

DE RUSSIE  
*Spa*

ROME







DE RUSSIE SPA, ROME

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The perfect boutique retreat, De Russie Spa is an extension of the tranquility found in Hotel de Russie's Secret Garden. Our expert team of therapists offers a curated selection of high-tech and holistic treatments designed to restore balance, beauty, and wellbeing.

Our facilities include:

- 5 treatment rooms, including 2 double rooms
- Forte Vita Bar offering express facials, hair, and nail services
- A saltwater hydro pool, sauna, and steam room
- A relaxation lounge serving fresh juices and herbal infusions
- A Technogym-equipped gym

# FACIALS

## FIT FOR YOU FACIAL – 50 MINUTES

Tailored to your skin's unique needs using Irene Forte Skincare or SkinCeuticals. Following a detailed skin analysis, enjoy a cleanse, exfoliation, mask, and rejuvenating manual massage, finished with targeted product application to lock in lasting 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.

### RADIANCE

Ideal for dull, tired skin with an uneven complexion, this facial stimulates micro-circulation, eliminates toxins and brightens the skin, leaving you with a refreshed, glowing complexion.

### HYDRATOR

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

### CALMING

Ideal for sensitive skin, this facial helps to reduce the skin's sensitivity by relaxing the epidermis and calming redness.

## ADD-ONS

### SKINSCOPE DIAGNOSTIC – 10 MINUTES

The Skinscope is a comprehensive diagnostic tool that reveals both visible and hidden skin imperfections, including accumulated sun damage, congested pores, oily spots, dehydrated and thinning skin, and uneven texture, allowing our facialists to tailor the facial to your needs.

### 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.

### OXYGEN – 5 MINUTES

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

# IRENE FORTE SKINCARE ANTI-AGEING FACIALS

## PHYTOMELATONIN REJUVENATING BUCCAL FACIAL – 80 MINUTES

A rejuvenating facial integrating Phytomelatonin, Dr. Ferri's patented extract of Alpine Plant Melatonin, with highly efficacious hands-on facial techniques. 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 and a peptide-infused 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 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 – 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, 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 – 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

### SKINSCOPE DIAGNOSTIC – 10 MINUTES

The Skinscope is a comprehensive diagnostic tool that reveals both visible and hidden skin imperfections, including accumulated sun damage, congested pores, oily spots, dehydrated and thinning skin, and uneven texture, allowing our facialists to tailor the facial to your needs.

### EXTRA HANDS – 20 MINUTES

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



## SWISS-PERFECTION ANTI-AGEING FACIALS

### CELLULAR ANTIOXIDANT – 90 MINUTES

Powered by pure vitamin C, this highly active antioxidant facial stimulates collagen production, restores radiance and firmness, and combats premature signs of ageing and free-radical damage. Combined with the ATS system, it accelerates skin regeneration for visibly enhanced results.

### CELLULAR BRIGHTENING RADIANCE – 90 MINUTES

Designed to reduce hyperpigmentation, lighten dark spots, improve texture, and brighten the skin, this revolutionary facial leaves you with a more even complexion and refined pores. Incorporating the ATS system, it accelerates skin renewal and enhances results.

### CELLULAR EXCLUSIVE LIFT CONCEPT – 90 MINUTES

This advanced lifting treatment targets signs of ageing by firming the skin, remodelling facial contours, and stimulating cellular renewal. Enhanced with the ATS system, it boosts collagen production, improves circulation, and visibly amplifies lifting and rejuvenation effects.

### CELLULAR HYDRATING REJUVENATION – 90 MINUTES

This deeply hydrating treatment smooths wrinkles, restores moisture, and refines skin texture. With the ATS system, hydration and rejuvenation are intensified through enhanced microcirculation and collagen stimulation.

## ADD-ONS

### CELLULAR NECK & DÉCOLLETÉ – 20 | 45 MINUTES

Designed to rejuvenate and reshape the neck and décolleté area, this treatment targets wrinkles, skin sagging and loss of firmness. The décolleté looks visibly rejuvenated, leaving it smooth and toned.

### CELLULAR EYE CONTOUR – 20 | 45 MINUTES

A refreshing, lifting treatment targeting the delicate eye area. Fine lines and wrinkles are softened with soothing eye masks and brightening serums for a visibly rejuvenated look.

*All facials are available in a double treatment room for couples.*

# BODY TREATMENTS

## EARTH & SEA TONING TREATMENT – 80 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 – 80 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 – 50 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.



# 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 | 80 MINUTES

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

## RELAXING MASSAGE – 50 | 80 MINUTES

A massage designed to fight stress, alleviate tension and eliminate anxiety.

## SWEDISH MASSAGE – 50 | 80 MINUTES

A relaxing, deep pressure massage to relieve muscle tension.

## AROMATHERAPY MASSAGE – 50 | 80 MINUTES

A massage using curative aromatic oils and balms that create a deep sense of wellbeing.

## HOT STONES 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.

## AYURVEDIC MASSAGE – 50 MINUTES | 80 MINUTES

A restorative massage using warm oils that targets tension areas using techniques from a thousand-year-old Indian ritual to help maintain physical, spiritual and mental balance.

