



The Spa

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Spa



The Monteverdi Spa Circuit

At the heart of the spa sits the Monteverdi Spa Circuit – a wellness ritual that invites you to rejuvenate the body and relax the mind. Our luxurious take on the timeless classic consists of warm and cold plunge pools, saunas, sensory showers and a conservatory. When combined with our treatments, it is the perfect remedy for a stressful day. Allow our therapists to guide you in the correct use of the Monteverdi Spa Circuit and enjoy a moment of rest and relaxation to recharge your energy and rebalance your psychophysical wellbeing, while surrounded by the iconic views of Val d’Orcia.

TOTAL DURATION: 100 minutes

Complimentary one-time access to the Monteverdi Circuit with a Spa treatment or €90 per person without a reserved treatment.

The Water Path

Adapt to the warm microclimate of the wellness area by starting with a Sensory Shower – a trio of different temperatures and water pressures, combined with chromotherapeutic light, to stimulate and energize the body. Then take a relaxing soak in the underground Warm Pool (36°–37°C/97°–99°F), with its hydro-massage jets and a waterfall shower to relieve muscle tension.

20-30 minutes

Complete the circuit in the frigidarium, an invigorating cold plunge pool (11°–12°C/52°–54°F), before returning to the warm water. Alternating baths at different temperatures is an ancient therapeutic treatment to relieve body pain and stimulate circulation.

The Saunas

The Monteverdi Spa Circuit continues with the Biosauna, which combines gentle warmth (50°–60°C/122°F–140°F) with moderate humidity (40%-60%), resulting in a regenerative and purifying experience that is focused on detoxification.

10-20 minutes

We then invite you to move to the Finnish sauna (80°-90°C/176°-194°F), our dry sauna with picturesque views of the iconic Tuscan countryside, where you will be enveloped in a dry heat to relax muscles and release tension. Revive your body and spirit while promoting circulation and fortifying your immune system by alternating between the saunas and cold plunge pools.

8-15 minutes

Sensory Showers

Step into our Sensory Showers to enrich your experience. This multisensory hydrotherapy combines varying temperatures, scents, and chromotherapy to promote body regeneration and restore balance in the vascular system. We recommend using cold jets after the Saunas.

The Conservatory

Surrounded by views of the idyllic Tuscan countryside, the Conservatory immerses you in an inviting atmosphere before or after your Monteverdi Spa Circuit experience. Take in the breathtaking vistas while enjoying infused water or herbal tea.

20 minutes

A staircase clinging to the original rock face leads to a trio of water-based amenities



Relax muscles and release tension in the Finnish sauna while enjoying views of the Tuscan countryside



The Biosauna combines gentle warmth with moderate humidity for a purifying experience



Take a relaxing soak in the underground warm pool inspired by ancient Roman rituals

Facial Treatments

Biologique Recherche Customized Facial Treatments

Our expert aestheticians will analyze your skin using the Biologique Recherche methodology to identify your Skin Instant© and suggest a personalized treatment for your skin's specific needs.

75-minute Facial treatment | €250

90-minute Facial Treatment | €290

120-minute Facial treatment | €360

** First-time treatments include a 15-minute consultation in addition to the time listed*

Soin Booster VIP 02

For brighter skin.

A regenerating treatment for dull, dry skin that has been stressed by city pollution and seasonal changes.

This treatment detoxifies by reoxygenating the skin leaving the complexion revitalized, luminous and radiant.

Soin Restructurant et Lissant

For replumped skin.

A reconditioning treatment with an immediate replumping effect, which is suitable for all skin types.

It has a draining action, leaving the skin on the face, neck and chest smooth, toned and hydrated.

Soin MC110

To minimize wrinkles.

A treatment to reduce wrinkles and fine lines, designed for lackluster skin. It leaves the skin on the face, neck and chest toned and redefined.

Soin Lift C.V.S.

For firmer and more toned skin.

An exfoliating and lifting treatment combined with shaping techniques, designed for mature skin. It leaves the skin smooth, refined and toned.

