

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 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 timeless 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: 60 minutes, complimentary one-time access to the Monteverdi Circuit with a Spa treatment
100 minutes | €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.

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 stimulate circulation and to relieve body pain. Enhance the skin's appearance.

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.

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.

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

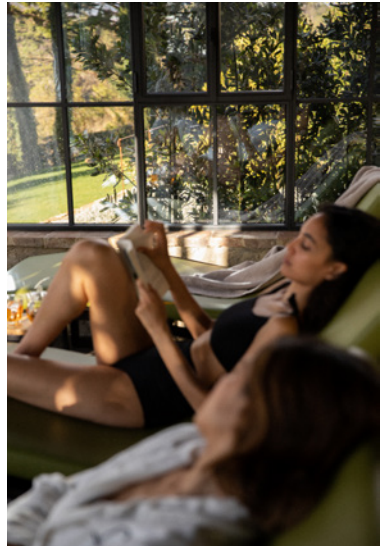
Surrounded by views of the idyllic Tuscan countryside, The Conservatory immerses you in an inviting atmosphere before or after your Monteverdi Spa Circuit experience.

Take in the breathtaking vistas while enjoying infused water or herbal tea.

Indulge in a moment of pure relaxation in the conservatory accompanied with our selection of herbal tea



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



Refresh your mind and body in the outdoor cold plunge surrounded by flower garden



Inviting the outside in, the Spa is surrounded by the hills of the Val d'Orcia

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	<p>For lifted skin.</p> <p>The ultimate toning and firming treatment for saggy skin that lacks structure and tone.</p> <p>The features and contours of the face, neck and chest will be tightened, leaving the skin restructured.</p>	120 minutes
Soin Second Peau	<p>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.</p>	60 minutes €410

Santa Maria Novella Facial Treatment

Deep Cleaning Facial Treatment with Ultrasound Technology	<p>For impure, acne-prone or non-oxygenated skin or skin with imperfections.</p> <p>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.</p>	75 minutes €250
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Experience the next generation of beauty with customized facial treatments using Biologique Recherche products



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



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 well-being.	50 minutes €180 75 minutes €220
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 €220
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 €220
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

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 €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
Dolce Attesa Massage	Specific and localized to release a feeling of lightness in the legs. A draining and anti-fatigue treatment performed with Biologique Recherche products, stimulating circulation and relieving the sense of heaviness by invigorating the legs. Ideal after a day of intense activity or for pregnant women after the first trimester.	60 minutes €220

Monteverdi Spa Experiences

Monteverdi Signatures

Exclusive wellness experiences entirely conceived and created by the Monteverdi spa team. Unique treatments that recall Monteverdi's holistic philosophy of well-being.

Warrior Ritual

Inspired by the ancient Roman ritual performed on gladiators, this deep and intensive treatment is perfect for those who need to release muscle and joint tension while easing mental fatigue.

The ritual begins in the sauna to prepare and relax the muscles, followed by the preparation of the skin performed with a strigil, an ancient Roman instrument that thoroughly exfoliates alongside an invigorating body scrubbing performed with handwoven towels. A deep tissue massage performed with Monteverdi herbal oil and a patu, an ancient wooden tool, relaxes joints and muscles. The ritual concludes with an intense head massage to relieve mental tension.

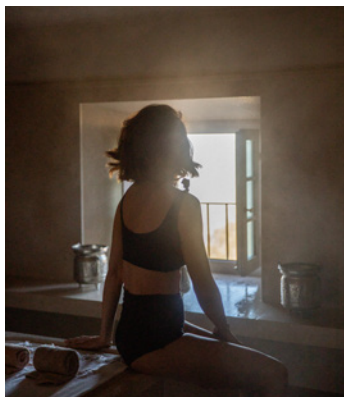
90 minutes
€ 290

Embrace of senses

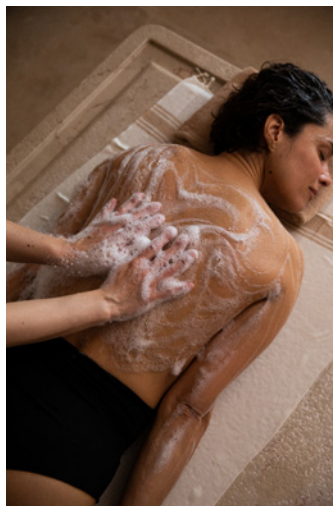
Awaken the senses with an essential ritual that restores and rebalances. Begin with a choice of chromotherapy and essential oils that ground and center. A bath of vibrations from crystal singing bowls helps to reinstate a natural sense of balance and harmony while pressure is applied to reflex points in the feet. Then, sink into an enveloping and intensive four-hands massage with synchronized and slow hand movements, warm oil and hot basaltic stones accompanied by a music selection that promotes balance in mind and spirit.

75 minutes
€ 350

Experience a warm, evocative environment
and ingredients that are reminiscent of
ancient Roman Culture



Our warm ceremonies regenerate
body and mind



The Silk Ceremony uses ancient
traditions to cleanse and purify



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

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 water and olive oil soap, 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, then a precious blue salt scrub with spirulina algae, is worked into the body and face to exfoliate, illuminate, and stimulate the skin.

The ritual ends with a luxurious aromatic Santa Maria Novella scented oil massage to moisturize and soften the skin and herbal sachets to stimulate the skin and drain toxins.

120 minutes
€360

Regenerative Ceremony

A new definition of wellness, inspired by ancient beauty practices to rejuvenate the skin. A complete ritual to regenerate body, face and hair. This alluring ritual begins with a delicate exfoliation using special natural brushes and a softening body wash with Iris & Milk soap, then, a moisturizing hair honey mask is applied. The ritual continues with a stimulating steam bath that opens the pores and prepares the skin to absorb the herbal preparations that will be applied on body and face: stimulating serums and a nourishing face and body mask to promote rebalance.

The ritual concludes with a massage featuring aromatic Santa Maria Novella scented oil.

105 minutes
€320

The Silk Ceremony

This deep cleanse begins 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 steam bath opens the pores and softens dead cells facilitating their removal. Next, deep exfoliation is carried out by expert hands, using a traditional abrasive glove, to sweep away dead skin cells.

The treatment ends in the warm room with a generous application of Iris oil leaving the skin renewed and smooth as silk.

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	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. Then a purifying herbal facial treatment and brightening mask are applied while you contemplate relaxing scents and sounds in a meditative wrap. 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.	130 minutes €390
Duetto	This intimate treatment begins with a harmonious couples massage using biologic lavender oil and is followed by an indulgent side-by-side soak. 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.	105 minutes €595 for couple
Val d'Orcia Soak	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. A perfect addition to any massage, facial, or body treatment.	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



Natural products and organic flowers and herbs enrich our bathing rituals



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

Cryotherapy

Cryotherapy

Step into our Cryosauna and experience a sudden drop in temperature, -85° C/-121° 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
€85 for 1 session
€230 for 3 sessions

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 a bathrobe or swimsuit, alone.
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.
Prices	All prices are quoted in EUR and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.
Pregnant Women	We have specially designed treatments for expectant women or nursing mothers. Please allow us to guide you in the selection of the treatments most suitable during this special time.
Gift Card	An ideal gift for someone special. Please contact the Spa team to purchase a certificate.
Our Products	Most products used in our treatments and rituals are available to purchase. The Spa team is happy to assist you in selecting the products best suited to your needs.

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.

The minimum age for a spa treatment is 14.

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.

