



IRENE  
FORTE SPA

THE BALMORAL



# NATURA E SCIENZA

When scientific innovation and the regenerative power of nature work in harmony, it lifts your whole being.

Irene Forte Spa brings the soul of Sicily into the rhythms of the city to create a refuge of Mediterranean wisdom, science and stillness. Every detail is precision-designed to support deep rejuvenation and optimal mind-body performance, from the aesthetic, serene interiors to the high-tech, holistic treatments delivered by our expert team.

Signature treatments feature Irene Forte Skincare, with natural ingredients sourced from our organic farm at Verdura Resort in Sicily and formulations shaped by 40 years of skincare research and development. Designed to nourish, renew and protect, products are suitable for all skin types and have even been clinically approved for sensitive skin.

Linger and unwind in the ritual of relaxation or choose self-care on a busy schedule at the Forte Vita Bar, offering hairstyling, beauty treatments and express facials.

Enter, disconnect, restore, and re-emerge entirely at your own pace.

- 5 treatment rooms
- Forte Vita Bar for fast facials, hair, and nails
- Sauna and steam room
- Indoor lap pool
- Bar serving nutritional food, juices and infusions
- Technogym equipped-gym and fitness studio

# FACIALS

## **FORTE FACIAL – 60 MINUTES**

A customisable facial designed to address your skin's specific needs. After a detailed skin analysis, your treatment includes a cleanse, exfoliation, mask, and our signature double massage technique to refresh and rejuvenate. The finale? A product application to lock in the results.

### **AGE-DEFIER**

An anti-ageing powerhouse that firms, lifts, and revitalises tired skin, restoring youthful radiance and smoothness.

### **PURIFIER**

For oily to combination skin, this deep-cleansing facial refines texture, clears pores, and includes extractions for a smoother, more even complexion.

### **BRIGHTENER**

Dull, tired skin? This treatment instantly boosts radiance and luminosity, leaving you with a refreshed, glowing complexion.

### **HYDRATOR**

For dry, dehydrated skin, this facial deeply nourishes and hydrates, leaving your skin silky smooth and plump.

# ADD-ONS

## **3D SKIN ANALYSIS – 10 MINUTES**

This advanced diagnostic tool provides a detailed assessment of your skin, revealing both visible and underlying concerns such as sun damage, clogged pores, excess oil, dehydration, thinning skin, and uneven texture. With this information, our facialists can customise your treatment to address your skin's specific needs for optimal results.

## **EXTRA HANDS – 20 MINUTES**

Extend your facial massage time with additional manual techniques to enhance your results.

## **LYMA LASER PRO – 20 MINUTES**

A non-invasive, clinic-grade laser technology that stimulates deep cellular regeneration, targeting fine lines, pigmentation, and scarring for smoother, more radiant skin.

## **MICROCURRENT, LED & RADIOFREQUENCY – 20 MINUTES**

A powerful Tri Energy Technology that sculpts, lifts, and tightens skin, boosting collagen and elasticity for a firmer, more youthful complexion.

## **DERMALUX LED – 15 MINUTES**

Red light therapy that promotes collagen production and rejuvenates skin, reducing fine lines and enhancing radiance.

## **OXYGEN – 5 MINUTES**

A burst of oxygen to hydrate, refresh, and revitalise the skin, leaving it plump, dewy, and glowing.

# INDULGENT, HIGH-TECH FACIALS

## PHYTOMELATONIN REJUVENATING BUCCAL FACIAL 90 MINUTES

A rejuvenating facial integrating Phytomelatonin, Dr Ferri's patented extract of Alpine Plant Melatonin, with highly efficacious hands-on facial techniques and LED. This indulgent facial integrates our signature quadruple massage technique, including buccal massage; working from inside the mouth enhances massage results, relieving tension, toxin build-up and awakening facial contours. This facial also includes a double cleanse, red light therapy, and a Hyaluronic Acid sheet mask, revealing a visibly more hydrated and younger-looking complexion.

## PEPTIDE POWER: THE WRINKLE-SMOOTHING FACIAL 90 MINUTES

An exceptionally powerful facial treatment, fueled by peptides. Neuropeptide Myoxinol™, derived from Hibiscus Seeds, works to relax facial muscles and ease the tension that contributes to expression lines. This potent peptide powers a series of products used in the facial, which are combined with our signature advanced face workout massage. Paired with a Tri Energy Technology—microcurrent, radiofrequency, and red light—this treatment sculpts, lifts, and firms the skin, enhancing collagen and elasticity for a needleless youthful, radiant complexion.

