

Wellness



CASTELLO DI CASOLE

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Welcome

Nestled among rolling Tuscan hills, Castello di Casole is a haven where nature's rhythm restores balance. Here, time slows, inviting you to reconnect with yourself through ancient healing traditions and mindful experiences.

Wellness at Castello is a way of feeling and a way of living that we want you to carry with you well beyond your stay.

This is the place where every touch, taste, and scent nourishes your soul. Let the energy of our land, our finest home-grown botanicals, and bespoke treatments guide you toward renewal.

Wellness Experiences

WELLNESS CONCIERGE SERVICE

Our Wellness Concierge Service is designed to curate a personalised wellness journey just for you. Whether for a single day or your entire stay, our expert Wellness Team will tailor unique experiences to meet your needs. Visit the spa or front desk to explore this complimentary service and begin your bespoke path to wellbeing and transformation.

Wellness at Castello di Casole is a journey of renewal, inspired by nature and the timeless rhythm of Tuscan life. From restorative spa rituals to transformative sound healing, every experience nurtures the balance. Engage in mindful movement, creative workshops, bike rides and tennis matches, or savour meals crafted to nourish your body and soul.

Wander our vineyards and our vegetable gardens, embrace dolce far niente, and reconnect with yourself through the land's quiet wisdom. Whether in stillness or creation, indulgence or introspection, every day at Castello is an invitation to realign, recharge, and rediscover your inner harmony.

DYNAMIC MEDITATION AND BREATHWORK

60 MINUTES

Channel energy and release tension with a Dynamic Meditation Breathwork session. This invigorating practice combines rhythmic breathing, movement, and guided meditation to clear the mind, enhance vitality, and promote emotional release. By activating deep, conscious breath patterns, circulation is improved, stress is reduced, and a heightened state of awareness is discovered. Experience a profound reset, leaving the whole self refreshed, balanced, and fully present.

FOREST BATHING

90 MINUTES

Step out on a 90-minute guided stroll into the lush woods surrounding our hotel. Walk barefoot onto the earth and feel its healing energy restore balance throughout the body, reducing stress, improving sleep, and boosting vitality. Slow down, breathe deeply and let nature's embrace soothe the mind, while reconnecting to a profound sense of calm.

SOUND HEALING

60 MINUTES

Calm the mind and welcome inner peace with sound healing, an ancient practice that uses vibrations to restore balance. The resonance of Tibetan singing bowls, gongs, and chimes regulate the nervous system, enhance relaxation, and promote mental clarity.

Enjoy an individual or a couple's experience, whether tucked in a hammock in the forest, under a blanket in the castle's chapel or after a massage in the hot tub.



WATER SOUND BATH AND VIBRATIONAL MASSAGE
60 MINUTES

Experience a sublime wellness journey for two within the private couple's room at Essere Spa, where a sound healer uses the resonant vibrations of a Tibetan bowl to release tension and promote calm. This is followed by a soothing sound bath with warm water, enhanced by crystal bowls and gongs – a tranquil sensory experience that relieves stress and nurtures inner peace.

FLOATING THERAPY
60 MINUTES

Escape into deep relaxation with our Zero Gravity Floating Experience—a weightless retreat where Magnesium salt-infused water cradles the body in serenity. Free from light, sound, and gravity, the body is released from tension, while the mind finds total clarity. A rejuvenating and restorative ritual.

*This experience may not be suitable for individuals with specific neurological or psychological sensitivities. It should also be avoided during menstruation, in case of deep wounds or skin injuries, or within 72 hours of hair colouring. Please call the spa to discuss if you have questions on suitability before booking this experience.

REIKI
60 MINUTES

Experience the healing powers of Reiki, a gentle energy therapy designed to restore balance and harmony. Using light touch or no touch at all, our skilled practitioners channel universal energy to clear pathways, reduce stress, and promote relaxation. This deeply soothing treatment supports emotional and physical wellbeing, leaving the body restored, rebalanced, and connected to its inner energy flow.

