



SIX SENSES SPA

ROME

# WELLNESS AND SPA MENU



Six Senses Spa Rome offers a wellness and spa experience that is far from ordinary. Our modern-day take on the ancient ritual of Roman bathing brings a sociable atmosphere while balancing mind and body. Let our in-house experts guide you on your path to wellness with high-tech and high-touch therapies including our biohacking recovery tools, sound therapy, body cocoons, and personalized facials. You can go as deep as you like, from results-driven beauty that changes the way you look to specialist programs that can change your life.



# THE ROMAN BATHS



## THE ROMAN BATHS

In Roman times the bathhouse was a place to meet and connect with people. Fast forward to today and our Six Senses Spa experience provides a traditional yet still pioneering way to ease life's stressors by warming the body up and cooling it down.

Roman baths were part of day-to-day life in ancient Rome, a place to see and be seen, network and make business connections. Everyone just happened to be naked (a tradition we will not be taking forwards)!



**For external guests:**

Experience the Roman Baths at your leisure and emerge feeling light, deeply cleansed, de-stressed and tension free.

*For the following day spas, you have one hour to fully immerse in the bathing circuit while keeping hydrated and enjoying the relaxation space when you need some time out.*



### SCRUB DOWN

A perfect complement for those requiring a thorough exfoliation! After the bathing circuit, prepare for a 60-minute Hammam to leave you feeling invigorated and your skin beautifully soft.

### RUB DOWN

Enhance your Roman bathing experience by including a 60-minute personalized massage tailored to your needs.

### SOUL FOOD

What is better than completing your thermal circuit with a wholesome, nutritious meal served in our restaurant?

### FRIEND FIX

Are you celebrating a special occasion? Get creative with your friends at our Alchemy Bar and enjoy a fun workshop where you'll make products to enhance your bathing experience. This special occasion will be completed with a delicious lunch served in our restaurant.

### PARTNER PERFECT

Sometimes those closest to us know what we need before we do. Get partner perfect by curating the massage experience you think your loved one needs. Share their unique massage preferences with us and we will create a unique experience that will always be remembered!



# HAMMAM







### HEALING HERBAL HAMMAM

Gone are the days when the traditional ancient Roman massage ritual - lutum oleum strigilis (mud - oil - scraping) is needed. Today, we can benefit from a beautifully fragranced oil created with eight healing herbs. This organic almond oil emulsifies with steam enabling highly effective absorption of the powerful ingredients to fortify the body.

*30 minutes* – full-body scrub with kese mitt, application of the healing herbal remedy

*60 minutes* – full-body scrub with sicilian raw sea salt, sweet fennel and rosemary, application of the healing herbal remedy

