

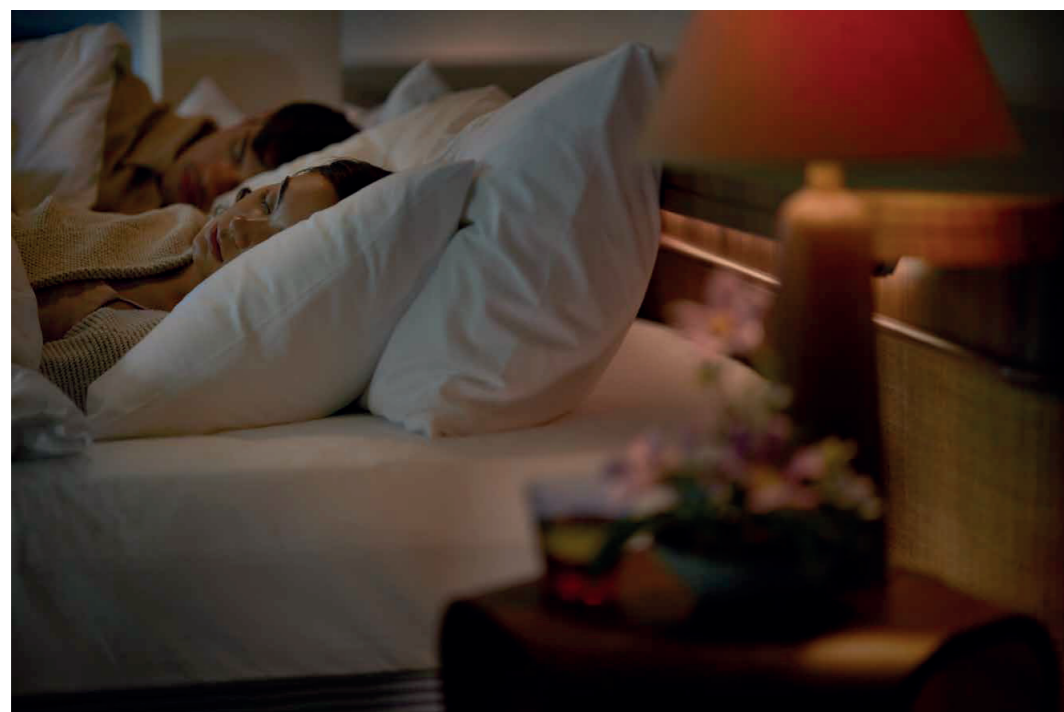
RAK<sup>Xa</sup>

WELLNESS SPA

at  
CASTELFALFI, TUSCANY

TREATMENT MENU

# SIGNATURE 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. RAKxa Deep Sleep essential oil, with its calming and healing properties, is used to encourage a restful sleep.

Duration: 90/120 Mins Price: €280/350



## 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 Price: €190/280/350

# TREATMENTS



## 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 RAKxa organic aromatherapies are Deep Sleep for a good nights rest, Inner Calm to relieve stress and anxiety, or Positive Energy that fosters positive thinking and enables deeper relaxation.

Duration: 60/90/120 Mins Price: €180/270/340



## SEVEN CHAKRA HOT STONE MASSAGE

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 and relax 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 Price: €280/350

## DEEP TISSUE MASSAGE

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: 60/90/120 Mins Price: €190/280/350

# ENHANCEMENTS



## 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.

Duration: 30 Mins Price: €100

## 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.

Duration: 30 Mins Price: €100

## HERBAL COMPRESS

Herbal Compress draws on the wisdom of traditional Thai medicine and uses a combination of medicinal plants selected for their therapeutic qualities. They are warmed and wrapped together as a bundle. This treatment stimulates blood flow and is effective in alleviating pain and inflammation by opening the pores and bringing medicinal heat and anti-inflammatory properties to the deeper layer of muscles.

Duration: 30 Mins Price: €100

# ESPA FACIALS

## DEEP CLEANSING

Deeply cleanse, hydrate and renew with this instant-results facial. Tailored to your skin's precise needs, Tri-Active formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched and naturally beautiful, while inner calm is blissfully restored.

Duration: 60 Mins Price: €190

## INNER BEAUTY

Tailored to your exact needs, Tri-Active formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth and energised, while inner calm is restored.

Duration: 80 Mins Price: €250

## INTENSE REGENERATING EYE LIFT

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective formulas combine with a restorative massage to noticeably tone, plump and intensely hydrate mature skin.

Duration: 90 Mins Price: €270

## MINDFUL FACIAL

Soothe your skin and your soul as you alleviate stress and restore natural beauty with this holistic and re-balancing facial. Guided breathing and visualisation combine with pure, calming blends and deeply therapeutic facial massage in this immersive facial experience. Skin feels toned, nourished and back to its very best, while inner peace and a positive spirit are blissfully restored.

