

# A.ROMA

## WELLNESS & SPA

TAKE CARE OF YOUR BODY IT'S THE ONLY PLACE WHERE YOU HAVE TO LIVE.

## BOOKINGS

For information and bookings, please email us at

[spa.aroma@ldchotels.com](mailto:spa.aroma@ldchotels.com)

or contact us by telephone from 10am to 10pm.

Call (+39) **06 8781 2896**

or dial **4096** from your room.

## DELAYS

Please arrive at the SPA reception desk at least 10 minutes before your massage or treatment.

Unfortunately, in case of delay, it will not be possible to extend your treatment beyond the scheduled time.

*The A.ROMA SPA draws inspiration from ancient Rome's famous baths, renowned for their class and grandeur. Surrounded by such comfort, guests will not help but discover a deep sense of wellbeing. This guide will provide you with more information, but please do not hesitate to contact us with your questions.*

The SPA is **open every day from 10am to 10pm**. Please note that the entrance to the SPA is not allowed for children under 16.

Out of respect the privacy of our customers, we are not allowed to make SPA Tour.

Is available a digital presentation at the SPA's desk.

Our gym is open every day from 6:30am to 11pm. Access to the gym is complimentary for hotel guests.

**Arriving at the Wellness SPA** Upon arrival, in your room you will find a luxurious bathrobe and slippers. For your added comfort, you will also be given a pool towel when at the SPA. Extra towels, bathrobes and slippers are available upon request for a small additional cost.

The A.ROMA Wellness & SPA features modern amenities where you can relax your mind and rejuvenate your body. Escape from everyday concerns and unwind with our complete range of massages and treatments, each carefully designed to reinvigorate and revitalise.

If you are not a hotel guest, upon arrival, you will receive the "**SPA kit**" including slippers, pool towel and bathrobe. These are to be returned at the end of your stay.



**SPA ETIQUETTE** to respect other guests, we kindly ask that you switch off your mobile phone during your stay at the SPA and behave quietly in all areas, reducing noise where possible. We would also remind you that smoking is forbidden anywhere in the SPA areas. Full nudity is forbidden, in sauna and turkish bath please cover the private parts with a towel, Peştemal towels are on sale at our Spa Boutique.

**CANCELLATION OF RESERVED TREATMENTS** to cancel your appointment, please inform us at least 24 hours in advance. Cancellations after this time will incur a charge of 50% of the treatment cost. Thank you for your comprehension.

**PERSONAL BELONGINGS, LOSS AND DAMAGES** any found items will be kept safely for you at the SPA reception desk. A.ROMA Wellness & SPA is not responsible for any loss or damage to personal belongings or valuable items.

**HEALTH** please inform us in advance of any condition that may create any issues, such as high blood pressure, heart disease, metabolic disease, allergies, pregnancy, recent surgeries or any other physical issues or medical conditions.

All our services are provided on the basis that our guests are aware of their physical conditions and of the most suitable treatments for them.

**AGE** children under 16 years of age cannot access to the SPA. Teenagers between 16 and 18 can access wellness areas if accompanied by a responsible adult.



## TECHNOGYM

A 200 sqm gym, fully equipped with cutting-edge Technogym training equipment.

Upon request, additional charge, our expert Personal Trainers can guide you in achieving and maintaining your ideal physique.

Open 365 days a year.

*To complete your wellness experience, the beautiful hotel park is the ideal venue for outdoor sports activities or meditation.*



# A.ROMA WELLNESS & SPA

*Relax and unwind  
as you follow our luxury  
SPA Wellness Path.*



## FINNISH SAUNA

Our authentic Finnish Sauna, heated to 80°-90°C, helps your body remove harmful toxins while balancing hydration as the humidity never exceeds 10-20%. Essential oils with a soothing, balsam effect are added to the water, such as pine or eucalyptus.

Those suffering from rheumatisms and muscle contractions will find this to be the perfect treatment and we also recommend it before any sports massage.

The sauna's glass wall offers a relaxing view of the beautiful hotel park and its salt lake.

## TURKISH BATH

The Turkish bath consists of two luxurious and spacious aromatised steam baths, with a facility reserved for ladies only.

The environment is saturated with water vapour at 100% humidity, with mist at different temperature layers. Ranging from 20°-25°C at the level of feet and 40°-50°C at the head, this gentle mist sets down on your skin and allows you to absorb the essential oils. It is highly recommended for the airways and as a pre-treatment before mud baths and massages at the A.ROMA Wellness & SPA.

