



RAK<sup>Xa</sup>

WELLNESS SPA

at  
CASTELFALFI, TUSCANY

2025 TREATMENT MENU



## ABOUT RAKxa WELLNESS

Integrative Wellness, an award-winning health retreat based in Bangkok, Thailand renowned for its integrative approach to wellness.

The retreat blends ancient wisdom with modern medical therapies. It offers a holistic approach to wellness, focusing on common goals like weight loss, gut health, stress relief, and detoxification by using RAKxa's five pillars—Exercise, Restorative Therapies, Stress Management, Nutrition, and Rest—to help guests achieve their wellness objectives.

### **RAKxa WELLNESS SPA AT CASTELFALFI**

Expanding into Europe, RAKxa has partnered with Castelfalfi to open its first European outpost- RAKxa Wellness Spa.

Our spa offers unique treatments that combine a range of healing modalities, drawing on the wisdom of our wellness retreat. The treatments are carefully curated to help guests achieve their health goals, whether they're looking to relax, release tension, or improve sleep quality, all within the framework of RAKxa's integrative wellness approach.

## OUR PHILOSOPHY

At RAKxa Wellness Spa, we believe that it's more than just relaxation - it's about rebalancing your mind and body. We elevate your spa experience by creating treatments and experiences to address common imbalances people may be experiencing. Using the knowledge and experience that we have coming from an integrative wellness retreat, we blend and complement therapies and techniques to create innovative treatments that focus on achieving a personalised outcome.

Ultimately, the thinking, the execution and practice all stem from the understanding that optimal wellbeing is a state of wholeness - a state of complete, unbroken, or undamaged body and mind. However, this state isn't just achieved once, but needs to be maintained with consistent "Rebalancing".



# WELLNESS TREATMENTS

## TUSCAN HILL

Immerse yourself in the essence of Tuscany with an outdoor massage in a private cabana, overlooking the breathtaking panorama of rolling hills. Using our signature olive oil, this holistic treatment soothes tired legs from long days of Tuscan activities such as hiking and sightseeing with our unique techniques : mobilizing, vibrating and draining that melts away tension for full-body. This treatment harmonizes your body with the rhythm of nature, leaving you refreshed, restored, and fully embraced by the serenity of Tuscany.

Duration: 90/120 mins | €340/400



# WELLNESS TREATMENTS

## RAKxa GOOD NIGHT SLEEP

For those looking for deeper or more quality sleep, or experiencing jet lag, RAKxa Good Night Sleep gently prepares your body and mind for a restful sleep that will bring your mental and emotional state back to balance. Through a full Body Massage that employs soothing strokes to relax and enhance the blood circulation, and scalp massage on the energy points to release the tensions in your mind. Singing Bowls are played to rebalance the energy centres (Chakras), allowing guests to relax and slip into a meditative state.

Duration: 90/120 mins | €290/360



## RAKxa TENSION RELEASE

For those looking to relieve muscle tensions due to over exertion from sports or prolonged immobility. RAKxa Tension Release addresses physical fatigue and restores a full range of motion, along with healthy muscle function. RAKxa Tension Release blends the ancient wisdom and techniques of the Thai Warrior massage, a Thai Massage and a full head-to-toe stretch. Pressure and acupressure are applied along the ten principal meridian lines to open and remove blockages along the body's wind element; pathways which are related to nerves and circulation. Deep stretching also rehydrates the fascia.

Duration: 60/90/120 mins | €220/290/360

# WELLNESS TREATMENTS

## MARMA HEALING

For those looking for a restored and improved energy levels, Marma Healing Massage focuses on the vital points of the musculoskeletal system that the energy flows through. The ancient techniques include Ayurvedic acupressure and massage on Marma points all over the body to therapeutically enhance the flow of vital energy passing the body's pathways and channels to activate the natural healing process, relieve physical discomfort and re-establish a sense of vitality.

Duration: 60/90 mins | €220/290



## ROYAL THAI

A therapeutic experience of Traditional Thai wisdom, a full-body massage uses acupressure points to effectively loosen up stiff and tense muscles and joints, improving blood and lymphatic flow to reduce any body pain inflammation. This technique remove vitality blockage and improves circulation, also known as the body's wind element in Traditional Thai Medicine.

