

# Holistic wellness built on historic foundations



ANANTARA

SPA

HOLISTIC WELLNESS BUILT  
ON HISTORIC FOUNDATIONS

## Welcome to Anantara Spa

### A DESTINATION FOR HEALING SINCE ANCIENT TIMES

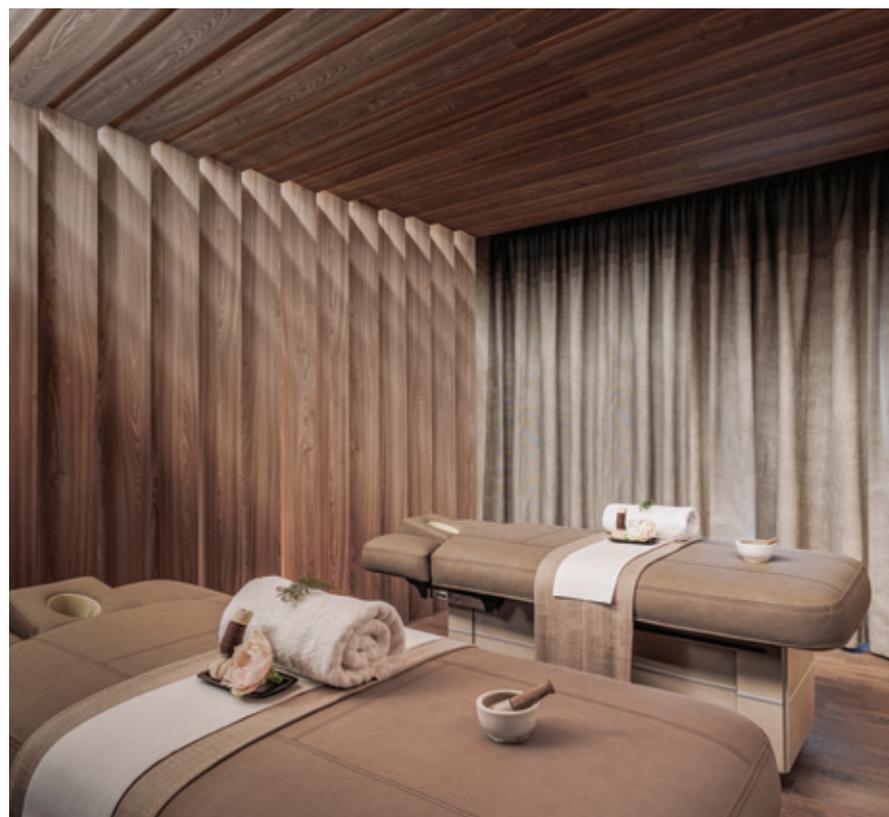
In the heart of the Eternal City, Anantara Spa at Palazzo Naiadi is suspended above the unique 4th-century Diocletian Baths – the most luxurious of their kind in the world. Inspired by the thermal baths of the Ancient Greeks, this monumental complex became the centre of Ancient Roman society, and in what was once at the heart of the Roman Empire’s cultural, political and social life, Anantara Spa invites you to embark on a journey of self-discovery, revitalisation and renewal.

### A JOURNEY THAT SPANS CENTURIES AND CONTINENTS

Inspired by the philosophical and physical foundations on which it’s built, Anantara Spa presents indigenous Roman rituals with origins that date back two millennia. Influenced by Anantara’s roots in Asia, those historic local traditions blend with Ayurvedic techniques and age-old methodologies from the Far East. As we revel in the revitalising power of the past, we also look to the future, infusing cutting-edge treatments and technologies into your spa journey.

### AN INTEGRATED EXPERIENCE FOR WELL-BEING THAT LASTS

Drawing on ancient and contemporary techniques from near and far, our expert therapists tailor your wellness experience with a holistic approach. From your initial consultation and through your healing and rejuvenating treatment, they design and deliver a complete journey for your mind, body and spirit. And, as you linger over tea or relax in the steam and sauna spaces, you have time to absorb the power of this personalised experience and take it with you as you emerge renewed.





## Detox

### THALASSO EXPERIENCE

An enzymatic full-body peel is followed by a soft sea-mud wrap, working as a curative blanket on the body to soothe, ease musculoskeletal pain and relieve signs of fatigue.

90 MINUTES

### ANTICELLULITE JOURNEY | FIRMING DRAINING OR SLIMMING

After a consultation, your therapist will craft a personalised programme with detoxifying and anti-stress benefits. The anti-cellulite ritual begins with invigorating body exfoliation followed by the application of a nourishing wrap to remineralise and drain excess water. A special massage tailored to reduce blemishes, water retention and localised fat helps reshape and return balance to your silhouette.