REFLEXO-SACRAL THERAPY
60 MINUTES

A deeply restorative experience that blends the ancient healing art of reflexology with the gentle, intuitive touch of craniosacral therapy. This holistic treatment works through the feet and the craniosacral system to release tension, balance the nervous system, and support the body's natural ability to heal. Ideal for stress relief, chronic pain, emotional release, and overall energetic alignment. Feel grounded, clear, and renewed.



Creative Experiences

At Castello di Casole, creative expression embodies our philosophy of slow living - an opportunity to slow down, engage the senses, and reconnect with the present moment.

From clay workshops with local artists to mindful writing, botanical printing, and natural skincare crafting, each experience nurtures inspiration and wellbeing.

By embracing creativity, awakening intuition and cultivating joy, let the beauty of Tuscany and the timeless traditions of artisan craftsmanship be a guide of self-expression and renewal.

ECO PRINTING AND BOTANICAL WORKSHOP

120 MINUTES

Immerse the senses in nature's artistry with our Eco Printing Workshop. Gather leaves and flowers from the Tuscan landscape, then use traditional techniques to imprint their natural pigments onto silk or wool. As creations are steamed, vibrant patterns emerge, capturing a moment in time. The next day, you will see it unrolled, revealing the glorious pattern emblazoned upon it. This mindful, hands-on experience fosters creativity, relaxation, and a deeper connection to the beauty of our land.

CLAY WORKSHOP (MINIMUM 2 PEOPLE)

120 MINUTES

Join us for our Clay Workshop where the art of moulding clay becomes a healing and introspective journey. Learn techniques to craft unique pieces while connecting with the rich cultural heritage of the region. Guided by our artist, experience the therapeutic power of clay, creating art that reflects both personal growth and the region's deep-rooted traditions.

COSMETOLOGY WORKSHOP ON THE FOOTSTEPS OF THE ETRUSCANS

60 MINUTES

Join our expert cosmetologist for a hands-on workshop exploring the art of natural skincare. Discover the benefits of essential oils and aromatherapy while learning to craft homemade body and facial products using foraged botanicals or ingredients from the garden. Inspired by the Etruscans—renowned for their dedication to self-care—this immersive experience reconnects with nature's nourishing gifts for radiant, holistic beauty.

MINDFUL WRITING WORKSHOP

120 MINUTES

Slow down and reflect with our Mindful Writing Workshop designed to awaken creativity and clarity. Through guided prompts and gentle meditation, explore the power of words as a tool for self-discovery and emotional balance. Set against the serene Tuscan landscape, this practice cultivates presence, deepens intuition, and fosters a sense of inner peace, allowing thoughts to flow freely onto the page..



Essere Spa

Welcome to Essere Spa, the heart of wellness at Castello di Casole. Once the castle's ancient wine cellar, today it is a sanctuary dedicated to regeneration. Inspired by the Etruscan tradition of wellness and self-care, the Spa designs treatments and selects products that deeply nourish both body and mind.

Each of our face and body treatments begins with a soothing foot soak — a grounding ritual designed to calm the nervous system and gently welcome you into the experience.

We proudly use our exclusive Essere® skincare line, alongside MEI SPA® for targeted treatments. Advanced therapies such as red light, zero gravity floating, reflexology, and sound bathing complete the experience.

**SIGNATURE ESSERE:
ETRUSCAN DREAM RELAXING MASSAGE**
90 MINUTES

Experience a luxurious fusion of our land's finest resources in this signature body treatment, harnessing the nurturing power of our bespoke roses oil. Begin with a gentle exfoliation, preparing the skin to receive the deeply hydrating rose oil blend, enriched with antioxidants. A soothing massage with locally-sourced olive oil completes the ritual, leaving the body refreshed, revitalised, and enveloped in a delicately fragrant glow.

**SIGNATURE ESSERE:
ETRUSCAN DREAM PERSONALISED FACIAL**
90 MINUTES

Immerse the complexion in the radiance of Tuscany, harnessing the potent benefits of our proprietary Essere rose face cream and hand-pressed olive oil. A gentle cleanse and exfoliation prepare the skin to receive the transformative nourishment of these antioxidant-rich treasures. Experience rejuvenated firmness, balanced hydration, and a luminous glow, as the subtle floral fragrance soothes the senses, revitalising the face and spirit.