Soin Triple Lift

For lifted skin.

The ultimate toning and firming treatment for saggy skin that lacks structure and tone.

The features and contours of the face, neck and chest will be tightened, leaving the skin restructured.

120 minutes

Soin Second Peau

A world-first in professional aesthetic care, this regenerating and lifting treatment features an electrospun mask with 80% pharmaceutical-grade hyaluronic acid and is designed for damaged skin – the ideal treatment in preparation for an important event.

60 minutes
€410

Santa Maria Novella Facial Treatment

**Deep Cleaning Facial
Treatment with
Ultrasound Technology**

For impure, acne-prone or non-oxygenated skin or skin with imperfections.

Experience a deep clean with a treatment that combines Santa Maria Novella herbal products to purify the pores and revitalize the skin, with ultrasound technology to enhance the purification, exfoliation and penetration of the active ingredients.

75 minutes
€250

Experience the next generation of beauty with facial and body treatments using Biologique Recherche products



Experience treatments that blend ancient beauty rituals and time-tested luxury beauty products with modern treatments and therapies



A warm, evocative environment and ingredients that are reminiscent of ancient Roman culture

Body Treatments

Biologique Recherche customized body treatments

An exclusive range of signature body treatments tailored to your Skin Instant©.

**First-time treatments include a 15-minute consultation in addition to the time listed*

Soin P50 Peau Neuve	For smoother, more hydrated skin. An exfoliating and regenerating treatment that leaves the skin softer, more even and hydrated. Ideal to prepare the body for, or in combination with, other treatments.	60 minutes €210
Soin Booster Minceur	To redefine the contours of the body. A draining treatment that produces a slimmer shape and improves the appearance of cellulite. <i>The treatment time is customized according to the sections of the body to be treated and the client's specific needs.</i>	60 minutes €230 90 minutes €290 120 minutes €360
Soin Lift Corps	For a toned and sculpted body. A firming and toning treatment designed to redefine skin texture and resculpt the body. <i>The treatment time is customized according to the sections of the body to be treated and the client's specific needs.</i>	60 minutes €230 90 minutes €290 120 minutes €360
Soin Jambes Lourdes	To restore tone and a feeling of lightness in the legs. A draining and anti-swelling treatment that stimulates circulation, relieves heaviness and invigorates the legs. Ideal after a vigorous day of activity or for pregnant women after the first trimester.	60 minutes €220

Massages

Step out of reality and give yourself over to the enchanting movements of expert hands. Our highly skilled therapists offer a range of artisanal massages, targeted to meet your specific needs. All our massages include the finest aromatic oils from Santa Maria Novella, leaving your skin nourished and regenerated.

Relaxing Massage	Our signature massage combines soothing, harmonious movements and evocative scents to promote relaxation, relieve tension, and ease aching muscles. Ideal for those looking to improve their physical and mental wellbeing.	50 minutes €180 75 minutes €210
Sports Massage	Prepare for physical activity or relieve aching muscles with this invigorating massage. Allow our experts to eliminate lactic acid with kneading, rubbing, and drumming techniques.	50 minutes €180 75 minutes €10
Deep Tissue Massage	Release deeply held patterns of tension through a personalized massage that targets specific areas of the body. Through gentle stretching and pressure techniques, this massage will improve circulation and you will feel the deepest knots in your muscles unravel.	50 minutes €180 75 minutes €10
Tuscan Olive Oil Massage	Using a local Tuscan olive oil rich in beta-carotene and vitamins, this massage refreshes the circulation in your legs, relieves tension in your shoulders and neck, all while moisturizing and improving skin elasticity. The perfect remedy after a long journey or at the end of a busy day.	50 minutes €180 75 minutes €210
Santa Maria Novella Candlewax Massage	The Santa Maria Novella candle massage uses pure plant oils and prime emollient creams like shea butter, coconut oil and avocado oil. The slow, enveloping movements of the therapist's hands will massage you from head to toe, coaxing both your body and mind into a deep state of relaxation.	50 minutes €200 75 minutes €230
Detoxifying Massage (Lymphatic Drainage)	Restore balance with this toxin-eliminating European massage using specific pumping and draining techniques to relieve water retention and purify the lymphatic system.	75 minutes €220

Maori Massage

This traditional Maori method utilizes a *patu*, a wooden weapon of war, and beech spheres to apply varying pressure to every muscle of the body. This revitalizing experience reduces tension, stimulates your senses and improves your circulation. The ultimate pressure release.

