

A white feather lies horizontally on a blue surface in the foreground. In the background, a window with light-colored wooden blinds is partially open, allowing soft light to filter through. The blinds are slightly out of focus, creating a sense of depth.

RAK^{Xa}

WELLNESS SPA

at

CASTELFALFI, TUSCANY

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

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 | €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 | €190/280/350

SPA TREATMENTS

MASSAGES

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 | €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 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 | €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: 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 | €180

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 | €180

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 | €180

SPA TREATMENTS

SKIN THERAPY

BODY SCRUB

ENERGIZE

Apricot Seed Kernels, Cooling Spearmint and Aloe vera

A cooling and revitalising body scrub to refine, smooth and refresh skin, while helping to boost hydration. Apricot Seed Kernels gently sweep away dry, dull skin, Spearmint cools and refreshes while Aloe Vera hydrates and conditions.

Duration: 60 mins | €230

RELAX

Sea Salt, Bay and Lavender, Sweet Almond Oil,

A soothing body scrub to nourish, refine and hydrate, leaving skin soft and glowing. Natural Sea Salts sweep away dry, dull skin, Sweet Almond Oil nourishes and hydrates while Bay and Lavender calm soothe the senses.

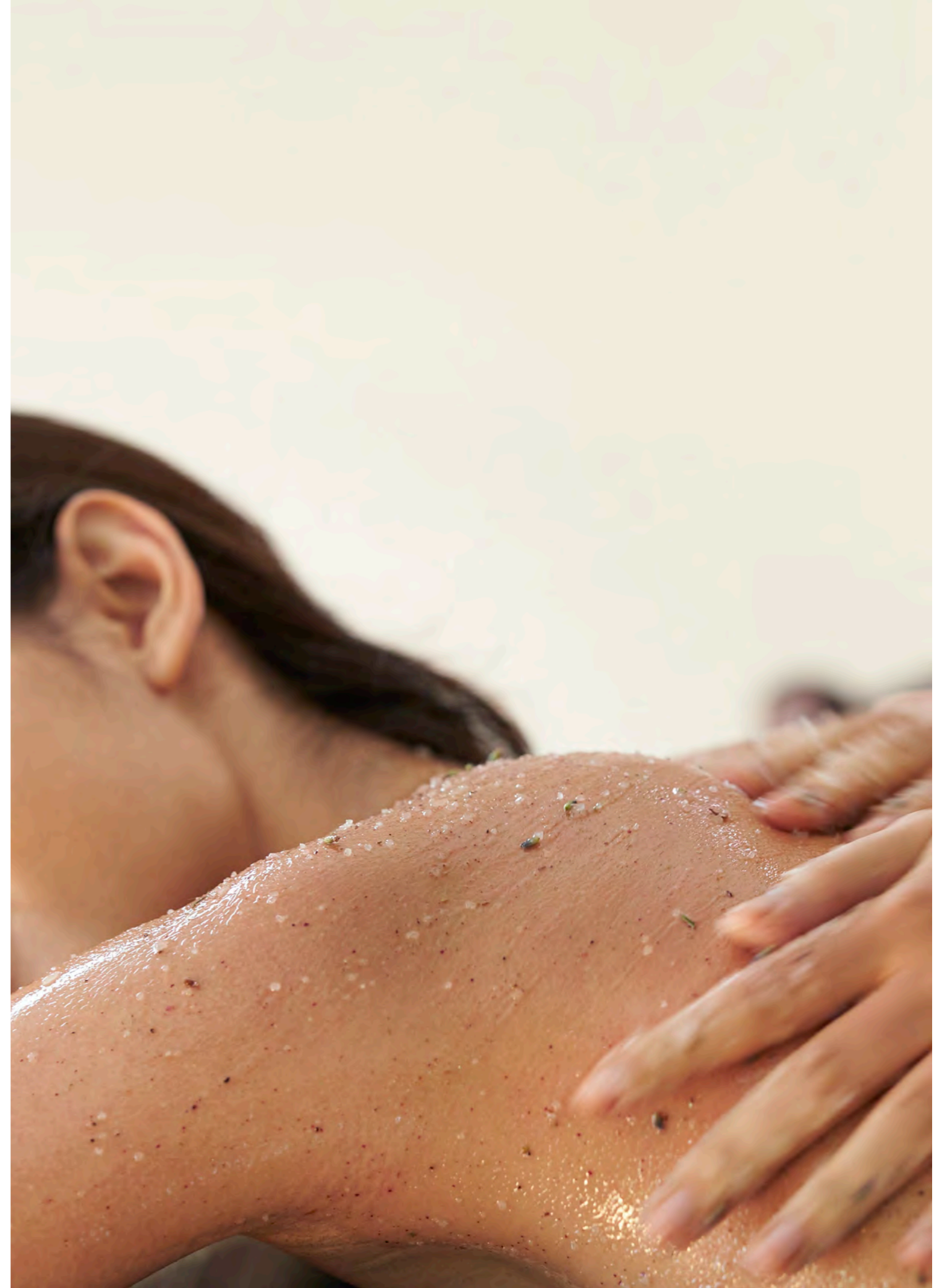
Duration: 60 mins | €190

DETOXIFY

Sea Salt, Grapefruit, Cypress, Eucalyptus, Sweet Almond Oil

An invigorating body scrub designed to purify the skin. Sea Salt exfoliates and detoxifies, removing impurities, while Grapefruit and Cypress work to stimulate circulation. Eucalyptus provides a refreshing and clarifying touch, and Sweet Almond Oil hydrates and softens the skin.

