



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

The Element of Air Ritual: According to Plato, the element of air is associated with the octahedron and is both hot and wet or humid. Air heated, becomes fire, cooled, becomes water, cooled more, earth.

The words spirit, inspire, expire, and aspire, all derived from the Latin spirare ("to breathe"). Air is associated with all of these. Air energy supports the generation of new ideas and gathering of information, encouraging cooperation, communication (especially verbal) and friendliness, contracts and agreements, stimulating mental capacity and strengthening the mind, travel and general luck.

This vitamin infusing, anti-aging and restorative ritual is prepared with an alchemy of herbs and rich Omega 3 oils. The mix of herbs contributes together to act as a rich hydration to the skin, smoothing the epidermal tissues giving the skin an immediate plump toned appearance. Skin is re-balanced and dryness is treated, assisting in lessening the appearance of stretch marks and acting as a barrier to the creation of new marks.

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 the ritual will always end with the aromatic steam bath to promote eventual elimination of excess toxins and liquids.

Phases of the Air Ritual

1x Himalayan steam respiration / Detoxifying and polishing treatment

1x Skin refreshing treatment using Red Rice/ anti-aging treatment acts to restore and refresh the skin

1x Goddess ritual / an Illuminating treatment that replenishes and pumps the skin on both body and face

1 x Relaxing aromatherapy massage / relaxing and de-stressing

Herbal tea rich in antioxidants & relaxation time overlooking the Tuscan hills

Length of every treatment 75 minutes.

Cost of the complete Air Ritual course of treatments € 345,00

These packages are suitable for clients staying 3 – 7 days at the Castellare di Tonda resort, and can be used intensively (over three days) or spread out over a longer stay of 7 days.