



# AN OASIS OF CALM AWAITS YOU

Discover a new urban spa at Hotel Eden, offering a tranquil oasis in the heart of Rome. Choose from a luxurious range of treatments designed to relax, revive and offer an improved sense of wellbeing.

Soft lighting and warm interiors will help you relax from the moment you arrive, and our expert therapists are happy to advise on the right treatments for you.

The classic vaulted ceilings give a feeling of ancient Rome but facilities are state-of-the-art, including a double spa suite, two single spa suites, the new Roberto D'Antonio Blow Dry Bar and a luxury manicure and pedicure suite.

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

## **SONYA DAKAR**

Award-winning problem skincare specialist, Sonya Dakar, has a large celebrity following and is known for pioneering innovative techniques to noticeably improve both the look and feel of your skin.

#### MEI

Since 1988 Mei has been producing phytocosmetics and herbal products based on essential oils from wild plants. 'Made in Italy' excellence for the holistic wellness of the skin, body and mind.

# FACIALS BY SONYA DAKAR

#### NANO APPLE STEM CELL COMPLEX - ANTI-AGEING

Using the innovative Nano Apple Stem Cell Complex products, this moisturising facial delivers vital antioxidants to help prevent the signs of ageing. It effectively restores skin's hydration and firmness for a beautiful, youthful glow.

60 minutes, €300

## **ROSE GOLD RADIANCE TREATMENT**

A skin-perfecting mask which, thanks to the Moroccan red clay, improves skin texture. Hyaluronic acid, shea butter, pro vitamin B5 and lactic acid work together to refine, brighten and perfect the skin.

60 minutes, €320

# **CLARIFYING**

A balancing facial, which helps to reduce signs of acne, impurities and imperfections, leaving your skin clean, clear and fresh.

60 minutes, €250

## **DETOXIFYING**

A purifying and detoxifying facial, which gives your skin an instant glow and helps to protect it from environmental damage and stress.

## NANO APPLE STEM CELL COMPLEX - EYE CONTOUR

An effective eye treatment which stimulates circulation and boosts collagen production to reduce puffiness and dark circles, performed with the Nano Apple Stem Cell Complex products.

30 minutes, €130 Add this treatment to any facial for an additional €77

## **BRIGHTENING**

An invigorating facial, which targets areas of hyperpigmentation to fight the damaging effects of UV rays, giving your skin a more even appearance.

60 minutes, €250

## SIGNATURE BESPOKE FACIAL

An express facial, personalised to suit your specific skin type, resulting in a refreshed and rejuvenated complexion.

30 minutes, €150

# SIGNATURE FACE, BACK AND SCALP

Exclusively created for The Eden Spa, this is an indulgent ritual to create a sense of total wellbeing, including a luxurious back massage, a bespoke facial and a relaxing scalp treatment.

120 minutes, €450

# TREATMENT ADD-ONS

Enhance your facial with a choice of additions designed to revitalise, restore and purify your skin. All these treatments can be added to a facial or enjoyed as individual treatments.

Suitable for all skin types

# **MICRODERMABRASION**

Microdermabrasion will gently remove the skin's dead cells on the top layer, resulting in a smooth, flawless texture.

Microdermabrasion €130

## **OXYGEN**

Our special oxygen machine helps to revitalise cell health and promote the cells' natural regeneration for healthier-looking skin.

Oxygen €130

# **LED LIGHT THERAPY**

Our light therapy machine emits UV-free light rays, which energise cells and stimulate the body's natural collagen and elastin production, while reducing inflammation, speeding healing, increasing circulation, and destroying acne bacteria.

LED light therapy €150

# BODY TREATMENTS BY SONYA DAKAR

## **BACK CLEANSING**

A deep-cleansing back treatment to freshen and purify skin, performed with luxurious Sonya Dakar products.

45 minutes, €200

# **RITUALS BY MEI**

### LA DOLCE VITA AT THE EDEN SPA

Let yourself be delighted by the pure essence of orange, with Mei Italian citrus essential oils. The treatment begins with an invigorating body scrub and massage with sweet orange oil and cream to leave skin beautifully smooth and soft, before finishing with a warm shower with sweet orange and tangerine gel to delight your senses.

To finish, enjoy a chilled glass of prosecco with orange-inspired treats prepared by our executive chef.

120 minutes, €385

#### TWO HOURS FOR TWO

Created specially for you, this experience lets you choose your own aromatic essential oil and massage technique, performed with natural ingredients prepared by our spa therapists.

Two hours for two, for a ritual of extraordinary effectiveness in relaxing and releasing all tensions.

120 minutes, €365 per person

#### PERSIAN ROSE PETALS BODY & FACE

A soothing ritual with an intoxicating fragrance extracted from the petals of Rosa di Persia. Let yourself be lulled into a feeling of bliss, as our spa therapist performs gentle massage techniques with the finest natural ingredients, leaving skin feeling as soft as a rose petal.

