

CASTEL MONASTERO

TUSCAN RETREAT & SPA

MOTHER TO BE PROGRAM



RESERVATIONS

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The pregnancy,

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
- Specific massage for pregnant women 50min
- Natural Karité facial cleaning treatment 50min
- Diamond Experience Rose massage Natura Bissè 75min
- Cryo wraps with salt iced water, draining effect, 40 min
- Manicure, 50 min
- Pedicure, 50 min
- The mother to be treatment 60 min
- Sweet Ayurvedic Massage with almond oil
- Mukabhyanga (head, face and décolleté massage) 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 1.200.00 per person + price of room and meals (we recommend a 7-night stay)



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