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 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 Experiences

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 your energy and release tension through a session of Dynamic Meditation and Deep Breathing. This revitalising practice combines rhythmic breathing, movement, and guided meditation to clear the mind, enhance vitality, and encourage emotional release.

The session is accompanied by specially selected rhythmic music and the steady beat of a live drum, helping you maintain a natural inner rhythm. This supports deep physical relaxation, easing muscular tension, dissolving accumulated stress, and allowing a tangible sense of lightness and wellbeing to emerge.

By activating deep and conscious breathing patterns, circulation improves, stress is reduced, and a heightened state of awareness is awakened. Experience a profound reset that leaves you feeling fully renewed, balanced, and completely present.

FOREST BATHING

90 MINUTES. THE CANCELLATION POLICY REQUIRES 3 DAYS' NOTICE.

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.

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, 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

THE CANCELLATION POLICY REQUIRES 3 DAYS' NOTICE.

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

90 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.



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.

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 TUSCANY GARDEN
120 MINUTES

Begin your journey with a fragrant foot soak infused with rose, calendula, and elderflower, awakening the senses and inviting deep relaxation. During this soothing moment, you are offered a delicate MEI Nuvola herbal tea infused with lavender blossoms, to be gently sipped as body and mind begin to unwind. The body and spirit are then nurtured through the aromatic power of lavender and rosemary essential oils, accompanying a soothing salt scrub and a luxurious massage performed with olive oil and a precious cream enriched with aloe, myrtle, and eucalyptus. Let the restorative energy of MEI's wild medicinal plants, enhanced by expert hands, flow through you in this profoundly immersive ritual. Experience its purifying, regenerating, and draining effects, releasing muscular and psycho-somatic tension and leaving you fully renewed.

SIGNATURE ETRUSCAN DREAM
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 - PERSONALISED MASSAGE
60/90 MINUTES

A ritual born in our property and tailored entirely to you. Choose the touch, the rhythm, the intensity. Be guided by locally sourced natural oils, selected not only to nourish the skin, but also to support your emotions: to slow down, regenerate, and rediscover harmony. A deeply immersive experience where body and inner wellbeing come together.

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

Our signature facial treatment revitalises the skin and restores its natural radiance using products from the Essere line, formulated with ingredients grown and harvested within our estate.
Ideal for relaxing facial muscles, reducing puffiness and fine lines, it stimulates the lymphatic system and accelerates cellular renewal to enhance the complexion's natural glow.

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

With a dynamic and revitalising approach, this facial treatment designed specifically for men begins with a deep cleansing ritual to remove impurities and revive the complexion. Using products from the Essere line, combined with targeted massage techniques, it stimulates circulation and relieves tension, leaving the face looking fresher and more youthful. An energising treatment that delivers immediate radiance, leaving the skin strengthened, smooth, and regenerated.



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.

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.



Face

AD+ INTENSE 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.

ANTI-AGE BOOSTER
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.

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.

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.

Rituals: Face & Body

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.

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.

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.

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.



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 ETRUSCAN DREAM
110 MINUTES

Indulge in a romantic soak together in our couple's room tub, sipping a glass a local drink 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

Indulge in an immersive experience inspired by Tuscany, where the benefits of the vine and the fruits of the land come to life in the Di-VINO ritual: a soothing couples' bath accompanied by a locally crafted drink, designed to promote wellbeing from within while preparing the skin for the treatments to follow. The experience continues with a grape-seed scrub that renews and illuminates the skin, followed by a relaxing massage using blueberry and red vine-based products, rich in antioxidant properties, to deeply nourish the body and restore harmony to both body and mind.

SHARED MASSAGE & SOUND HEALING
110 MINUTES

Embark on a sublime sensory journey where a sound healing expert guides you into deep relaxation through the vibrations of Tibetan singing bowls, followed by a soothing massage in a private suite at the Essere Spa. This experience of pure tranquillity nurtures a profound sense of inner peace, bringing couples together through a shared journey of holistic wellbeing.

