

EXCELLENCE OF TUSCANY



CASTEL MONASTERO

TUSCAN RETREAT & SPA

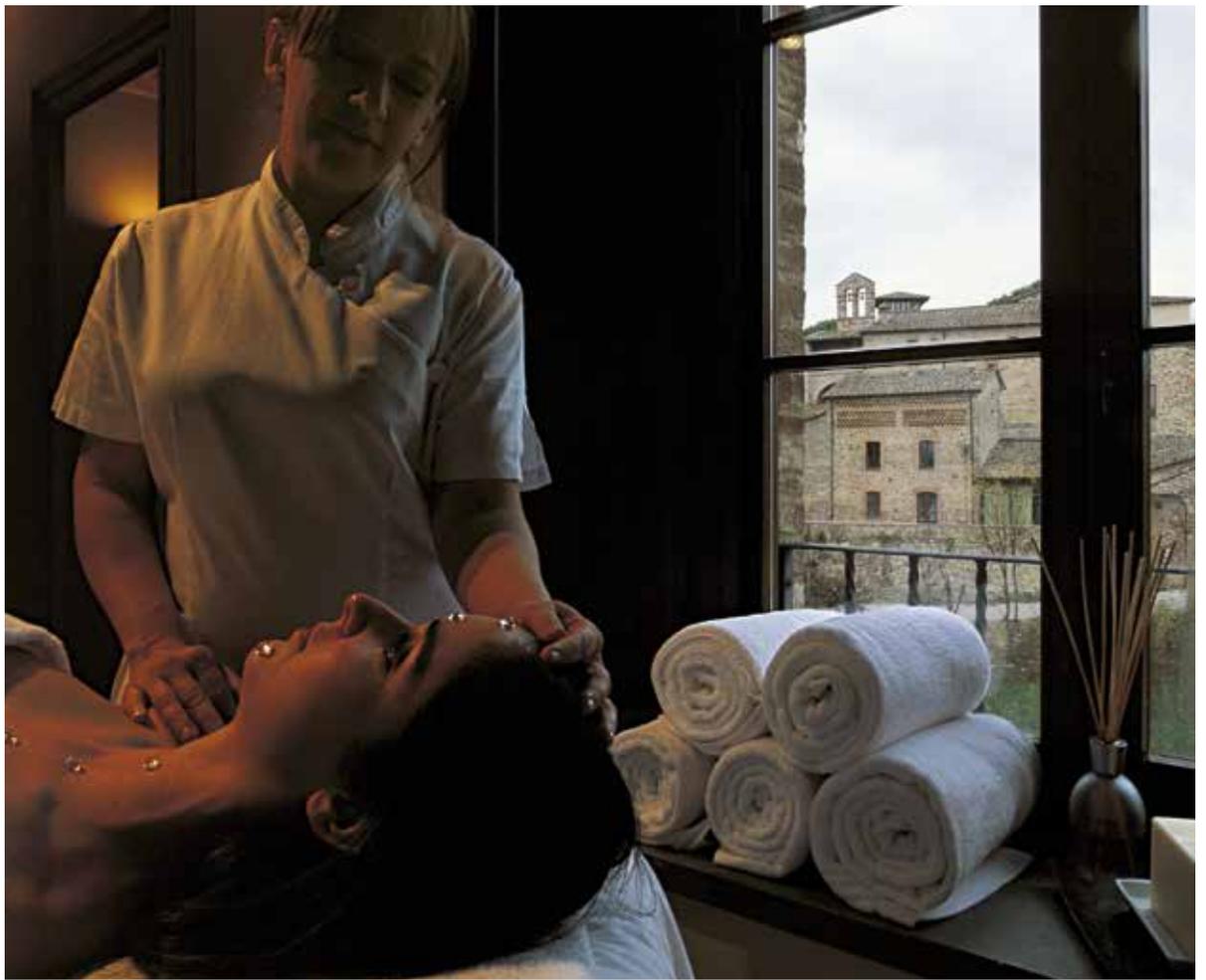
# EXTRAORDINARY HOSPITALITY AND WELLBEING

In the beautiful settings of one of the most picturesque landscapes of Italy, 23 km from Siena, the medieval resort of Castel Monastero is the perfect place to have a rewarding experience living in harmony with yourself, the landscape, the charm of history and the pleasure of art. Among these ancient walls, the rooms, suites and villa pay tribute to the rustic elegance and harmony of the old Tuscan hamlet. In the SPA you can unite moments of pure relaxation with specific programs and beauty treatments to achieve a new concept of "well-being". There are two restaurants for you to enjoy the cuisine interpreted by our Chef, in partnership with a star of the caliber of Gordon Ramsay. And let's not forget the local specialties and the best Tuscan wines.

