

ESPA

TREATMENT PROGRAMME

ESPA SIGNATURE TREATMENTS

ESPA TIME

ESPA FACIALS

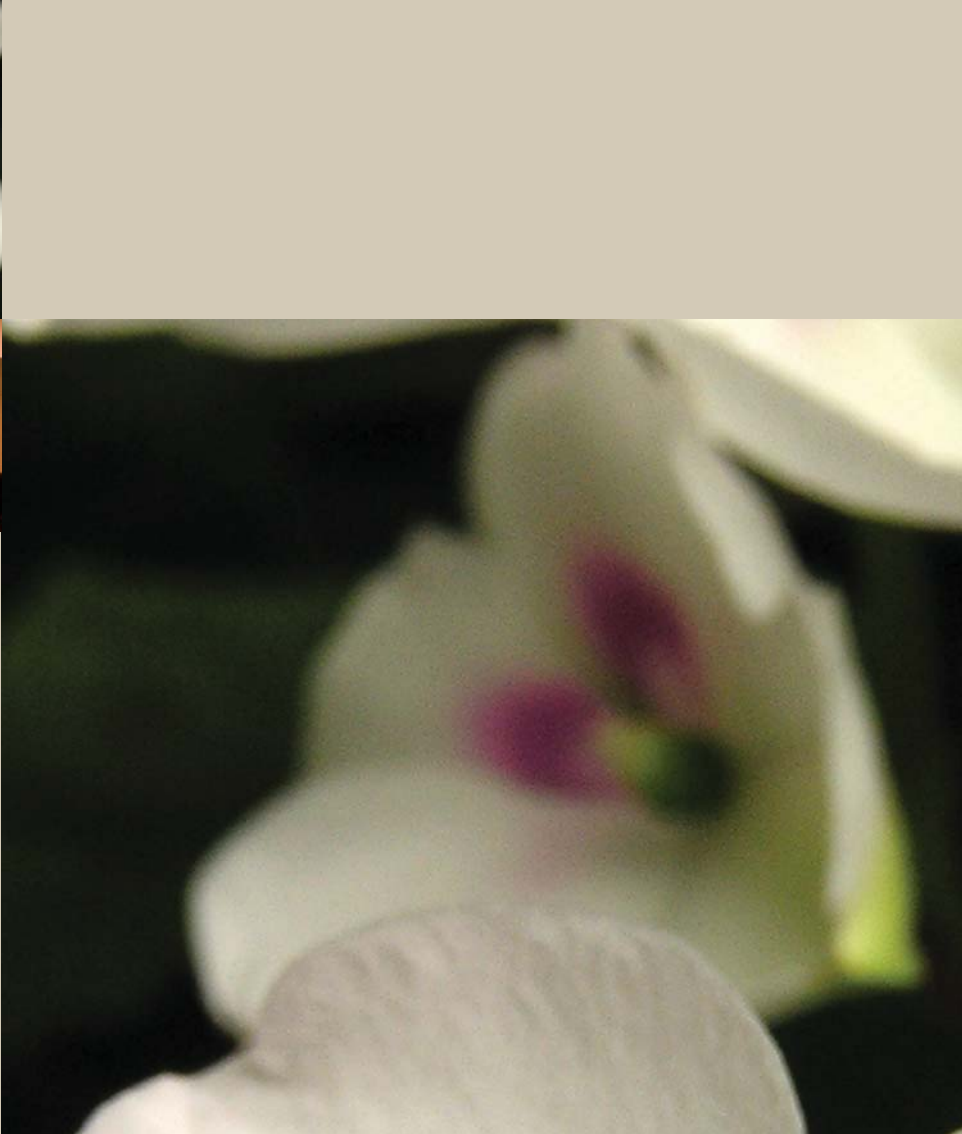
ESPA BODY FOCUS

ESPA HOT STONE THERAPY

ESPA ULTIMATE BODY ENVELOPMENTS

ESPA ESSENTIAL BODY MASSAGES

ESPA FINISHING TOUCHES



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.