60 | 90 MINUTES

### DEEP DETOX

This myofascial massage acts powerfully on muscles, fascia and connective tissues to help relieve discomfort. Your therapist uses deep massage techniques to break up collagen fibres that have accumulated due to muscle strain, tension or incorrect posture, leaving you feeling relaxed and renewed.

50 | 90 MINUTES

### MAGNESIUM INVIGORATION

This harmonious combination of massage techniques applied with a concentration of trace elements and pure marine magnesium is designed to detoxify, drain and invigorate the body. It stimulates cellular oxygenation to awaken your natural energy.

50 | 90 MINUTES

# Relax

## ROSE D'ORIENT

A relaxing massage enriched by a synergy of natural essential oils.

50 | 90 MINUTES

## ANTI-AGEING ODYSSEY

This all-new anti-ageing solution for the body combines exfoliation, an anti-aging mask and a massage with a high concentrate elixir of marine sea extracts to regenerate the skin.

90 MINUTES

## BACK RELAX

Massage, deep exfoliation and a seaweed back wrap work together to eliminate accumulated tensions and ease your spine into a state of renewed wellbeing.

60 MINUTES

## SEA SECRETS

Discover the anti-ageing experience “par excellence” for those who want visible results from a technical treatment combined with the bliss of a spa ritual. A mix of marine active ingredients, collagen and three types of hyaluronic acid act in synergy for an unparalleled result. A lifting massage reshapes the natural architecture of the face by redefining its contours.

90 MINUTES



## CANDLE MASSAGE

Awaken your senses alone or as a couple. Calm your mind in a warm and intimate space, softly lit by candles, and allow soothing aromas to take you on a multi-sensory journey. The massage combines warm essences and expert movements that will regenerate your body through pure, natural essential oils.

50 | 90 MINUTES



# Ayurveda

## AYURVEDA ABHYANGAM

Let us help you bring body, mind and spirit into balance with ancient Indian massage techniques and pleasantly warm herbal oils to encourage relaxation, regeneration and rejuvenation.

60 | 90 MINUTES

## SHIROBHYANGA

This ancient massage technique for the head, neck and shoulders uses warm herbal oils to relieve mental confusion and fatigue. Shirobhyanga has been used for centuries to boost mental clarity and brain activity while reducing stress, insomnia and hair loss.

60 MINUTES

## SHIRODHARA

This deeply relaxing treatment for the mind promotes the synchronisation of the brain's two lobes. Warm herb-enriched oils are poured in a gentle and continuous stream over the forehead, neck and shoulders to create deep relaxation and psychosomatic balance.

60 MINUTES

## POTALA SWEDAM

Relieve pain and reduce inflammation with a full-body or targeted treatment. The "potala" is a cloth pouch filled with medicinal herbs (kizhi), powders (churna kizhi), fried leaves (ela kizhi) or sand (manala kizhi), warmed with steam or oil and used to massage your body for deep muscle relaxation.

50 MINUTES

## NASYA – SINUS TREATMENT

Designed to clear the head of impure energies, nasya is recommended for sinus decongestion and energy stimulation in the head and neck area. A facial lymphatic massage with warm oil is followed by the deep inhaling of aromatic steam and the use of nose drops enriched with the nasya herb. Particularly recommended to those overwhelmed by sensory stimulants, under constant pressure or exposed to daily pollution, this treatment may also relieve chronic head and neck problems, allergies, headaches, asthma and eye oversensitivity.

80 MINUTES

## VASTI

This extremely efficient treatment targets localised joint and muscular pain. A ring of flour paste is placed around the affected area, and warm medicated oil is slowly poured inside.

25 MINUTES



#### **KADEE VASTI**

Local application of warm oil on the lumbar zone.

#### **NETRA (NETRA TARPANAM) VASTI**

Local application of warm ghee around the eyes.

#### **GREEVA VASTI**

Local application of warm oil on the cervical zone.

#### **JANU VASTI**

Local application of warm oil on the knees.

# Body massages

After a long day, there is nothing like a good massage to regenerate your body, revitalise your energy, reshape your thoughts and transform fatigue into fresh vitality.

## SWEDISH

This therapeutic massage leaves you calm and balanced by focusing on the body's soft tissues and muscles. The circulation is improved, tense muscles are eased and flexibility is increased.

50 | 90 MINUTES

## DRAINING, SLIMMING OR FIRMING

Designed to support weight-loss and body reshaping, this massage stimulates the metabolism, accelerates the process of oxygenation and improves blood circulation.

50 | 90 MINUTES

## SKY AND EARTH

This technique of Oriental origin is based on the stimulation of specific parts of the foot to act on various organs of the body, restoring balance, relaxation and correct functioning. The treatment continues with an acupressure massage for the shoulders, neck and head.