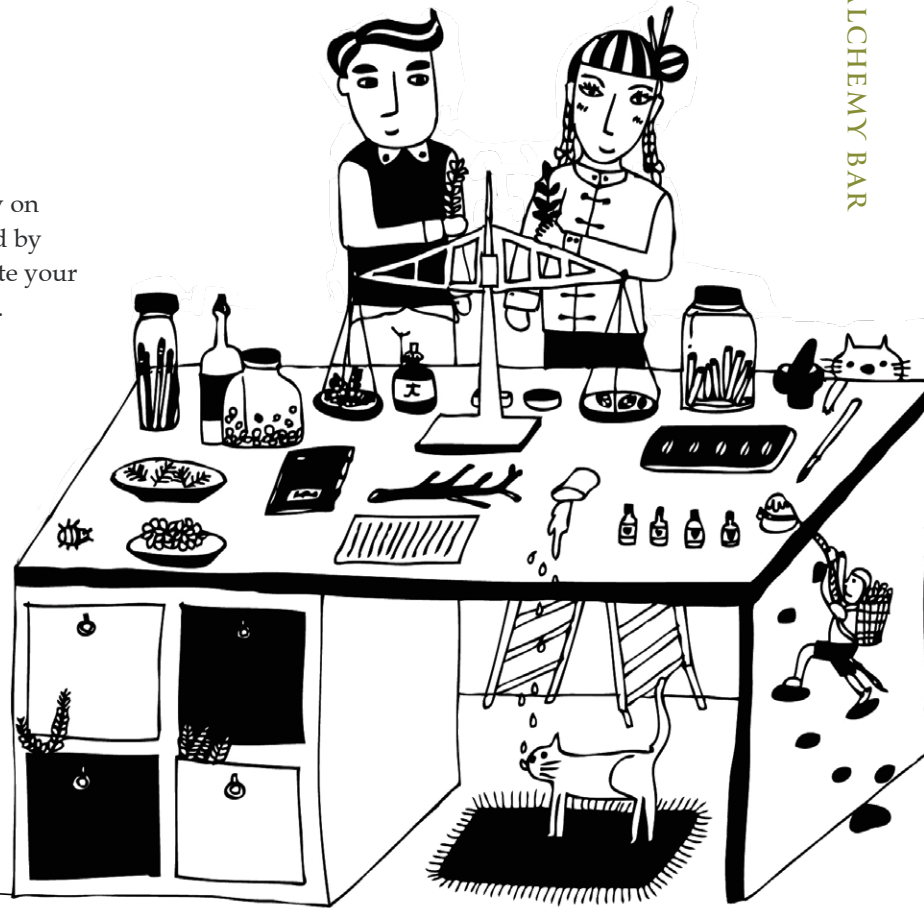
*90 minutes* – full-body scrub with sicilian raw sea salt, sweet fennel and rosemary, self-heating marine mineral mud on the back to soothe tension, application of the healing herbal remedy

# ALCHEMY BAR

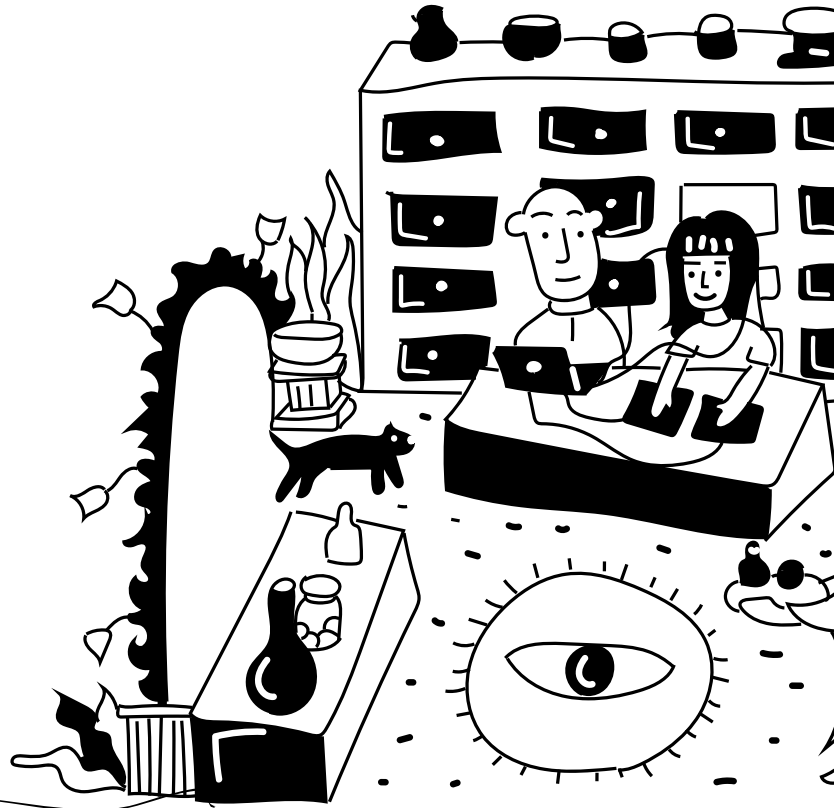


### THE WORKSHOP, 45 MINUTES

Learn how to make potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop. Not to be missed!



# BIOHACKING





### **Recovery for muscles and minds**

Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

Our biohacking bundles are named to address certain concerns and when hacks are used together it makes the most of your time too. You just need to sit back and relax.

