



IRENE  
FORTE

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A

THE CARLTON



# 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 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, beauty treatments and express facials.

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

- 3 treatment rooms
- Forte Vita Bar for express facials and hair services
- Nail salon
- Thermal area with sauna, steam room, ice fountain, and experience showers
- Relaxation suite with vibration sound beds
- Technogym equipped-gym

# 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, 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 & RADIOFREQUENCY 20 MINUTES

Sculpta by Déesse Pro delivers powerful Tri-Energy Technology that sculpts, lifts, and tightens the skin while stimulating collagen and elasticity for a firmer, more youthful complexion.

### LED – 15 MINUTES

Dermalux red light therapy promotes collagen production and rejuvenates the skin, reducing fine lines and enhancing radiance.

### OXYGEN – 5 MINUTES

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

### PRESSOTHERAPY – 15 | 30 | 60 MINUTES

The NormaTec 3 Legs device uses dynamic air compression to massage the legs, boost circulation, reduce swelling, and support muscle recovery. Its gentle pulsing technology mimics the natural rhythm of the muscles and lymphatic system, helping to flush out toxins and relieve fatigue. This enhancement does not extend your facial time, as it is activated at the start of your treatment.



# 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 without the use of needles, enhancing collagen and elastin for a 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 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

### 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.

### PRESSOTHERAPY - 15 | 30 | 60 MINUTES

The NormaTec 3 Legs device uses dynamic air compression to massage the legs, boost circulation, reduce swelling, and support muscle recovery. Its gentle pulsing technology mimics the natural rhythm of the muscles and lymphatic system, helping to flush out toxins and relieve fatigue. This enhancement does not extend your facial time, as it is activated at the start of your treatment.

# 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 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-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.

### PRESSOTHERAPY – 15 | 30 | 60 MINUTES

The NormaTec 3 Legs device uses dynamic air compression to massage the legs, boost circulation, reduce swelling, and support muscle recovery. Its gentle pulsing technology mimics the natural rhythm of the muscles and lymphatic system, helping to flush out toxins and relieve fatigue.

# HIGH-TECH BODY TREATMENTS

## ICOONE® BODY CONTOURING & SKIN REJUVENATION

Icoone® offers a holistic, non-invasive approach to body contouring, effectively targeting stubborn fat, cellulite, water retention, and skin laxity. This advanced treatment stimulates microcirculation and supports lymphatic drainage, helping to eliminate toxins and excess fluids from the body. The result is improved tissue oxygenation, reduced swelling, and skin that looks and feels visibly healthier, firmer, and more radiant.

## ICOONE® FULL-BODY BASE – 20 MINUTES

A comprehensive treatment designed to rejuvenate and sculpt key areas of the body, including the thighs, knees, glutes, stomach, and love handles.

## ICOONE® FOCUS – 10 MINUTES (PER BODY ZONE)

Perfect for targeted enhancement, this non-invasive treatment delivers concentrated care to specific areas of the body – effectively addressing stubborn fat, cellulite, water retention, and skin laxity based on individual needs.

## HYPERICE NORMATEC 3 PRESSOTHERAPY

The NormaTec 3 is a state-of-the-art air compression system that boosts circulation, eases swelling, and promotes deep muscle recovery. Using patented Pulse Technology, it mimics the natural rhythm of the muscles and lymphatic system to flush out toxins, relieve fatigue, and leave the legs feeling lighter and revitalised.

## REVIVE & RECHARGE – 15 MINUTES

A quick, energising session ideal for rest days or pre-workout. It stimulates circulation and awakens the legs – perfect before exercise or to refresh the body after travel or long periods of sitting.

## RESTORE & RECOVER – 30 MINUTES

Designed for post-workout recovery or to relieve tired, heavy legs after a long day. This targeted treatment helps ease tension, reduce fluid retention, and restore lightness and vitality.

