



# ANAISPA

& W E L L N E S S

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MENU

## Dear guests.

Welcome to AnaiSpa at One Belvedere Tuscany, dedicated to mindfulness, slow living, and quiet transformation.

This is a space where wellness unfolds naturally within your stay. Inspired by the stillness of the Tuscan landscape, each wellness experience is designed to feel immersive, contemplative, and deeply personal.

Through skilled touch, delicate Comfort Zone fragrances, and carefully curated rituals, our treatments support both body and mind, inviting quiet restoration and renewed clarity.

Here, time slows. Balance returns. And well-being becomes part of your journey.

With care,

*Anna & the Team*



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## FACE TREATMENTS

### Pro-lift

50 min. | 160

Firming, replumping anti-aging face and neck treatment. Combined with specific Kobido techniques, it restores fullness and redefines the volume of the face.

### Hydra glow

50 min. | 160

Inspired by cryotherapy with the use of ice rollers, it provides optimal hydration to the skin in all climates thanks to the unique combination of hyaluronic acid and prickly pear extract from regenerative agriculture.

### Remedy

50 min. | 160

Renewing, fortifying, and soothing, ideal for sensitive, fragile, and redness-prone skin. Helps detoxify and gives health and beauty to the skin.

### Beard reset

50 min. | 170

Men's facial treatment focused on the beard, purifying, hydrating, and revitalizing both skin and hair. Prevents irritation, leaving the beard softer, well-groomed, and healthy from the first session.

# SPECIAL MASSAGES

## Tranquillity ritual

50 min. | 160

This ritual combines an innovative acupressure massage with essential oils known for their powerful relaxing properties. A true moment of pleasure, especially recommended after 6:00 PM, as it helps promote restful sleep.

## Aromatherapy

50 min. | 170

Customized aromatherapeutic massage thanks to the choice among four blends of essential oils inspired by the ancient East, the Mediterranean Sea, Arab culture, and the Indian world.

## Total body massage

50 min. | 170

Total body decontracting treatment.

## Hot stone massage

50 min. | 170

Original ritual with hot stones and essential oils that relieves muscle tension and promotes deep relaxation. Bookable only 24 hours in advance.

# HOLISTIC MASSAGES

## Tibetan sound massage ♥♥♥

A rejuvenating experience that combines the vibrations of Tibetan singing bowls with manual techniques, offering deep and harmonious well-being.

60 min. | 180



## Continent massage ♥♥

A unique sensory journey that blends the world's finest techniques: Californian, Reiki, Lomi Lomi, Swedish, Tuina, acupressure, and Ayurvedic massage. A two-phase ritual, detoxification and purification, to restore harmony and deep well-being.

60 min. | 180



## Reiki touch ♥

A total relaxation experience that uses Reiki energy to restore balance between body and mind.

50 min. | 170



# ANAI PROGRAMS

## Chianti outdoor experience

60 min. | 220

An exclusive massage immersed in the beauty of the Chianti hills. Outdoors, with a breathtaking view of the Tuscan countryside, let yourself be embraced by the gentle breeze, the sounds of nature, and the expert touch of our hands. A unique sensory experience where relaxation and landscape blend into a moment of pure regeneration.

## Before "I do"

180 min. | 370

Our special SPA treatments include a revitalizing facial ritual, manicure, pedicure, and a full-body illuminating massage. A perfect preparation to shine on your special day.



## FINISHING TOUCHES

SPA manicure	40 min.   90
SPA pedicure	50 min.   100
Hair removal — Upper lip	60
Hair removal — Arms	70
Hair removal — Under arms	70
Hair removal — Bikini area	75
Hair removal — Half leg	90
Hair removal — Full leg	110



# OUR PHILOSOPHY

## Appointments

Treatments are subject to availability; we recommend scheduling an appointment before your arrival.

Appointments for guests under 17 years old must be arranged by a parent, who must also accompany them.

## Cancellations

To avoid partial or full cancellation fees, please cancel or reschedule your appointment at least 24 hours in advance.

## Arrival

We kindly ask you to arrive at least 15 minutes before your scheduled time to allow for a relaxed check-in and preparation. Out of respect for other guests, if you arrive late, we may only be able to provide the treatment for the remaining time. In such cases, the full cost of the treatment will still apply.

## Precautions

If shaving is necessary before your treatment, we recommend doing so at least two hours in advance. Before body scrub treatment, please avoid shaving your legs. Sunburn may affect the effectiveness of spa treatments. Exercise caution and always use sunscreen.

## Well-being

For your comfort and safety, please inform us of any specific health conditions before your treatment.

## Jewelry and valuables

In general, treatments are more effective without the interference of jewelry. We advise removing necklaces, bracelets, and rings and leaving any valuables in your room.