### **LIFEFORCE HACK WITH CELLGYM AND VENOM, 40 MINUTES**

Enhance the power of your breath with CellGym while easing lower back tension.

### **ENERGY HACK WITH PEMF, HYPERVOLT AND LED FACE MASK, 30 MINUTES**

Turn stress and tension into a light mood leading to good sleep.

### **TRAVELER'S HACK WITH NORMATEC AND VENOM, 30 MINUTES**

Soothe leg and lower back tension with compression and vibration therapy. Ideal post travel or after a long walk.



### FITNESS HACK WITH EMS AND COMPRESSION BOOTS, 40 MINUTES

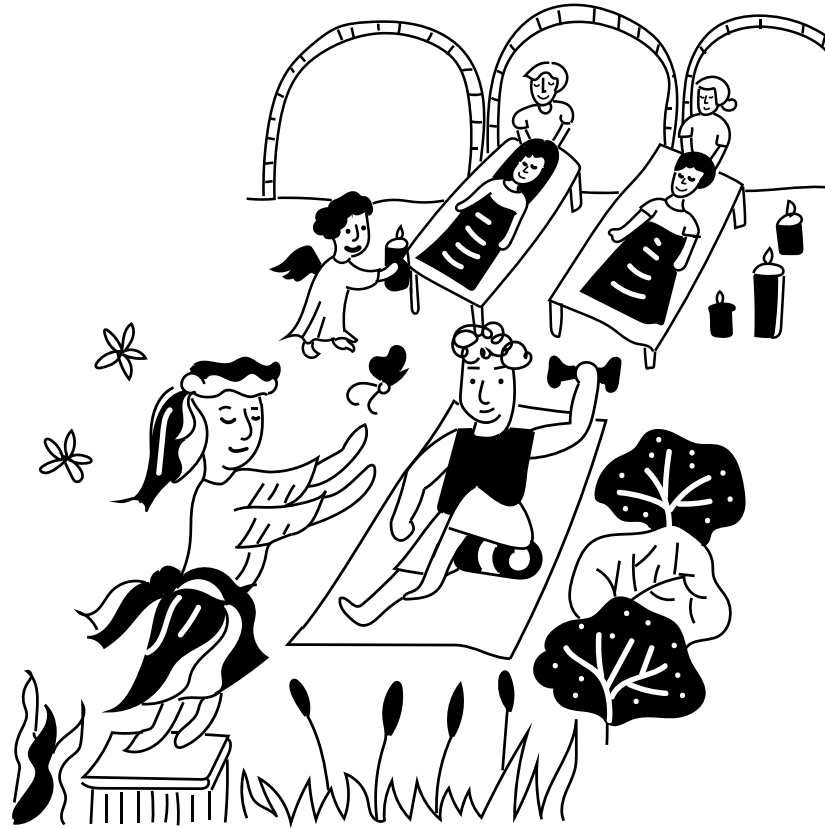
Pulse and compress your way to increased fitness and faster recover.