## DEEP RECOVERY & DETOX – 60 MINUTES

An immersive, full-length session focused on intensive muscle recovery and lymphatic drainage. It supports detoxification, enhances circulation, and leaves the legs deeply re-energised and renewed.

# 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 wellbeing.

## **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 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.

# 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.

## **ICOONE® FULL-BODY BASE – 20 MINUTES**

A comprehensive treatment designed to rejuvenate and sculpt key areas of the body, including the thighs, knees, glutes, stomach, and love handles.

## **ICOONE® FOCUS – 10 MINUTES (PER BODY ZONE)**

Perfect for targeted enhancement, this non-invasive treatment delivers concentrated care to specific areas of the body – effectively addressing stubborn fat, cellulite, water retention, and skin laxity based on individual needs.

## **PRESSOTHERAPY – 15 | 30 | 60 MINUTES**

The NormaTec 3 Legs device uses dynamic air compression to massage the legs, boost circulation, reduce swelling, and support muscle recovery. Its gentle pulsing technology mimics the natural rhythm of the muscles and lymphatic system, helping to flush out toxins and relieve fatigue.

# THE FORTE VITA *Bar*

Fast facials and hair – seamlessly combined for instant glow and revitalisation.

## 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 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.

### LED – 15 MINUTES

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

### 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 hair treatments using Davines' sustainable, performance-driven products – ideal add-ons to enhance your hair service.

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

A quick treatment with no processing time, delivering immediate results. This herbal infusion offers 24 customisable options, each tailored to your specific needs, 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 further information.*

## NAIL TREATMENTS

### **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, peel, warm mask, and foot massage, completed with polish.

### **COLOUR CHANGE – 20 MINUTES**

# RITUALS

## **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.

# THERMAL & RELAXATION SUITE

The thermal area features a sauna, steam room, ice fountain, and experience showers, while the relaxation area offers vibrating sound beds and optional add-on treatments for deeper rejuvenation.

## *ADD-ONS*

### **REFLEXOLOGY – 45 | 60 MINUTES**

A deeply relaxing and therapeutic treatment that stimulates pressure points in the feet to promote overall wellness, relaxation, and balance throughout the body.

### **LED – 15 MINUTES**

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

### **PRESSOTHERAPY – 15 | 30 | 60 MINUTES**

The NormaTec 3 Legs device uses dynamic air compression to massage the legs, boost circulation, reduce swelling, and support muscle recovery. Its gentle pulsing technology mimics the natural rhythm of the muscles and lymphatic system, helping to flush out toxins and relieve fatigue.

# FITNESS

The gym is equipped with the latest Technogym cardio and weight equipment. Personal training is available upon request.

*Please contact the spa team for further information.*

# DAY SPA

## MEDITERRANEAN PAUSE

Enjoy a 60-minute treatment of choice, full use of the spa facilities, and a two-course lunch at Cafe Floretta celebrating Mediterranean seasonal flavours.

## THE EXPRESS GLOW

A 35-minute facial and express manicure at the Forte Vita Bar designed to revive skin and hands - the ultimate quick glow for those short on time.

## THE FORTE VITA EXPERIENCE

Enjoy a 50-minute Forte Vita Facial with Tri-Energy Technology, a mini manicure, and an aperitivo in the spa with up to three friends.

## EXPRESS FULL BODY REJUVENATION

Enjoy full use of the thermal facilities, followed by a 30-minute experience combining Pressotherapy and LED to boost circulation, relieve muscle fatigue, and leave the body feeling balanced and renewed.

*Spa experiences can be tailored to your specific requirements.*

*Please contact the spa team for requests.*



# GENERAL INFORMATION

## OPENING HOURS\*

10.00 – 20.00

## RESERVATIONS

To make an appointment, please call the Irene Forte Spa on +39 0281 122 820 or email [irenefortespa.carlton@roccofortehotels.com](mailto:irenefortespa.carlton@roccofortehotels.com). If staying in-house, please call extension 8820. 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 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.

## 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 the thermal area. 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 external guests, 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.