## INDULGENT MATERNITY MASSAGE – 50 | 80 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 Balinese massage. Please contact the Spa Team for specific requests.*

## 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.

*All massages and body treatments are available in a double treatment room for couples.*

# THE FORTE VITA *Bar*

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

## THE FORTE 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.

## THE FORTE FACIAL WITH TRI ENERGY TECHNOLOGY – 50 MINUTES

All the benefits of The Forte 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.

### 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.

## NAIL SERVICES

### EXPRESS MANICURE – 25 MINUTES

Perfect for quick nail care with a file and polish.

### CLASSIC MANICURE – 40 MINUTES

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

### LUXURY MANICURE – 50 MINUTES

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

### CLASSIC PEDICURE – 50 MINUTES

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

## HAIR SERVICES

Includes colour, cutting and styling services, along with hair treatments.

*Please contact the Spa Team for more information on hair services.*

## TINTING & WAXING

A selection of tinting and waxing services are available.

*Please contact the Spa Team for more information.*



# RITUALS

## MEDITERRANEAN SKIN DIET FACIAL RITUAL – 105 MINUTES

Following a foot soak, awaken your senses with a rhythmic mini back massage. The facial follows with the flowing application of Verdura's organic olive oil to pre-cleanse and nourish the skin. Enjoy an indulgent triple mask application, along with our triple signature facial massage technique, to promote hydration and radiance. The multiple layering of active ingredients in this ritual will rebalance, revitalise and deeply renew the skin, whilst also leaving you in a state of complete 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 Trapani sea salt 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 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 Irene Forte Skincare's Sicilian ingredients.

## AYURVEDA GARSHAN RITUAL – 50 | 80 MINUTES

This Ayurvedic ritual is carefully tailored to your specific needs, whether you're looking to address water retention, improve circulation, promote draining and detoxification, shape and sculpt, or enhance toning. Rooted in ancient Ayurvedic principles, it combines targeted techniques and natural ingredients to restore balance, stimulate the body's natural flow, and revitalise your skin. By harmonising mind, body, and spirit, this ritual promotes overall wellbeing while focusing on your unique goals.

## 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.

*All rituals are available in a double treatment room for couples.*

# FITNESS

The gym is equipped with the latest Technogym cardio and strength equipment. We offer personal training services.

*Please contact the Spa Team for more information.*

# THERMAL AREA

The thermal area features a salt hydro pool, steam room, and sauna.

# DAY SPA & PACKAGES

## DAY SPA PASS

Enjoy full access to all our spa facilities for up to 2 hours.

## DAY SPA PASS + TREATMENT

Enjoy a 50-minute Fit For You treatment of choice, plus full access to all our spa facilities for up to 2 hours.

## FORTE VITA EXPRESS

A 50-minute Forte Facial with Tri Energy Technology at the Forte Vita Bar, complemented by a wash, hair treatment and blow-dry – perfect for those short on time or prepping for an event.

## THE ULTIMATE FULL-BODY INDULGENCE

Indulge in a 50-minute facial, 80-minute body treatment, 50-minute massage, luxury manicure and classic pedicure, with complimentary full access to the spa facilities (up to 2 hours).

## FACE & BODY RENEWAL

Pamper yourself with a 50-minute facial, 30-minute body scrub, 50-minute massage, and complimentary full access to the spa facilities (up to 2 hours).

## FACE & BODY RADIANCE

Rejuvenate with an 80-minute facial, 50-minute massage, and complimentary full access to the spa facilities (up to 2 hours).

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

*Please contact the Spa Team for requests.*



# GENERAL INFORMATION

## OPENING HOURS\*:

8am – 8pm

Treatments are available from 9am – 8pm.

## RESERVATIONS

To make a reservation or for more information about De Russie Spa services, please visit our Spa Reception or contact us via phone on +39 06 32 88 88 20 or email [spa.derussie@roccofortehotels.com](mailto:spa.derussie@roccofortehotels.com).

## TREATMENT PROGRAMMES

For more information about the full range of treatments available at De Russie Spa or for help designing a bespoke treatment programme just for you, please contact the Spa Team.

## IN-ROOM TREATMENTS

A 15% surcharge applies for in-room treatments.

## ARRIVING FOR TREATMENTS

Please arrive 10 minutes before your scheduled appointment as De Russie Spa cannot extend treatments beyond the scheduled time to compensate for late arrivals. Upon arrival, you will be asked to complete a consultation card before starting your treatment.

## CANCELLATION POLICY

Please give us six hours notice prior to your scheduled appointment if you wish to cancel or change a treatment. Please note a cancellation fee of 100% will be charged for cancellations and changes outside of this notice period.

## SPA ETIQUETTE

Swimwear must be worn in the hydropool, sauna, steam bath and relaxation area. In keeping with the peaceful and relaxing atmosphere, please do not use mobile phones at De Russie Spa.

De Russie 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. Please note that the use of the spa and wet facilities is not permitted to children under 12.