Duration: 60/90 mins | €220/290

## SPA TREATMENTS

### MASSAGES

#### BODY FIRMING

Body firming massage employs a combination of three techniques: cupping, pounding, and kneading. These techniques work together to tone the body and alleviate the appearance of cellulite. The vigorous massage also effectively promotes microcirculation in the blood and lymphatic system, reducing water retention and resulting in a toned body and smoother skin.

Duration: 60 mins | €220

#### CANDLE RELAXING

Enriched with the finest botanical butters, this Hawaiian massage ritual transforms manual therapy into a soothing experience. Feel the warmth penetrate, the skin drink in nourishment, and a serene coolness settle within. The treatment is customized with 100% natural essential oils of sweet orange, grapefruit, tangerine, black pepper or cinnamon, for a unique sensory experience.

Duration: 60/90 mins | €220/290

#### ORGANIC AROMATHERAPY

Organic Aromatherapy combines a relaxing massage with aroma as a therapy. The RAKxa essential oils are purposely blended to stimulate the olfactory system to rebalance your emotion and senses. The organic aromatic oil for inner calm, relieve stress and anxiety, or Positive Energy that fosters positive thinking and enables deeper relaxation.

Duration: 60/90/120 mins | €220/290/360



## SPA TREATMENTS

### MASSAGES

#### SEVEN CHAKRA HOT STONE

The Seven Chakra Hot Stone Massage eases stiff and aching muscles while rebalancing energy points or Chakras, to soothe the body and mind. The treatment combines a hot stone massage with energy healing, using warm natural stones to release muscle tension with long, kneading strokes. At the same time, seven crystals that align with the seven major Chakras are placed on the body from the head to the base of the spine for physical and emotional healing. Followed by a facial massage using rose quartz crystals. The cooling properties of the crystals will help to reduce facial inflammation.

Duration: 90/120 mins | €290/360

#### DEEP TISSUE

Great for those who have active lifestyles, discomfort from incorrect posture and repetitive activity, or experience body pain. The massage relaxes the deep layer of muscle groups and fascia. As the deep muscles relax, circulation improves and any pain, muscle stiffness or aches will be relieved.

Duration: 90/120 mins | €290/360







## SPA TREATMENTS MASSAGES

### BACK MASSAGE

This targeted therapy is designed to alleviate and ease back pain and muscle tension. By focusing on the back's key muscle groups, this therapy enhances spinal alignment, improves posture, symptoms of office syndrome, and promotes relaxation. It supports overall mobility along with reduces stress, contributing to better daily functioning.

Duration: 60 mins | €220

### LEG AND FOOT MASSAGE

Stimulates circulation and reduces swelling in the legs and feet, ideal for those who have been walking, hiking, or who lead active lifestyles. This massage helps to relieve muscle fatigue, improve detoxification and supports recovery.

Duration: 60 mins | €220

### NECK AND SHOULDER MASSAGE

Targets the often-neglected areas of the neck and shoulders, which are prone to tension and stiffness. This therapy enhances flexibility and mobility in the neck and arms, reduces headaches, and improves blood flow to these critical regions. It supports better posture and helps to relieve stress and tension.

Duration: 60 mins | €220

# SPA TREATMENTS

## BODY SCRUB

### RADIANT AND RELAXING SCRUB

#### LA DOLCE VITA

Let yourself be immersed in the refreshing and revitalizing scents of Sweet Orange and Lemon in this exclusive treatment, designed to restore your skin's radiance and softness through the synergy of luxurious. The experience begins with the Dolce Vita scrub, featuring delicate micro sugar crystals, followed by a firming massage using citrus-infused balance oil. The silky Sweet Orange cream provides the perfect finishing touch, leaving you with moments of pure well-being and a radiant glow.

