



IRENE  
FORTE SPA

VILLA IGIEA

# 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 to Villa Igiea - a sanctuary of Mediterranean wisdom, science, and stillness. Every detail has been precision-designed to support deep rejuvenation and optimal mind-body performance, from the sun-drenched, 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 in Sicily and formulations shaped by 40 years of biomedical research. 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, facials and nails. Enter, disconnect, restore, and re-emerge entirely at your own pace.

- 5 treatment rooms, including a double treatment room
- Outdoor relaxation area
- A Technogym equipped-gym and fitness studio

# FACIALS

## FORTE FACIAL – 50 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

## EXTRA HANDS – 20 MINUTES

Extend your facial massage with additional manual techniques designed to enhance relaxation, boost circulation, and elevate your results.

## LYMA LASER PRO – 20 MINUTES

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

## DERMALUX LED – 15 MINUTES

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

## MICROCURRENT & LED – 15 MINUTES

A powerful duo to lift, sculpt, and firm the skin while stimulating collagen and elastin for a more youthful appearance.

## RADIOFREQUENCY – 15 MINUTES

Bipolar radiofrequency energy delivers deep dermal heating to tighten, tone, and promote long-term collagen renewal.

## OXYGEN – 5 MINUTES

A revitalising burst of oxygen that deeply hydrates, refreshes, and re-energises the skin, leaving it plump, dewy, and glowing.

# INDULGENT, HIGH-TECH FACIALS

## PHYTOMELATONIN REJUVENATING BUCCAL FACIAL 80 MINUTES

A rejuvenating facial integrating Dr. Ferri APM™, a patented Phytomelatonin extract, 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 80 MINUTES

An exceptionally powerful facial treatment, fuelled 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 microLED, this treatment sculpts, lifts, and firms the skin without the use of needles, enhancing collagen and elasticity for a youthful, radiant complexion.

## AGE-DEFYING VOLCANIC FACIAL – 80 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 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-ON

### EXTRA HANDS – 20 MINUTES

Extend your facial massage with additional manual techniques designed to enhance relaxation, boost circulation, and elevate your results.

# MANUAL BODY TREATMENTS

## EARTH & SEA TONING TREATMENT – 80 MINUTES

A high-performance body treatment that detoxifies and firms. Begin with a marine 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 – 80 MINUTES

A deeply hydrating full-body treatment that refines and revitalises the skin. Begin with a double scrub using our apricot seed and marine exfoliators, 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 – 50 MINUTES

A luxurious, revitalising treatment for the legs and feet. Begin with a marine scrub to exfoliate and remove impurities, followed by a draining massage with our proven Ximenynic 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-ON

### TARGETED AREA MASSAGE – 25 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

## ENDOSPHERÈS 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.

## ENDOSPHERÈS FULL-BODY THERAPY (LEGS, GLUTES, ARMS & STOMACH) – 50 MINUTES

A comprehensive treatment targeting key areas for total body rejuvenation.

## ENDOSPHERÈS LEGS & GLUTES THERAPY – 45 MINUTES

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

# MASSAGES

## **FIT FOR YOU MASSAGE – 50 | 80 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 – 50 MINUTES**

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

## **BE FORTE SPORTS MASSAGE – 50 | 80 MINUTES**

A massage designed for sporty individuals who want to relieve muscular tension.

## **SICILIAN AROMA RELAX MASSAGE – 50 | 80 MINUTES**

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

## **LYMPHATIC MASSAGE – 50 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 50-minute session to encourage circulation, reduce fluid retention, and promote overall wellbeing.

## **REFLEXOLOGY – 50 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 – 50 | 80 MINUTES**

A nurturing prenatal massage tailored to ease tension and soothe stress. Starting with calming breathwork, 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 feeling light and your body fully restored.

## **OSTEOPATH TREATMENT – 60 MINUTES**

A holistic, highly effective therapy designed to address a wide range of body dysfunctions – from muscular pain, sports injuries, and tension headaches to systemic conditions such as osteoarthritis and rheumatoid arthritis. The session includes an in-depth consultation, a musculoskeletal examination, and a personalised treatment plan to restore balance and maintain long-term results.

## *ADD-ONS*

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

Begin with 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.

### **ENDOSPHERÈS 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.



# RITUALS

## MEDITERRANEAN SKIN DIET FACIAL RITUAL 105 MINUTES

Begin with a calming foot soak and a rhythmic mini back massage set to Sicilian music. Follow with a nourishing pre-cleanse using Verdura's organic olive oil, then indulge in a triple mask and our signature facial massage for deep hydration and radiance. Active ingredients work to balance, rejuvenate, and leave your skin glowing while the soothing music enhances your relaxation.

## OLIVE OIL BODY RITUAL - 120 MINUTES

Filled with Sicilian scents and natural remedies, this indulgent head-to-toe treatment will nurture, nourish and revitalise. Following a relaxing foot soak, our full-body olive leaf and marine body scrub will leave skin silky smooth. Verdura's organic olive oil will then be brushed all over your body before you are wrapped up to let the oil's nutrients absorb deeply into your skin. Our signature facial pressure point massage and an invigorating scalp massage follows, before finishing with a full-body massage using Irene Forte Skincare's Sicilian ingredients.

## 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 - 50 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 - 50 | 80 MINUTES

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

## DAY SPA & PACKAGES

### DAY SPA PASS + TREATMENT

Enjoy one 50-minute Fit For You treatment of your choice, along with full access to the spa facilities for up to 2 hours.

### TOTAL FACE & BODY

Rejuvenate from head-to-toe with an 80-minute facial, a 50-minute massage, and full access to the spa facilities for up to 2 hours.

*Spa days can be tailored. Please contact the spa team for further information.*

## FITNESS

### THE GYM

Our gym is equipped with the latest Technogym cardio and weight machines, free weights, and innovative fitness tools.

### PERSONAL TRAINING - 60 MINUTES

Our fitness team will help you reach your goals and unlock your full potential - whether you're seeking a one-off coaching session or a tailored, long-term fitness programme.



# GENERAL INFORMATION

## OPENING HOURS

Monday to Sunday, from 10:30 to 20:00.  
Fitness Facilities: open daily, 24 hours.

## SPA ETIQUETTE

In order to preserve a calm atmosphere, we welcome guests over 16 years of age.

You can use your bathrobe and flip-flops from the room to visit the spa. We can also provide these at the spa with a locker. Please respect the private and serene atmosphere and refrain from using mobile phones within the spa. Smoking is not permitted in the spa area. Appropriate clothing is requested in all non-wet areas.

To book a treatment, please call extension 2081, telephone +39 0916312111, email [irenefortespa.villaigiea@roccofortehotels.com](mailto:irenefortespa.villaigiea@roccofortehotels.com) or, alternatively visit the spa reception.

We recommend guests arrive at least five minutes prior to an appointment. If you are late for an appointment, the treatment time will be reduced. Please give us 24 hours' notice prior to your scheduled appointment if you wish to cancel a treatment. A cancellation fee of 100% will be charged to your room for cancellations outside of this notice period.

The spa is not responsible for the loss of personal objects. We recommend that all jewellery and valuables are stored safely in your room.

The use of equipment and services at the spa is at each guest's own risk. Please let our spa team know if you have any preferences, or any health conditions that require particular attention. This will allow us to ensure that you have the best possible experience at the spa.

## 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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