### CELLGYM HYPOXY TRAINING, 40 MINUTES

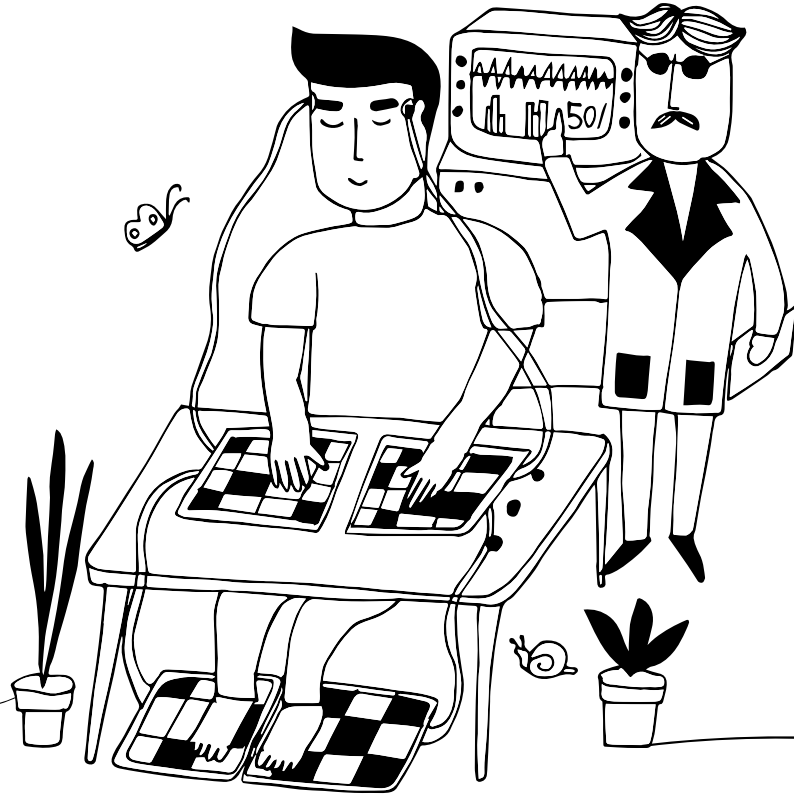
Enhance your energy production using a specialized breathing mask to consume a combination of normal oxygen air and oxygenreduced air. It is a revolutionary wellness option for longevity and athletic performance.

### SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results and what to do next.



WELLNESS





### WELLNESS SCREENING, 60 MINUTES

How are you, really? Find out what is going on inside your body with our in-depth wellness screening. The reading reveals 40 key biomarkers relating to your overall well-being. Our practitioner will talk you through the results and plan the next steps in line with your wellness goals. You only have knowledge to gain.

### WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you'd just like your biomarkers tested without a full consultation, we'll run the screening and give you the report to takeaway.

### WELLNESS PROGRAMS

Our programs give a nod to what we cover while our wellness screening allows our experts to personalize the program to your needs and goals. Whatever wellness journey you take, we make recommendations on foods to eat and avoid while being guided by our Eat With Six Senses principles: natural ingredients, local and sustainable, less is more. Our programs can be tailored for in-house guests staying for three, five or seven days or external guests who want to take a deeper dive with a program lasting from one to four weeks.



## DISCOVER YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

## SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will have a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.





## DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top-to-toe cleanse.

*This program is most effective when followed over seven consecutive days.*

## FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with EMS sessions and soothing treatments, as fitness is all about balance. Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends.

SOUND,  
MEDITATION &  
BREATHWORK





### SOUND JOURNEY, 60 MINUTES ✨

Allowing sacred sounds to reverberate, this is a transcendent experience not to be missed.

Let sounds and vibrations connect you to your true, limitless nature.

*Upgrade to a 90-minute experience if you wish to include a chakra balance with tuning forks.*

### BREATHWORK, 45 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.

### MEDITATION, 45 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.



# MASSAGES



Six Senses has partnered with Subtle Energies for our premium massage oils. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.



#### SIX SENSES SIGNATURE MESSAGES:

*Deep Tissue, 60/90 minutes* – suitable pressure is applied to release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses might enhance this treatment.

*Detox, 60/90 minutes* – focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo stick and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

*Holistic, 60/90 minutes* – combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

*Pregnancy Massage, 60/90 minutes* – a full body advanced massage combining Eastern and Western techniques. Gentle stretching and nurturing strokes are included to promote relaxation.

*Tension Soother, 30/60 minutes* – a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

*Head Massage, 30/60 minutes* – a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension and induce a deep sense of calm.

*Relaxed Feet, 30/60 minutes* – release aches and pains after walking around the city. Treat yourself with the extended version, which includes a warm, soothing foot ritual prior to a deep massage. ✨



Highly Recommended ✨

### HOT & COLD STONE THERAPY, 90 MINUTES

Induce deep relaxation with hot stones while cold stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins. Healing crystals are placed on the body to bring about balance and harmony.