Duration: 90 mins | €290

### ENERGIZING AND TONING SCRUB

#### IL BEL PAESE

Experience a surge of vitality and rejuvenation with the detoxifying benefits of Sicilian Sea salt, enhanced by the invigorating essential oils of wild peppermint from Piedmont. This potent blend is harmonized with the energizing vegetable extracts of green tea and ginseng root, delivering a noticeable toning and firming effect. This exclusive ritual offers a deeply relaxing, anti-stress experience. The treatment concludes with the soothing essence of Jasmine tea.

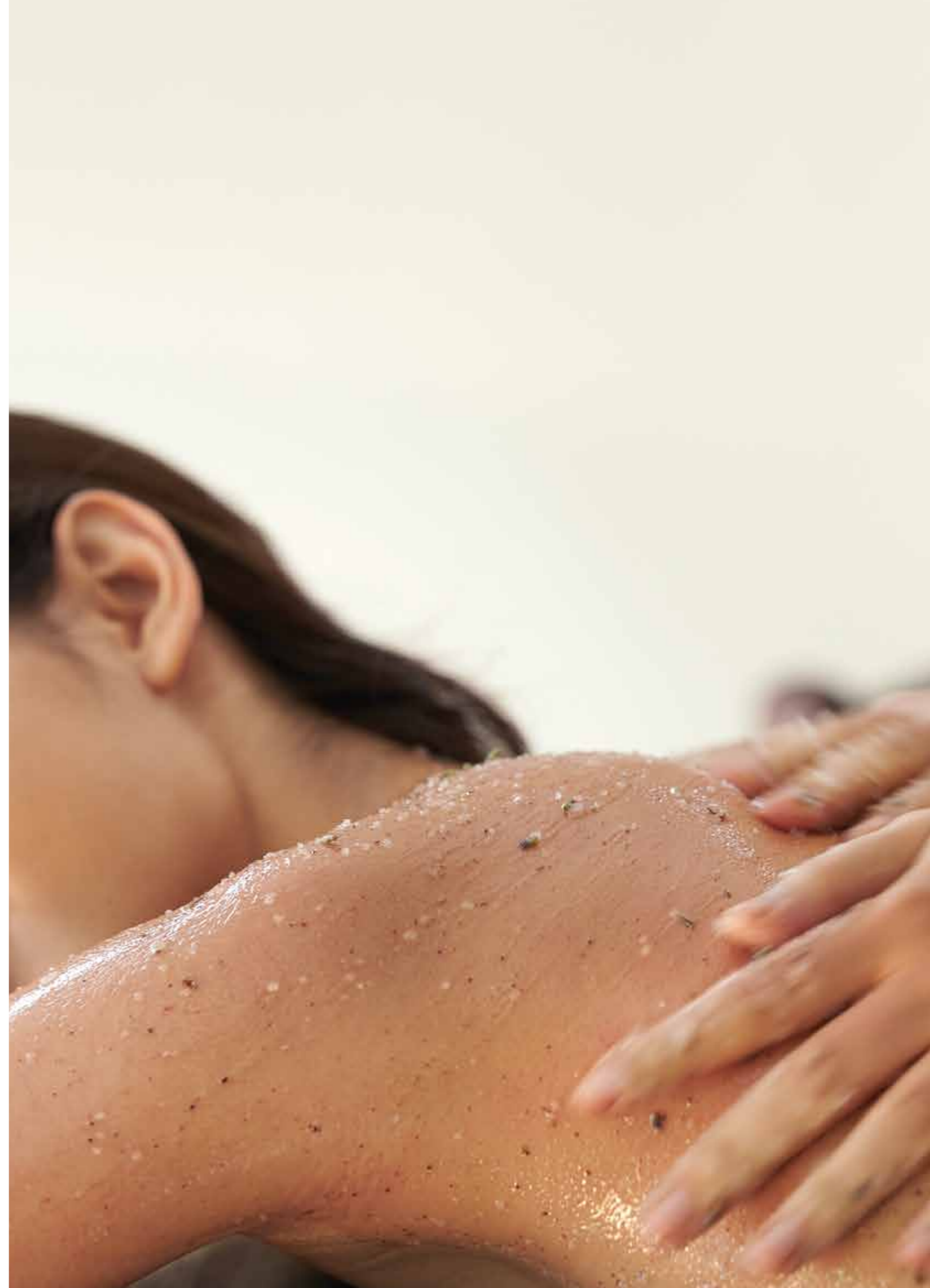
Duration: 90 mins | €290

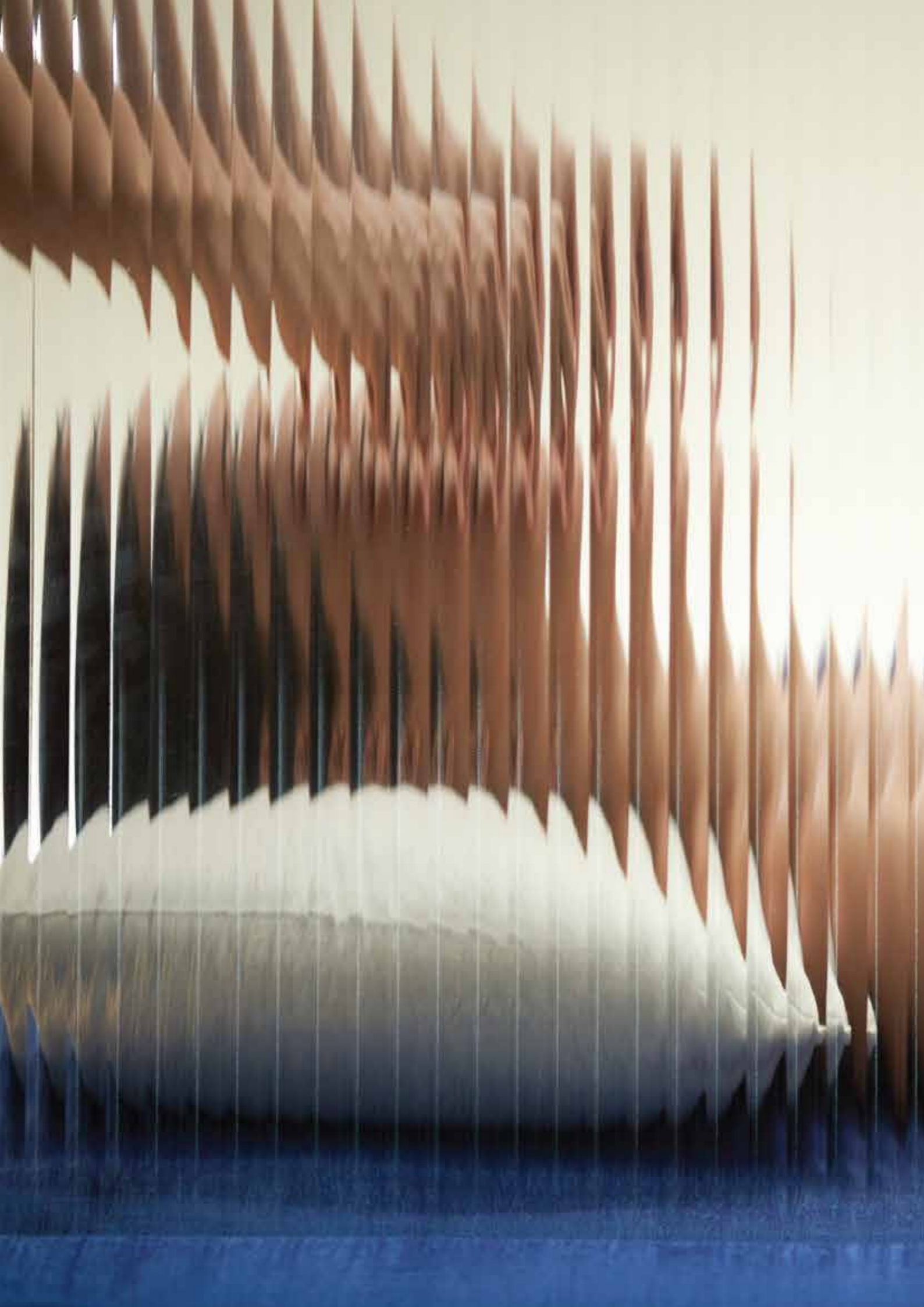
### PLUMPING AND BLOOMING SCRUB

#### ORO DEL MEDITERRANEO

Surrender to the soothing touch of this enriching treatment and witness your skin radiate with renewed vitality. Experience the revitalizing power of wild nature, as potent active ingredients like