**LADY OF THE CASTLE
(PLUMPING & LIGHTENING - FACE)**
60 MINUTES

Our signature facial revitalises the skin, boosting radiance with a triple facial massage using rose quartz rollers, gua sha and fingertip massage. This therapeutic approach releases tight facial muscles and decreases puffiness and fine lines by activating the lymphatic system and accelerating the renewal of skin cells to enhance the complexion. Our signature facial uses Essere skin care, made from ingredients grown and harvested on our property.

**LORD OF THE CASTLE
(FIRMING & ENERGISING - FACE)**
60 MINUTES

In a dynamic and revitalising approach, this specialised men's facial begins with a deep-cleansing ritual to eliminate impurities and invigorate the complexion. A firming mask infused with potent antioxidants follows, instantly boosting elasticity and combatting signs of fatigue. Skilled massage techniques stimulate circulation while relieving tension, promoting a fresher, more youthful appearance. This energising treatment provides immediate radiance, leaving skin feeling fortified, smooth, and refreshed.



Massage & Body

REBALANCING HOT STONE MASSAGE 60/90 MINUTES

This holistic, intensive, full-body massage is carried out with hot lava stones and our own olive oil. Feel all traces of tension leave the body and relax the muscles, the ideal treatment for all-round wellbeing.

ESSERE MUSCLE RECOVERY MASSAGE

60/90 MINUTES

Relieve muscle soreness and melt away tension with this arnica full-body, deep muscle massage. Using firm-to-deep pressure, acupressure, and forearm and elbow techniques, the therapist targets deep knots and stress. Perfect for post-sport recovery or anyone seeking to release built-up tension.

RED LIGHT DRAINING

60 MINUTES

A highly effective and gentle body treatment with draining and anti-cellulite properties that soothes swelling for enhanced lymphatic and circulatory function. A silicon-based gel deeply penetrates under a red light therapy to create results and leave a sensation of lightness.

PRENATAL MASSAGE

60/90 MINUTES

A gentle, targeted massage designed specifically for expectant mothers. This treatment helps relieve muscle tension, reduce swelling, improve circulation, and promote deep relaxation during pregnancy. Performed with supportive positioning and nourishing oils, it offers a safe and comforting moment of connection and wellbeing for both mother and baby.

AD+ INTENSIVE TREATMENT (MUD & WRAP)

90 MINUTES

Powered by Mei Spa's high performance AD+ line, this anti-cellulite, lymph draining treatment features a detox scrub, activated mud cataplastm, wrap, massage, and juniper gel. Combining phyto-complexes with advanced R&D, it delivers visible results. Ideal for legs it can be extended to the entire body.



Face

AD+ LIFTING

60 MINUTES

Powered by AD+, Mei Spa's ultra-performing line, this re-densifying treatment targets early signs of aging and skin laxity. With ultra-concentrated actives and the scents of sandalwood and green lime peel, it delivers a natural lift and leaves skin visibly youthful, regenerated, and silky-soft in just one session.

MEI SPA® ANTI-AGE

60 MINUTES

With argan oil and botanical hyaluronic acid. A truly beautiful facial treatment for a specific anti-aging action. A serum-cream duo with highly concentrated active ingredients to renew skin, for a real energy boost and renewed vitality. See a fresh, radiant complexion in no time thanks to the botanical hyaluronic acid and colloidal silver ingredients.

MEI SPA® DETOX TREATMENT

60 MINUTES

This facial treatment, formulated with quebracho and propolis, revitalises blemished, oily, or combination skin. It begins with exfoliation and a mask, followed by a nourishing massage using creams enriched with South American quebracho bark extract. The treatment purifies, renews, and restores skin tone, leaving the complexion visibly clearer, smoother, and balanced.

DI-VINO FACE & BODY

110 MINUTES

Discover the beneficial properties of Tuscany's vineyards and wine with the Di-VINO ritual. The experience begins with an enveloping red wine bath, promoting circulation and preparing the skin, followed by a gentle yet thorough grape seed scrub. Finally, a soothing blueberry and red vine massage completes the ritual, delivering profound wellbeing, nourishment, and renewed balance.