*Add onto any massage:*

### CBD BALM TO TREAT TIGHT MUSCLES

### CBD OIL FOR DEEP RELAXATION

### PERCUSSION MASSAGE GUN, 15 MINUTES

### FULL BODY SCRUB, 30 MINUTES





# FACIALS



We have partnered with Biologique Recherche to deliver results-driven clinical facials, Seed to Skin to offer a local, organic holistic experience, and The Organic Pharmacy to provide their signature facial.

### SKIN INSTANT© LAB, 20 MINUTES

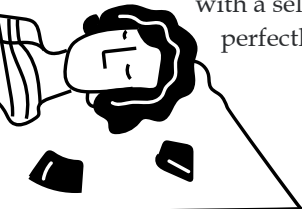
*Recommended for all guests*

The Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation, and sebum levels) linked to a computer with a diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your skin.

### VISIO LAB©, 40 MINUTES – IN COMBINATION WITH SKIN INSTANT© LAB

*Recommended for all guests*

As a complement to the Skin Instant© Lab, the Visiolab© takes a high-resolution picture of your face so that its features can be scientifically analyzed. A detailed image will further analyze any wrinkles, the evenness of your complexion, UV pigmentation and the state of your pores. Results are calculated in real time so your beautician can directly interpret your Skin Instant© and tailor a prescription of products and a treatment that is suited to your individual requirements.



### PERSONALIZED TREATMENT, 90 MINUTES

*For all skin types*

This bespoke facial starts with a thorough skin analysis using both Skin Instant© Lab and Visiolab©. These tools scientifically photograph the face in high resolution and then analyze its components. The facial is then tailored to suit your skin type and address skincare concerns, using a combination of products and techniques to deliver desired results.

### SECOND SKIN, 60 MINUTES

*Anti-Aging*

Second Skin is a world first in professional aesthetic care. This regenerative and lifting treatment features an electrosun mask with 80 percent pharmaceutical-grade hyaluronic acid. It will lift while accelerating the healing process. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour. For an immediate and visible result.

*Add to any facial or body treatment:*

### CHIN AND FACIAL CONTOUR BOOSTER, 30 MINUTES

Addresses loss of elasticity by toning and lifting

### CO-FACTEURS BIOLOGIQUE RECHERCHE

For all skin types to enhance results

### REMODELING FACE, 30 MINUTES

Prevents visible signs of aging

### EYE CONTOUR TREATMENT

A fresh, bright lift for tired eyes



### EXPRESS GLOW, 30 MINUTES

*For putting your best face forwards*

This customized facial ritual is uniquely designed to give maximum results in minimum time to promote undeniably hydrated, smooth and glowing skin. Gentle massage techniques with jade rollers will energize the skin and promote a healthy radiance.

*Using Seed to Skin*

### THE GOLDEN AURA, 75 MINUTES

*A completely customized facial ritual*

This treatment promotes cell regeneration and helps to firm and oxygenate the skin, creating a youthful glow. Targeted eye treatment will lift and smooth delicate eye areas and stimulating facial and scalp massage techniques with Gua Sha stones will leave the skin visibly brighter, radiant, and lifted. This high-touch ritual delivers an experience as wonderfully unique as every individual is and completely a relaxed state of mind. *Using Seed to Skin*

### CRYO LIFTING FACIAL, 60 MINUTES ✨

*For city dwellers skin to calm, hydrate and lift*

This facial incorporates the use of both thermotherapy and cryotherapy with cryo-sticks. Defy gravity with this expert, specialized cell rejuvenation facial combining high-intensity active ingredients to support reduction of inflammation, lifting of facial tissues, relieving stress, and boosting circulation. With an armor of supercharged powerful antioxidants to protect the skin and fight against free radicals, this facial will leave the skin visibly smoother and radiant, that is lifted, tighter and recharged.