SHARED WATER SOUND BATH
90 MINUTES

Experience a sublime wellness journey in our couples' suite. Immerse yourselves in a bath surrounded by crystal bowls and gongs, while the vibrations of Tibetan singing bowls resonate through the water. A deeply sensory experience designed to relieve stress, relax the body, and nurture inner peace.

SHARED PINDAMEI AYURVEDIC RITUAL
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.

SHARED TUSCANY GARDEN
120 MINUTES

A sensory ritual designed to be shared together, immersed in the fragrances and harmony of the Tuscan countryside.
Your journey begins with a shared aromatic foot bath infused with rose, calendula, and elderflower, gently awakening the senses and inviting a deep state of relaxation. During this first moment of wellbeing, you will be served a delicate lavender flower soft drink to sip slowly, encouraging an immediate feeling of calm and connection.
The enveloping notes of lavender and rosemary essential oils accompany a salt exfoliation, followed by a relaxing couples' massage performed with olive oil and a precious cream enriched with aloe, myrtle, and eucalyptus.
Enhanced by the regenerating energy of MEI's wild medicinal plants and the expert touch of our therapists, this ritual works deeply with purifying, draining, and restorative effects, releasing muscular and psycho-somatic tension while restoring a true sense of shared balance and harmony.
An intimate and enveloping experience dedicated to the wellbeing of the couple and the pleasure of reconnecting, together.



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
160 MINUTES

Regenerate mind and spirit beginning with a soothing foot bath accompanied by a detox herbal infusion. Your journey starts with the restorative power of our advanced red light technology, designed to support deep cellular detoxification. Continue with our exclusive START UP lymphatic drainage massage, followed by a detoxifying facial treatment.

REVIVE
140 MINUTES

Enjoy this restorative trio of treatments designed to refresh and revitalise. Begin with a luxurious foot bath, followed by a session of red light therapy that leaves the body deeply nourished and relaxed.Complete your journey with our exclusive Pindamei Ayurvedic body & face treatment, emerging fully revitalised and renewed from within.

RECOVER
150 MINUTES

Restore balance with this special package designed to support post-workout recovery and relaxation. Begin with our Floating Therapy, immersing yourself in magnesium-enriched water that helps soothe inflammation and regenerate the senses. Continue with red light therapy, working deeply to restore functionality, reduce inflammation, and promote both recovery and relaxation. The experience is enhanced by a tension-relieving muscular massage using our natural herbal products, and concludes with a deeply relaxing scalp massage.

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 a complete rejuvenating experience with the AD+ Intensive Face & Body Ritual. Your journey begins with Red Light Therapy, designed to promote deep detoxification while delivering a slimming and revitalising effect. The experience continues with the AD+ Crio Strong mud treatment and body wrap, before concluding with our exclusive AD+ Lifting facial treatment, created to firm, tone, and restore radiant luminosity to the skin.

MOTHER TO BE
150 MINUTES

This deeply restorative experience begins with a Zero Gravity Floating Bath, allowing the body to fully relax and release tension while encouraging a profound sense of lightness and calm. The journey continues with a gentle Superfood face and body ritual, leaving the mother-to-be feeling radiant, centred, and deeply nurtured.

MUMMY & ME
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 package designed for couples, perfect for rediscovering connection, relaxation, and renewal. Begin with our signature foot bath ritual accompanied by a drink inspired by the treatment's aromatic notes, followed by our exclusive ritual bath featuring immersion in waters enriched with essential oils and soothing fragrances for a moment of absolute tranquillity.
Complete the experience with an 80-minute "Radici" sensory massage, a multisensory journey inspired by local essences and traditions, enjoyed in our private couples' suite.

