



Defining the Elements: At The Castellare di Tonda Spa, we unite Eastern philosophies and Western technologies to enhance beauty and well-being

We have prepared four unique Spa Rituals based on the philosophy of the four key elements of Water, Air, Earth and Fire. Fire is associated with the energy of life and in many traditions is considered the mouth of the Gods as it is used to deliver offerings. Fire is the soul, the driving force, it is energy! Fire is creative and destructive, desirable and dangerous, necessary and threatening. The element of fire can be utilized in issues related to energy, sexuality, passions, love, authority, transformation, purification, healing of the blood and head, destruction, will, creativity, enthusiasm, the family and hearth, protection, courage, strength, physical exercise, self-knowledge, loyalty, vision, illumination, power.

The Element of Fire Ritual: Ritual useful to detoxify and promote elastic and toned skin. We prepare the treatments with plant extracts, powdered herbs and essential oils. This treatment is particularly suitable for stressed, tight skin that could benefit with the stimulating massage techniques utilized by our experienced therapists. These treatments promote a feeling of absolute lightness in the body and mind and the skin is left visibly more toned with a compact and smooth appearance.

The treatment will begin with a 10 minute aromatic steam bath to prepare the body to receive the valuable active ingredients contained in the products and will end with another aromatic steam bath to promote the elimination of excess toxins and liquids in the body-

Phases of the Ritual

- 1 Himalayan Respiration treatment / detoxifying and re-energizing
 - 1 Osmotic body wrap and massage / Massage and elasticizing, re-energizing and Toning wrap for the body.
 - 1 Vitality Elixir Facial/ Antioxidant rich , regenerating, invigorating facial treatment
 - 1 Bio draining Massage / detoxifying and draining massage
- Energizing Herbal tea and relaxation time in our Relaxation room
Duration of each treatment 75 / min
Cost of the total course € 300,00

Recommended for a 3/7 day stay.