50 | 90 MINUTES

## HOT STONE

This massage combines the ancient healing powers of volcanic rock with aromatherapy to relax body and mind.

50 | 90 MINUTES



**MOTHER-TO-BE**

50 | 90 MINUTES

Designed to help control the physical changes of pregnancy, this massage relieves tension, eases back pain and reduces swelling in the legs. The treatment moisturises the skin, makes the tissue more elastic and prevents the formation of stretch marks.

**COUPLE MASSAGE**

90 MINUTES

A relaxing experience and a unique opportunity to share intimate and relaxing moments with your loved one. In a peaceful and welcoming environment, we will guide you on a sensory journey that will invigorate the body and refresh the mind.

**TAILORED MASSAGE**

50 | 90 MINUTES

Consult with our expert therapists to design a massage personalised specifically to your needs. Relax as we apply a combination of techniques blended just for you, and emerge renewed.

**ADDITIONAL TOUCHES**

20 MINUTES

**FACIAL MASSAGE****FOOT MASSAGE****EYE TREATMENT****FACIAL MASK****SCALP PEEL**



## Jet lag ritual

### JET LAG FACE AND BODY RITUAL

This innovative treatment is a blissful break after a long trip. Facial cleansing and gentle exfoliation are followed by a warm and draining mask. Meanwhile, tension and bloating melt away with a draining massage for legs, back, neck and shoulders. The ritual ends with a targeted facial massage to fade flight fatigue and leave you with a healthy glow.

80 MINUTES

### ADD ON PRESSOTHERAPY

20 MINUTES

### JET LAG FACIAL

Reduce travel tension with a remodelling facial treatment. The key ingredient is hyaluronic acid – a molecule that occurs naturally in our skin – which attracts and binds moisture during the treatment, restoring the natural skin barrier for a firmer, hydrated and glowing look.

60 MINUTES



## Only for two

### COUPLE'S DELIGHT

An exclusive regenerating ritual for couple seeking peace and privacy. After a sea salt exfoliating ritual, the body is covered with a gently heated layer of seaweed or mud as your expert therapist performs a foot or facial massage. The mud helps to relieve the stress and tension in preparation for a full body massage. Linger in the spa for bubbles and finger food after your treatment and revel in the blissful romance.

### MOMENTS WITH FRIENDS

Explore blissful wellbeing with your favourite person. Your shared journey begins with an Oriental aromatic steam bath, followed by an exfoliating and purifying wrap to bring back brightness, smoothness and vitality to the skin. Unwind with the full-body or facial massage of your choice and finish with Aperispa and appetisers.

### GLOW UP ROUTINE

Celebrate a special occasion with this blissful ritual to elevate your skin to a new level of luminosity and beauty, head to toe. A gentle exfoliation, combining a plant-based scrub and potent AHA-BHA peeling solution, ensures the removal of dull and lifeless skin cells. An antioxidant fruit mask with hyaluronic acid serum and glycosaminoglycan cream completes the transformation.

# Indigenous rituals

120 MINUTES

## DIOCLETIAN SPA AND BATH RITUAL

Inspired by the historic baths over which we are suspended, and the ancient Roman cultures of wellbeing they represent, we invite you to experience an authentic Diocletian healing ritual.

The ritual begins with an olive oil, honey, salt and laurel-based exfoliation, followed by a healing mud body wrap with cleansing and detoxifying properties. It culminates in a relaxing tailor-made massage with a St. John's wort oily macerate made by skilled therapists.

With regenerating and rebalancing properties, this journey transports you from the past to the future with exclusive ancient ingredients used in a modern way:

### OLIVE OIL

Liquid gold massaged on the body in ancient times, olive oil is known today as a powerful antioxidant that nourishes, heals and improves the elasticity of the entire body.

### HONEY

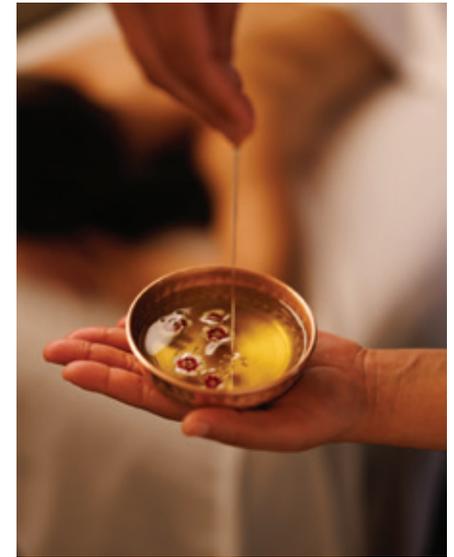
Known as the food of the gods, honey has purifying, aphrodisiacal, refreshing, firming, cooling, healing as well as calming properties.