### AGE-DEFYING VOLCANIC FACIAL – 90 MINUTES

An indulgent facial using hot and cold volcanic stones to rebalance, revitalise and relax. A double mask application promotes skin firmness, hydration and radiance. Our signature triple facial massage technique stimulates circulation, oxygen and nutrient flow to the skin, enhancing natural collagen production. Finish with a burst of oxygen to reveal a fresher, firmer and glowing complexion.

### GLOW & LIFT: THE LYMA PRO FACIAL – 75 MINUTES

An advanced facial offering a powerful combination of potent anti-ageing products and the LYMA Laser PRO, a non-invasive, clinic-grade laser designed to stimulate deep cellular regeneration. Targeting wrinkles, pigmentation, redness, and scarring, the treatment works to deliver a sculpted, smoother, and more radiant complexion. The facial includes a double cleansing, exfoliation, and a sculpting and lifting facial massage, ensuring that the laser's effectiveness is maximised, leaving you with visible, transformative results.

## ADD-ONS

### EXTRA HANDS – 20 MINUTES

Extend your facial massage time with additional manual techniques to enhance your results.

### 3D SKIN ANALYSIS – 10 MINUTES

This advanced diagnostic tool provides a detailed assessment of your skin, revealing both visible and underlying concerns such as sun damage, clogged pores, excess oil, dehydration, thinning skin, and uneven texture. With this information, our facialists can customise your treatment to address your skin's specific needs for optimal results.

# MANUAL BODY TREATMENTS

## EARTH & SEA TONING TREATMENT – 90 MINUTES

A high-performance body treatment that detoxifies and firms. Begin with a sea salt or apricot seed exfoliation to slough off dead skin, followed by an algae and clay mud wrap to refine and tighten. Complete the experience with a volcanic stone scalp massage and a toning omega-rich oil massage, leaving your skin smoother, firmer, and radiant.

## SMOOTHING & NOURISHING TREATMENT – 90 MINUTES

A deeply hydrating full-body treatment that refines and revitalises the skin. Begin with a double scrub using our Apricot Creamy Body Scrub and Sea Salt Body Scrub, leaving your skin soft and smooth. Follow with a full-body massage using our clinically-backed oil, and finish with the luxurious White Wine Body Cream, leaving your skin deeply moisturised and nourished.

## REGENERATING LEG & FOOT TREATMENT – 60 MINUTES

A luxurious, revitalising treatment for the legs and feet. Begin with a sea salt scrub to exfoliate and remove impurities, followed by a draining massage with our proven Xyimenyic Acid-enriched oil to tone and stimulate circulation. A vasoactive mask enhances detoxification and smooths skin, while a reflexology foot massage restores balance, leaving you feeling light and rejuvenated from hip-to-toe.

## ADD-ONS

### TARGETED AREA MASSAGE – 30 MINUTES

A focused massage targeting specific areas such as the back, neck, shoulders or head to relieve tension and promote relaxation.

# HIGH-TECH BODY TREATMENTS

## ENDOSPHERES THERAPY

A patented, non-invasive treatment backed by science, Endosphères uses microcompressive vibration to deliver visible results from the first session—without downtime. This multi-action therapy supports body contouring, muscle toning, lymphatic drainage, cellulite reduction, and pain relief.

## ENDOSPHERES FULL-BODY THERAPY (LEGS, GLUTES, ARMS & STOMACH) – 60 MINUTES

A comprehensive treatment targeting key areas for total body rejuvenation.

## ENDOSPHERES LEGS & GLUTES THERAPY – 45 MINUTES

Focuses on toning and shaping the legs and glutes for a smoother, firmer appearance.

# MASSAGES

## **FIT FOR YOU – 60 | 90 MINUTES**

A personalised massage using your choice of Irene Forte Skincare body oil. Our consultation ensures a treatment tailored to your unique needs, addressing tension and restoring balance.

## **DEEP TISSUE MASSAGE – 60 | 90 MINUTES**

A deep, therapeutic massage designed to release muscle restrictions, reduce tension, and improve posture by targeting connective tissue.

## **HOT STONES MASSAGE – 60 | 90 MINUTES**

A relaxing massage using heated stones designed to ease tension, stress and anxiety. The longer version includes a scalp massage.

## **LYMPHATIC MASSAGE – 60 MINUTES**

A gentle yet highly therapeutic massage technique designed to stimulate the lymphatic system, supporting the body's natural detoxification and immune functions. This treatment can be performed on the face, stomach, arms, legs, or glutes, with two targeted areas treated within the 60-minute session to encourage circulation, reduce fluid retention, and promote overall well-being.

## **REFLEXOLOGY – 60 MINUTES**

A deeply relaxing and therapeutic treatment focused on stimulating pressure points in the feet, promoting overall wellness, relaxation, and balance throughout the body.

