

# sardatur holidays

*The Luxury Holiday Specialist Since 1987*

## CASTEL MONASTERO

TUSCAN RETREAT & SPA

# WELLNESS PACKAGE



### **WEIGHT-LOSS PROGRAMME (3 DAYS)**

Shed weight and slim down to achieve your ideal form

This programme is especially for people carrying excess weight or localised fat deposits or who simply feel “out of shape” and want to slim down with the possibility of undergoing a medically supervised fasting treatment.

The weight-loss programme features:

- Nutritional assessment with a bioelectric impedance test to determine body adiposity, lean body mass, fat mass, and the intracellular and extracellular body-water compartment (over the 3 days, total of 2 sessions);
- Personalised nutritional therapy;
- Daily walks: rediscover the joy of movement and filling your lungs amid a pristine natural environment;
- Daily therapeutic yoga sessions to balance all physical activities, such as work, sport and eating, and mental activity, such as emotional control;

OR

- Daily personalized fitness sessions (timing will be fixed upon your confirm and lessons could be with other guests)
- 1 revitalising and hydrating salt or jojoba total body scrub;
- 2 LPG body massage sessions with a deep-stimulation volume-reduction technique;
- 1 lipolytic treatment: a body wrap with lipolytic mud to promote lymph-drainage and slimming;
- 1 Mud Detox treatment: wraps with special detoxing and mineral mud;
- 2 energy massage sessions (following the acupuncture points and energy meridians) with essential oils: deep stimulation for the acupoints and to help achieve, enhance and maintain a healthy energy balance for body and mind;
- Aquae Monasterii treatment daily (unless otherwise prescribed by your doctor): immersion in water with high salt content for deep lymph-draining, fluid elimination, volume reduction, stress relief, and muscle relaxation;
- Acqua Benessere treatment: Finnish sauna, bio sauna, Kneipp therapy, Turkish baths, whirlpool bath, multisensory showers.

### **DETOX PROGRAMME (3 DAYS)**

Purify your body and lose some weight

Carefully devised to free your body of the toxins that accumulate through frenetic, imbalanced lifestyles and inadequate diet. Our nutritional detox programme alleviates indigestion, bloating, water retention, and feelings of “heaviness”.

The Detox programme features:

- Nutritional assessment with a bioelectric impedance test to determine body adiposity, lean body mass, fat mass, and the intracellular and extracellular body-water compartment (over the 3 days, total of 2 sessions);
- Personalised nutritional therapy;
- Daily walks: rediscover the joy of movement and filling your lungs amid a pristine natural environment;
- Daily therapeutic yoga sessions to balance all physical activities, such as work, sport and eating, and mental activity, such as emotional control;

OR

- Daily personalized fitness sessions (timing will be fixed upon your confirm and lessons could be with other guests)
- 1 revitalising and hydrating salt or jojoba total body scrub;
- 1 mud detox treatment: wraps with special mud and drops with lymph-draining effect;
- 1 hydrotherapy session: lymph-draining and detoxifying hydromassage;
- 1 lymph-draining body massage
- 1 Thalasso detox treatment: a detoxifying treatment with wrap and steam;
- 2 energetic massage sessions (following the acupuncture points and energy meridians) with essential oils: deep stimulation for the acupoints and to help achieve, enhance and maintain a healthy energy balance for body and mind;
- Aquae Monasterii treatment daily (unless otherwise prescribed by your doctor): immersion in water with high salt content for deep lymph-draining, fluid elimination, volume reduction, stress relief, and muscle relaxation;
- Acqua Benessere treatment: Finnish sauna, bio sauna, Kneipp therapy, Turkish baths, whirlpool bath, multisensory showers.

## ANTI-AGE PROGRAMME – REJUVENATING (3 DAYS)

Every age has its beauty; our job is to let it bloom. To reduce stress, we must adopt a new lifestyle – a slower-paced and more serene one. It's about finding "me time" again, looking after ourselves and putting ourselves in expert hands for important advice to help slow the ravages of time and rediscover energy and peace of mind. Alleviate menopausal discomfort with the benefits of *Aquae Monasterii*, especially effective with hot and cold bandages. Let your skin regain tone and glow with stem-cell and oxygen treatments for your body and face. Made-to-measure remodelling treatments reduce imperfections and allow your body to rediscover its once harmonious form ... then enjoy walks, yoga and hydrotherapy sessions, to complete the programme.

The programme features:

- Nutritional assessment with a bioelectric impedance test to determine body adiposity, lean body mass, fat mass, and the intracellular and extracellular body-water compartment (over the 3 days, total of 2 sessions);
- A personal nutritional therapy prescription;
- Daily walks: rediscover the joy of movement and filling your lungs amid a pristine natural environment;
- Daily therapeutic yoga sessions to balance all physical activities, such as work, sport and eating, and mental activity, such as emotional control;

OR

- Daily personalized fitness sessions (timing will be fixed upon your confirm and lessons could be with other guests)
- 1 revitalising salt scrub;
- 1 Pindasweda massage: ayurvedic massage with aromatic herbs sachets and warm oil with extreme Detox effect.
- Detox Marine Algae wraps. Help your body release the bad and take in the good Target the toxins in your body and move them out. A detox cocktail is mixed based on your needs and applied throughout the body;
- 1 hydrotherapy session: lymph-draining and detoxifying hydromassage;
- 1 facial treatment with fruit acids to bring relief and restore the glow to tired, stressed skin;
- 1 Dermo Jet 50 facial treatment with stem cells: cosmeceutics and technology combine to create a high-performance treatment for an immediate lifting effect – your face will immediately look younger, with healthy, toned skin;
- *Aquae Monasterii* treatment daily (unless otherwise prescribed by your doctor): immersion in water with high salt content for deep lymph-draining, fluid elimination, volume reduction, stress relief, and muscle relaxation;
- *Acqua Benessere* treatment: Finnish sauna, bio sauna, Kneipp therapy, Turkish baths, whirlpool bath, multisensory showers.