

# THE ITALY INSIDER



## A TRIP TO CASTELFALFI AMIDST WELLNESS AND WINE

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*Written by  
Lucrezia Worthington*

# THE MOST HARMONIOUS COMBINATION FOR YOUR SOUL THIS WINTER

What better way to spend the colder months than sipping a glass of full-bodied Sangiovese wine by the cosy fireplace? Or perhaps dedicating a few hours of your day to wellbeing, relaxing inside an intimate alcove separated from the world by a linen curtain? Tuscan haven Castelfalfi will remain open this winter for the first time with an extensive list of Christmas activities.



Castelfalfi is an ancient settlement of Etruscan origin in the heart of Tuscany amidst Florence, San Gimignano, Volterra and the Livorno Coastline, overlooking the sinuous rolling hills layered in the distance. Alongside the recently re-designed hotel (consisting of two buildings), Castelfalfi boasts five farmhouses on a weekly rental-basis, three

restaurants and two bars, two swimming pools and a newly re-designed spa as well as over one thousand hectares mostly dedicated to its golf course, vineyards and olive groves.



An entire microcosm to retreat for a few days and live at one with nature. This is a self-sustainable world where the richness of the territory becomes an integral part of the hospitality experience. For example, as you step through the halls an intoxicating citrus scent paves the way; this sensational diffuser was created in collaboration with Erbario Toscano as an ode to the Bizzarria tree at the Medici Garden on the estate; a unique and exotic tree that produces a hybrid of citrus varieties.

But then of course, there's the entire agricultural production on the estate, sweeping from wine and olive oil making to honey, gin, amaro, grappa, beer and vermouth made in a local distillery. Explore these fantastic concoctions at the estate's winery where, among the wooden barriques, you can learn about the process and savour these fine nectars paired with some local cheeses and cured meats.

In the vegetable garden, Chef Davide De Simone picks products every day to dish up at La Olivina bistro. The bistro was recently redesigned by artist and designer Henry Chebaane who imagined a space in harmony with the colours of the landscape; shades of greens, browns, golds and whites enhanced with contemporary style lighting and an abundance of fresh plants. Here you can taste dishes of Tuscan tradition as well as international proposals. Beforehand, stop by Bar Ecrù for a cocktail or a glass of tuscan wine as the pianist plays in the background – our tip? Taste



a glass of 'Poggio alla Fame', a mono-varietal Sangiovese produced on the estate.



If you haven't heard of RAKxa then firstly, pack your bags and secondly it's probably because this is the brand's first debut in Europe. The philosophy is inspired by Thai treatments that combine a variety of therapies developed with modern medicine. The spa at Castelfalfi, recently relaunched following its revamp by Affine Design, offers three treatments signed by RAKxa. These use a variety of techniques such as Tibetan bell vibrations, hot stones, crystals and targeted essential oils to offer three different benefits: improving sleep quality, relieving muscle tension and unblocking your chakras. A truly exceptional experience before winding down by the indoor heated pool or releasing toxins in the sauna. Launching next spring will be three deals from one day to three day retreats following a tailored programme, including healthy meals, treatments and private fitness sessions.



Castelfalfi also boasts the biggest golf resort in Tuscany, counting 27 holes that stretch around the estate. Its Golf Academy has been Geo Certified as a result of its sustainable systems. Alongside Golf, there are over forty experiences to keep you busy including an Adventure Park for both youngsters and adults, truffle hunting, fishing, cycling, padel, tennis and this winter? A wonderland, immersive experience you can explore more [here](#).