75 minutes
€220

Hot Stone Massage

Restore your energy with this holistic treatment using mineral-rich lava stones that are carefully placed to improve circulation, eliminate toxins and lactic acid, and relieve inflammation. This pampering experience will leave you with a renewed sense of wellbeing.

75 minutes
€220

Massotherapy Treatment

Allow our expert therapists to address your unique needs with this muscular tonic. Specialized techniques are used to relieve issues such as muscle damage, bad posture, and inflammation. Due to the bespoke nature of this massage, advanced reservation is required.

50 minutes
€190

75 minutes
€220

An oasis that welcomes you to relax the mind and rejuvenate the body



Indulge in a massage featuring luxurious and naturally derived products from Santa Maria Novella



Designed in harmony with nature, our Spa imparts a feeling of connection and regeneration



Monteverdi Spa Experiences

Warm Ceremonies

A warm, evocative environment that is reminiscent of ancient Roman culture cocoons the body and replenishes your energy levels, helping you find inner peace.

Welcome to our exclusive Warm Ceremonies where expert skincare techniques and ancient beauty preparations relieve tension and purify the body while promoting deep relaxation.

Remineralizing Ceremony	<p>A journey of local scents and ancient traditions inspired by the Etruscan and Roman cultures of antiquity. After a relaxing cleanse performed with floral-infused waters, a rare olive stone powder scrub is worked into the body and face to exfoliate, illuminate, and elasticize the skin. Mineral-rich natural clays are then applied to gently purify, soothe, and detoxify. An enriching steam bath soak allows the skin to absorb all the active ingredients.</p> <p>The ritual ends with a luxurious extra virgin olive oil massage to moisturize and soften the skin.</p>	120 minutes €360
Regenerative Ceremony	<p>A new definition of wellness, inspired by ancient beauty practices to rejuvenate the skin. This alluring ritual begins with a stimulating steam bath, which prepares the skin to absorb the healing herbal serums. The ceremony continues with a foam purification ritual that wraps the body and mind in clouds of foam, created by natural soap, to soothe and relax the skin. A nourishing face and body mask is then applied to promote rebalance.</p> <p>The ritual concludes with a massage featuring aromatic Santa Maria Novella scented oil and herbal sachets to drain the body and deeply hydrate the skin.</p>	105 minutes €320
The Silk Ceremony	<p>This deep cleanse begins with a softening body wash with Iris & Milk soap and the application of an antioxidant-rich serum. A steam bath opens the pores, allowing the skin to absorb the nourishing active ingredients. Next, deep exfoliation is carried out by expert hands, using a traditional abrasive glove, to sweep away dead skin cells.</p> <p>The treatment ends in the warm room with a generous application of Iris oil leaving the skin regenerated and smooth as silk.</p>	60 minutes €220

Monteverdi Spa Experiences

Bathing Rituals

A sensory ritual that immerses you in the sights, sounds and scents of Val d’Orcia on our private terrace. Each bathing ritual invites you to take a luxurious soak in outdoor travertine tubs prepared with a curated range of essential oils, aromatic salts, and local herbs.

