

RAK<sup>Xa</sup>

WELLNESS SPA

at  
CASTELFALFI, TUSCANY







# 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.

# Wellness Treatments

## GOOD NIGHT SLEEP

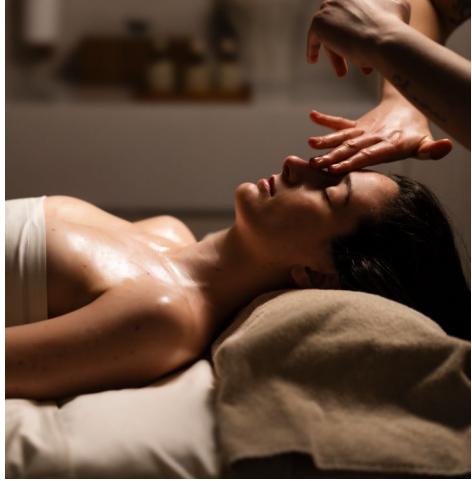
For those looking for deeper or more quality sleep, or experiencing jet lag, RAKxa Good Night Sleep gently prepares your body and mind for a restful sleep that will bring your mental and emotional state back to balance. Through a full Body Massage that employs soothing strokes to relax and enhance the 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/Price: 70 min/€250 + 22% VAT





# Wellness Treatments



## MARMA HEALING

This treatment focuses on the vital points of the musculoskeletal system through which energy flows, relieving physical discomfort. The ancient techniques used include Ayurvedic acupressure and massage on Marma points throughout the body, promoting the flow of vital energy.

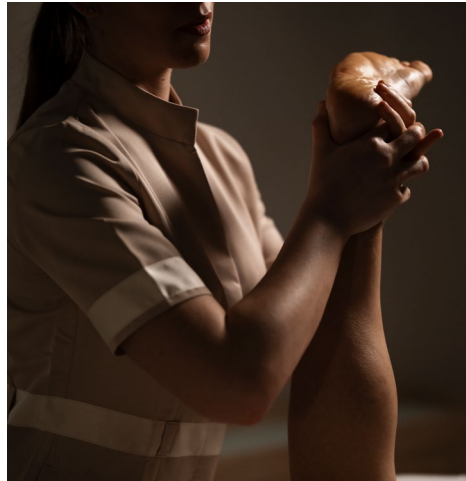
Duration/Price: 70 min/€250 + 22% VAT

## ROYAL THAI MASSAGE

A full-body massage that uses acupressure points to effectively release tight and tense muscles and joints, improving blood and lymphatic flow while reducing inflammation and body pain.

This technique removes energy blockages, promotes circulation, and is well known in Traditional Thai Medicine.

Duration/Price: 70 min/€250 + 22% VAT

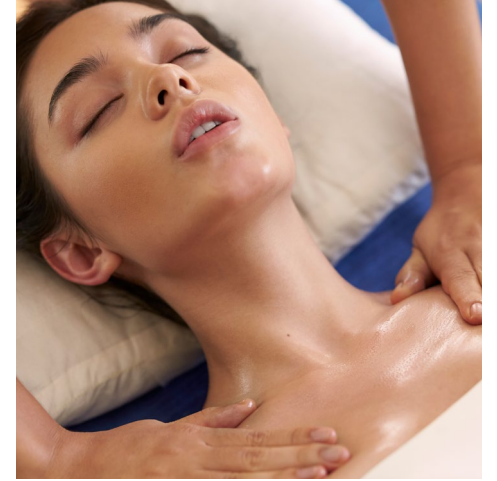


# Spa Treatments - Massages

## ORGANIC AROMATHERAPY

Essential oils are used as therapy to stimulate the olfactory system and rebalance your emotions and senses. Aromatherapy is designed for deep rest, to relieve stress and anxiety. It promotes positive thinking, and allows for deeper relaxation

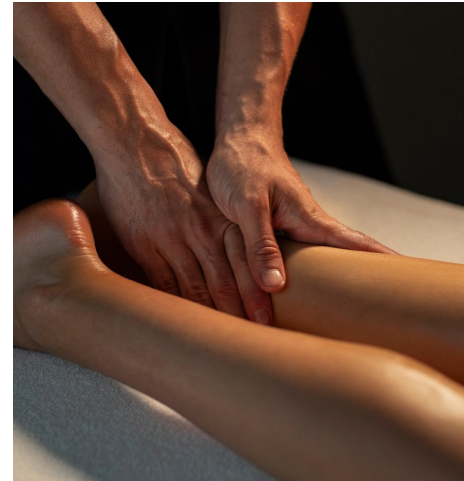
Duration/Price: 70 min/€250 + 22% VAT



## DEEP TISSUE

This massage is great for those with an active lifestyle, pain from poor posture, and repetitive activities. The Deep Tissue Massage can relax the deeper layers of muscle groups, improve circulation, and relieve any pain and muscle stiffness.

Duration/Price: 70 min/€250 + 22% VAT





## Spa Treatments - Massages

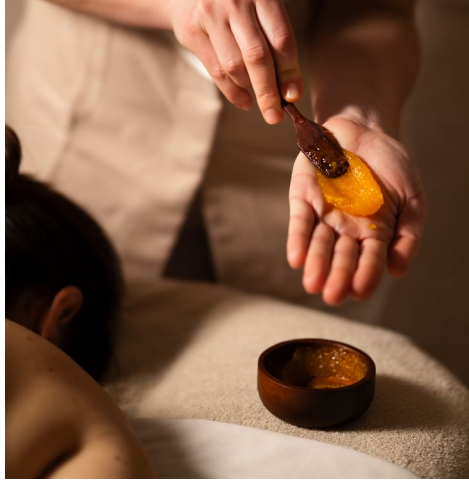
### **BACK, NECK AND SHOULDER MASSAGE**

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

Duration/Price: 70 min/€250 + 22% VAT



# Spa Treatments - Body Scrub



## LA DOLCE VITA

The radiant and relaxing scrub promotes soft, glowing skin thanks to the essential oils of sweet orange and lemon. The treatment begins with a gentle exfoliation using sugar microcrystals, followed by a massage with a rebalancing oil rich in citrus extracts to enhance skin elasticity. An unforgettable moment of relaxation continues with the application of the sweet orange cream.

Duration/Price: 70 min/€250 + 22% VAT

## IL BEL PAESE

A wave of vitality powered by the detoxifying properties of Sicilian sea salt, enhanced by peppermint essential oil from Piedmont, along with green tea and ginseng extracts. This invigorating treatment by MEI offers a toning effect and is an exclusive, relaxing, and stress-relieving ritual—perfect also for men. The experience concludes with a jasmine herbal tea.

Durata/Prezzo - Duration/price: 70 min/€250 + 22% VAT





## Spa Treatments for Face

### **BIOLOGIQUE RECHERCHE**

Excellence in skin science, Biologique Recherche is defined by an approach rooted in a deep biological and physiological understanding of each individual. Cutting-edge technologies and pure formulations work together to awaken the skin to its healthiest state. Every treatment is unique, tailored to the skin's specific needs, delivering an exclusive experience and visible results.

Duration/Price: 70 min/€250 + 22% VAT







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