*Using The Organic Pharmacy*

# BODY TREATMENTS



### THE COCOON, 90 MINUTES ✨

*Scrub - massage - wrap - mini facial*

This exceptional head to toe treatment delivers a multi-sensory experience. The journey starts with a grounding foot soak and a gentle body brush exfoliation to stimulate the lymphatic system. This ritual continues with a tension-melting warm Tuscan candle massage and skin restoring body wrap rich in argan oil and shea butter. While being cocooned, the signature mini-facial ritual, will stimulate cellular regeneration and promote a lasting sensation of well-being. *Using Seed to Skin*

### BODY TONING TREATMENT, 60/90 MINUTES

*Firming*

This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body. *Using Biologique Recherche*

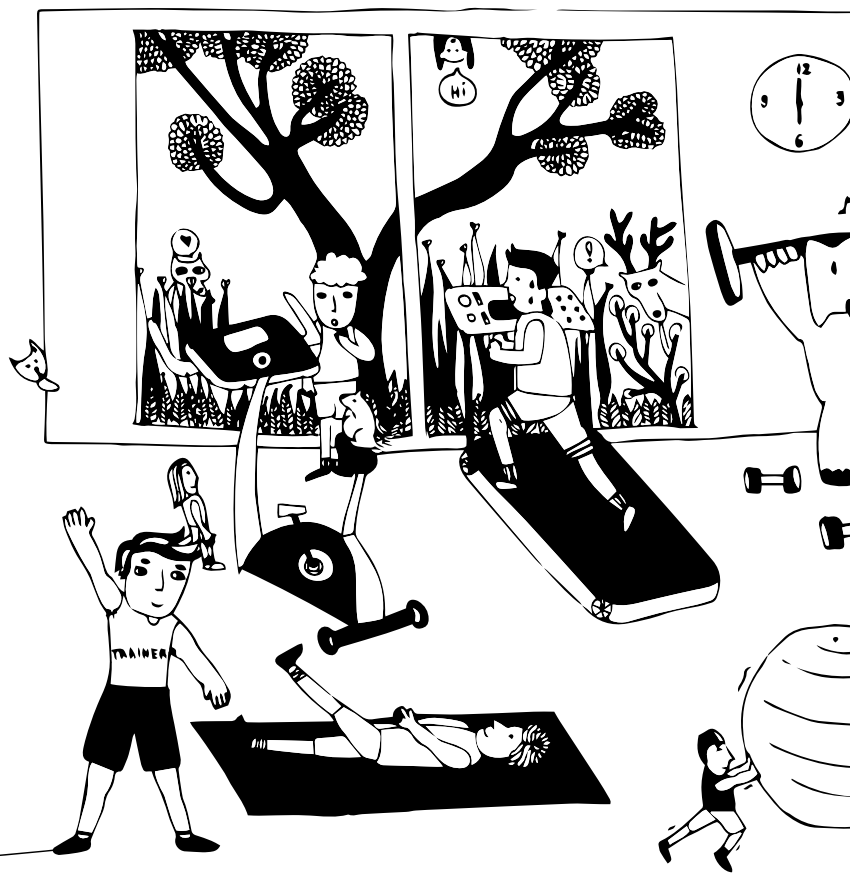
### DETOXIFYING ALGAE TREATMENT, 60/90 MINUTES