olive oil, myrtle, and aloe juice work in harmony to restore your energy, freshness, and radiance. Immerse yourself in this sensory journey, infused with the aromatic essence of the Mediterranean maquis, and emerge with skin feeling plump, toned, blooming, and truly luminous.

Duration: 90 mins | €290





## SPA TREATMENTS FOR FACE AND BODY

### RENEW AND DETOXIFY SCRUB RITUALE BOTANICO

Indulge in this exclusive detoxifying treatment, designed to purify and renew your skin from the stresses of daily life and environmental pollutants. Experience a deep cleansing and regeneration, leaving your skin feeling toned, revitalized, and beautifully refreshed. The treatment begins with the Botanical Regenerating Face & Body Peeling, utilizing the absorbing properties of green clay to draw out impurities. This is followed by a firming massage with Relax oil, infused with horsetail to further enhance the detoxifying process. The treatment concludes with the nourishing Botanical Body Cream, providing deep hydration and replenishment, and a soothing cup of herbal tea to complete your journey to renewed well-being.

Duration: 90 mins | €290

### TRANQUILIZING AND ENCHANTING PERSIAN ROSE

Unveil a complexion as radiant as the softest rose petals with this enchanting treatment, infused with the delicate essence of wild Persian rose buds. The experience begins with a gentle exfoliant, followed by a luxurious sea oil-based lotion and a cream enriched with the purest concentrated essential oil of Persian Rose, all working in harmony for maximum effectiveness. A soothing massage with Avocado, Helichrysum, and Calendula oils further enhances this luxurious journey. The treatment concludes with a calming cup of Shiraz tea, leaving your skin beautifully refreshed, revitalized, and imbued with a luminous, rose-like glow.