## **INDULGENT MATERNITY MASSAGE – 60 | 90 MINUTES**

A nurturing prenatal massage tailored to ease tension and soothe stress. Starting with calming breath work, this treatment uses our clinically-backed Rose Body Oil to hydrate, drain and relax the body. A Horse-Chestnut Leg Mask and cryo-spritz finish the treatment, leaving your legs light and your body fully restored.

*Certified therapists can offer advanced techniques, such as Shiatsu, Thai, or Therapeutic Massage (with a physiotherapist). Please contact the spa team for specific requests.*

# ADD-ONS

## **DRAINING BODY BRUSH & SCRUB – 40 MINUTES**

Begin with an invigorating dry body brushing to stimulate circulation and promote lymphatic drainage, followed by a full-body exfoliation to remove dead skin cells and refine skin texture. This revitalising treatment leaves your skin feeling soft, smooth, and radiant, while supporting overall detoxification and renewal.

## **BODY SCRUB – 30 MINUTES**

Refreshes skin and removes unwanted skin cells, leaving skin silky smooth.

## **ENDOSPHERES FOCUS – 20 MINUTES (PER BODY ZONE)**

A targeted treatment designed to address specific concerns such as cellulite, water retention, and skin laxity. Delivers concentrated care to a chosen area for visible, sculpting results based on individual needs.

# THE FORTE VITA *Bar*

Check off all your beauty needs in one place. Hair treatments, nails, and fast facials – all seamlessly combined.

## THE BASE FACIAL – 35 MINUTES

A deep cleanse paired with our signature pressure point massage and face workout, enhanced with cryo globes, our marble gua sha, and lymphatic drainage. This quick treatment boosts circulation, reduces puffiness, and leaves your skin glowing.

## THE BASE FACIAL WITH TRI ENERGY TECHNOLOGY 50 MINUTES

All the benefits of The Base Facial, plus EMS, Radiofrequency, and LED to promote younger-looking skin. These advanced technologies work together to enhance skin tone, texture, and elasticity.

## ADD-ONS

### **EXTRA HANDS – 20 MINUTES**

Extend your facial massage time with additional manual techniques to enhance your results.

### **LYMA LASER PRO – 20 MINUTES**

A non-invasive, clinic-grade laser technology that stimulates deep cellular regeneration, targeting fine lines, pigmentation, and scarring for smoother, more radiant skin.

### **RED LIGHT THERAPY – 15 MINUTES**

Red light therapy that promotes collagen production and rejuvenates skin, reducing fine lines and enhancing radiance.

### **OXYGEN – 5 MINUTES**

A burst of oxygen to hydrate, refresh, and revitalise the skin, leaving it plump, dewy, and glowing.

### **PEPTIDE SHEET MASK – 5 MINUTES**

An anti-ageing boost, this sheet mask nourishes the skin for a radiant finish.

# HAIR SERVICES

Our cutting and styling services, along with hair treatments using Davines' sustainable, performance-driven products, are the ideal add-ons to enhance your hair service.

## **BESPOKE HERBAL HAIR INFUSION – 30 MINUTES**

A quick treatment with no processing time, delivering immediate results. Choose from 24 customisable options, each tailored to a specific need, giving your hair a bespoke, instant boost.

## **CUSTOMISABLE HIGH-TECH HAIR MASK – 20 MINUTES**

Tailored to your individual needs, each of the seven mask options is crafted with high-performance natural ingredients, providing the desired results for your hair.

*Please contact the spa team for more information on hair services.*

## NAIL TREATMENTS

All nail treatments are performed with products by Manicurist, a brand committed to clean, green, and innovative formulas. Choose from Green, a non-toxic, vegan traditional polish, or Green Flash™, the first patented LED polish that offers the long-lasting wear of gel without the damage—easy to remove, gentle on nails, and formulated to strengthen the nails.

### EXPRESS MANICURE – 30 MINUTES

Perfect for quick nail care with a file and polish.

### CLASSIC MANICURE – 45 MINUTES

Includes nail shaping, cuticle care, a nourishing hand massage, and polish.

### LUXURY MANICURE – 60 MINUTES

Includes exfoliation, a warm mask, hand-to-forearm massage, and polish.

### CLASSIC PEDICURE – 45 MINUTES

Includes nail shaping, cuticle care, hard skin removal, foot massage, and polish.

### LUXURY PEDICURE – 60 MINUTES

Includes exfoliation, warm mask, and foot massage, completed with polish.

### COLOUR CHANGE – 20 MINUTES

## TINTING & WAXING

A selection of tinting and waxing services are available.

*Please contact the spa team for more information.*

# RITUALS

## SCOTTISH CAIRNGORM QUARTZ HEALING RITUAL – 90 MINUTES

This grounding ritual features Scottish Cairngorm quartz, renowned for its balancing properties. Start with a relaxing heather foot soak, followed by an invigorating back brushing and exfoliation. A nourishing rosehip scalp mask is applied before the ritual culminates in a full-body hot Cairngorm stone massage.

