

AN OASIS OF CALM AWAITS YOU

Discover our tranquil spa in the heart of Rome.

Choose from a luxurious range of treatments designed to relax, revive and offer an improved sense of wellbeing, while soft lighting and warm interiors soothe from the moment you arrive.

The spa's classic vaulted ceilings evoke ancient Rome but facilities are state-of-the-art, including single and double spa suites and a luxury manicure and pedicure suite.

RESTORE A SENSE OF HARMONY TO YOUR BODY, MIND AND SOUL

VALMONT

Created in Switzerland in 1985, Valmont is known for its scientifically advanced skincare products and treatments, drawn from Switzerland's unspoiled natural resources and the latest cellular cosmetic research findings.

AURASENS

Aurasens proprietary technology powers transcendent audio-haptic experiences, heightening your senses by turning sound waves into vibrations. Expect an immersive wellness experience that's a much-needed getaway from the stresses of daily life.

HÖBEPERGH

A new combination of cosmetics, inspired by the rhythms of nature – especially the unique environment of the Asiago Plateau in Italy, where over 1,000 wild herbs grow naturally and are harvested in harmony with their balsamic times (when their active ingredients are at their peak concentration) and lunar cycles.

Research and innovation harmonise with a unique vision of effective sustainability.

FACIALS BY VALMONT

MAJESTIC TREATMENT - ELIXIR DES GLACIERS

A nourishing, sculpting and remodelling treatment for incomparable beauty. You'll enjoy two cleansings, three massages, and four masks to target the face, décolleté and hands. These include an energising massage, a sculpting massage, and rejuvenating, precise Kobido techniques. It's finished with a youth-restoring collagen mask for face and neck.

90 minutes, Monday - Thursday, €360 90 minutes, Friday - Sunday, €380

LUMINOSITY RITUAL - LUMINOSITY OF ICE

Designed to help you create softer, smoother and more radiant skin, this treatment reduces the appearance of irregularities for a glow as immaculate as a snow-covered landscape. Grounded in facial reflexology and performed with a gentle peeling serum, the massage focuses on specific areas of the face to detoxify and brighten skin.

60 minutes, Monday - Thursday, €190 60 minutes, Friday - Sunday, €210

HYDRATION RITUAL - HYDRATION OF THE BISSES

Reveal vibrant, re-plumped skin with a slow, delicate, and relaxing massage that targets the lymphatic system, followed by a deeply hydrating collagen mask.

60 minutes, Monday – Thursday, €190 60 minutes, Friday – Sunday, €210

FIRMNESS RITUAL - FIRMNESS OF THE HILLS

This nourishing, sculpting and remodelling treatment is designed to improve skin firmness with a facial massage that's supercharged by a powerful serum. It incorporates therapeutic deep massage techniques with slow, smoothing strokes to sculpt and define, revealing a younger-looking face with a radiant glow.

60 minutes, Monday - Thursday, €210 60 minutes, Friday - Sunday, €230

PURIFICATION RITUAL - PURITY OF THE ALPS

More than just a simple skin cleansing, this facial offers skin a true revival. Designed to purify and balance, it's a perfect choice for a first time facial or as a maintenance treatment at any time of year.

60 minutes, Monday - Thursday, €190 60 minutes, Friday - Sunday, €210

EXCLUSIVE TREATMENT FOR THE EDEN SPA LA GRANDE BELLEZZA

Designed especially for us, this unique massage rejuvenates, re-energises, harmonises and relaxes body and mind. This full body and face experience begins with a complete body exfoliation, followed by a stimulating massage to reveal silky-soft skin. For the face, you'll enjoy a regenerating mask – and the final touch will be bespoke to you.

120 minutes, Monday - Thursday, €410 120 minutes, Friday - Sunday, €430

WELLNESS EXPERIENCE

WELLNESS

Imagine lying down on a luxurious bed, closing your eyes and listening to your favourite song, as the music slowly turns into a melody of massage sensations. That's the premise of the Aurasens treatment bed, which offers an immersive vibro-musical experience. The natural ergonomics of the bed, the combination of music and massage, and the ability to choose from a range of programmes, all allow the body to relax and restore, release tension and boost circulation.

45 minutes, Monday – Thursday, €150 45 minutes, Friday – Sunday, €170

RITUALS BY HÖBEPERGH

WILD ALPINE HERBS RELAXING LUXURY RITUAL

This decontracting full-body massage is designed to boost circulation. It harnesses the power of medicinal herbs, promoting their absorption using rhythmic movements that deeply relax your muscles. Meanwhile, you'll lie on a pillow filled with warm aromatic herbs that helps to dissolve tensions in your neck and shoulders, inducing a state of deep relaxation and wellbeing.

90 minutes, Monday - Thursday, €320 90 minutes, Friday - Sunday, €340

MASSAGES

SENSORIAL AND AROMATIC MASSAGE BY HÖBEPERGH

Enjoy a renewing massage that delivers nourishment, smoothness, and brightness to all skin types. Sensory massage techniques meet an aromatherapy experience that flows from the Dolomites and their Alpine herbs to Sicily and the Mediterranean coast with its sweet almonds and citrus fruits.

60 minutes, Monday – Thursday, €170 60 minutes, Friday – Sunday, €190

90 minutes, Monday - Thursday, €220 90 minutes, Friday - Sunday, €240

INTENSE MUSCLE MASSAGE

An intense massage designed to alleviate pain and deep muscular tension, helping to restore comfort and freedom of movement.

60 minutes, Monday - Thursday, €190 60 minutes, Friday - Sunday, €210

90 minutes, Monday - Thursday, €230 90 minutes, Friday - Sunday, €250

HOT STONE

A therapeutic full body massage performed with warm stones to rebalance your body and mind.