The steam bath is a time for relaxation and often combined with holistic massages for a deep, calming effect .

## BIOASAUNA

The perfect combination of Finnish Sauna and Turkish bath, our BioSauna is a favourite amongst our female guests. Temperatures reach up to 40° - 60°C, while humidity stays at



around 50%. The lower intensity compared to the Finnish Sauna means you will be able to enjoy a much longer stay.

Key features of the A.ROMA SPA BioSauna include comfortable wooden loungers and a glass wall through which to admire the beautiful view of the hotel park and its salt lake.

## **ROMAN IMPLUVIUM**

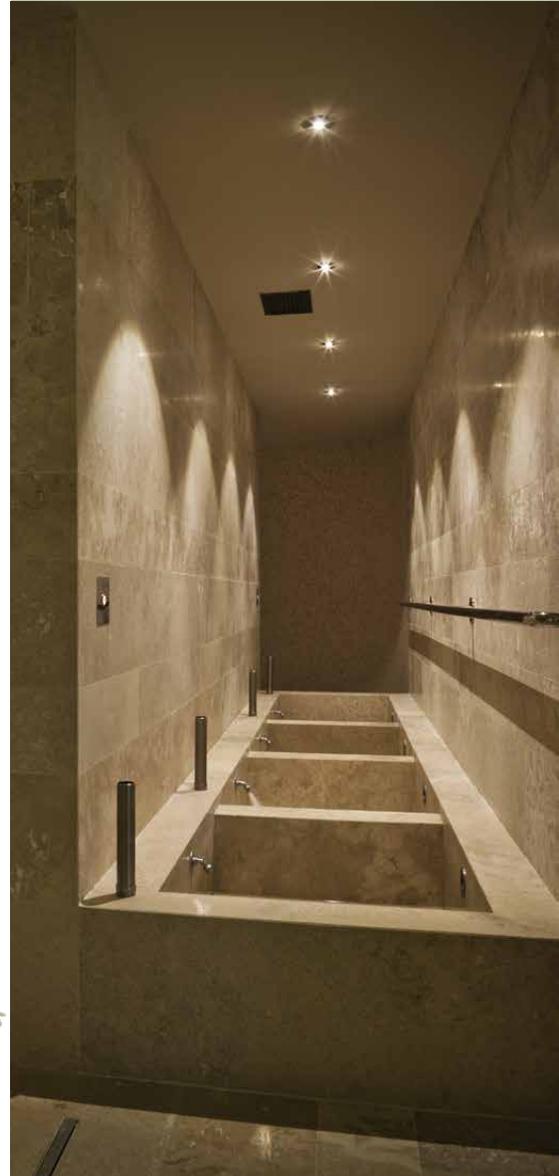
A one-of-a-kind facility in Rome, based on the principle “Salus per Aquam” (Health through Water), the Impluvium is a path through a system that thermoregulate the body using hydrotherapy. Thanks to the benefits of water and its different temperatures, this unique and harmonious treatment was used for centuries by ancient Romans to rebalance the body.

At the end of the Impluvium path, relax on exclusively designed A.ROMA SPA wooden loungers while enjoying the view of the hotel’s outdoor salt lake and park.

## **OUTDOOR SALT LAKE ENRICHED WITH IODINE AND SELENIUM**

Our 300 sqm by ‘Biodesign’ outdoor pool is built with quartzes and special resins, allowing you to plunge into an ionised marine water basin.

Relax in the natural surroundings of the hotel park, nestled amongst the “Valle dei Casali” reserve which features oaks, maples, brooms and buckthorns.



## SPECIAL OCCASIONS

Celebrate your event at the A.ROMA Wellness & SPA and treat yourself to a full day of pure happiness, fun and relaxation.

### BACHELOR/BACHELORETTE PARTIES

Raise a toast with your friends while tasting fine sparkling wines. Mouth-watering finger food delicacies of your choice can also be arranged. We can even organise a special cocktail party or treat you and your guests to a buffet dinner at Sapori dal Mondo, our hotel's gourmet restaurant.



## GIFT VOUCHER

You can gift health and wellness, share it with your friends, exclusive massages and beauty treatments.

## INDOOR POOL

Our relaxing 50 sqm indoor pool features Travertine marble, a rock used by ancient Romans for thousands of years. With saline water heated at 32°-34°C and enriched with minerals, the pool is a source of health, relaxation and beauty.

An elegant bonsai tree receives natural light from above, creating the perfect atmosphere for deep relaxation.