### SEA SALT

Considered miraculous since ancient times, sea salt is a pure concentrate of trace elements with anti-bacterial, anti-inflammatory, draining and regenerating properties.

### SALT-PAN MUD

The Etruscans and the ancient Romans loved it for its healing properties. Also known for its decongestant and draining power, this mud reactivates microcirculation and has beneficial effects on bones, joints and cartilage.



### ST. JOHN'S WORT

Called “the devil-chaser herb” for its calming and healing properties, St. John's wort is used today as a natural medicine with scar-healing, moisturising and regenerating effects.

### LAUREL

Considered a sacred plant in ancient times, laurel provides relief and strengthens body and mind with its invigorating, stimulating, antiseptic and anti-rheumatic properties.

### SAGE

Ancient people praised the curative and anti-inflammatory effects of sage and used it as a digestant and disinfectant.

### LAVENDER

Used in ancient times to cleanse the body, lavender is known for its decongestant and calming properties.

## INDIGENOUS RITUALS

### SABINE LUXURY FACIAL

Inspired by the story of the birth of Rome, this treatment is an unprecedentedly effective anti-ageing ritual designed to intensely combat wrinkles and skin relaxation. A personalised restructuring massage fills wrinkles and relaxes the features with plumping and smoothing actions that visibly reduce the signs of aging by harnessing the power of ingredients known only by the women of ancient Rome.

75 MINUTES

### GLADIATORS LUXURY FACIAL

While gladiators are world-renowned for their fighting ability, they're less known for the attention and care they paid to their bodies. This treatment, designed exclusively for men, acts on skin stressed by pollution and atmospheric agents. Cell regeneration begins with the application of AHA and BHA fruit acids, depending on the type of skin, and continues with a remineralising mask, followed by deep tissue hydration with medicinal plant hydrolats.

75 MINUTES

### OPUNTIA & THALASSO HEALING

This body ritual combines the knowledge and techniques of thalassotherapy with natural active ingredients. Begin with a marine salt exfoliation as your senses awaken to the perfumes of distant lands. Choose from body wraps of nourishing seaweed, healing mud or revitalising prickly pear for supple, soft skin. Conclude with a full-body massage with natural essential oils to restore balance to your body and mind.

90 | 120 MINUTES



### TREE OF LIFE HOLISTIC RITUAL

Based on ancient holistic therapies, this ritual starts with carefully selected essential oils placed on targeted points along the spine. It continues with a deep body massage focusing on the tensest areas, harnessing the antioxidant, neuroprotective and pain-relieving properties of CBD oil. The journey ends with the healing vibrations of Tibetan singing bowls to rebalance the body's energies.

90 | 120 MINUTES

# Private wet area

## SPA PATHS

60 | 90 MINUTES

CALIDARIUM | 45°C | 90% HUMIDITY

TEPIDARIUM | 45°C | 30% HUMIDITY

FRIGIDARIUM

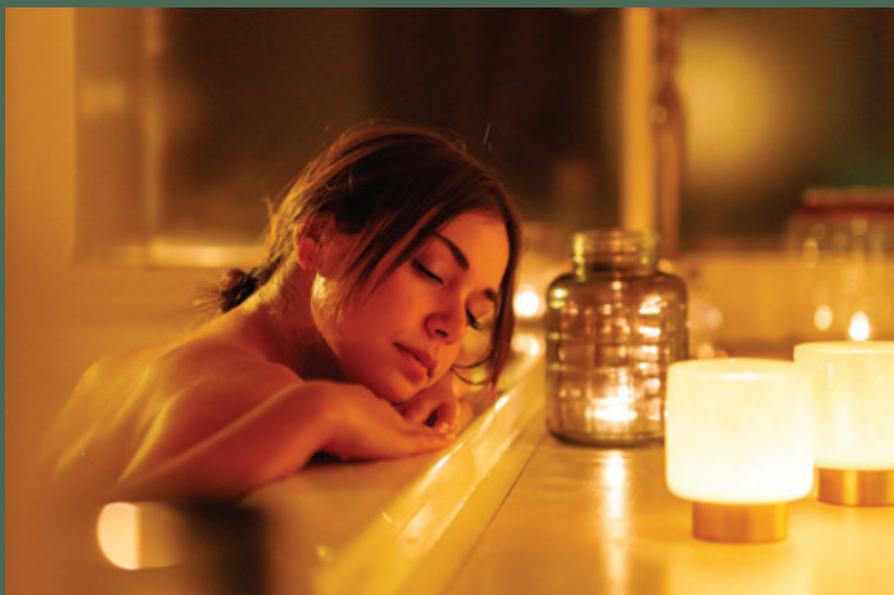
EMOTIONAL SHOWER

KNEIPP PATH

SAUNA | 85°C

ICE FOUNTAIN

RELAXATION LOUNGE



## EXCLUSIVE USE OF THE WET AREA FOR UP TO 7 PEOPLE

120 MINUTES | *Upon reservation only*

### HAMMAM WITH SCRUB

Total body scrub with kese glove and black vegetable soap.