## FORTE FACE & BODY RITUAL – 120 MINUTES

After a foot soak, enjoy a revitalising full-body scrub followed by a Sicilian oil massage and herbal body mask. End with a luxurious facial that leaves your skin radiant and luminous. This high-performance treatment nourishes and relaxes from head-to-toe for an indulgent, rejuvenating experience.

# THERAPIES

## FOR THOSE LIVING WITH AND RECOVERING FROM CANCER

These therapies have been created in partnership with The Amethyst Trust, a Standards Authority for Touch in Cancer Care (SATCC) approved provider. Starting with guided breathwork, your SATCC accredited therapists will personalise the experience to suit your individual needs, relaxing both mind and body while promoting a deep sense of peace.

## RESTORATIVE FACIAL – 60 MINUTES

A replenishing facial, perfect for sensitive or fragile skin. Gentle cleansing, our signature facial massage, and mask application promote relaxation and comfort.

## NURTURING MASSAGE – 60/90 MINUTES

A soothing massage with Sicilian oils to nurture, comfort, and encourage inner calm.

# FITNESS

The gym is equipped with the latest Technogym cardio and strength equipment. We offer personalised training, including private yoga and Pilates sessions. We also have a fitness studio with a diverse class schedule.

*Please contact the spa team for more information.*

# POOL & THERMAL AREA

The pool and thermal area features an indoor lap pool, steam room, and sauna.

# DAY SPA

**SPA & LUNCH** – a 60-minute treatment of choice, full use of the spa facilities, and a 2-course lunch poolside or in Brasserie Prince.

**SPA & AFTERNOON TEA** – a 60-minute treatment of choice, full use of the spa facilities, and Afternoon Tea served in Palm Court.

**FACIAL SPA DAY** – a 90-minute facial of choice and full use of the spa facilities.

**SPA PASS** – full use of the spa facilities for 3 hours.

*Spa Days can also be tailored to your specific requirements. Please contact the spa team for requests.*

# GENERAL INFORMATION

## OPENING HOURS\*

07.00 - 22.00

## RESERVATIONS

To make an appointment, please call the Irene Forte Spa on +44 (0)131 622 8880 or email [irenefortespa.thebalmoral@roccofortehotels.com](mailto:irenefortespa.thebalmoral@roccofortehotels.com). If staying in-house, please call extension 880. If we are unable to accommodate your appointment we will place you on our priority waiting list and contact you should any treatment times become available.

Please note that a cancellation fee of 100% will be charged for cancellations made within 24 hours of your scheduled treatment time. The appointment can be cancelled free of charge up to 24 hours before your scheduled treatment time. If you arrive up to 15 minutes late, your treatment time will be reduced by the delayed time and you will be charged the full price.

## TREATMENTS

We recommend you arrive at least 15 minutes prior to your scheduled appointment in order to enjoy the full experience. All treatments start and end on time to avoid any inconvenience for subsequent guests.

Some of our treatments may not be suitable or may require some adjusting should you have a medical condition or ailment. Please inform us at the time of booking with any medical conditions or allergies.

We recommend refraining from alcohol consumption prior to a spa treatment. We do not advise any treatments during the first trimester of pregnancy. Anyone under the age of 16 must be accompanied by an adult in the treatment room at all times.

## SPA ETIQUETTE

Please respect the private and serene atmosphere and refrain from using mobile phones within the Irene Forte Spa.

Please dress appropriately when visiting the Irene Forte Spa. Trainers are compulsory in the gym. Swimwear is compulsory in all public areas. Therapists will provide you with disposable slippers for treatments.

Changing Facilities are fully equipped with shampoo, conditioner, body wash and lotion. Lockers are available in the changing area, equipped with bathrobes, flip-flops and towels. For in-house guests, we recommend that you come down in the robes and slippers provided in your room. Irene Forte Spa is not responsible for loss of personal items. We recommend that all jewellery and valuables are stored safely in your room. For non-residents, we have a safe at our Spa Reception.

Children under 16 years must be supervised by an accompanying adult at all times. We ask all guests to respect noise levels to ensure that the Irene Forte Spa remains a tranquil environment for all guests. We kindly ask guests to refrain from jumping or diving in the swimming pool.

## MEMBERSHIPS

Membership at the Irene Forte Spa guarantees a refreshing way to ease the stresses of everyday life. For more information on membership options, please contact the spa team.

## GIFT CERTIFICATES

An ideal present, gift certificates are available for the Irene Forte Spa. For more information, please visit [roccofortehotels.com](http://roccofortehotels.com) or contact the spa directly.



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