

**A.ROMassage** 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.

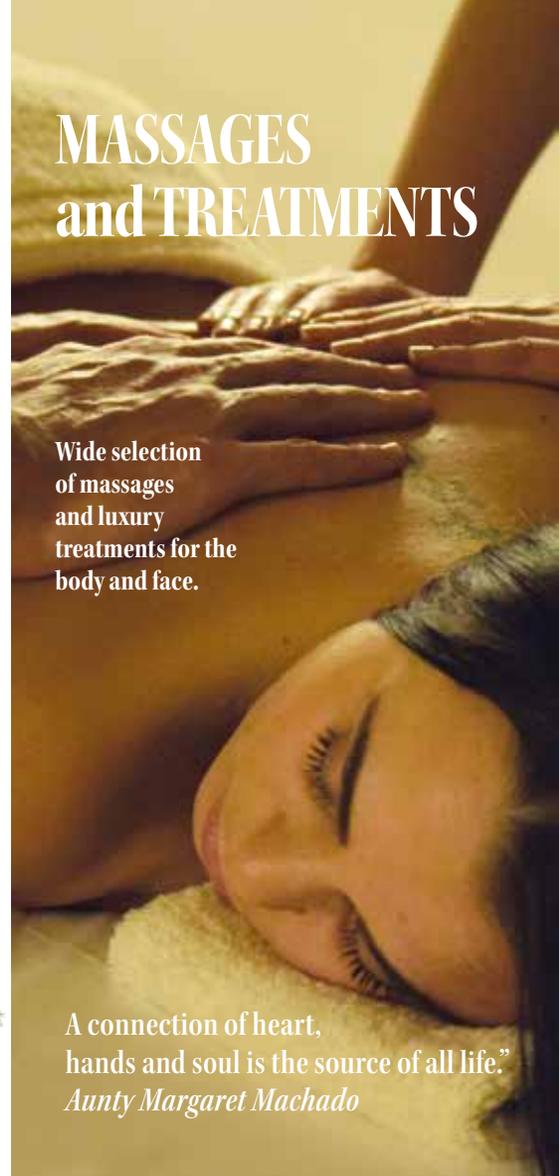
**Ayurvedico Adhyangam Tridosha, with head, face and neck** Method that includes several massage techniques, applications and manipulations. It is suitable for everybody: adults, children and seniors alike. It gently melts tension and stiffness and is applied by means of medical oils to recover lost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



# MASSAGES and TREATMENTS

Wide selection  
of massages  
and luxury  
treatments for the  
body and face.

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



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

## Hydro-massage for singles or couples

The Jacuzzi Jacuzzi is enriched with a wide choice of Aqvadiva salts having different and multiple activities.

Beyond Alkaline, Zinc and Calcium salts:

**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.

**Magnesium and sulphate salts:** Magnesium improves calcium absorption, reducing muscle pain. It also helps to improve sleep quality.

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 is considered valid and effective for the benefit and psychophysical relaxation through rhythmic movements synchronized. It will be melted gently muscular tension throu-

## 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.

## AQVA DIVA

Un gioiello per la pelle





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

ghout 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.

**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.

**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.