30 MINUTES

### HAMMAM WITH SAVONAGE

Personalised savonage – a massage using the foam of a scented soap.

30 MINUTES

### VICHY SHOWER

Enjoy the benefits of an exfoliating body scrub and massage under the constant flow of the Vichy shower.

30 MINUTES

### INFRARED SAUNA

In a private suite, the infrared sauna experience is elevated with a fruit cocktail.

60 MINUTES

*The use of the wet area is complimentary for those who have received a massage, treatment or ritual.*

# Cellular regeneration

## OBSERV® 520X

15 MINUTES

Observ® 520x is a state-of-the-art system that diagnoses skin conditions at the epidermal and dermal layers. With lighting and fluorescence technology, its different observation modes view and analyse your skin health from the deepest layer right through to the surface, to inform and guide your skincare journey.

## ESSENTIAL

60 | 90 MINUTES

Hydration, nutrition or purification – after a personal consultation and in-depth skin analysis, we determine what you need and design a comprehensive wellness programme for your face. From invigorating exfoliation and customised facial masks to targeted massages that awaken your skin, we have the tools and techniques to bring vitality and luminosity back to your face.

## ANTI-AGEING

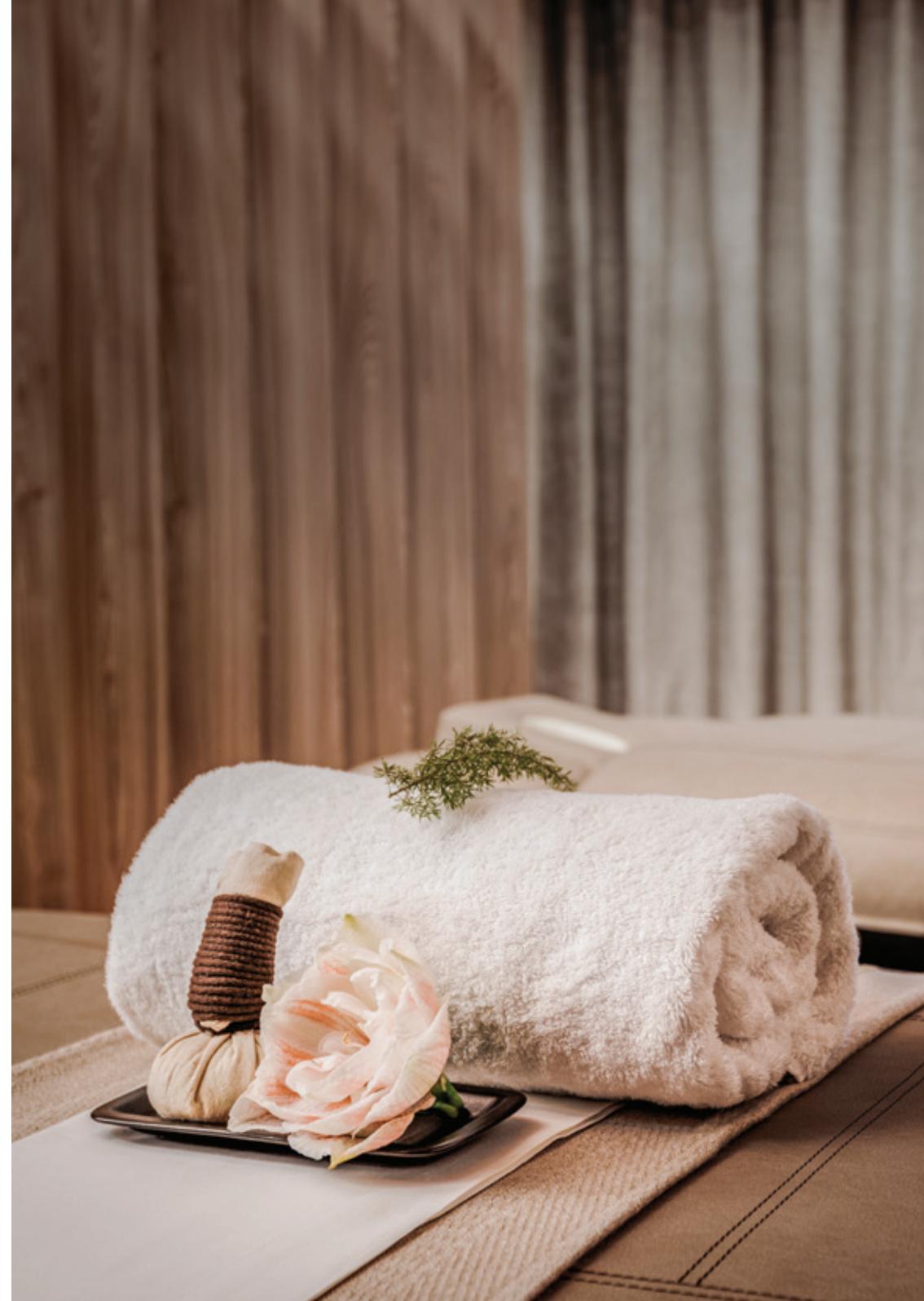
70 | 90 MINUTES

An intensive and innovative solution for skin ageing, this treatment boosts oxygen in the skin tissue, detoxifies the cells and encourages the forming of new collagen fibres. With restructuring facial massage techniques, your face becomes more relaxed, lifted, fresh and visibly younger.

## DIEN CHAN

60 MINUTES

This ancient facial reflexology technique is performed with instruments to restore balance between mind and body.



