

IRENE
FORTE

S
P
A

VERDURA

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 life - 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 here at Verdura Resort 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.

- 11 treatment rooms, including a double treatment suite
- 1 medi-spa treatment room
- Forte Vita Bar for express facials, hair and nails
- Relaxation area
- 4 outdoor thalassotherapy pools
- Indoor lap pool
- Thermal area with sauna, double-height steam room
- Infrared sauna
- A Technogym equipped-gym and fitness studio
- Bar serving juices and infusions

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

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, congestion, excess oil, dehydration, thinning skin, and uneven texture. With this insight, our facialists can personalise your treatment to address your skin's specific needs for optimal results.

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.

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 burst of oxygen to hydrate, refresh, and revitalise 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 – 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-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, congestion, excess oil, dehydration, thinning skin, and uneven texture. With this insight, our facialists can personalise your treatment to address your skin's specific needs for optimal results.

EXTRA HANDS – 20 MINUTES

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

MEDI-SPA FACE TREATMENTS

POLYNUCLEOTIDES - 20 MINUTES

A powerful regenerative treatment that promotes bio-stimulation and deep skin repair through injectable Polynucleotides derived from ethically sourced salmon DNA. This advanced therapy enhances hydration, elasticity, and radiance, visibly improving fine lines and loss of tone. It can be targeted to the eye area to reduce puffiness and dark circles or applied to the full face for overall rejuvenation.

Discomfort Level: Mild

Downtime: Small bumps may remain for a few hours

BIO-REVITALISATION - 20 MINUTES

A next-generation skin booster that revitalises the complexion and restores youthful luminosity. Using ultra-fine microneedles over the face, neck, and décolleté, it delivers Hyaluronic Acid deep into the skin to stimulate collagen and elastin production. The result is smoother, firmer, and more radiant skin with improved tone, clarity, and texture.

Discomfort Level: Mild

Downtime: Minimal

HIFU - 30 MINUTES

A non-invasive lifting and tightening treatment that uses High-Intensity Focused Ultrasound (HIFU) to stimulate collagen production in the deeper layers of the skin. Ideal for targeting jowls, sagging skin, and loss of definition, leaving the complexion visibly sculpted and refreshed.

Discomfort Level: Mild

Downtime: Minimal

PROPHILO - 30 MINUTES

An advanced injectable treatment that delivers pure Hyaluronic Acid directly into the dermis to deeply hydrate and plump the skin from within. Profhilo restores firmness, smoothness, and luminosity without altering facial contours - achieving a naturally lifted, radiant, and youthful appearance.

Discomfort Level: Mild

Downtime: Minimal

MEDICAL-GRADE PEELS - 30 MINUTES

A professional resurfacing treatment that smooths, clarifies, and brightens the complexion. Using tailored combinations of Glycolic, Lactic, Mandelic, or Salicylic Acid, these peels gently exfoliate and renew the skin, reducing fine lines, pigmentation, and uneven texture for a clearer, more luminous complexion.

Discomfort Level: Mild

Downtime: Varies

Medi-spa face treatments require 48 hours' advance booking. For further information please contact the spa team.

MANUAL BODY TREATMENTS

EARTH & SEA TONING TREATMENT – 80 MINUTES

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

Our Therapists are certified in a variety of specialised massage techniques. Please check with our spa team for details of our range of advanced treatments, such as: Shiatsu, Thai Massage, or Therapeutic Massage (with physiotherapist).

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.

ULTRASOUND THERAPY – 15 MINUTES

A targeted treatment ideal for relieving muscle and joint discomfort. Using gentle ultrasonic waves, it helps reduce inflammation and release muscle tension, supporting recovery and relaxation.

THE FORTE VITA *Bar*

Check off all your beauty needs in one place. Hair treatments, nails, and express 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 techniques. This quick treatment boosts circulation, reduces puffiness, and leaves your skin glowing.

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.

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.

PEPTIDE SHEET MASK – 5 MINUTES

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

HAIR SERVICES

Includes cutting and styling services, along with targeted treatments using Davines' sustainable performance-driven products – the perfect add-ons to enhance your hair experience.