PINDAMEI AYURVEDIC RITUAL FACE & BODY

110 MINUTES

Rooted in ancient Ayurvedic tradition, the Pinda ritual combines warm herbal compresses with rebalancing oil and cotton flower-based facial care. This sensory treatment uses manual techniques, heat, and aromatherapy to ease muscle tension, boost cell renewal, and improve skin elasticity. It concludes with a deeply regenerating facial using rice oil and White Purity Cotton flower essence — an unforgettable, sensorial immersion.

MEI SPA® START UP ULTIMATE LYMPHATIC WELLNESS

90 MINUTES

START UP is an innovative herbal poultice that adapts to the body's specific needs, with a special focus on deep lymphatic drainage and detoxification. The ritual begins with dry brushing to gently exfoliate and boost circulation, preparing the skin for detoxifying mud. A bandage is then placed on top and worked with a unique tool, delivering a soothing experience and immediate visible results.

Rituals: Face & Body

MEI SPA® DOLCEVITA FACE & BODY

90 MINUTES

Immerse yourself in the revitalizing essence of sweet orange and lemon with this luxurious MEI SPA ritual. It begins with a sugar scrub for gentle exfoliation, followed by a citrus oil massage that enhances elasticity. The experience concludes with a silky sweet orange cream and a concentrated facial treatment enriched with vegetal hyaluronic acid, serum, and cream to regenerate the skin, boost energy, and restore vitality.

MEI SPA® SOTTOSALE FACE & BODY

90 MINUTES

A revitalising boost with Sicilian sea salt and wild peppermint essential oil, this treatment is enhanced by green tea and ginseng extracts for a powerful toning and firming effect. Sottosale is a detox ritual with deep relaxation and anti-stress properties. It ends with a special facial treatment that draws its strength from powerful plant ingredients capable of restoring and visibly improving the skin.

MEI SPA® SUPERFOOD FACE & BODY

90 MINUTES

This luxurious ritual uses superfoods, food-grade ingredients and synergistic fruit extracts to give the skin true beauty. Firming stubborn areas, reducing discoloration, promoting regeneration and improving elasticity are achieved through powerful active ingredients and advanced massage techniques. This sensorial treatment harnesses the power of pure ingredients for radiant and healthy skin, including the face, that will regain freshness and new vitality.

Couples



Escape together into a world of serenity in our exclusive Couple's Treatment Suite, featuring a stunning barrel-vaulted ceiling and beautifully restored stone walls.

Immerse yourselves in the warmth of our soaking tub, followed by side-by-side bespoke therapies designed for ultimate relaxation.

Enhance your experience with Sound Healing Therapy, a perfect complement to any massage, while unwinding in the couple's hot tub.

SHARED MASSAGE & SOUND HEALING

110 MINUTES

Embark on a sublime journey as a sound healer guides individuals into deep relaxation with Tibetan bowl vibrations, followed by a soothing massage in a private Essere Spa suite.

A warm sound bath, gently enhanced by crystal bowls and gongs, envelops the body, dissolving stress and restoring harmony. This tranquil experience nurtures profound inner peace, uniting couples in holistic wellbeing.

SHARED ETRUSCAN DREAM RELAXING MASSAGE

110 MINUTES

Indulge in a romantic soak together in our couple's room tub, sipping a glass of our estate's wine as you unwind. Then, lie side by side, enjoying our signature Etruscan Dream massage that leaves you both deeply relaxed and reconnected.

SHARED DI-VINO RITUAL

110 MINUTES

Share an immersive Tuscan experience harnessing the properties of Tuscany's vineyards and wine with the Di-VINO ritual.

The experience begins with an enveloping couple's bath to promote circulation and prepare the skin, followed by a gentle grape seed scrub. A soothing blueberry and red vine massage completes the ritual, delivering profound wellbeing, nourishment, and renewed balance of the body and mind.

SHARED MASSAGE & SOUND HEALING

110 MINUTES

Embark on a sublime journey as a sound healer guides individuals into deep relaxation with Tibetan bowl vibrations, followed by a soothing massage in a private Essere Spa suite.

A warm sound bath, gently enhanced by crystal bowls and gongs, envelops the body, dissolving stress and restoring harmony. This tranquil experience nurtures profound inner peace, uniting couples in holistic wellbeing.

