

The background of the entire image is a repeating pattern of interlocking hexagons, creating a honeycomb texture. The color is a rich, dark brown.

# IRENE FORTE SPA

HOTEL DE LA VILLE



# 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, the 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 with express treatments and wellness boosters.

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

- 5 treatment rooms, including a double suite with private Rasul
- Full-body cryo chamber
- Thermal area with salt room, sauna, steam room, ice fountain, Kneipp foot baths and hydro pool
- Relaxation lounge with infrared loungers
- 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

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

### BRIGHTENER

Ideal for dull, tired skin with uneven complexion, 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 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, youthful complexion.

### LED 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.



# 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, 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 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.

## FORTE MICROVIBRATION® FACIAL – 90 MINUTES

A results-driven facial powered by the Endosphères Eva Machine, combining advanced technology with manual massage. It begins with a Microvibration® peel to exfoliate and brighten, followed by compressive Microvibration® to smooth, lift and plump. Our signature double massage boosts circulation before Vibro-electro Vehiculation delivers triple-weight Hyaluronic Acid deep into the skin. The result: toned, nourished, radiant skin.

## GLOW & LIFT: THE LYMA PRO FACIAL – 70 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 time with additional manual techniques to enhance your 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-ON

### 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 FULL-BODY THERAPY (LEGS, GLUTES, ARMS & STOMACH) – 60 | 90 MINUTES

A non-invasive treatment designed for body contouring, muscle toning, lymphatic drainage, cellulite reduction, and pain relief.

## ENDOSPHERES LEGS & GLUTES THERAPY – 45 MINUTES

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

## FULL-BODY CRYOTHERAPY

An ultra-cold treatment that boosts circulation, reduces inflammation, and releases endorphins for an instant mood and energy lift. Ideal for recovery, stress relief, and immune support.

## SINGLE SESSION – 3 MINUTES

Step into our state-of-the-art chamber for controlled exposure to -110°C.

*Please contact the Spa Team for more information.*

*Packages are also available.*



# 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 | 90 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.

## **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.

## **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.

# 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.

## **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.



# NAIL TREATMENTS

## EXPRESS MANICURE – 30 MINUTES

Perfect for quick nail care with a file and polish.

## LUXURY MANICURE – 60 MINUTES

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

## LUXURY PEDICURE – 60 MINUTES

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

## COLOUR CHANGE – 20 MINUTES

# WAXING

A selection of waxing services are available.

*Please contact the Spa Team for more information.*

# RITUALS

## OLIVE OIL BODY RITUAL – 120 MINUTES

Filled with Mediterranean 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 Trapani sea salt body scrub will leave skin silky smooth. Verdura Resort's organic olive oil will then be brushed all over your body before you are wrapped up to let the oil's nutrients deeply absorb into your skin. Our signature facial pressure point massage and an invigorating scalp massage follows, before finishing with a full-body massage using our 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.

## MEDITERRANEAN MUDDING RITUAL FOR TWO

- 30 minutes of Rasul and 60 or 90 minutes of massage, or
- 30 minutes of Rasul, 60 minutes of massage and 60 minutes of facial

A private, self-applied Rasul ritual designed for two. Begin with a scrub to exfoliate the skin, followed by the self-application of mineral-rich mud. Relax in herb-infused steam as the mud detoxifies and nourishes. Once rinsed, enjoy a full-body massage using our Sicilian oils. Add a Forte Facial for a complete head-to-toe glow.

*The Rasul is a self-guided experience without the presence of a therapist; the massage and facial treatment are instead performed by a professional therapist.*



# 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 personalize 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.

# THERMAL & RELAXATION AREA

The thermal area features a Mediterranean salt room, sauna, steam room, ice fountain, Kneipp foot baths, hydro pool and a relaxation area equipped with infra red beds.

*Please contact the Spa Team for more information.*



# FITNESS

The gym features the latest Technogym equipment for cardio and strength training, with personalised sessions including private yoga and Pilates, and access to a dedicated fitness studio.

**PERSONAL TRAINING SESSION – 60 MINUTES**

**PRIVATE YOGA OR PILATES LESSON – 60 MINUTES**

# DAY SPA & PACKAGES

## **DAY SPA PASS & FACIAL**

A 90 minute facial of choice and full access to our spa facilities.

## **SPA & LUNCH**

A 60 minute treatment of choice, full access to the spa facilities, and a 2-course lunch at Hotel de la Ville's Café Ginori.

## **BODY CONTOUR & FIRM**

A full-body cryotherapy session, followed by a full-body Endosphères session and full access to the spa facilities.

## **AN ITALIAN AFFAIR**

A 60 minute treatment of choice, full access to the thermal area, followed by a drink at one of the bars of the Hotel de la Ville.

## **DAY SPA PASS & CRYO**

A full-body cryotherapy session and full access to the thermal and relaxation areas (up to 3 hours).

## **DAY SPA PASS**

Full access to the thermal and relaxation areas (up to 3 hours).

*Spa Days can be tailored to your specific requirements.  
Please contact the Spa Team for more information.*



# GENERAL INFORMATION

## OPENING HOURS\*

10.00 – 20.00

## RESERVATIONS

To make an appointment, please call the Irene Forte Spa on +39 06 9779 3850. Alternatively, email us at [irenefortespa.delaville@roccofortehotels.com](mailto:irenefortespa.delaville@roccofortehotels.com)

If staying in-house, please call extension 6850. 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.

## TREATMENTS

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 consuming alcohol 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.

## CANCELLATION POLICY

Please note that a cancellation fee of 100% will be charged for cancellations made within 12 hours of your scheduled treatment time. The appointment can be cancelled free of charge up to 12 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.

## 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. In-house guests are kindly requested to arrive wearing the robe and slippers provided in their room. Jewellery and valuables should be securely stored in your room; a safe is available at Spa Reception for external guests. Irene Forte Spa cannot accept responsibility for the loss of personal items.

Children under 16 years must be supervised by an accompanying adult at all times.

## MEMBERSHIPS

Membership at Irene Forte Spa offers a revitalising escape from the stresses of everyday life. To learn more about our membership options, please contact the spa directly.



# HOTEL DE LA VILLE

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