## 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 team directly.

## FACIALS

Forte Facial – Age-Defier, Purifier, Brightener, Hydrator 60 mins €185

### ADD-ONS

3D Skin Analysis	10 mins	€25	LED Therapy	15 mins	€50
Extra Hands	20 mins	€30	Oxygen	5 mins	€25
LYMA Laser PRO	20 mins	€50	Pressotherapy	15   30   60 mins	€35   €70   €90
Microcurrent, LED & Radiofrequency	20 mins	€50			

## INDULGENT, HIGH-TECH FACIALS

Phytomelatonin Rejuvenating Buccal Facial	90 mins	€240
Peptide Power: The Wrinkle-Smoothing Facial	90 mins	€250
Age-Defying Volcanic Facial	90 mins	€240
Glow & Lift: The LYMA PRO Facial	75 mins	€240

### ADD-ONS

3D Skin Analysis	10 mins	€25	Pressotherapy	15   30   60 mins	€35   €70   €90
Extra Hands	20 mins	€50			

## MANUAL BODY TREATMENTS

Earth & Sea Toning Treatment	90 mins	€250
Smoothing & Nourishing Treatment	90 mins	€250
Regenerating Leg & Foot Treatment	60 mins	€180

### ADD-ON

Targeted Area Massage	30 mins	€70
Pressotherapy	15   30   60 mins	€35   €70   €90

## HIGH-TECH BODY TREATMENTS

Icoone® Body Contouring & Skin Rejuvenation	60 mins	€290
Icoone® Full-Body Base	20 mins	€100
Icoone® Focus	10 mins	€50
Hyperice NormaTec 3 Pressotherapy		
Revive & Recharge	15 mins	€35
Restore & Recover	30 mins	€70
Deep Recovery & Detox	60 mins	€90

## MASSAGES

Fit For You	60   90 mins	€170   €230
Deep Tissue Massage	60   90 mins	€180   €240
Hot Stones Massage	60   90 mins	€180   €240
Lymphatic Massage	60 mins	€230
Targeted Area Massage	30 mins	€110
Reflexology	60 mins	€180
Indulgent Maternity Massage	60   90 mins	€170   €230

### ADD-ONS

Draining Body Brush & Scrub	40 mins	€130
Body Scrub	30 mins	€95
Icoone® Full-Body Base	20 mins	€100
Icoone® Focus	10 mins	€50
Pressotherapy	15   30   60 mins	€35   €70   €90

## THE FORTE VITA Bar

## FACIALS

The Base Facial	35 mins	€85
The Base Facial With Tri Energy Technology	50 mins	€125

### ADD-ONS

Extra Hands	20 mins	€30	Oxygen	5 mins	€25
LYMA Laser PRO	20 mins	€50	Peptide Sheet Mask	5 mins	€25
LED Therapy	15 mins	€50			

## HAIR

Bespoke Herbal Hair Infusion	30 mins	€65
Customisable High-Tech Hair Mask	20 mins	€45

## NAILS

Express Manicure	30 mins	€55
Classic Manicure	45 mins	€70
Luxury Manicure	60 mins	€100
Classic Pedicure	45 mins	€85
Luxury Pedicure	60 mins	€120
Colour Change	20 mins	€20

## WAXING

Please contact the Spa Team for more information.

## RITUALS

Forte Face & Body Ritual	120 mins	€290
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## SATCC-APPROVED THERAPIES

Restorative Facial	60 mins	€175
Nurturing Massage	60   90 mins	€170   €230

## THERMAL & RELAXATION SUITE

### ADD-ONS

Reflexology	45   60 mins	€140   €160
LED Therapy	15 mins	€50
Pressotherapy	15   30   60 mins	€35   €70   €90

## FITNESS

Please contact our Spa Team for more information.

## DAY SPA & PACKAGES

Mediterranean Pause	€250
The Express Glow	€115
The Forte Vita Experience	€195
Express Full Body Rejuvenation	€180



THE CARLTON

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