ESPA AT CASTELLO DEL NERO SIGNATURE TREATMENTS

Using the finest natural and indigenous ingredients grown and harvested with care at Castello del Nero, these Signature Treatments have been designed to evoke a true feeling of Tuscany while generating outstanding results for Mind and Body. Each Signature Treatment uses pure, rich, cold-pressed Extra Virgin Olive Oil, rich in natural anti-oxidants and prepared from olives grown and harvested at Castello del Nero.

Castello del Nero Relaxation Ritual 1 Hour 50 Minutes

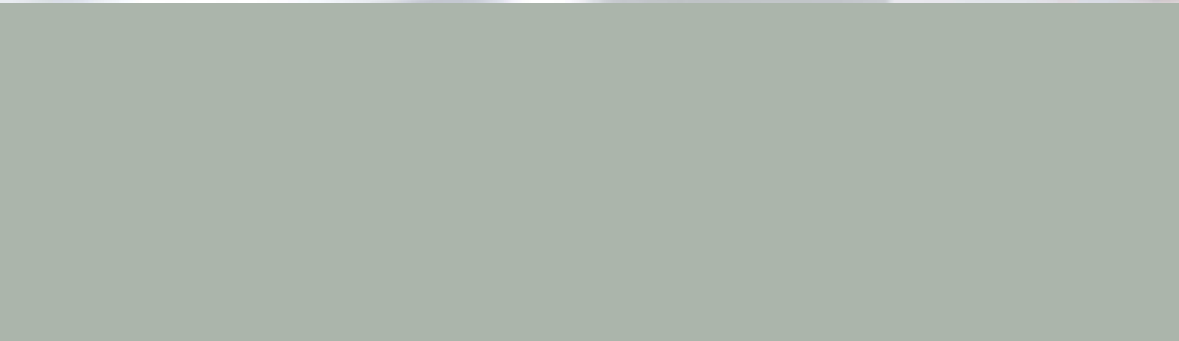
Beginning with a relaxing foot ritual, this Signature Treatment combines the natural 'anti-oxidant' benefits of our Extra Virgin Olive Oil with Mineral Sea Salts for a full body exfoliation to smooth and soften the skin. Local Tuscan Lavender is infused in warmed Olive Oil for the sophisticated Balinese-influenced Massage, which involves long, soothing, stretching movements to evoke deep relaxation and to calm mind and body. Soothing, relaxing and totally indulgent.

Olive Oil and Pink Clay Oriental Inspired Head Massage 40 Minutes

Fusing a blend of anti-oxidant rich Tuscan Extra Virgin Olive Oil and the ultimate conditioning properties of ESPA Pink Hair and Scalp Mud, this extremely revitalizing treatment uses energy acupressure points to effect deep relaxation over the whole body, release tension and bring ultimate condition to hair and scalp. A cleansing foot ritual begins this deeply calming and energy balancing treatment.

Sea Salt and Tuscan Rosemary Body Exfoliation 25 Minutes

Sun-dried Sea Salt and Tuscan Blue Rosemary combine with Extra Virgin Olive Oil to provide this skin softening, nourishing and conditioning body treatment. As the Sea Salt gently removes dry and dead cells, the infused Olive Oil and Rosemary help to retain a layer of natural moisture on the skin to protect and prevent dehydration.



ESPA TIME

Retreat from a world of decision making to one where all the decisions are made for you.

TIME at ESPA is waiting for you.

All you have to do is reserve the TIME with our outstanding, fully qualified and ESPA-trained Therapists and they will do the rest. Let us analyse your skin; understand your current state of mind, spirit and well-being and we will prescribe a treatment programme just for you.

The treatments reflect ancient traditions and contemporary techniques, influenced by Chinese, European and Balinese cultures.

Indulge in a new Spa experience as your Therapist assists you in your choice of advanced facials, hot stone rituals, full body massages or cocooning envelopments; creating a unique and personalised journey.