BIRTHDAY RITUAL
160 MINUTES

Celebrate your special moment with an experience designed to regenerate both body and senses.
Your journey begins with a relaxing floral foot bath accompanied by a herbal infusion, gently guiding you into a state of deep wellbeing.
The experience continues with a fully customisable face and body ritual: choose the soft and enveloping Dolcevita experience, ideal for relaxation and radiance, or the more intense and revitalising Sottosale ritual, perfect for releasing tension and restoring freshness.
The treatment combines massage, an exfoliating scrub, and a facial ritual, leaving the skin silky smooth and the body completely renewed.
A ritual dedicated entirely to you — to celebrate, slow down, and be reborn.

WEDDING SPECIAL
210 MINUTES

A precious ritual designed to accompany you towards your special day, bringing lightness, radiance, and deep harmony.
Your journey begins with Floating Therapy, an enveloping experience that gently cradles body and mind into a state of complete surrender and relaxation. It continues with the START UP body treatment, a draining ritual combined with an exfoliating scrub that smooths, renews, and restores a feeling of lightness to the body.
The experience is completed with the AD+ Lifting facial treatment, created to illuminate the features and reveal skin that appears fresh, toned, and radiant. A sensory journey designed to leave you feeling luminous, centred, and ready to shine on your most special day.

Introduce your little ones to the world of wellness with our Young Spa treatments and rituals. 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.

Young Spa

MINI FACIAL
20 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
60 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
20 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
20 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.

GUA SHA FACIAL

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

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

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

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

15 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

15 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.

EYE PATCHES

Enhance your treatment with refreshing eye patches, carefully selected to reduce signs of fatigue and restore brightness to the eye area.

FACE MASK

Indulge your skin with a precious face mask, thoughtfully chosen to envelop it in a moment of pure well-being, restoring comfort, radiance, and renewed vitality.

BOOSTER BANDAGES

A soothing leg ritual featuring an intensive wrap, designed to bring lightness, relief, and a deep sense of well-being.

Spa Guidelines

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.





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 and discover Casole Club, our sports centre immersed in nature, featuring tennis, padel and pickleball courts, as well as private and group lessons led by experienced professionals.

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 (MAXIMUM 6 PEOPLE)
120 MINUTES. THE CANCELLATION POLICY REQUIRES 3 DAYS' NOTICE.

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. THE CANCELLATION POLICY REQUIRES 3 DAYS' NOTICE.

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 (MINIMUM 2 PEOPLE)
120 MINUTES. THE CANCELLATION POLICY REQUIRES 3 DAYS' NOTICE.

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.

PRIVATE REFORMER PILATES LESSONS
60 MINUTES

Discover a new dimension of wellbeing through Reformer Pilates, an exclusive experience that combines elegance, precision, and mindful movement. Through a personalized and targeted approach, the body is toned, lengthened, and harmoniously rebalanced, enhancing posture, fluidity, and control. A contemporary ritual dedicated to those who wish to sculpt their body with grace, rediscovering lightness, energy, and a deep sense of balance.

PERSONAL TRAINING – PRIVATE SESSION
60/90 MINUTES

A tailored experience led by a dedicated personal trainer, designed to help you achieve your goals through an effective and personalized fitness journey.

PERSONAL TRAINING – SEMI-PRIVATE SESSION
60/90 MINUTES

A shared workout experience in a small group, guided by a personal trainer, where energy, motivation, and personalized attention come together to create a dynamic and engaging training session.



CASOLE CLUB

Just minutes from the hotel and easily accessible on foot or by golf cart, Casole Club offers an active wellness experience in the heart of the Tuscan countryside. Surrounded by the estate's lush natural landscape, the sports centre features one tennis court, one padel court and three pickleball courts, providing the perfect setting to stay active in an exclusive and tranquil environment.

In partnership with LUX Tennis, Casole Club offers tailored programmes for players of all levels, including private and group lessons, dedicated training sessions and the opportunity to challenge a professional player. Guided by experienced coaches, you can refine your technique or simply enjoy a game in a unique setting where sport, nature and wellbeing come together in perfect harmony.

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
Telephone (external line) +39 0577 961 590

For an even more exclusive experience, treatments may be enjoyed in the privacy and comfort of your room for an additional supplement.

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