

CASTEL MONASTERO

TUSCAN RETREAT & SPA

MOTHER TO BE PROGRAM



RESERVATIONS

T: +39 0577 570808 E: reservations@castelmonastero.com castelmonastero.com



The pregnancy,

A state of grace , a unique and unforgettable moment , where she flourishes of a beauty that comes from the inside , from her deep and unconditional love .

The body is changing and we need to donate to the new shape wellness and femininity.

Castel Monastero offers the “Mother To Be” program for those who wants to take a break and give serenity and unique emotions to their baby.

Yoga and pilates, combined with treatments and gentle pampering, will make your stay in Chianti a memorable one.



THE PROGRAM FEATURES

Midwife (obstetrician) valuation

Daily walks

Daily Therapeutic Yoga sessions specific for pregnancy or Pilates

- Tibetan bells therapy, 50min
- Natural honey scrub 25min
- Manicure or Pedicure 40 min
- Specific massage for pregnant women 50min
- Natural Karité facial cleaning treatment 50min
- Diamond Rose Experience Massage Natura Bissè 75min
- The mother to be treatment 60 min
- Mukabhyanga (head, face and décolleté massage)
- Aquae Monasterii daily treatment (unless otherwise prescribed by your doctor): immersion in water with high salt content for deep lymph-draining, fluid elimination and muscle relaxation

*** Some of the treatments may be changed upon request and based on the client needs*

On request Antenatal classes with professional staff to prepare for your baby's birth



PRICE

Euro 800.00 per person + price of room and meals (we recommend a 4-night stay)



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