SHARED PINDAMEI AYURVEDIC RITUAL

FACE & BODY

110 MINUTES

Rooted in ancient tradition, the Pinda treatment blends powerful herbs with a warm Ayurvedic rebalancing oil on the body and cotton flower products for facial regeneration.

This sensory ritual combats muscle tension, stimulates cell renewal, and enhances skin elasticity and brightness. With its blend of manual techniques, heat, and aromatherapy, it promotes overall energy, rebalancing, and physical and mental wellbeing.



Wellness Package Signatures

Discover bespoke wellness itineraries crafted to deliver a unique experience, whether you're looking to detox, rejuvenate, or restore balance.

Each package offers a tailored experience, combining expert guidance, restorative therapies, and transformative practices to help you achieve lasting results.

Choose the journey that speaks to you and embark on a path of true wellbeing, with every detail thoughtfully curated to support your individual aspirations. Your transformation begins here.

DETOX

165 MINUTES

Rejuvenating both the mind and soul, begin with a soothing foot soak accompanied by a detox herbal infusion. Then, enjoy our signature MEI SPA® START UP lymphatic drainage massage and a detoxifying facial, all enhanced by the healing power of our state-of-the-art red light for cellular detoxification.

REVIVE

150 MINUTES

Enjoy this rejuvenating trio of treatments designed to refresh and restore. Begin with a luxurious foot soak, followed by our signature Ayurvedic Pindamei total body treatment. Conclude with a soothing red light therapy session, leaving the body feeling nourished and deeply relaxed. Emerge revitalised and renewed from the inside out. acid, serum, and cream to regenerate the skin, boost energy, and restore vitality.

RECOVER

150 MINUTES

Restore balance with this specialised package created to support post-sport recovery. Begin with our Zero Gravity Floating Bath to replenish the senses and magnesium-infused water to soothe inflammation. Follow with a muscle release massage using our arnica herbal skincare, and enjoy a relaxing scalp massage enhanced by red light therapy to deeply restore function and eliminate inflammation, inviting recovery and relaxation.

ZEN

150 MINUTES

Take inner transformation to the next level as inner peace is restored and the body's innate healing ability awoken through treatments designed to calm and rebalance. Begin with the weightlessness of our Zero Gravity Floating Bath, followed by our exclusive Reflexo-Sacral session, merging ancient Traditional Chinese Medicine and the latest in holistic wellness. Finish with red light therapy while our therapist realigns chakras for a profound sense of wellbeing.

REJUVENATE AD+ INTENSIVE

150 MINUTES

Immerse yourself in the ultimate rejuvenating experience with the AD+ Intensive Face & Body Ritual. Begin with our signature AD+ Lifting facial, designed to firm, tone, and restore radiance. The journey continues with the AD+ Intensive mud and body wrap, enriched with powerful actives and intensified by Red Light Therapy for deep detoxification, slimming, and revitalization from head to toe.

MOTHER TO BE SERENITY RITUAL

180 MINUTES

This deeply nurturing experience begins with a Zero Gravity Floating Bath, allowing the body to fully relax and release tension while promoting lightness and calm. The journey continues with a gentle, Mei SPA® Superfood Face and Body ritual, leaving the mother-to-be feeling radiant, grounded, and deeply cared for.

MUMMY & ME INDULGENCE

160 MINUTES

Celebrate special family time with a day of pampering starting with a warm, aromatic foot soak together, and while mom enjoys an ultra-performing AD+ lifting facial daughter gets treated to a mini facial and massage. Follows a soothing scalp massage, Conclude with a delightful mani-pedi session, creating precious memories while feeling refreshed and radiant. A perfect escape for relaxation and connection.



Wellness Packages For Special Occasions

Celebrate life's special moments with a bespoke spa experience. Whether it's a romantic escape, a bridal glow, or a milestone celebration, our curated treatments create unforgettable memories.

Indulge in luxurious rituals designed to relax, restore, and elevate your experience. If you like, let our Wellness Concierge Team tailor the perfect spa journey for your special occasion.