The Full Monteverdi	<p>Peaceful, extravagant, and sensorial, this signature treatment is the ideal way to begin your stay or conclude your Monteverdi adventure. Start with an exfoliating salt scrub enriched with natural Tuscan scents, including lavender, rosemary, lemon balm, and sweet orange. A purifying herbal facial treatment is applied in addition to a brightening mask.</p> <p>Move on to a detoxifying soak infused with aromatic plants and healing herbs to relax and regenerate the body. Finally, complete your ritual with a massage to leave you pampered and revitalized.</p>	130 minutes €390
Scent of Lavender	<p>Immerse yourself in organic lavender and rose aromatherapy– iconic Tuscan herbs renowned for their calming and relaxing properties. A nourishing wrap is massaged into the skin and left on for maximum moisturization.</p> <p>The experience concludes with a soothing aromatic bath in the great outdoors.</p>	90 minutes €290
Duetto	<p>This intimate treatment begins with a harmonious couples massage using Tuscan flower oil and is followed by an indulgent side-by-side soak.</p> <p>Enhance the experience with a glass of prosecco while you create memories that will last a lifetime in your own private, idyllic corner of Tuscany.</p>	105 minutes €595
Val D’Orcia View	<p>Need to restore your energy? Are you seeking a profound sense of relaxation? Your therapist will select a custom combination of local ingredients to suit your specific needs and invigorate your body and soul.</p> <p>A perfect addition to any massage, facial, or body treatment.</p>	40 minutes €95 €160 for couples



Renew your body and soul while immersed in our private travertine soaking tubs surrounded by views of Val d'Orcia



Be taken to nirvana in this calming oasis



A warm, evocative environment, reminiscent of ancient Roman culture



Expert skincare techniques and ancient beauty preparations relieve tension and purify the body while promoting deep relaxation

Monteverdi Aesthetic Spa Treatments

RF Therapy

Radiofrequency (RF) is a non-invasive treatment that uses controlled heat, prompting collagen and elastin production that tightens skin and creates a visibly smoother surface. RF Therapy can treat the face, neck, inner arm and abdomen.

25 minutes
€250

Cryotherapy

Step into our Cryosauna and experience a sudden drop in temperature, $-85^{\circ}\text{C}/-121^{\circ}\text{F}$, triggering a chemical response from the body to increase circulation and enrich the blood with oxygen and nutrients. Cryotherapy treatments promote natural healing, recovery, and wellness. Multiple cryotherapy sessions are recommended for optimal results.

3 minutes
1 session €85
3 sessions €230

Spa Etiquette

Spa treatments must be pre-booked in accordance with health and safety measures.
Please arrive at least 15 minutes before your scheduled appointment.

What to Wear	Upon arrival for your spa appointment, you will be shown to a private cubicle where you may change into the bathrobe, towel and slippers provided. We recommend wearing a bathing suit during your experience in the Monteverdi Spa Circuit. We kindly request you do not walk around the village, Castiglioncello del Trinoro, wearing bathrobe or swimsuit. The minimum age for a spa treatment is 14.
Valuables	We advise you not to wear valuables during your spa experience. Monteverdi will not assume responsibility in case of loss or theft of personal valuables.
Environment	We kindly request every guest to speak softly. Please turn off or switch cell phones to silent mode.
Health & Comfort	When scheduling a treatment, please inform the staff of any allergies, health conditions or pregnancy. Before treatments, you will be asked to fill out a form declaring yourself to be in good health. Our spa team is at your disposal to answer any questions you may have.
Cancellation Policy	We require a minimum of 24-hours notice to cancel or reschedule appointments. Cancellation made with less than 24-hours notice or no shows will be charged.

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The warm humid/dry environments have many beneficial effects: deep cleansing and purification of the skin, toxin removal/detoxifying effect, improved quality of breathing/respiration, toning and relaxing effect, stress reduction and sleep regulation, lactic and uric acid elimination and increased immune defenses.

The warm humid/dry environments are not recommended in the event of the following conditions: pregnancy, heart problems, hypotension or hypertension, blood circulation problems, renal insufficiency, serious diseases, fever, skin diseases or abrasions.

Spa Contact Details

To make an appointment, contact the Spa reception desk by emailing, spa@monteverdituscany.com, or call +39.0578.268.146. In-house guests can dial 311 to speak with the Spa Reception.