# HydraFacial Md®

## HYDRAFACIAL MD® EXTRACTION

A completely pain-free way to perform deep extractions and cleaning, for a youthful and refreshed look.

30 MINUTES

## HYDRAFACIAL MD® BASIC

Rejuvenate your skin with a customised resurfacing treatment that immediately reduces the look of fine lines, wrinkles, acne, hyperpigmentation, congested pores and uneven skin tone on the face and neck. This facial includes LED light therapy for truly exquisite results.

60 MINUTES

## HYDRAFACIAL MD® ADVANCED

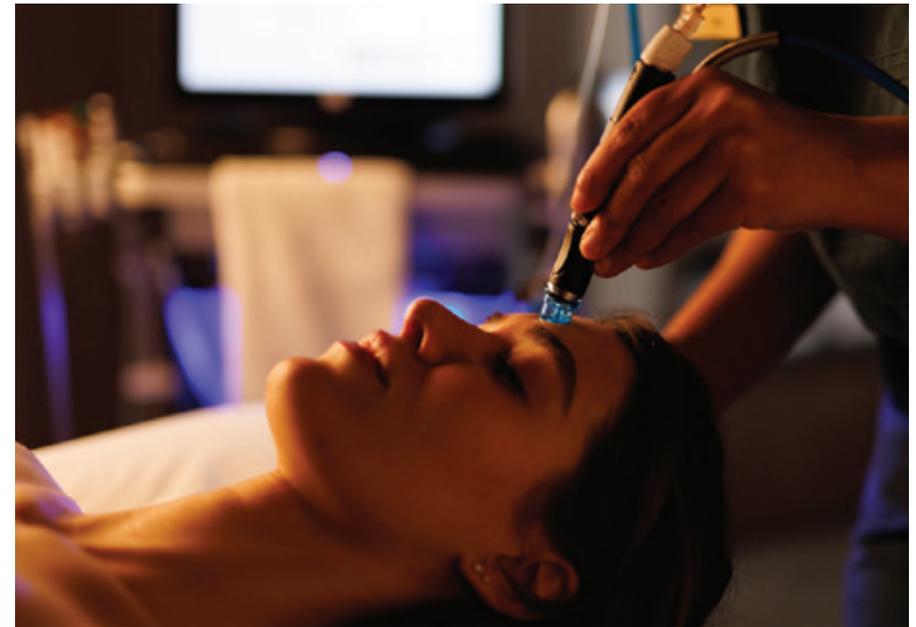
An invigorating treatment that combines all the essentials and luxuries of the HydraFacial MD® system for your face, neck and décolleté. It begins with lymphatic drainage therapy. Then, the HydraFacial MD® deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes MultiPeptide Dermabuilder to address fine lines and wrinkles, followed by LED light therapy and a collagen mask.

90 MINUTES

## HYDRAFACIAL MD® PREMIUM

An invigorating treatment combining the essentials and luxuries of the HydraFacial MD® system for your face, neck and décolleté, with extra pampering. It begins with lymphatic drainage therapy to initiate the detoxification process. Then, the HydraFacial MD® deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes MultiPeptide Dermabuilder to address fine lines and wrinkles, followed by LED light therapy and a collagen mask for eyes and lips. For the areas around the eyes and lips, Perk MD® technology helps with hydrating, plumping or brightening. The treatment ends with an indulgent facial mask and massage to leave you glowing.

120 MINUTES



## HYDRAFACIAL MD® KERAVIVE SCALP TREATMENT

Get the best hair of your life with the Keravive scalp treatment. A carefully selected complex of ingredients helps balance the scalp's microbiome to rejuvenate your scalp for incredible hair health.