Follow in the footsteps of the Ancient Romans and immerse yourself in a luxury bath, with different mineral formulations to match the season.

### Electrolyte Lithium bath

Helps to maintain your overall wellbeing with anti-stress, revitalising and rejuvenating actions. It also helps to protect the skin and reduce irritations. Lithium is a natural remedy, releasing stress.

### Electrolyte Zinc bath

An essential element that provides vitality and beauty, slowing down tissue ageing thanks to its antioxidant and soothing properties. Zinc tackles the negative impact of free radicals and promotes the healing of wounds and ulcerations.

### Electrolyte Magnesium Sulphate bath

Has a deep, relaxing effect on muscles and helps to reduce muscular pain. It is considered the mineral of choice by athletes, but also helps to improve sleep quality, relieve congestion on tissues and restore the body's natural balance.



**A.ROMA** Massage The signature A.ROMA massage **has been especially developed for our guests**, acting by means of smooth, firm gestures to eliminate stress, relax the body and mind and soothe accumulated tensions.

Together with this massage, **aromatherapy** using a blend of essential oils helps to invoke calm feelings by stimulating smell and brain functions.

**Lymphatic Drainage** Helps detox the body by reducing water retention and build-ups of fat. This technique is recommended to fight the unsightly effects of cellulitis. Low-pressure massage.

**Sport/ Deep tissue / Swedish** A deep-tissue massage that recovers muscle elasticity while enabling recovery. It is ideal both before and after sports, stretching the muscles that work hardest during intense training.

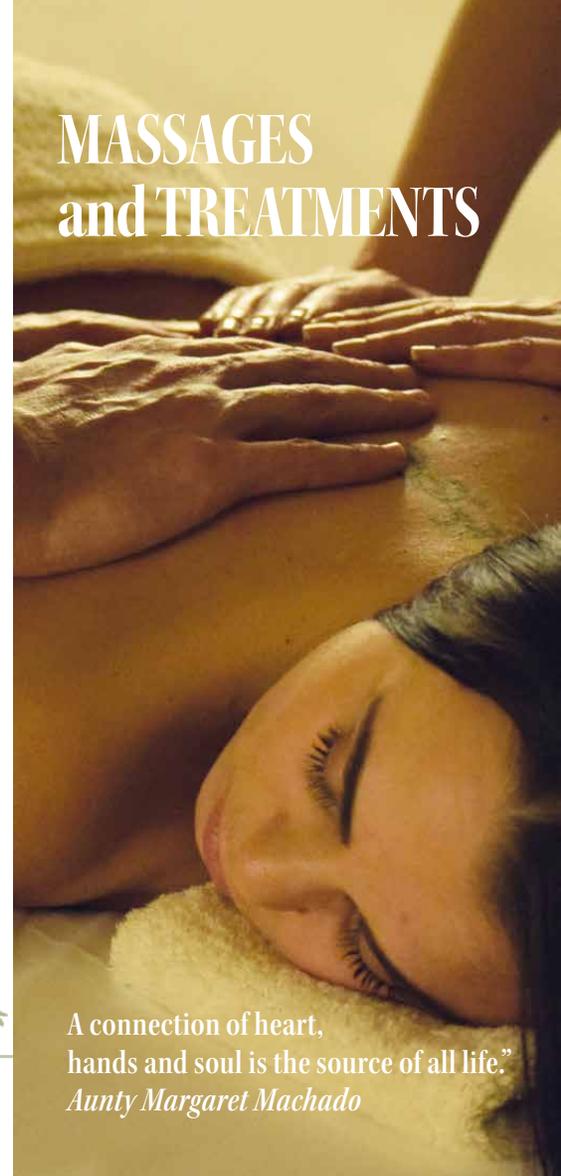
**Massage with Osmotic Black Mud** This special mud improves your body contour by removing excess toxins and fluids from the body.

**Partial massage** Available for legs, feet, head, shoulders, face and back. The partial massage is ideal for special needs, treating and soothing a specific area of your body.

**Ayurvedico Adhyangam Tridosha, with head, face and neck** Method that includes several massage techniques, applications and manipulations. It is suitable for everybody: adults, children and seniors alike. It gently melts tension and stiffness and is applied by means of medical oils to recover lost balance. The benefits are wonderful: ageing slowdown, muscle toning, detox and tissue rejuvenation.