ESPA TIME can be reserved for a minimum of 2 Hours of treatment.

ESPA SPECIALISED FACIALS

These ESPA Facials are designed to focus on skincare specifics. A unique combination of sophisticated techniques and advanced skincare products leave the skin rejuvenated and renewed, promoting a glowing and healthy complexion.

Age Defyer 1 Hour 25 Minutes

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin.

Special facial massage techniques for those delicate areas around the eyes, lips and jaw line are combined with products rich in natural anti-oxidants, and scientifically advanced ingredients to hydrate and protect. The rejuvenating benefits of this treatment visibly improves the appearance of the skin, helping to minimise fine lines and wrinkles leaving the skin fresh revitalised and nourished.

Men's Purifying Facial, Shoulder and Scalp Massage 55 Minutes

This purifying, balancing and hydrating facial includes a triple cleanse and steaming warm towels to soothe and aid the drainage that can lead to congestion and blocked pores.

Following the relaxing acupuncture face massage, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

ESPA INTENSIVE FACIALS

55 Minutes

Choose from the following selection or allow your Therapist to help you decide which facial is best suited to your skin's needs.

Totally focused on naturally improving the condition of the skin and enhancing its appearance, all ESPA Facials include a relaxing and therapeutic Oriental Head Massage.

The Regenerating & Firming Eye Treatment may be added to any ESPA Intensive Facial.

Skin Brightener This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, or lack of sleep can leave you with dull, lifeless skin. Visibly improves the radiance, appearance and texture of the skin.

Re-Hydrator Ideal for dry, dehydrated skin requiring hydration and moisture, an excellent regenerating boost for normal and dry skins. This facial leaves the skin soft, smooth, supple and nourished.

Oil Controller Ideal for oily, congested, problematic skin although suffering from hormonal imbalance. This deep cleansing facial helps to regulate oil secretions whilst refining open pores. A gentle yet powerfully effective treatment helping to soothe and calm the skin encouraging a clear complexion.

De-Sensitiser A specifically gentle facial for truly sensitive fragile skins prone to redness and irritation. Nourishing and hydrating to delicate skins, this treatment helps to reduce sensitivity and calm high colour.

Regenerating & Firming Eye Treatment 25 Minutes

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. The Eye Treatment is also a welcome treat for those suffering from eye-strain and computer headaches, as well as contact lens wearers. A blissful firming and hydrating treatment, which helps to reduce the appearance of fine lines and protect against the environment.

ESPA Aromatherapy Body and Scalp Massage 1 Hour 25 Minutes

A deeply therapeutic, holistic treatment, using ESPA blends of essential oils which appeal intensely to the senses and whose aromatic attraction is a personal response to each individual's needs. Deeply relaxing and calming, or inspiring, uplifting and mind-clearing; the benefits of this treatment are appropriate for all.

ESPA Stimulating Hip and Thigh Treatment 55 Minutes

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. Following exfoliation with a special blend of seaweed, salt and oil, a deep detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.

ESPA Total Indulgence Pre/Post Natal Treatment 1 Hour 25 Minutes

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas. It leaves the skin toned and the client totally relaxed.

ESPA Full Body Salt and Oil Scrub 25 Minutes

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

The ESPA Full Body Salt and Oil Scrub may also be added to any Essential Body Massage.

ESPA HOT STONE THERAPY

1 Hour 50 Minutes

Used for thousands of years for harmonising, cleansing and relaxing the body at its deepest level, ESPA has developed a range of new contemporary treatments utilizing this ancient method. Volcanic in origin, Basalt Lava Stones, rich in minerals from deep in the earth are heated and used for deep body massage and intensive energy work.

Placed on specific energy points or Chakras they can help clear blocked energy flow, aid relaxation and dissolve stress, bringing new energy to depleted zones.

Chakra Balancing with Hot Stones Chakra Balancing begins with a full body exfoliation followed by a specific body massage with ESPA blended aromatherapy oils using volcanic hot stones. Gentle stretching helps release deep seated tension around neck and shoulders as hot stones are used along the spine. Critical tension points are massaged around the eyes and ears, before an acupuncture head massage is given to calm and soothe the mind and spirit. Total calm, quiet energy and rejuvenated sense of equilibrium prevail.

