



*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. Water is one of the classical elements of Greek philosophy and science. Pre-Socratic philosophers proposed it as an archai, or a single substance to which all things could be reduced.

The element of water or water elementals may be invoked in rituals relating to purification, love, psychic awareness, understanding, dreams, sleep, peace and friendship.

Water Element Ritual:

This purifying ritual is especially designed to promote toning and better blood circulation and lymphatic drainage in the body. The ritual uses Thai herbal and plant extracts and powders. It is an excellent anti-cellulite treatment, and particularly suitable for those dealing with water retention in the body, or with broken capillaries and a general lack of skin tone. The quality ingredients used in this treatment combined with the personalized massage techniques our therapists utilize promote immediate improvement and elimination of excess liquid in the body.

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 an aromatic steam bath to promote the elimination of excess toxins and liquids.

Phases of the Ritual

1 Himalayan Respiration treatment / Detoxifying, re-energizing, smoothing treatment

1 Osmotic body wrap dren cell / Draining body wrap to eliminate excess liquid in the body, rejuvenating massage.

1 Aromatic pink spice-draining bandage wrap, remodeling, toning and hydrating. Skin is left visibly more toned.

1 Bio draining treatment/ Treatment for purifying and draining excess fluids.

Pro-drainage Tea & Relax time

Length of every Treatment 75 minutes.

Cost of the course € 300,00

Recommended for a 3/7 day stay.