## GIFT CERTIFICATE

De Russie Spa gift certificates are available for a variety of treatments and are valid for one year from date of issue. Please enquire at reception for suggestions or visit our website for more information [hotelderussie.skchase.com/vouchers](https://hotelderussie.skchase.com/vouchers).



IRENE FORTE SKINCARE & SKINCEUTICALS CUSTOMISABLE

Fit For You Facial			50 mins	€190
ADD-ONS				
Skinscope Diagnostic	10 mins	€30	Microcurrent, LED & Radiofrequency	20 mins €50
Extra Hands	20 mins	€50		
LYMA Laser PRO	20 mins	€50	Oxygen	5 mins €25

IRENE FORTE SKINCARE ANTI-AGEING FACIALS

Phytomelatonin Rejuvenating Buccal Facial	80 mins	€250
Peptide Power: The Wrinkle-Smoothing Facial	80 mins	€250
Age-Defying Volcanic Facial	80 mins	€250
Glow & Lift: The LYMA PRO Facial	70 mins	€240

SWISSPERFECTION ANTI-AGEING FACIALS

Cellular Antioxidant	90 mins	€850
Cellular Brightening Radiance	90 mins	€685
Cellular Exclusive Lift Concept	90 mins	€975
Cellular Hydrating Rejuvenation	90 mins	€850

ADD-ONS				
Cellular Neck & Décolleté	20   45 mins	€190	Cellular Eye Contour	20   45 mins €190

BODY TREATMENTS

Earth & Sea Toning Treatment	80 mins	€255
Smoothing & Nourishing Treatment	80 mins	€255
Regenerating Leg & Foot Treatment	50 mins	€170

ADD-ON		
Targeted Area Massage	30 mins	€100

MASSAGES

Fit For You Massage	50   80 mins	€170   €255
Deep Tissue Massage	50   80 mins	€160   €240
Relaxing Massage	50   80 mins	€160   €240
Swedish Massage	50   80 mins	€160   €240
Aromatherapy Massage	50   80 mins	€160   €240
Hot Stones Massage	50   80 mins	€160   €240
Lymphatic Massage	50 mins	€160
Reflexology	50 mins	€160
Ayurvedic Massage	50   80 mins	€160   €240
Indulgent Maternity Massage	50   80 mins	€160   €240

ADD-ONS		
Draining Body Brush & Scrub	40 mins	€130
Body Scrub	30 mins	€120

THE FORTE VITA Bar

FACIALS

The Forte Facial	35 mins	€105
The Forte Facial with Tri Energy Technology	50 mins	€170

ADD-ONS		
Extra Hands	20 mins	€50
LYMA Laser PRO	20 mins	€50
Oxygen	20 mins	€50
Peptide Sheet Mask	5 mins	€25

NAIL SERVICES

Express Manicure	25 mins	€70
Classic Manicure	40 mins	€100
Luxury Manicure	50 mins	€130
Classic Pedicure	50 mins	€120

HAIR SERVICES

Blow Dry	€70-€120
Hair Cut	From €150
Highlights	€150-€400

RITUALS

Mediterranean Skin Diet Facial Ritual	105 mins	€250
Olive Oil Body Ritual	120 mins	€280
Ayurveda Garshan Body Ritual	50   80 mins	€170   €255
Forte Face & Body Ritual	120 mins	€300

FITNESS

Personal Training Session	60 mins	€130
10 Personal Training Sessions with Spa Access	10 x 60 mins	€1,170
20 Personal Training Sessions with Spa Access	20 x 60 mins	€2,210

DAY SPA & PACKAGES

Day Spa Pass	120 mins	€110
Day Spa Pass + Treatment	170 mins	€225
Forte Vita Express	125 mins	€378
The Ultimate Full-Body Indulgence with Spa Access	4 hours	€796
Face & Body Renewal with Spa Access	130 mins	€477
Face & Body Radiance with Spa Access	130 mins	€378



# OUR BRANDS

## IRENE FORTE SKINCARE

Irene Forte Skincare combines 40 years of research with natural ingredients to create products that deliver exceptional results. Developed by Dr. Francesca Ferri, a pioneer in using plant extracts for skin conditions, the range is proven in clinical trials. Suitable for all skin types and certified for sensitive skin, key ingredients are sourced from Verdura Resort's organic farm. B Corp certified, Excellent on Yuka, and certified vegan, Irene Forte Skincare upholds the highest standards of transparency, efficacy, and safety.

## SKINCEUTICALS

The SkinCeuticals philosophy is centred on three key principals: prevent premature signs of ageing by neutralising free radicals that cause cellular oxidation; protect the skin from damaging UV rays; correct visible signs of ageing. Products contain antioxidants specially chosen to fight signs of ageing caused by environmental factors.

## SWISS PERFECTION

Developed over decades, Swiss Perfection is committed to delivering advanced anti-ageing skincare solutions, featuring highly concentrated plant-based ingredients and extracts tailored to meet specific skin conditions and needs. Swiss Perfection is synonymous with Swiss quality and expertise, ensuring their skincare products are formulated, developed, and produced in Switzerland to the highest standards, earning the 'Made in Switzerland' label.







## DE RUSSIE SPA, ROME

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