Holistic Back, Face and Scalp Massage with Hot Stones An all embracing treatment beginning with a deep cleansing back exfoliation followed by a hot stone back massage with aromatic ESPA oils. Hot stones are used along the spine, shoulders and neck to stimulate and balance vital energy points throughout this exceptional treatment. The Intensive Facial and Oriental Head Massage that follow help clear the mind; calm the spirit and ease facial tension. The result is re-hydrated, nourished and protected skin, a cleansed and powerfully massaged back promoting a deep sense of relaxation.

ESPA ULTIMATE BODY ENVELOPMENTS

55 Minutes

Not just a body wrap but also a life enhancing experience which includes skin brushing, body exfoliation, a full body application of specific aromatherapy oils before the complete enveloping body wrap of Algae, Marine Mud or Oshadi Clay. Ultimate tranquility is achieved with a mind calming Oriental Head Massage.

Each wrap may be combined with a corresponding body massage for the ultimate experience - the ESPA Mini Ritual, to give maximum benefit for skin, body and mind.

Detoxifier The Detoxifier helps improve circulation, increasing the elimination of toxins and excess fluid, and helps minimize the dimpled appearance of cellulite.

Body Toner A luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising, leaving the skin smooth and nourished.

Skin Hydrator The Skin Hydrator brings true re-hydration to dry, sensitive skin, leaving it plump, hydrated and soft. Pure luxury for dry skin. Excellent prior to, or after exposure to extremes of the weather or city pollution.

Muscle Relaxer Helps ease tension and tightness in the muscles to improve mobility and reduce aches and pains.

Stress Reliever Stress comes in many forms, but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation.

Immune Booster Perfect to help combat the effects of environmental pollution, air travel and congested city life.

Energy Booster The systemic cleansing of Marine Algae combines perfectly with the refreshing uplifting blends of essential oils to re-establish a sense of well-being and inspired energy.

Jet Lag Eliminator When long haul travel leaves you not knowing what time of day it is, this wrap uses powerful aromatherapy oils to either soothe and relax ready for sleep, or revitalise and energise leaving the mind clear and fresh to enjoy the day.

ESPA ESSENTIAL BODY MASSAGE

55 Minutes

A massage can be routine or individual. It can be a life saver, or standard. The ESPA Massage is essential, professional and specific.

Detox Massage A cleansing blend of citrus oils, uplifting Grapefruit and Eucalyptus combined with Cypress and Juniper Berry which are known to have natural diuretic properties. The perfect treatment to support a weight-loss programme and to counterbalance over indulgence.

Body Toner Massage Restorative Body Oil is rich in essential oils of Palmerosa, Borage and Wheatgerm which are known to help improve skin tonicity and firmness. The skin is left nourished and hydrated.

Muscle Relaxing Massage A rich blend of Clove, West Indian Bay, Rosemary and Peppermint essential oils, help to ease joint pain, release stiffness whilst calming and relaxing muscle tension.

Stress Relieving Massage This full body massage is ideal to be taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential oils of Frankincense, Myrrh and Ylang Ylang have deeply relaxing, calming properties to soothe and de-stress.

Immune Boosting Massage A powerful blend of Tea Tree Oil with 3 types of Eucalyptus Oil well known for their natural anti-viral, anti bacterial, soothing properties, is used to help encourage the body's natural immune system to operate efficiently.

Energising Massage The re-energising feel-good effects of Litsea Cubeba and Eucalyptus, coupled with the mind clearing benefits of English Peppermint and Rosemary can help you face the day with an increased, positive sense of well-being and mental clarity.

Jet Lag Eliminator Massage Rebalance your energy levels and re-establishing mental clarity with a massage of Rosemary, Citrus and English Peppermint, or relax into untroubled sleep with Myrrh, Frankincense and Ylang Ylang.