ANNIVERSARY

120 MINUTES

Celebrate love with this luxurious, couple-focused package designed for connection, relaxation, and rejuvenation. Start with our foot soak and champagne ritual, followed by our signature bath ritual featuring a luxurious soak with essential oils and calming scents, delivering ultimate tranquility. Enjoy an energising body scrub, then unwind with a 50-minute massage of your choice in our private couple's room.

BIRTHDAY GIRL

160 MINUTES

Celebrate with the ultimate Birthday Glow Package, designed to leave the body feeling radiant and refreshed. Enjoy our Mei SPA® Dolcevitā Ritual with a soothing massage, a glow-enhancing facial, and an exfoliating body scrub for silky-smooth skin. Indulge in a champagne and rose foot soak, followed by a luxury mani-pedi.

BIRTHDAY BOY

160 MINUTES

Mark the occasion with the ultimate Birthday Boost Package, designed for relaxation and renewal. Unwind with our Mei SPA® Sottosale Ritual with a deep tissue massage, an energising facial, and an invigorating body scrub. Complete the experience with a therapeutic foot soak and precision.

BRIDAL GLOW

235 MINUTES

Get ready for the big day with the ritual designed by our Wellness Team to bring radiance and lightness. The experience begins with an AD+ Lifting facial treatment, followed by the highly draining 80-minute START UP body treatment with an exfoliating body scrub. The ritual concludes with a luxurious manicure and pedicure.

BRIDAL GLOW +

335 MINUTES

Enhance the bridal glow with a full sensory awakening. Deepen relaxation with a Zero Gravity Floating Bath and restore harmony with Reflexo-Sacral energy-tuning session. Choose a seamless single-day experience or spread the indulgence over two days for ultimate relaxation and rejuvenation.

MOTHER OF THE BRIDE

AD+ INTENSIVE

215 MINUTES

Celebrate this special moment with a luxurious head-to-toe AD+ ultra performing line. Find yourself rejuvenated inside and out. The ritual starts with our AD+ Lifting facial, followed by our AD+ Intensive body mud and wrap intensified by our Red Light Therapy for a slimming and tonifying effect. Conclude with a deluxe mani-pedi for an ultimate reset in radiance ready for the big day.

Introduce your little ones to the world of wellness with our Young Spa treatments and rituals, designed for ages up to 16. Self-care is a pillar of wellbeing, and our gentle, nurturing treatments specifically designed for our younger guests promote relaxation, balance, and lifelong wellness habits.

*Guests under 16 may receive treatments if a parent or guardian accompanies them.

MINI FACIAL

25 MINUTES

This mini facial is designed for young skin, nourishing and protecting after a day in the sun. Gentle cleansing, hydration, and soothing ingredients restore balance, leaving the skin soft and refreshed.

TEENAGE DREAM RITUAL

50 MINUTES

Treat teens to a mini-facial and express manicure or pedicure. Tailored to young skin, the facial renews and refreshes the complexion, followed by a file and polish of hands or feet.

MINI MANICURE

25 MINUTES

Our Young Spa Mini Manicure offers a gentle nail cleanse, shaping, hydration and chemical-free polish for little hands. It leaves nails neat, nourished, and perfectly pampered.

MINI PEDICURE

25 MINUTES

Our Young Spa Mini Pedicure treats little feet to a gentle soak, nail shaping, nourishing hydration and polish. Designed for younger guests, it leaves toes feeling soft and refreshed.



Enhance Your Treatment

Enhance your spa experience with a customised upgrade that can be added to any treatment. Choose from our selection of enhancements or let your therapist recommend the perfect addition to complement your service, amplifying relaxation and results.

MINI FACIAL
20 MINUTES

Experience a refreshing mini facial that cleanses, exfoliates, and nourishes the skin in just a short time. Enjoy a rejuvenating treatment designed to leave the complexion glowing and revitalised.

GUA SHA FACIAL
20 MINUTES

A Gua Sha facial relieves tension, boosts circulation, and promotes lymphatic drainage. This ancient technique enhances skin tone, reduces puffiness, and leaves the complexion lifted, radiant, and deeply rejuvenated.