*Detox and slimming*

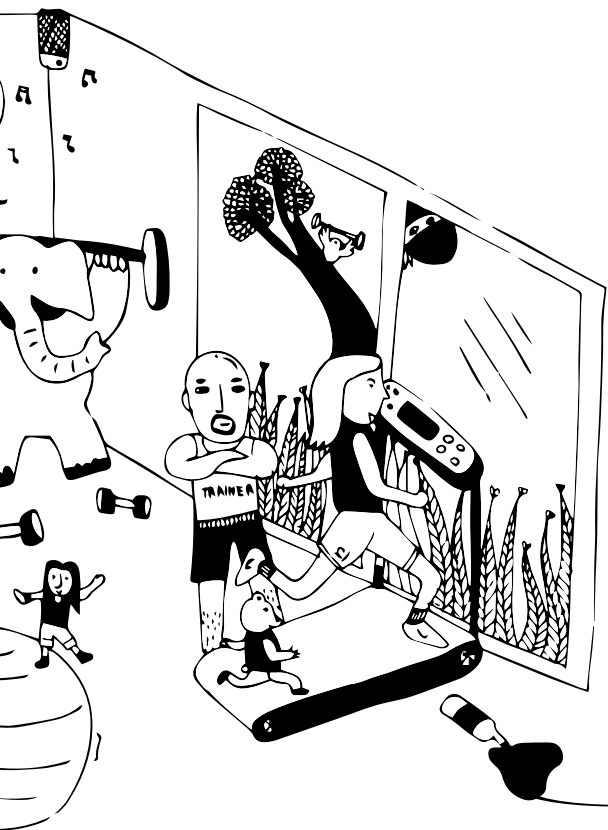
A slimming and oxygenating body treatment that detoxifies and revives. It features an energizing massage and wrap, the thermal effect releases marine active ingredients that remineralize and purify the body, leaving a wonderful sense of well-being and comfort. *Using Biologique Recherche*



# FITNESS







### EMS STRENGTH TRAINING, 20 MINUTES

Get 15 times the results with an electric muscle stimulation total body workout, inspired by how our muscles naturally contract through electric impulses. EMS training makes use of this effect by activating over 90 percent of the muscle fibers at the same time during each contraction.

### PERSONAL TRAINING, 60 MINUTES

### AERIAL YOGA, 45 MINUTES

### YOGA, 60 MINUTES

### RECOVERY

*Roll it out with Vyper Go Roll*

An advanced vibrating fitness roller to assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

BEAUTY



MANICURE, 30/60/75 MINUTES

PEDICURE, 30/75/90 MINUTES

GEL APPLICATION, 15 MINUTES

WAXING

Full waxing service are available; please inquire for more information.



# SPA TO SPAAHH

Make the most of your spa time





### SPA OPENING HOURS

Daily 9:00 am to 9:00 pm

Roman Baths 9:00 am to 8:00 pm

Spa 9:00 am to 9:00 pm

Gym 24 hours

### SPA RESERVATIONS

For inquiries or reservations, please contact the spa reception directly or the front desk.

Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

### ARRIVAL

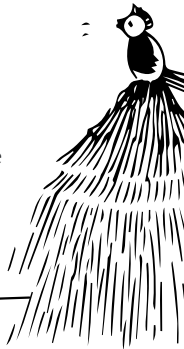
Please arrive 15 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

### LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer private (one-on-one) treatments with children below 12 years with the parent or guardian present in the room at the time of service. You can either schedule the treatment together to enjoy the service simultaneously or quietly observe. Children over the age of 16 years can use our Roman bathhouse.



### CANCELLATIONS

Please allow 24 hours' notice on spa treatments and packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

### DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

### PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.









SIX SENSES SPA ROME

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SIX SENSES SPA

ROME

# WELLNESS AND SPA MENU PRICELIST



## WELLNESS PROGRAMS

### WELLNESS

### PRICE/EUR

Wellness Screening (60 mins)

110

Wellness Check-In (15 mins)

40

### DISCOVER YOGA

#### 3 NIGHTS

#### 5 NIGHTS

#### 7 NIGHTS

Yoga consultation

1

1

1

One-to-one Yoga (60 mins)

1

2

4

Guided Meditation (45 mins)

1

1

3

Six Senses Signature Massage (60 mins)

1

2

2

Head Massage (60 mins)

1

1

2

Pranayama (60 mins)

-

1

1

Hot & Cold Stone Massage

-

-

1

Program wrap-up

1

1

1

**Price per person**

**EUR 390**

**EUR 550**

**EUR 1,240**

### SLEEP

#### 3 NIGHTS

#### 5 NIGHTS

#### 7 NIGHTS

Sleep Tracking

2

4

6

Daily Sleep Review

2

4

6

Six Senses Signature Massage (60 mins)

2

4

6

Wellness Screening

1

1

1

Fitness and Wellness Activities (60 mins)

2

4

6

Roman Baths (60 mins)