# MASSAGES and TREATMENTS



A connection of heart,  
hands and soul is the source of all life.”  
*Aunty Margaret Machado*



It also improves organs, digestive, respiratory and circulatory functions. Calm, mental clarity, resistance to stress and fatigue removal are the ultimate aims of this luxurious treatment.

**Amazonian** A delicate massage based on motion. The movements employed in the Amazonian massage use a variation of swings, vibrations, rocking and oscillations, perceived by your body and mind as if you were suspended on a hammock. The Amazonian treatment allows the mobilising of nerve centres and joints, as well as activating the cardiovascular system, muscles and intestines. The benefits are instantaneous, providing a great sense of wellbeing and liberation. The Amazonian treatment is accompanied by a special rhythmical music.

**Shiatsu Massage on futon** A global treatment performed on a futon, originating from Asia. Pressure is placed along the entire body in energy paths typical of traditional Chinese medicine, also known as meridians. Its primary purpose is restoring your body's homeostasis and psychophysical wellbeing through the enhancement of natural self-healing abilities.

It is ideal for altering muscular, organic and emotional statuses.

The 50 minutes Shiatsu package includes a complete body treatment.

In the 80 minutes treatment, the shiatsu is accompanied by muscle stretching in all the problem areas.

**Balinese** Inspired by Eastern traditions, contains the maneuvers that revoke Thai massage, manual stretching but sweet with deep stretching. It is a relaxing massage par excellence. Benefits: relax with stretching which combined with the expiration of the



customer, promotes blood circulation, lymphatic and detoxifying. It helps to let go of tensions. Contraindications: cervical problems.

**Regenerating feet rituals** Have you been walking all day in Rome the beautiful eternal city? Why don't you let our skilfull hands take good care of you in our A.ROMA SPA? The ritual begins with a relaxing warm footbath of vulcanic stones, essentials oils and flower petals. Your tired feet will be refreshed. Then exfolation with essential oils and sea salts will follow this warm footbath. Next a relaxing and refreshing mud mask will be applied. Finally, you'll get the Wellness of a reflexology massage for a magic feeling of relief and lightness.

**Stone Therapy experience** A massage rite using volcanic stones that slowly release stored heat while being drenched in hot water. Thanks to the massage oils, these stones transfer energy that rebalances tensions, stresses, contractures and perceptual alterations.

**Cervical Shiatsu face and neck** Oriental treatment that uses acupressure along energy pathways specific for each human organ, known as meridians. The treatment has the purpose of stretch tensions in the load of the whole kinetic chain rear and to intervene and help the natural movement of internal organs, thus favoring the innate self-healing ability of the body. The immediate effect is a general state of physical and mental relaxation.

**Four hands massage** Global massage of the entire body, performed by two operators at the same time, according to an ancient Eastern tradition. This massage

*“Rediscover the harmony,  
the grace and inner silence  
through the magic of water”*

## DEEWA: Deep Water Energetic Awareness

The Deewa is a treatment into the water that facilitates a deep relaxation of the body and helps to restore a healthy mental and physical balance of the treated person.

The body relaxes, your spine lengthens and, through specific maneuvers, the flow of energy in the body improves, dropping the customer in a quiet space and typical exploration of meditation. Most of the movements of Deewa tend to relax the paraspinal muscles and unlock the hips and pelvis, through constant stress, twisting and stretching. The treatment is unique in Rome.





*The most pleasant thing  
among any other is  
the touch of a warm hand.*

is considered valid and effective for the benefit and psychophysical relaxation through rhythmic movements synchronized. It will be melted gently muscular tension throughout the body, stimulating circulation and the natural flow of vital energy. The treatment induces deep relax and muscle relaxation.

**Lomi Lomi** From an ancient Hawaiian concept working with Mana (the vital force of the body), the mind and the individual soul. It is a sacred holistic massage, which allows the physical and energetic system of the body to transform and revitalize. This technique is mainly based on rhythmic and harmonious movements of the masseuse's forearms and hands.

**Muscular and postural rebalancing massage** The massage's aim is to restore the balance between the agonist and antagonist muscles, hip flexors and extensors, giving them the natural elasticity, allowing greater joint mobility, muscle function and posture. The massage promotes the proper use of the diaphragm, unlocking and improving breathing. Manual technique used consist of deep kneading, press with fingers and tissue vascularization techniques, disconnects and decontracting maneuvers.

**Ritual Moroccan** Sauna or turkish bath, with exfoliation and a massage of 50 minutes.

**Ritual Cleopatra** The ritual last 2 hours. An operator will be at the complete disposal of the customer to accompany her/him on the path, which includes a sauna, turkish bath, application of scrub-peeling, face mask and, to conclude a personalized massage of 50 minutes.