## GORDON RAMSAY'S STARS

It is here, among these fields, vineyards, and pastures, that one of the highest expressions of Italian taste, Tuscan cuisine, came into being. Gordon Ramsay, a star of European cuisine, with 14 Michelin stars to his name, interprets its flavors with a sincere respect for tradition, choosing each ingredient with infinite care. The essence of Tuscany, for you to enjoy.







## PLANET WOMAN

"The mystery of life lies in the pursuit of Beauty" according to the director Billy Wilder. A search that embraces inner and outer harmony, combining the love for life with dedicating time to take care of yourself. With this in mind, Castel Monastero Spa offers a complete range of medical services to complement the already established slimming programs, combining the benefits of the "Remise En Forme" with the pleasure of a global cosmetic makeover.

### AESTHETIC MEDICINE

Here are the services that you can enjoy:

- BIOSTIMULATION
- FILLERS
- FINE THREAD CONTOUR, FTC LIFTING
- SOFT PEELING \*
- MESOTHERAPY
- BOTOX

\* Availability of the American Laser one of the latest generation machines for Rejuvenating Peeling.

### OSTEOPATHY

Osteopathy is a natural medical technique, consisting solely of a series of non-invasive and painless manual manipulations. This restores the physiological and musculoskeletal performance of the patient's body and reestablishes its balance. Each treatment is tailored to the person, their needs, age and general condition.

### ACUPUNCTURE

Acupuncture belongs to holistic medicine and can assess aspects ranging well beyond the symptom itself. It can be helpful in cases related to women's issues particularly in the delicate stages of menopause, fertility enhancement, and hormone dysfunction, and adjuvant in problems of anxiety, depression and insomnia.





## WELLNESS OASIS

### The protocols of the Spa team at Castel Monastero

Our Spa features exclusive tailor-made programs that combine nutrition, sport, relaxing techniques and energizing massages using acupuncture points. These programs work on stimulating your metabolism, purifying your body and balancing your diet. A series of menus have been developed by our Resident Chef, in collaboration with a team of doctors and nutritionists combining in new ways mind, body and nutrition so that getting back in shape and losing weight can be a wonderful and rewarding journey.

