST

FACIAL THERAPIES

GLOWING RADIANCE THERAPY	(80 MIN)	280
NEW ANTI-AGEING LIFT	(80 MIN)	280
LUMINANCE FACIAL	(80 MIN)	280
LADY OF THE CASTLE	(50 MIN) (80 MIN)	185 280
REMEDY	(50 MIN)	185
SUBLIME SKIN EYES	(25 MIN)	105
SACRED NATURE REGENERATIVE ELIXIR	(80 MIN)	280
SACRED NATURE REGENERATIVE HYDRA	(50 MIN)	185

RITUALS FOR MEN

LORD OF THE CASTLE	(50 MIN) (80 MIN)	185 280
MEN'S RADIANT FACE THERAPY	(50 MIN)	185
BACK & SHOULDER RESCUE	(50 MIN)	185

HOLISTIC TREATMENTS

SHIATSU	(80 MIN)	240
REIKI FULL BODY TREATMENT	(50 MIN)	160
CHAKRA REBALANCING	(30 MIN)	90
REFLEXOLOGY	(50 MIN)	160

RITUALS FOR TWO

ROMANTIC	(80 MIN) (110 MIN)	450 600
DIVINE RITUAL	(110 MIN)	600

FOR YOUNGER GUESTS

TEENAGE DREAM	(50 MIN)	160
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14 PRICE LIST

FOR BRIDES AND NEW MOTHERS

BRIDE TO BE	(200 MIN)	600
MOTHER'S MASSAGE	(50 MIN)	160
MOTHER-TO-BE MASSAGE	(50 MIN)	160

ESSERE SPA PACKAGES

UNDER THE TUSCAN SUN	(100 MIN)	330
SHORT & SWEET	(80 MIN)	240

FINISHING TOUCHES

NAIL CARE		
Mediterranean manicure or pedicure	(50 MIN)	90
Express manicure or pedicure	(30 MIN)	70
Signature Royal Ritual	(50 MIN)	180
<i>Mediterranean manicure and pedicure combined and performed simultaneously</i>		
HAIR REMOVAL		20
Upper lip		40
Arms		30
Underarms		35
Bikini area		50
Half leg		70
Full leg		

Reservations: Call ext 900 or press the Spa button on your room phone.

