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CAPITALE SOCIALE € 30.000,00 I.V.

CASTEL MONASTERO

*The name betrays its regal bearing, mixed with a mystic aura,
lending this place an air of almost spiritual respect,
inspired by a natural calling to art and beauty.*

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TUSCAN RETREAT & SPA

That is the key to Castel Monastero, an old mediaeval hamlet embraced by sturdy walls that has defied time without turning its back on its past. From an out-of-the-way monastery shrouded in the peaceful silence of the Tuscan hills – back in the 11th century – it became a country retreat for the noble Chigi Saracini family, a cathedral of style in the flourishing green expanse threaded by cypress trees just a hop and a skip from Siena.

Today, it is a sophisticated resort and a member of The Leading Hotels of the World. As befits its noble origins, it offers true Italian hospitality, extending a warm and traditional yet impeccable welcome, with excellent food that finds a divine marriage in the local DOC wines and a natural vocation for helping you get back in shape.

The galloping excitement of the nearby Palio; the sublime mastery of Piero della Francesca; the fervour of the Etruscan civilisation – this heady mix of vibrant Tuscan culture seems to come straight out of another era. For here, among the rolling hills, life has its own pace. Even time follows a gentler rhythm, as the sunlight floods the palace, the piazza, the church (tying the knot at Castel Monastero has a real royal charm) and the two country houses crowned by the Chigi Saracini family's emblematic star and coat of arms.

74 rooms and suites plus a villa. 2 restaurants – the styled gourmet “Contrada” and the Tuscan “La Cantina” in the 13th-century cellar. The Spa with 8 treatment rooms, “water wellness” zone and 3 outdoor pools cascading gently into one another, forming the perfect soundtrack suffusing day after day of pure relaxation. Castel Monastero is all this, and more.

THE COUNTRY HOUSES

The villa and the 74 rooms and suites pay tribute to the harmonious rustic elegance of the old Tuscan dwellings. A sensitive restoration has conserved the country houses' authentic character and rural architecture, with its sophisticated materials – old woods, terracotta and fabrics – blended with elements of contemporary design to give each room its own unique personality.

Villa Lavanda: a magnificent 17th-century country house surrounded by a vast garden and a thriving Chianti vineyard.

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Suite Reale: elegant furnishings and materials bring out the history and flavour of the local tradition to the full. The bedroom and separate lounge are refined and truly regal in size.

Executive Suite: a splendid apartment accommodating as many as four people in style. The windows offer superb views across Castel Monastero's fields, vineyards and piazza.

Junior Suite: a wonderful ambience where every detail glows with rustic Tuscan style.

Prestige Room: a supremely cultured corner with a bedroom and bijou lounge; it sleeps up to three with a third bed or cot, available on request.

Deluxe Room: the perfect relaxing and charming environment for a couple, with room for a cot. The décor and materials create a warm welcome of luminous Tuscan simplicity.

Superior Room: a generous bedroom furnished in Tuscan country style, set off by antique materials and premier fabrics.

THE RESTAURANTS

Two unique restaurants in Castel Monastero, host the secrets and the identity of Italian and Tuscan authentic flavors and scents.

The strict use of local "zero food miles" products for the **La Cantina** restaurant. The ingredients' purity and freshness shine through, unadulterated by complex processing. The **Contrada** restaurant has a more structured approach. Here, His menus follow the rhythms of the seasons, as the colours of the dishes evolve during the year, like those of the hills and vineyards all around.

The two restaurants have their own distinctive interior styles, too. Rustic but modern, the Contrada is divided into rooms to offer greater intimacy for a private celebration or sophisticated candlelit dinner. La Cantina, meanwhile, boasts 17th-century barrels, a vaulted ceiling, exposed brickwork and original terracotta floors for a laid-back trattoria atmosphere full of genuine flavours.

THE AQUAE MONASTERII SPA

Three things make the Aquae Monasterii Spa unique:

futuristic and effective wellness techniques

passion and experience of our high level therapists

Ayurvedic and holistic approach

Right here in the country houses with their idyllic natural setting nestles the Spa, an enchanting oasis of relaxation that embodies the ancient triad at Castel Monastero's heart – energy, mysticism and nobility. It is the perfect place to let yourself go, as the memory of a glorious, cosseted past blends with our **new and highly effective futuristic wellness techniques**. All you have to do is relax and put yourself in the capable hands of our attentive but discreet staff.

Wallow in a wide spectrum of specialist treatments, including the Aemotio detox, anti-age and slimming range exploiting the magical power of water combined with chromotherapy.

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To complete the new you, the sublime *Aquae Monasterii*, an invaluable blend of salts and oligoelements, will caress your body with mystical ablutions. The sensation is almost cathartic – courtesy of the high magnesium-chloride concentration, with its unrivalled therapeutic properties – as the high salinity helps you float with ease, allowing your muscles to simply relax. As a bonus, another of salt's virtues is its peerless all-natural peeling effect and its ability to enhance the circulation, thus combating water retention. The relaxing and toning treatments based on this fluid synergy, at just the right water temperature, are so effective that *Aquae Monasterii* has been licensed by the *Thermae* medical team at Forte Village Resort in Santa Margherita di Pula, Sardinia.

The sensory pleasure at Castel Monastero Spa is tailor-made for you, with personalised and ad hoc programmes. And it's not only about the water.

Take the "Detox" programme, with its combination of treatments using LPG machines, with detoxifying vapour clouds, Thalasso Detox hydro-aromatherapy compresses, and super-draining massages.

The "Weight-loss" programme promises miracles and does not disappoint. The overall effect of LPG Body Massage sessions, draining hydromassages, highly effective slimming compresses of lipolytic mud, and daily cardio-fitness sessions will be to remodel your body in just a week.

And the "Anti-age Rejuvenating" programme is your key to defeating the stresses of everyday life and rediscovering your mental and physical wellbeing. Slow the relentless march of time with plenty of TLC for your inner and outer beauty. Enjoy our *Body Relax under-the-rain* draining treatment with Desert Heat mud, a tropical revitaliser with powerful hydrating properties leaving the skin velvet-soft, followed by a hydromassage session, and Dermo Jet 50, a high-performance fruit-acid and stem-cell facial treatment with an immediate lifting effect. All this is complemented by walks, yoga sessions, and daily *Aquae Monasterii* treatments, plus cardio-fitness activities.

Castel Monastero's *Aquae Monasterii* Spa has a range of treatments, personalised according to the intervention performed and the time available, to bring fresh, youthful harmony to the whole body.

An especially effective way to de-stress and purify the system, by draining off excess liquids, is the hydrotherapy course. The sea oil bath, at very high salt density, is followed by a second pool for a toning hydromassage, the Finnish sauna, the biosauna, the Kneipp cure, and the multisensory showers with chromotherapy and natural essences.

Walks in the tranquil Tuscan countryside and a series of yoga sessions, ideal for restoring mental and physical equilibrium and rediscovering general wellbeing, complete the process and help you get right back in shape. We also offer the most innovative cosmetic lines to bring out the best in your face and figure.