Duration: 120 mins | €360

# SPA TREATMENTS

## FOR FACE AND BODY

### BALANCING AND REVIVING PINDA

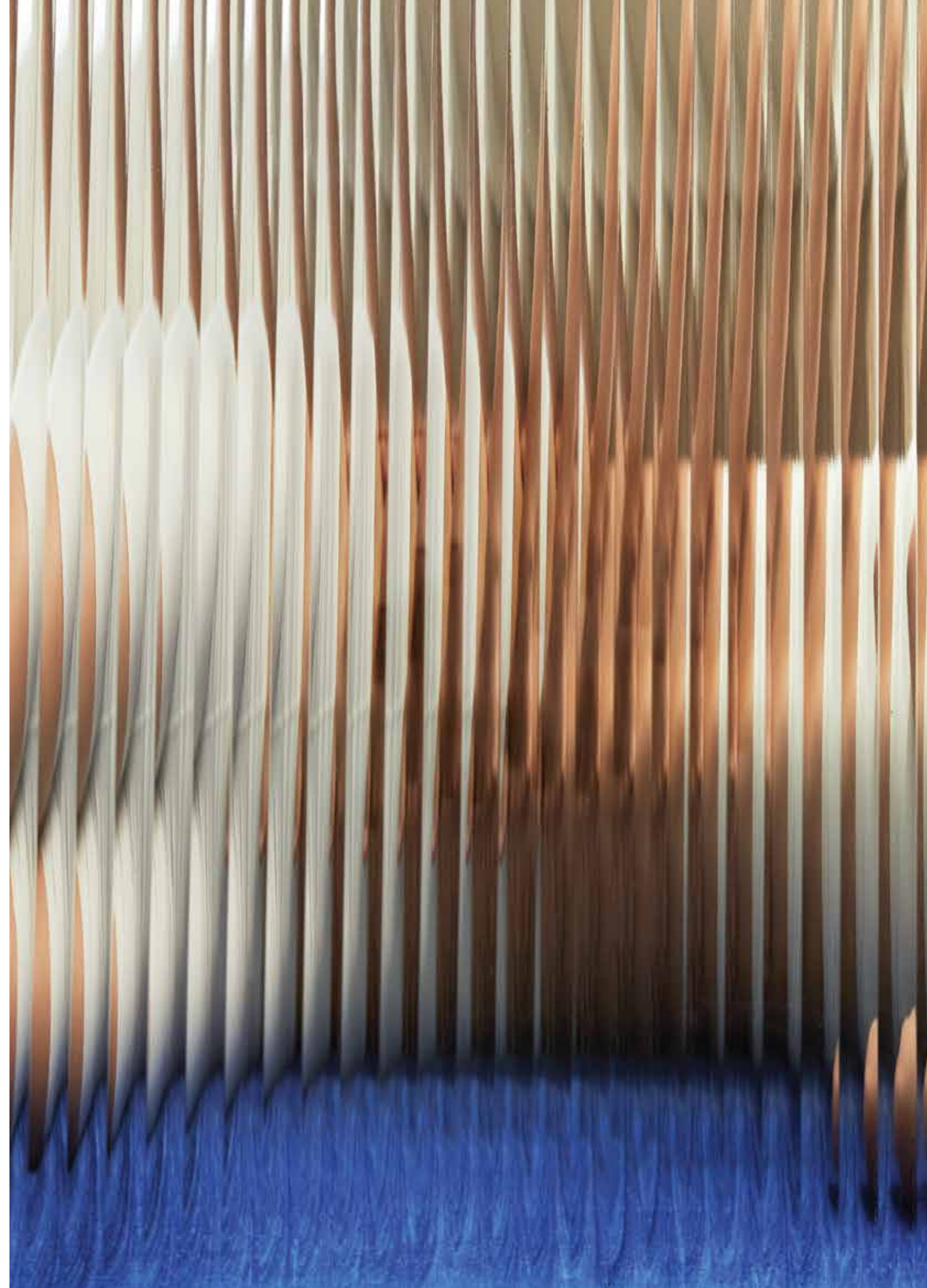
Embrace a sanctuary of tranquility. Surrender to the soothing warmth of ginger and coriander Pinda boluses, infused with balancing hot Tridosha oil, as they melt away muscle tension and alleviate localized aches, bestowing lasting physical and mental well-being. The experience culminates in a deeply regenerating facial treatment, featuring rice oil and the essence of Cotton flower White Purity, leaving your skin refreshed and revived.

Duration: 120 mins | €400

### REJUVENATING SUPERFOOD

Experience an exclusive face and body ritual, a harmonious blend of nature's finest ingredients and potent fruit extracts, designed to unveil your skin's inherent radiance. This personalized journey is crafted to address your individual needs, providing swift, noticeable results that are easily sustained. Feel the targeted firming action, observe the diminishing appearance of discoloration, and discover renewed regeneration, elasticity, and a luxuriously soft touch. The power of pure, concentrated actives, combined with specialized massage techniques, contributes to exceptional and lasting skin benefits.

Duration: 120 mins | €360





# ENHANCEMENT

Duration: 30 Mins | €100

## SINGING BOWL

The vibrational energies from Tibetan singing bowls have been used in traditional healing for thousands of years to help reduce stress, promote sleep quality and bring back a peaceful state of mind.

## HYPERVOLT THERAPY

For those experiencing stiff and chronic muscle aches, the innovative vibrational technology of Hypervolt Therapy is beneficial to alleviate muscle stiffness, relieve body pain and promote the body's natural healing process by promoting blood circulation in the area.

## ANGEL STONE HEALING

This facial massage uses the cooling properties of rose quartz with facial lifting techniques to relieve symptoms of overheating and inflammation around the face and head, minimizing and alleviate headaches and migraines.

## HEAD AND SCALP

Release tension and stimulate circulation. This therapeutic treatment targets pressure points on the scalp, neck, and shoulders, alleviating stress, reducing headaches, and promoting mental clarity.



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