60 MINUTES

## HYDRAFACIAL MD® PERK

This refreshing treatment is designed to hydrate and brighten the skin around the eyes and to exfoliate, hydrate and to add plumpness to the lips.

## HYDRAFACIAL MD® BACK TREATMENT

This treatment soothes, purifies and brightens the back. All the benefits of the HydraFacial MD® lymphatic drainage and LED light therapy are extended to the back for an effective and surprisingly relaxing experience.

50 MINUTES

## CELLULAR REGENERATION

# Intraceuticals Oxygen System

Intraceuticals Oxygen System uses pure hyperbaric oxygen to deliver a special serum of low-molecular-weight hyaluronic acid, essential vitamins, botanicals, antioxidants and peptides to the skin. It make the skin visibly plumped and deeply moisturised.

## INTRACEUTICALS LUXURY

Skin cleansing, scrub, Intraceuticals serum and massage.

50 MINUTES

## PLATINUM OXY DUO | INTRACEUTICALS AND HYDRAFACIAL MD®

Restore your skin's plumpness, elasticity and youthfulness with a unique and innovative facial treatment combining Hydrafacial MD® and Intraceuticals Oxygen System for immediate results.

90 MINUTES

## INTRANEEDLING

A combination of techniques stimulates cell regeneration and oxygenation of the skin with percutaneous infusion of serums and other active ingredients with vitamins and antioxidants.

80 MINUTES



## ADDITIONAL TOUCHES

INTRACEUTICALS EYE MASK  
INTRACEUTICALS LIP MASK  
INTRACEUTICALS BOOSTER  
INTRACEUTICALS NECK AND DÉCOLLETÉ

## CELLULAR REGENERATION

# Advanced Ion Stream technology

Italian-patented and unique in the world, this system generates ion flows and microcurrents with packet sampling to stimulate the fibroblastic cells to produce collagen, elastin and hyaluronic acid. The result is a deep cleanse, and the technology allows for tailored treatments.

**BLEFARO | 30 MINUTES**

**FACE LUXURY | 120 MINUTES**

**FACE | 60 MINUTES**

**BREAST LIFTING | 30 MINUTES**

**FACE SPOTS | 60 MINUTES**

**BODY | 30 MINUTES**

**ACTIVE ACNE | 60 MINUTES**

**CELLULITE | 60 MINUTES**

**FACE LIFTING | 80 MINUTES**



## ADDITIONAL TOUCHES

**PHOSPHATIDYLCHOLINE  
HYALURONIC ACID**

## MICRONEEDLING

This non-invasive therapy boosts collagen production to effectively address and resolve skin problems such as ageing, fine lines, stretch marks and acne scars. The treatment includes the application of skin type-specific serums and a collagen mask.

**60 MINUTES**

# Hand & foot care

## LUXURY SPA MANICURE

An exclusive beauty ritual to pamper your hands. Exquisite nail care combines with the tone and trends of nail polish tailored to your taste.

60 MINUTES

## EXPRESS MANICURE

Complete care for your hands, even when you're on the go. This fast, efficient treatment includes cleaning and polishing.

30 MINUTES



## PURE AESTETIQUE

## LUXURY SPA PEDICURE

Indulge your feet with a relaxing marine foot bath, followed by a comprehensive pedicure treatment and blissful foot massage. Choose from a palette of delicate and elegant shades for a sophisticated nail finish.

60 MINUTES

## EXPRESS PEDICURE

Fast pampering for busy feet. This efficient package includes cleaning, polishing and filing of your nails for a gorgeous look in just 30 minutes.

30 MINUTES

**ADDITIONAL TOUCH** | Gel polish

## SUGARING

This method removes unwanted hair in the natural direction of growth by applying a mixture of lemon juice, sugar and water to the skin and then peeling it off together with the hair.

20 | 60 MINUTES

## BRAZILIAN

Brazilian wax melts at a low heat, which is closer to body temperature. This method doesn't require the use of strips and is applied directly on small and large areas with a single move, for practical, fast and hygienic hair removal.

10 | 40 MINUTES

# Body activities

## PERSONAL TRAINER

We know that you have your own unique physical goals, needs and capabilities. That's why we carefully match you with a an expert trainer who can tailor every workout to you.

60 MINUTES

## PERSONAL RUNNING ROUTE

Discover Rome with a personalised running route designed for you. Work with our local fitness experts to craft a trail based on how far you want to run and which incredible monuments you want to see.