ESPA
FINISHING
TOUCHES

Holistic Hand and Nail Treatment with Hot Stones 55 Minutes

A Holistic Arm, Hand and Nail Treatment including a gentle skin refiner and a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil chosen for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax to nourish and condition and wrapped in warm mitts.

Holistic Foot and Nail Treatment with Hot Stones 1 Hour 10 Minutes

A Holistic Foot and Nail Treatment including gentle skin softening exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil prescribed for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

Manicure 40 Minutes

For grooming of the hands.

Pedicure 50 Minutes

For grooming of the feet.

Luxury Full/Half Leg Wax 40/25 Minutes

Skin brushing and exfoliation help to prepare the skin prior to waxing and a light, refreshing mist of essential oil distillates, including antiseptic Tea Tree, will calm and cool. After waxing an application of a light moisturising balm is applied to soothe, leaving the legs luxuriously smooth and soft.

Other waxing treatments are available on request.

Eyebrow Shape 10 Minutes

Eyelash Tint 15 Minutes

Eyebrow Tint 10 Minutes

(Prior to any tinting treatment a 24 Hour patch test is required).



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 All treatments and Spa Programmes are available to Residents of Castello del Nero.

All Spa Programmes are available for non-Resident Guests and includes use of the Spa Facilities. Due to the unique nature of your Spa experience we wish to advise you that there is a minimum 1 hour booking policy for all non-Resident Guests.

Scheduling an Appointment Please speak with our specialist Spa Reception Team who will guide you in your choice of the perfect treatment.

To ensure your preferred time and service is available we do advise booking in advance.

In-house Guests can press the SPA button on your room telephone.

From outside the Hotel please call **+39 055 8077018**.

For further information please contact us using the details below:

ESPA at Castello Del Nero

Strada Spicciano, 7 - 50028 Tavarnelle Val di Pesa - Florence - Italy - **Fax:** +39 055 8059525

E-mail: espa@castellodelnero.com - www.castellodelnero.com

Please note reservations cannot be confirmed or secured without a credit card.

Spa Etiquette Our Spa environment is one of relaxation and tranquillity.

Please respect all Spa Guests' right to privacy and serenity. In light of this the Spa is a mobile phone, pager and smoking free zone.

Our Heat Experiences are separate for Male and Female Clients, however the Vitality Pool is shared therefore Guests are required to wear swimwear in these areas.

The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

Young adults over the age of 16 are welcome to visit the Spa to use the facilities and schedule treatments.

Gift Vouchers Gift Vouchers are available for any Treatment, Day Spa Programmes or Product and are an ideal present for someone special. Gift Vouchers are non-refundable and must be presented at time of treatment or purchase.

Health Conditions Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

Cancellation Policy A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

Pregnancy We have specially designed treatments for expectant and nursing mothers. Please allow our Spa Team to guide you in selecting which treatments are most suitable for you during this special time.

Homecare To continue your Spa regime and experience at home, all ESPA Products used in the treatments are available from the Spa Reception.



Strada Spicciano 7
50028 Tavarnelle Val di Pesa
Firenze Italy

tel. +39 055 8077018
fax +39 055 8059525
espa@castellodelnero.com
www.castellodelnero.com


CASTELLO DEL NERO

SPA TARIFF

ESPA SIGNATURE TREATMENTS

Castello del Nero Relaxation Ritual 1 Hour 50 Minutes	€ 260
Olive Oil and Pink Clay Oriental Inspired Head Massage 40 Minutes	€ 95
Sea Salt and Tuscan Rosemary Body Exfoliation 25 Minutes	€ 65

ESPA TIME

Time Minimum 2 Hours	€ 260
-----------------------------	-------

ESPA FACIALS

Age Defyer 1 Hour 25 Minutes	€ 195
Men's Purifying Facial, Shoulder and Scalp Massage 55 Minutes	€ 130
Intensive Facials 55 Minutes	€ 130
Skin Brightener	
Re-Hydrator	
Oil Controller	
De-Sensitiser	
Regenerating & Firming Eye Treatment 25 Minutes	€ 65