BESPOKE HERBAL HAIR INFUSION – 15 MINUTES

A fast-acting treatment with no processing time, delivering instant results. This herbal infusion offers four customisable options tailored to your hair's unique needs, providing a bespoke, immediate boost in shine, strength, and vitality.

CUSTOMISABLE HIGH-TECH HAIR MASK RITUAL 40 MINUTES

A deeply restorative ritual tailored to your individual needs, crafted with high-performance natural ingredients to achieve your desired results.

Please contact the spa team for further information.

NAIL SERVICES

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 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, a mask, and foot massage, completed with polish.

COLOUR CHANGE – 20 MINUTES

ADD-ONS

SEMI-PERMANENT POLISH APPLICATION

SEMI-PERMANENT POLISH REMOVAL

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.

POOLS & THERMAL AREA

The spa has an indoor lap pool, four thalassotherapy pools, a double-height steam room, saunas, and a relaxation area – designed to promote deep restoration and wellbeing.



FITNESS

THE GYM

Our 170-square-metre gym is equipped with the latest Technogym cardio and weight machines, free weights, and innovative fitness tools. It also features an outdoor terrace.

GROUP FITNESS

We offer both indoor classes in our fitness studio and outdoor training experiences across the resort - all under the guidance of our expert instructors. Inside the spa, join daily group sessions such as Body Pump, Pilates, and Yoga. Outdoors, enjoy Boot Camp, Yoga, and more surrounded by the resort's olive and orange groves.

TREKKING EXPERIENCES

Our fitness team has curated a selection of trekking routes beyond the resort, showcasing Sicily's rich culture and stunning natural landscapes. A dedicated trekking path is also available within the resort grounds.

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.

WELLNESS CHECK-UP - 60 MINUTES

A comprehensive assessment that uses advanced digital technology to reveal your body's true Wellness Age™. This check-up analyses six key physio-cognitive parameters - mobility, balance, body composition, cognitive skills, and cardiovascular health - providing a clear, trackable indicator of your overall wellbeing and progress over time.

BODY COMPOSITION ANALYSIS - 15 MINUTES

A precise diagnostic assessment that measures body fat, lean muscle mass, and water composition, offering an accurate and detailed understanding of your physical health and balance.

NOURISH

OUR NOURISH FOOD OFFERING

Michelin-starred chef Fulvio Pierangelini has created a health-focused menu for Verdura Resort - available in the restaurants upon request - in collaboration with nutritionist Giancarlo Giammarresi. Each dish is crafted with organic, seasonal, and locally sourced ingredients, carefully prepared to preserve their nutritional integrity. The result is an imaginative culinary experience that delights the senses while supporting overall wellbeing.

CONSULTATION WITH NUTRITIONIST - 45 MINUTES

An in-depth consultation exploring your dietary habits, health status, and any current medication. The insights gathered - along with any relevant test results - are used to create a personalised wellness plan. During your stay, this may also include a tailored Nourish food programme designed to optimise your health and energy.

NUTRITIONIST CONSULTATION & VEGA FOOD INTOLERANCE TEST - 60 MINUTES

A combined consultation and diagnostic test that identifies foods to which your body has developed sensitivities. Guided by your results, our nutritionist will recommend dietary adjustments to restore balance, enhance digestion, and support long-term vitality.

IRENE FORTE WELLNESS PROGRAMMES

Explore our Wellness Programmes, including Longevity and Weight-Loss, by clicking the link below:

<https://www.roccofortehotels.com/hotels-and-resorts/verdura-resort/irene-forte-spa/wellness-programmes>

GENERAL INFORMATION

OPENING HOURS

Monday to Sunday, from 08:00 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 2321, email irenefortespa.verdura@roccofortehotels.com, or 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 or contact the spa directly.

VERDURA

SS 115KM 131, 92019 SCIACCA (AG), ITALY

TELEPHONE +39 0925 998 001

IRENEFORTESPA.VERDURA@ROCCOFORTEHOTELS.COM