60 minutes, Monday - Thursday, €190 60 minutes, Friday - Sunday, €210

90 minutes, Monday – Thursday, €230 90 minutes, Friday – Sunday, €250

HÖBEPERGH ANTI-STRESS BACK RITUAL

This decontracting massage focuses on the back and neck, boosting circulation and reducing joint stress. It harnesses the power of medicinal herbs, promoting their absorption using rhythmic movements that deeply relax your muscles. Aromatic notes from the herbs used soothe you into a state of deep relaxation.

60 minutes, Monday – Thursday, €185 60 minutes, Friday – Sunday, €205

90 minutes, Monday - Thursday, €220 90 minutes, Friday - Sunday, €240

PREGNANCY MASSAGE

Designed to safely pamper you, this full-body massage is suitable after the first trimester of pregnancy. It focuses on comforting the changes in your body, easing leg cramps, muscle fatigue and other aches and pains, and reducing water retention and puffiness. Suitable from 14 weeks.

60 minutes, Monday – Thursday, €190 60 minutes, Friday – Sunday, €210

BODY TREATMENTS BY HÖBEPERGH

ALPINE HERBS DEEP RELAXING NECK TREATMENT

Alpine herbs are the star ingredient in a heat pack that relaxes and decontracts the muscles in your neck. This treatment is gentle yet effective, as the active ingredients from each herb deeply penetrate and relax your body.

60 minutes, Monday – Thursday, €175 60 minutes, Friday – Sunday, €195

DOREA OIL® RELAXING & PURIFYING MASSAGE

Give your skin a radiant shine with this detoxifying, purifying treatment. Its patented active ingredients – Dorea Oil® and Organic Spirulina® from Toscana – are rich in rice bran oil, omega 3, and omega 6, which work to detoxify the skin and prevent signs of aging.

60 minutes, Monday - Thursday, €170 60 minutes, Friday - Sunday, €190

MUD AND HAY THERAPY DETOX

HöbePergh herbs and hay, expertly combined with white Tuscan clay, creates a truly detoxifying therapy. This treatment promotes the elimination of toxins, helping to boost your physical wellbeing.

60 minutes, Monday - Thursday, €170 60 minutes, Friday - Sunday, €190

MOISTURISING BODY BOOST

Stimulate cell renewal, and deeply nourish and hydrate your skin.

This treatment works to reduce the signs of aging over your whole body.

60 minutes, Monday – Thursday, €170 60 minutes, Friday – Sunday, €190

NAIL CARE

LUXURY MANICURE

First, your hands will be awakened with an exfoliation, then soothed with a moisturising massage, your cuticles tidied and your nails shaped and treated with a prescriptive base coat. Finally, your choice of polish and a high-shine topcoat will be applied to your nails for a perfect finish.

Alternatively, select a statement gel polish.

60 minutes, Monday - Thursday, €95 60 minutes, Friday - Sunday, €100

LUXURY PEDICURE

This nourishing treatment for feet and nails begins with a cleansing and exfoliation to smoothen skin. Then your feet and ankles are massaged with conditioning creams, and nails shaped and treated with a prescriptive base coat. Finally, they're topped with your choice of polish and a high-shine top coat to finish.

Alternatively, select a statement gel polish.

60 minutes, Monday - Thursday, €95 60 minutes, Friday - Sunday, €100

ESSENTIAL INFORMATION

The Eden Spa is open daily from 10am to 8pm.

Please be aware that opening hours may be subject to change.

Treatments outside these hours are available with a surcharge.

FACILITIES

The spacious spa provides a serene sanctuary in which to relax and unwind. It features a reception area, two spa suites and a couples suite, along with a private consultation area, heated loungers and en-suite bathroom with shower. For extra pampering, it features a beautiful nail suite with two manicure stations and pedicure chair. For guests of the hotel, hairdressing services are available in your room. Located on the second floor, our Fitness Room is equipped with the latest gym gear, free weights and Technogym weight machines.

RESERVATIONS

To avoid disappointment, we recommend booking your spa appointment in advance. To secure a booking, we ask guests to provide a credit card or room number. All treatments and spa days are subject to availability and change. Treatment prices quoted are for Mondays to Thursdays: higher prices may apply on Fridays, weekends and bank holidays. A discretionary service charge of 5% will be added to your bill.

CANCELLATION POLICY

Spa appointments are reserved in advance, so we ask that you give us 24 hours' notice should you need to change or cancel your appointment. No-shows and late cancellations will be charged at the full treatment rate.

ARRIVAL

We request that you arrive at the spa reception ten minutes prior to your appointment to allow time to complete a brief consultation questionnaire. Late arrivals may result in a shorter treatment time.

For your convenience, a robe and slippers are provided in your spa suite. Hotel guests are kindly asked to check-in directly from their room dressed in their bathrobe and slippers.

VALUABLES

We advise all spa visitors to remove jewellery and valuables prior to treatments. Please ask a member of the spa team for information about our safe storage options.

AGE

Spa guests must be aged 16 or over for body treatments. Spa guests under 16 may receive facials and nail treatments with a parent or guardian's consent.

HEALTH AND ALLERGIES

If you have any particular health concerns or allergies, please inform a member of the spa team when you book your appointment.

PREGNANCY

If you are pregnant, body treatments can be booked once you have reached 14 weeks of pregnancy.

Some facials are suitable to receive in your first trimester

IN-ROOM TREATMENTS

A 50% surcharge applies for in-room treatments

GIFTS

Treat a loved one to a spa gift card, which can be used towards their choice of product or treatment. For more information, please ask a member of the spa team.

PLEASE GET IN CONTACT

+39 06 4781 2776
spa.HER@dorchestercollection.com
dorchestercollection.com