ESPA BODY FOCUS

Aromatherapy Body and Scalp Massage 1 Hour 25 Minutes	€ 195
Stimulating Hip and Thigh Treatment 55 Minutes	€ 130
Total Indulgence Pre/Post Natal Treatment 1 Hour 25 Minutes	€ 195
Full Body Salt and Oil Scrub 25 Minutes	€ 65

ESPA HOT STONE THERAPY

Chakra Balancing with Hot Stones 1 Hour 50 Minutes	€ 260
Holistic Back, Face and Scalp Massage with Hot Stones 1 Hour 50 Minutes	€ 260

ESPA ULTIMATE BODY ENVELOPMENTS

The Envelopments 55 Minutes	€ 130
------------------------------------	-------

ESPA ESSENTIAL BODY MESSAGES

Essential Body Messages 55 Minutes	€ 130
---	-------

ESPA FINISHING TOUCHES

Holistic Hand and Nail Treatment with Hot Stones 55 Minutes	€ 100
Holistic Foot and Nail Treatment with Hot Stones 1 Hour 10 Minutes	€ 115
Manicure 40 Minutes	€ 70
Pedicure 50 Minutes	€ 80
Luxury Full/Half Leg Wax 40/25 Minutes	€ 70/55

THERMAL SUITE

(When booked without a treatment).

€ 35

NON-RESIDENT GUESTS

There is a minimum 1 Hour treatment booking policy for all non-Resident Guests.

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 personalised lifestyle consultation 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 of Treatment Time € 610
Herbal Infusion
Energy Balancing Foot Ritual
ESPA Chakra Balancing with Hot Stones
Olive Oil and Pink Clay Oriental Inspired Head Massage
ESPA Age Defyer Facial
Spa Lunch

<p>Tuscan Haven Ritual 3 Hours 50 Minutes of Treatment Time</p> <p>Herbal Infusion Energy Balancing Foot Ritual Castello del Nero Relaxation Ritual ESPA Intensive Facial ESPA Holistic Foot and Nail Treatment with Hot Stones Spa Lunch</p>	€ 565
<p>Pre Natal for New Beginnings 3 Hours 40 Minutes of Treatment Time</p> <p>Herbal Infusion Energy Balancing Foot Ritual 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 Spa Lunch</p>	€ 470
<p>Detox and Balance 2 Hours 50 Minutes of Treatment Time</p> <p>Herbal Infusion Energy Balancing Foot Ritual ESPA Detox Body Massage ESPA Stimulating Hip and Thigh Treatment ESPA Intensive Facial Spa Lunch</p>	€ 450

De-Stress and Calm 2 Hours 50 Minutes of Treatment Time € 450
Herbal Infusion
Energy Balancing Foot Ritual
ESPA Stress Relieving Body Massage
ESPA Stress Reliever Envelopment
ESPA Skin Brightener Intensive Facial
Spa Lunch

HALF DAY RITUALS

All Half Day Spa Rituals include use of the Spa Facilities and begins with a personalised lifestyle consultation and cleansing Foot Ritual. Lunch can be added at an additional cost.

Castello del Nero TIME Ritual 1 Hour 50 Minutes of Treatment 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 of Treatment Time € 260
Herbal Infusion
Energy Balancing Foot Ritual
Sea Salt and Tuscan Rosemary Body Exfoliation
ESPA Essential Body Massage
Olive Oil and Pink Clay Oriental Inspired Head Massage

ESPA Mini Ritual 1 Hour 50 Minutes of Treatment Time € 260
ESPA Body Exfoliation
ESPA Essential Body Massage
ESPA Ultimate Body Envelopment
ESPA 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 (excluding public holidays), 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 of Treatment Time € 300
ESPA Full Body Salt and Oil Scrub
ESPA Aromatherapy Body and Scalp Massage
Spa Lunch