Duration: 60 mins | €210





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.

HERBAL COMPRESS

Herbal Compress draws on the wisdom of traditional Thai medicine and uses a combination of medicinal plants selected for their therapeutic qualities. 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.

JADE FACE MASK

This enhancement harnesses the natural cooling properties of jade to soothe and refresh the skin. The mask promotes improved circulation, reduces puffiness, and removes excess heat on the face which helps to reduce inflammation and potentially prevent migraines and headaches.

HEAD MASSAGE

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.

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.

SCALP AND HAIR MASK

An intensive mineral-rich treatment mask that deeply conditions the hair and scalp. Vitamin C-rich Watercress is combined with cleansing Red Clay and emollient Apricot Kernel Oil to purify oily roots. This multi-functional formula leaves hair soft, smooth, and frizz-free. While the use of mud leaves the scalp feeling instantly hydrated and protected from dryness.

ESPA FACIALS

DEEP CLEANSING

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 | €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 | €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 | €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 | €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 | €190

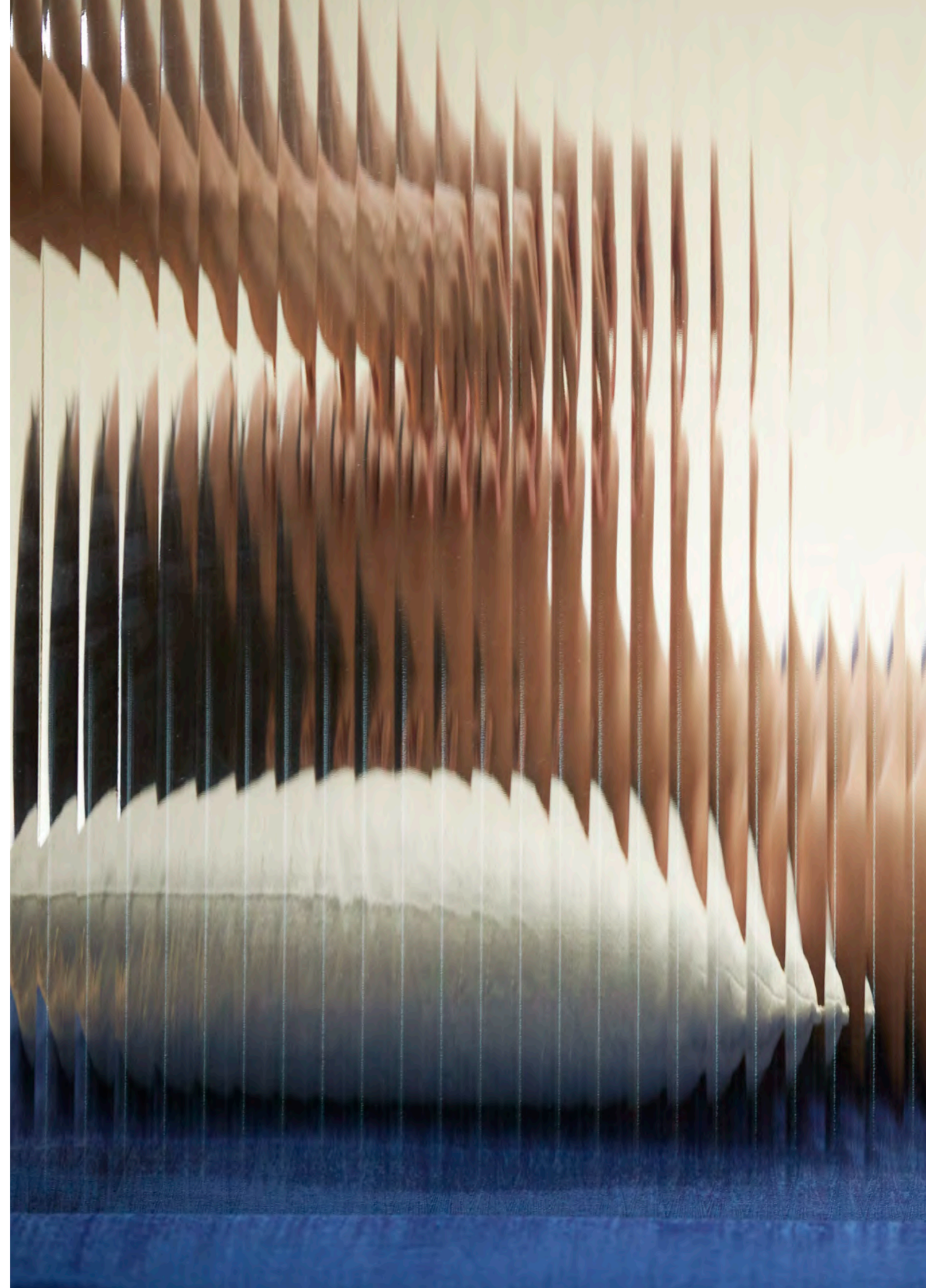
FACIAL BY MARIA GALLAND

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 | €320





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