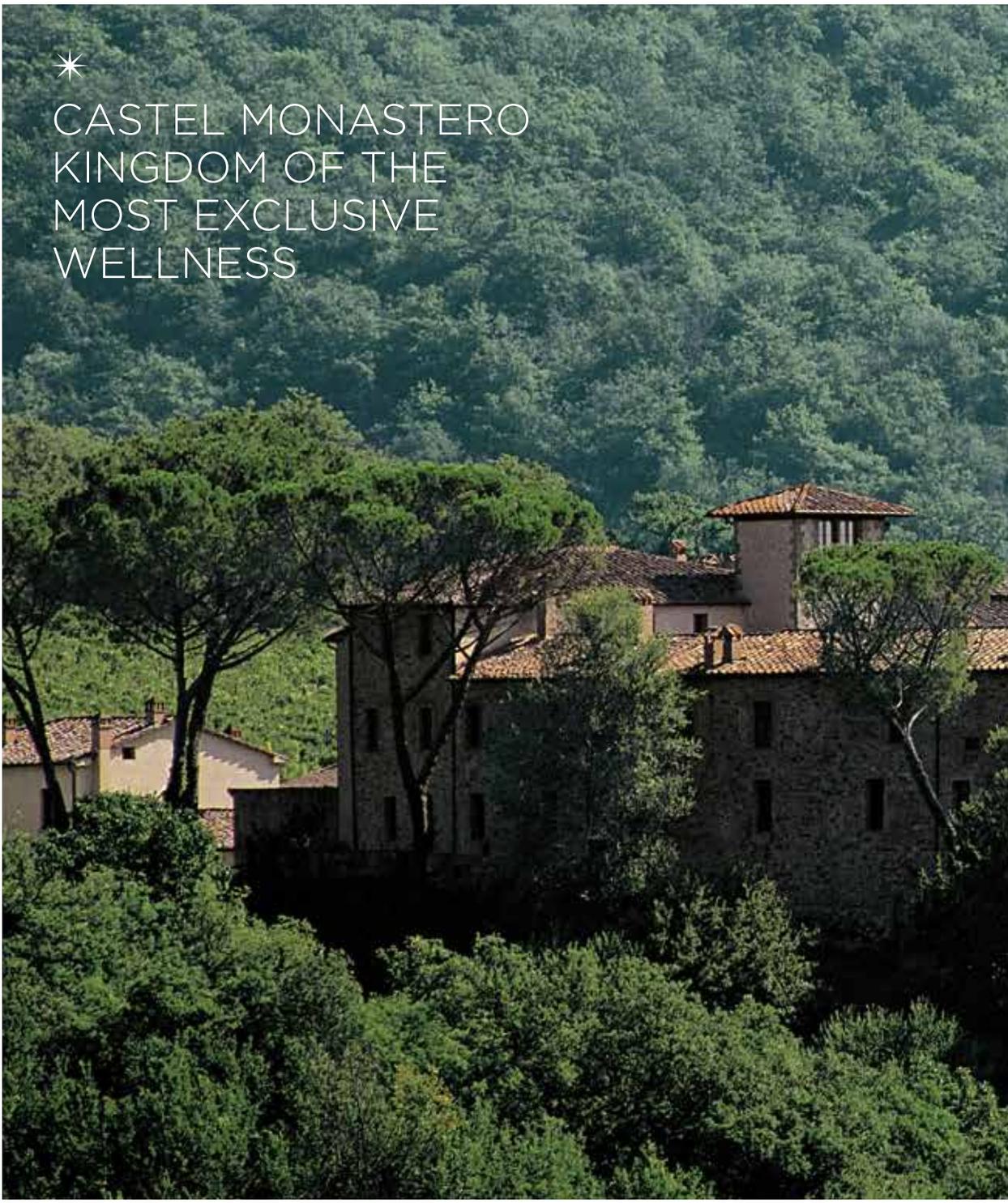
### "Beauty" OASIS

Apart from finding a perfect balance between mind and body, the Remise En Forme will focus on other related activities: such as a general cosmetic makeover using non-invasive aesthetic and anti-aging treatments, medical treatments such as fillers, biorevitalization, botox and laser; Chinese acupuncture sessions to alleviate sleep, hormonal and metabolic disorders; osteopathy sessions to treat bad posture and chronic joint pain.





CASTEL MONASTERO  
KINGDOM OF THE  
MOST EXCLUSIVE  
WELLNESS







# A SPA WHERE EVERYTHING IS HARMONY AND BEAUTY



In the peace and quiet of enchanting Tuscany between the rolling hills and vineyards of Chianti. In the land of the Renaissance, of harmonious proportions and balance. In the antique elegance of two typical Tuscan farmhouses a few meters from the square of a small XI century hamlet entirely dedicated to the art of hospitality.

This could not but be the ideal place to revitalize, get back into shape, detox and recapture the splendor of youth, thanks to exclusive programs created by specialists in nutrition and aesthetic medicine. All this interspersed with moments of blue relaxation and pure pleasure in the unique areas of our Spa. The *Aquae Monasterii*, water rich in magnesium with a high salt density, has multiple beneficial effects on bone and muscle. It boosts circulation, stimulates endorphins and reduces fluid retention. To complete the experience, two saunas, a Hammam bath, Kneipp and swimming pool with toning hydro massage.



## WELLNESS PROGRAMS

Our spa programs are organized around a stay of three or six days.

### DETOX YOUR BODY ... AND FLY

A new, exciting lightness. The secret being to rid your body of toxins that accumulate due to stress, poor nutrition and lack of movement.

### WEIGHT LOSS:

Get fit, regain equilibrium and serenity. Rediscover principles of healthy eating using ingredients from the Mediterranean diet. This is helped by endermologie treatments, LPG body treatments, to reduce fatty deposits.

## ANTI AGE

Every age has its own beauty, the important thing is to flourish. Body and face skin regain tone and brightness thanks to fruity acids and stem cell treatments. Personalized shaping treatments redefine our body shapes and reduce imperfections, giving our body, once again, the harmony it had lost.





## A STEP AWAY FROM THE MOST BEAUTIFUL PART OF ITALY

Castel Monastero is easy to reach from the two main airports of Tuscany. Indeed, it is located just one hour from Florence and two hours from Pisa. Both airports are connected to the most important Italian and European cities. Furthermore, the Relais is situated just 20 minutes by car from Siena, 40 minutes from Arezzo and approximately 2 hours from Rome. Exit the Siena Perugia expressway at Colonna del Grillo and at the crossroads follow the directions for Bucine/Ambra. After about 2.5 kms you will see a sign for Monastero d'Ombrone, Castel Monastero on your left.



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### CASTEL MONASTERO

Monastero d'Ombrone, Siena  
tel. +39 0577570001  
fax +39 0577570868  
info@castelmonastero.com

[www.castelmonastero.com](http://www.castelmonastero.com)



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