# **BODY TREATMENTS BY MEI**

## A PINCH... OF SALT!

Harnessing the natural power of Italian sea salt, green tea oil, pennyroyal and ginseng root, this wellness ritual helps to reset the body, boost circulation and promote new energy.

75 minutes, €195

## **ORO DI SARDEGNA**

The sea breeze meets the Mediterranean coast.

This ritual is performed with organic olive oil, aloe pulp and essential oils of myrtle and juniper to revitalise the skin and restore energy. A breath of wellbeing.

75 minutes, €195

# THE PURITY OF ITALIAN HERBS

Inspired by ancient herbal traditions, this powerful ritual helps to detoxify and reinvigorate the body, with Italian green clay, horsetail and cloves. To finish, a nourishing nine-herb herbal tea leaves you feeling refreshed and revived.

60 minutes, €180

## START UP SEAWEED WRAP

A natural seaweed body wrap which imparts essential minerals and boosts circulation to help reduce and detoxify cellulite, resulting in a smoother, more refined appearance.

60 minutes, €190

# **MASSAGES**

# SONYA DAKAR SIGNATURE HOYA FLOWER

A natural, luxurious massage performed with precious hoya flower essential oil to hydrate your scalp.

30 minutes, €110

## **SWEDISH**

A traditional medium-pressure massage to ease tension and gently soothe your body, resulting in complete relaxation.

60 minutes, €150 90 minutes, €195

#### **DEEP TISSUE**

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

60 minutes, €170 90 minutes, €215

## **HOT STONE**

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

60 minutes, €180 90 minutes, €220

#### **BACK MASSAGE**

A stress-relieving massage performed with a specialised technique, which targets a specific area of concern to soothe muscles.

30 minutes, €90

# **REFLEXOLOGY**

A soothing massage with targeted pressure on specific points on the soles of the feet, believed to restore energy balance and relieve common ailments.

30 minutes, €90 60 minutes, €140

# SIGNATURE JET LAG

A relaxing face and body massage which helps to restore hydration and stimulate circulation to ease the common effects of jet lag.

60 minutes, €170

## CANDLE MASSAGE

An indulgent massage performed with the warm oils of a shea butter candle, leaving your skin feeling soft and hydrated.

60 minutes, €140 90 minutes, €195

# **FOR MEN**

## SONYA DAKAR BESPOKE FACIAL

An indulgent facial tailored to men's skin, leaving it fresh, soothed and rejuvenated.

60 minutes, €250

#### SONYA DAKAR EXPRESS FACIAL

An express facial to cleanse and purify skin for a fresher, clearer complexion.

30 minutes, €140

# SPECIAL FOR HIM BY MEI

Specially designed for men, this treatment is performed with natural horsetail oil to erase tiredness and dissolve tensions.

To finish, enjoy a herbal compress made of mountain arnica, followed by a soothing nine-herb tea.

# **BEAUTY**

## SIGNATURE LUXURY NAIL TREATMENTS

Discover ultimate pampering with this indulgent nail treatment, including a soak with iris powder bath salts, followed by a soothing masque and paraffin wax treatment. An application of your choice of nail polish completes the experience.

Manicure 55 minutes, €140 Pedicure 70 minutes, €150

## ADD-ONS

Gel polish 15 minutes, €40

Gel polish removal 10 minutes, €20

# MANICURE PARTY

A luxury manicure session for a shared moment of pampering for two or more people, accompanied by a freshly-made smoothie prepared by our executive chef, Fabio Ciervo.

Manicure 55 minutes, €160 per person

# WAXING

Full leg from €100

Half leg from €60

Underarm from €40

Lip/eyebrows from €30

Bikini from €60

These treatments are performed with strip wax. If you would prefer hot wax, please speak to a member of the spa team.

## SONYA DAKAR BIKINI TREATMENT

Exclusively created by Sonya Dakar for The Eden Spa, this gentle treatment helps to prevent ingrown hairs and dark spots in sensitive areas.

# ESSENTIAL INFORMATION

The Eden Spa is open daily from 10am to 8pm. Overtime treatments 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 couple's 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, and a blow-dry bar.

#### **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.

#### CANCELLATION POLICY

Spa appointments are reserved in advance, so we ask that you give us 24 hours' notice should you neec 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.

#### SPA ATTIRE

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.

#### AGI

Spa guests must be aged 18 or over for body treatments. Spa guests under 18 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, please inform our spa team when you book your appointment, and again before your treatment, so they can select the most suitable treatments for you.

#### IN-ROOM TREATMENTS

A 50% surcharge applies for in-room treatments.

#### **GIFTS**

Freat 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

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