**Reflex connective massages** Massage within the scope of the reflex therapy, using the mechanical stimulation of the connective tissue to change conditions of impaired function of internal organs. Through its application on the connective tissue, the desired effect will be not only locally, but act on the whole body, restoring its overall homeostasis.

**Hydro-massage for singles or couples** The Jacuzzi is enriched with salts providing several actions, allowing guests to customise the experience with a wide range of minerals.

**Zinc salts:** with antioxidant and decongestant capabilities, zinc provides a natural reactivation of the vitality of the body, restoring the correct hydration of the skin.

**Calcium salts:** calcium contained in the electrolytic solution provides a soothing and calming effect, attenuating defects and slowing down tissue ageing.

**Iodine-selenium salts:** iodine is fundamental to body balance, while selenium has antioxidant properties that help to protect skin cells from the effects of stress.

**Lithium salts:** helping to maintain an overall state of wellbeing, lithium has anti-stress, revitalising and rejuvenating actions.

**Salts of B and C vitamins:** essential to the correct functioning of immune defences, B and C vitamins eliminate toxins and aid skin regeneration.

**Alkaline salts:** Helpful in counteracting skin hyperacidity and restoring optimal skin pH values. Alkaline salts help to restore the skin's acid-alkaline balance.

**Magnesium and sulphate salts:** Magnesium improves calcium absorption, reducing muscle pain.

It is considered the mineral of choice for athletes. It also helps to improve sleep quality.



## COUPLES' MASSAGE in SPA SUITE

*A sweet experience for two to share in our SPA Suite. The A.ROMA Wellness & SPA is a haven of peace far removed from the hustle and bustle of the modern world. Relax in a exclusive area reserved only for you and your special someone. An unique relaxing and rebalancing massage, will pamper and release all tensions and stresses.*

### PERSONALIZED MASSAGGE

Upon request, a Gourmet SPA experience is also available, especially designed for you by our Executive Chef Alessandro Montedoro.

# FACIAL TREATMENTS

# GUINOT

INSTITUT • PARIS



**HYDRADERMIE JEUNESSE** Personalised treatment for visibly younger looking skin, suitable for all skin types, to make the face more beautiful and rejuvenate it. With age, the skin cell activity is reduced. The cells lose energy and are more slowly renewed, the synthesis of elastic fibers slows down and the first signs of age appear. This treatment rejuvenates the facial recreating the cellular energy of younger looking skin.

**Beauty result:** *Skin visibly younger, more elastic, radiant with beauty and bright.*

**HYDRADERMIE LIFT** Advancing with age, the muscles work less, the skin loses firmness and the shape of the face may show sagging. Until now, “lifting treatments” acted on skin texture, rebuilding the epidermis and firming the dermis. Today Hydradermie Lift acts more deeply raising again the traits due to the stimulation of facial muscles and anti-aging drainage. Within minutes your face looks younger and visibly appears lifted. The treatment ends with a nice relaxing massage, which spreads its precious active ingredients into the skin and allows it to find a new tone. A real alternative to aesthetic medicine.

**Beauty result:** *Your face looks younger, firmer skin, traits relieved, redesigned oval*

**AGE SUMMUM** The treatment starts with an application of scrub dermabrasion, an exfoliant proceeding with active micro-particles that rids the skin of dead cells carrying the new cells surface.

The expert hands of the beautician, facilitate the regenerating serum containing the penetration of cellular life environment, rich in 56 biological active ingredients and vitamin C pure highly concentrated. These unique components, used in hospitals to create new skin, effectively regenerate cellular activity and give new life to the skin.



The treatment continues with an anti-aging massage of 15 exclusive movements and the application of the Serum Age Summum enriched with hyaluronic acid firming the tissues to combat sagging skin. The treatment ends with the application of an illuminating mask anti-age at the Pro-Collagen. The tensor effect is immediate. At the end of the treatment the skin looks visibly younger and the signs of aging are mitigated.

**Beauty result:** *Wrinkles and fine lines are instantly smoothed (-39.7% of wrinkles). Your skin firmer (+ 48.7% elasticity). The face regains its brightness.*

**HYDRADERMIE SOLEIL** Facial treatment to prepare the skin for sunlight and repair after exposure. During the first three days of sun exposure is more vulnerable because it is not yet accustomed to UV rays. This treatment prepares the skin by reinforcing its defenses against the sun thanks to the active ingredients, the melanin precursors which repair the skin facilitating cellular renewal.