3

5

7

A Welcome Bag with Sleep Amenities

1

1

1

Program wrap-up

1

1

1

**Price per person**

**EUR 565**

**EUR 1,070**

**EUR 1,570**

*Note : All treatments and wellness programs are including one hours pretreatment use of Roman Baths for in-house guests. Price are inclusive of local taxes and service charge.*

## WELLNESS PROGRAMS

### DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening	1	1	1
Fitness and Wellness Activities (60 mins)	2	4	6
Six Senses Signature Massage (60 mins)	2	4	6
Roman Baths (60 mins)	3	5	7
Program wrap-up	1	1	1
<b>Price per person</b>	<b>EUR 485</b>	<b>EUR 935</b>	<b>EUR 1,380</b>

### FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening	1	1	1
Fitness and Wellness Activities (60 mins)	2	4	6
Roman Baths (60 mins)	3	5	7
Program wrap-up	1	1	1
<b>Price per person</b>	<b>EUR 485</b>	<b>EUR 935</b>	<b>EUR 1,380</b>

*Note : All treatments and wellness programs are including one hours pretreatment use of Roman Baths for in-house guests. Price are inclusive of local taxes and service charge.*





TREATMENTS	DURATION/MINUTES	PRICE/EUR
<b>THE ROMAN BATHS</b>		
Roman Bath Experience	60	55
Scrub Down	120	220
Rub Down	120	175
Soul Food	120	105
Friend Fix	120	130
Partner Perfect	120	350
<b>HAMMAM</b>		
Herbal Healing Hammam	30/60/90	90/220/240
<b>ALCHEMY BAR</b>		
The Workshop	45	70
<b>BIOHACKING</b>		
Lifeforce Hack	40	85
Energy Hack	30	65
Traveler's Hack	30	65
Fitness Hack	40	120
CellGym Hypoxy Training	40	85
Sleep Tracking		55 per night

*Note : All treatments and wellness programs are including one hours pretreatment use of Roman Baths for in-house guests. Price are inclusive of local taxes and service charge.*

TREATMENTS	DURATION/MINUTES	PRICE/EUR
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**SOUND MEDITATION & BREATHWORK**

Sound Journey	60	90
Breathwork	45	90
Meditation	45	90

**MASSAGE**

Deep Tissue	60/90	175/210
Detox	60/90	175/210
Holistic	60/90	175/210
Pregnancy Massage	60/90	175/210
Tension Soother	30/60	90/120
Head Massage	30/60	90/120
Relaxed Feet	30/60	90/120
Hot & Cold Stone Therapy	90	210

***Massage Add-Ons:***

CBD Balm		15
CBD Oil		15
Percussion Massage Gun		35
Body Scrub	30	15

*Note : All treatments and wellness programs are including one hours pretreatment use of Roman Baths for in-house guests. Price are inclusive of local taxes and service charge.*





## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### FACIALS

Skin Instant Lab	20	45
Visiolab + Instant Lab	40	60
Personalized Treatment	90	275
Second Skin	60	380
Remodeling Face	30	90
Chin & Facial Contour Booster	30	90
Co-Facteurs Biologique Recherche	30	90
Eye Contour Treatment Stand Alone	30	60
Express Glow	30	90
The Golden Aura	75	260
Cryo Lifting Facial	60	280

### BODY TREATMENTS

The Cocoon	90	210
Body Toning	60/90	175/190
Detoxifying Algae Treatment	60/90	175/195

*Note : All treatments and wellness programs are including one hours pretreatment use of Roman Baths for in-house guests. Price are inclusive of local taxes and service charge.*



## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### FITNESS

Ems Strength Training

20

95

Personal Training

60

105

Aerial Yoga

45

105

Yoga

60

105

### BEAUTY

Manicure

30/60/75

55/85/115

Pedicure

30/75/90

55/95/130

*Note : All treatments and wellness programs are including one hours pretreatment use of Roman Baths for in-house guests. Price are inclusive of local taxes and service charge.*



**SIX SENSES SPA ROME**

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