MUD WRAP
20 MINUTES

Discover the healing properties of a luxurious mud wrap, drawing out impurities and re-mineralising the skin. Indulge in a deeply relaxing ritual, as the soothing warmth promotes detoxification, leaving the body renewed.

FOOT SCRUB & MASSAGE
20 MINUTES

Our foot scrub and massage combines gentle exfoliation with a dedicated soothing massage to soften skin, improve circulation, and release tension. Perfect for restoring tired feet.

SCALP MASSAGE
20 MINUTES

Unwind with a soothing scalp massage to relieve tension and stimulate circulation. This 20-minute enhancement improves scalp health, nourishes hair follicles, and provides a calming, stress-reducing experience.

ESSENTIAL OIL THERAPY

Enhance your treatment with tailored essential oils, carefully selected to suit your unique needs.

RED LIGHT THERAPY MASK
20 MINUTES

Revitalise with our Red Light Mask, with advanced light therapy to stimulate collagen production and reduce inflammation. This enhancement promotes deeper relaxation, improves skin texture, and amplifies the rejuvenating effects treatments.

**RED LIGHT THERAPY FOR MUSCLE RECOVERY
AND INFLAMMATION**
20 MINUTES

Boost muscle recovery and reduce inflammation with Red Light Therapy. Targeting deep tissue, it accelerates healing, relieves soreness, and promotes faster recovery, enhancing overall wellbeing and restoring muscle function.

**CHAKRA REBALANCING
(WITH REIKI, REFLEXOLOGY, HOT STONES)**
30 MINUTES

Our Chakra Rebalancing focuses on harmonising the body's energy centres. Using gentle touch and energy work, this treatment clears pathways and restores vitality. Perfect alone or with a sound healing experience.

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. Guests under 16 may receive treatments if a parent or guardian accompanies them.

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.

Spa Guidelines





Movement & Vitality at Castello di Casole

Movement is a cornerstone of our wellness philosophy, inviting you to energise your body and refresh your mind.

Train in our fitness centre with state-of-the-art Technogym equipment, enjoy a friendly tennis match or a lesson with a pro, and play padel or pickleball.

Cycle through scenic trails from our bike hub, hike across Tuscany's largest private estate, and immerse yourself in its extraordinary biodiversity.

Whether through dynamic workouts, mindful early walks in nature, or a yoga class, every step reconnects you with your surroundings, inviting a deeper sense of wellbeing.

GUIDED BIKE TOUR

120 MINUTES

Visit our bike hub to rent bicycles, charge e-bikes and pedal off on a 5km gravel trail through the estate. We also offer a wide range of cycling itineraries to suit all interests and fitness levels, accompanied by an English-speaking guide.

PRIVATE YOGA LESSON

60 MINUTES

Greet the day with a personalised yoga session. Stretch, breathe, and flow as the Tuscan sunrise uplifts and rejuvenates the spirit. Add a sound healing session to maximise the restorative effects.

FIRST LIGHT WALK

60 MINUTES

Set off at dawn for a First Light Walk, where fresh air and morning light regulate the circadian rhythm, boost immunity, and enhance wellbeing. Breathe deeply, move mindfully, and awaken with nature.

FITNESS WALK

120 MINUTES

Enjoy a two-hour workout in nature. Start with a warm-up before pacing with our trainer through the hotel's lush landscapes. Along the way, engage in specific aerobic activities and yoga exercises, and end with a blissful stretching session.





TENNIS

Take advantage of our scenic tennis facilities to enjoy a knockabout or a serious game. Rent a court to play with friends, enjoy a private coaching lesson, attend a group clinic, or participate in an exciting 'Beat the Pro' challenge in partnership with LUX tennis.

PADEL

If you're a fan of tennis and squash, why not give padel a go? A hybrid of the two, this sport – invented in Mexico in 1969 – is one of the fastest growing sports around the world. And no wonder, it's sociable, easy to learn, and irrepressible fun.

PICKLEBALL

Combining elements of badminton, tennis and table tennis, this exuberant game involving wooden paddles and perforated balls was invented by three vacationing American dads in the 1960s. Enjoy a lively game for two or four players on our court.

Contact

ESSERE SPA
CASTELLO DI CASOLE

Telephone (from room) Call ext. 900
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