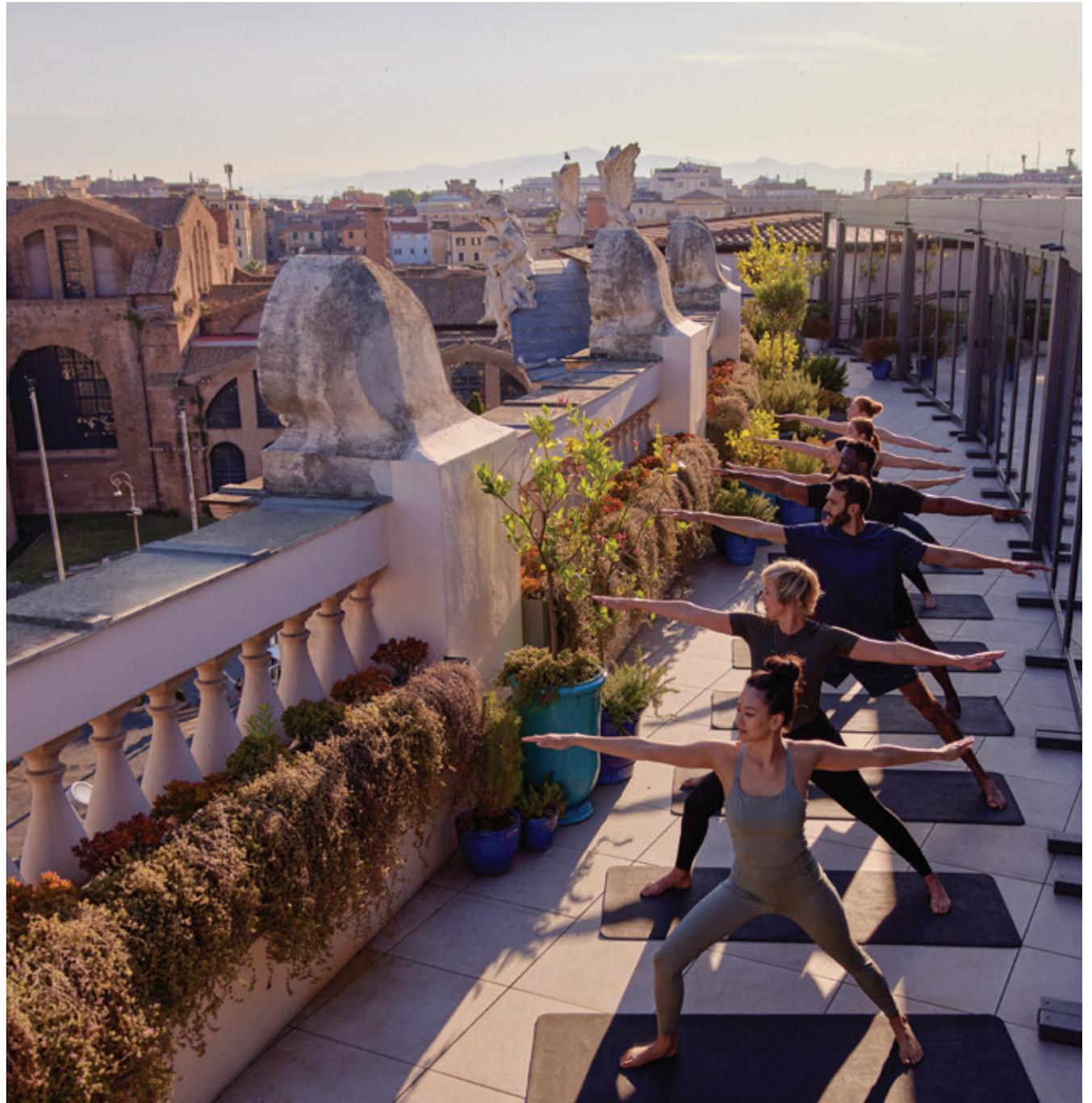
60 MINUTES

## YOGA

Reconnect your spirit and body through breath work, visualisations and postures, led by an experienced teacher. Private yoga classes are 1 hour long and can be tailored for individuals or couples. Reset and rebalance with a restorative session at Anantara Spa or on the rooftop in spring and summer. Also possible for small groups on request.

60 MINUTES

*Upon request and reservation.*



# Etiquette

- Please arrive 10 minutes before your scheduled appointment.
- Please wear the bathrobe and slippers provided upon arrival at the spa.  
*(For hotel guests, these will be available in your room.)*
- Children are allowed to enter the spa if accompanied by an adult.
- We invite hotel guests to leave their valuable items in their rooms and external guests to use the safety deposit box at the reception.
- Bookings must be cancelled more than 24 hours in advance to avoid a 100% charge.
- The use of mobile phones is not allowed in the spa.
- Guests with heart or health conditions, those with particular allergies and pregnant women should consult a doctor before booking a spa treatment.
- 10% service charge will be added to the final total