**Beauty result:** *Neutralizes the effects of UV rays on the skin and prolongs the tan.*

**EYE LOGIC** It acts specifically on wrinkles, fine lines, dark circles and eye bags. The treatment regulates the superficial blood circulation and deconges the eye contour in particular periods of tiredness, you can feel a sensation of heavy eyelids and they may occur an appearance of bags.

This phenomenon is explained by a localized accumulation of water on the eyelids. Thanks to the active ingredients and the specific maneuvers, the treatment is able to drain and lighten the eyelids.

**Beauty result:** *in 40 minutes of treatment, the eye looks younger and your eyes are not weary. Wrinkles and fine lines are smoothed (average reduction of depth of wrinkles around the eyes by 40.2%). The eye is "Top Spin" (average of 46.7% compactness of elasticity increase).*





# A.ROMA SPA TEA INFUSION

*We are glad to offer our guests a selection of herbal teas, always available from our charming Samovars. There is one for every need: purification, detox, abdomen swelling reduction or cellulite fighting.*

*Enjoy a pleasant relaxing moment while tasting the herbal tea selection we offer:*

**Cinnamon, Orange and Vanilla** this infusion benefits from many ingredients that have positive effects on our body. Cinnamon, in addition to flavor foods or drinks, is also an excellent digestive, indeed capable of causing the splitting of fats. It decreases blood sugar and stimulates a hormone responsible for regulating appetite. Our brew combines the benefits and flavorings apothecaries cinnamon freshness and sweetness of the orange.

**Rooibos energy** are obtained from processing of the leaves of a shrub the *Aspalathus Linearis*, which grows in South Africa and more specifically in the area of the Cedarberg Mountains.

It contains no caffeine and is therefore suitable to be worn all day and its smooth taste, round and naturally sweet makes it perfect in diets and also pleasing to children.

**Equilibrium** rich in ingredients that have positive effects on our body. Herbal tea for the health and well-being that collects useful herbs to relieve mental fatigue, excellent for children and young students.

*You can also buy your favorite herbal tea in our SPA Boutique.*



## SPIRULINA IXIA BODY TREATMENTS

Cultivated in Italy, has been named IXIA ( from "Ischia island" where is currently cultivated and "Maya") and is used with great success in the beauty and SPA treatments, able to exploit all the beauty and wellness properties of fresh micro-algae.

The extraordinary potential of Spirulina are connected to its rich composition of: Proteins and amino acids, which stimulate the endogenous production of collagen Hydrocolloids, which are able to retain fluids and provide constant energy to Glucosamine skin, directly involved in the process of synthesis of hyaluronic acid.

**DREN SPA SPIRULINA** indicated for the treatment of skin problems caused by retention of excess fluid. The combined and intensive action of ginger, cocoa and orange peel, favors the reactivation of the subcutaneous microcirculation, the synergistic interaction with the extract of Maritime Pine and Centella asiatica creates a visible improvement in oxygenation.

**STONE SPA SPIRULINA** is indicated for imperfections caused by sagging skin. The combined and intensive action of mint and vitamin C promotes the skin's microcirculation, smoothing the micro-grooves and favoring the hydration balance of the skin firming effect.

**LIPO SPA SPIRULINA** is indicated for the treatment of skin problems caused by localized fat. The combined and intensive action of green tea and seaweed Laminaria promotes lipolytic action and draining. The synergistic interaction with the extract of Maritime Pine and Centella asiatica creates a visible improvement in oxygenation.

*In all treatments the rich composition of beta glucan, hyaluronic acid and spirulina, promotes hydration in the skin by improving the skin tone and firmness.*



## Body Treatments to SPIRULINA

Spirulina is one of the oldest forms of life on the planet and has played a key role in the development of life on earth, being the base of the food chain.

The Aztecs and the Maya held her in high regard for the strong healing effect, and as a valuable supplement to their diet. It was the reason of their strength considered for centuries "the God's food". Thanks to its high protein content, the richness of minerals and antioxidants, this seaweed is a real natural treasure.

In the cosmetic field has shown amazing results in delaying the natural skin aging processes, in repairing the damage caused by the sun and by stressful lifestyles, and also as anti-cellulite and nourishing for the skin.

*A real elixir of health.*



# A.ROMA

WELLNESS & SPA



Via Giorgio Zoega, 59 00164 ROMA • tel.+39 06 8781 2896 spa.aroma@ldchotels.com