Duration: 90 Mins Price: €270

## ACTIVE NUTRIENT

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Duration: 60 Mins Price: €190

# FACIAL BY MARIA GALLAND

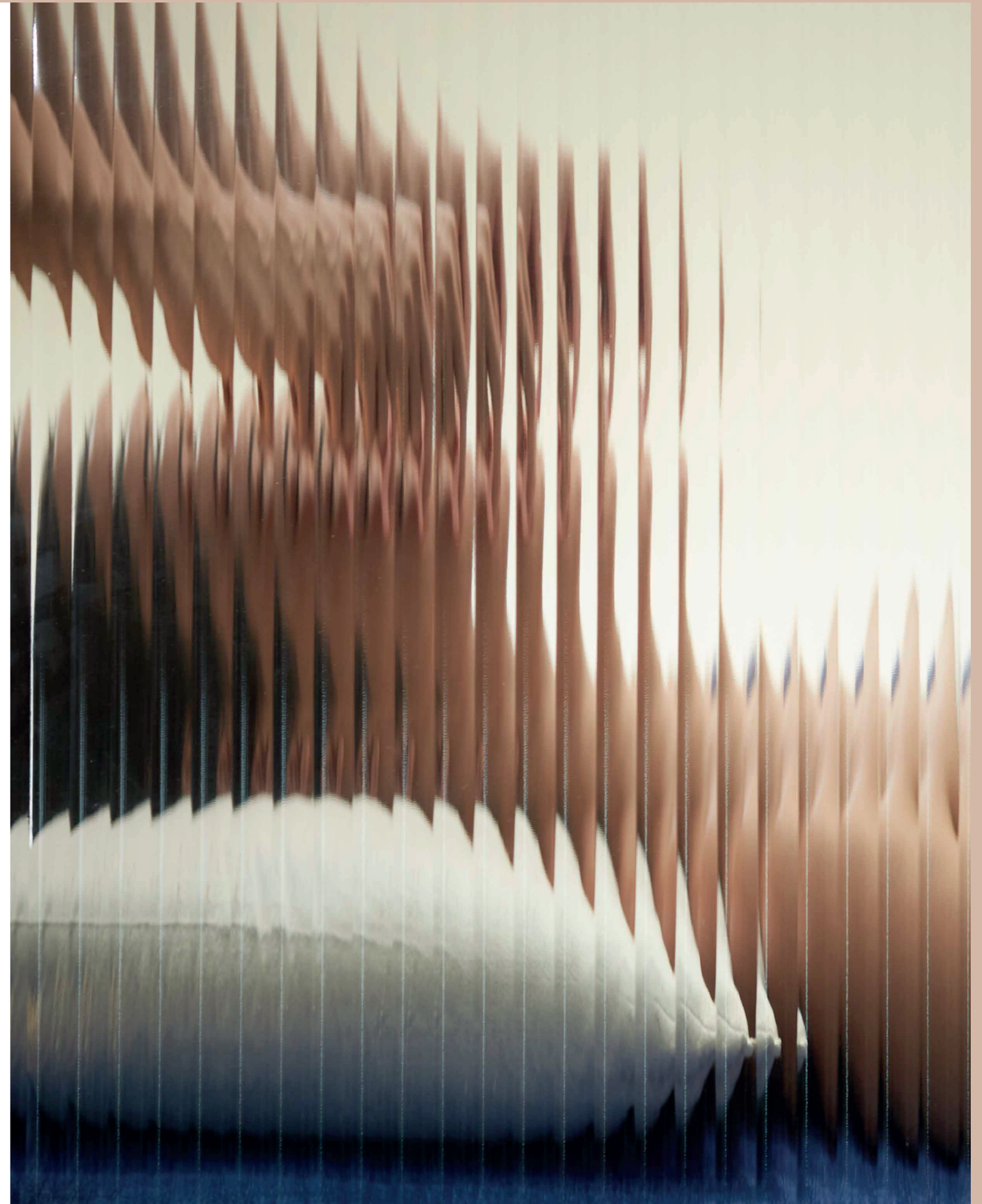
## LUXURY 1000 BY MARIA GALLAND

More than just a treatment, this is a true sensory experience that combines relaxing movements with state-of-the-art anti-aging techniques for moments of timeless escape. At its heart, 1000 MILLE Le Masque Sublime Jeunesse, a mask with an innovative hydrogel texture, enables the actives in the TOP-CMG complex to diffuse deep down, while giving skin an incredible feeling of freshness and wellbeing.

Combined with a complete massage of face, neck and décolleté, it offers true moments of relaxation for body and mind. The extraordinary actives work in synergy to offer skin an all-round effect on signs of aging: hydration, regeneration, smoothed skin, firmness, elasticity and reduction of wrinkles.

At the end of the ritual, skin is sublime and reveals a new youthfulness.

Duration: 90 Mins    Price: €320



I FEEL  
REBALANCED...

SEE YOU AT  
RAKxa WELLNESS SPA

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