



ROMEO
wellness
DOGANA DEL SALE

treatments menu

MASSAGES

CANDLE MASSAGE

Warm, intense and embracing, it consists in massaging the body with the oil resulting from melting an aromatic candle made of Shea butter. By nourishing and moisturizing, it instills a feeling of wellbeing and relaxation.

50 minutes € 130

PINDA WITH HIMALAYAN PINK SALT

Relaxing and emotional, it involves the use of cotton hot pouches (healing pillows) containing salt. Salt generates dry heat and keeps a high temperature still for some time: this makes it effective in the treatment of various types of diseases, from stiff neck to back pain.

50 minutes € 130

LOMI LOMI NUI - HAWAIIAN

Originally practiced by Kahuna shamans as a spiritual and healing ritual, with long and continuous movements, aromatic oils, songs and music, this technique offers a feeling like gentle waves are moving over the body. Not only spirit and muscles, but also lymphatic and circulatory systems benefit from this massage.

45 minutes € 120

PREGNANCY

Studied for the wellness of mother and child, it consists of a gentle pressure applied to the major muscle groups of the body.

It helps prevent and resolve the typical pregnancy ailments such as backache, sciatica, cramps and lower leg poor circulation. Medical certificate required.

50 minutes € 120

DECONTRACTING

It involves the whole body and specifically the points most affected by poor posture, e.g. due to sedentary lifestyle and use of computers. Recommended to treat stiff neck, cervicalgia, headache and muscle contracture. Not recommended in case of heart disease, hernias and varicose veins.

50 minutes € 120

FOUR HANDS

2 SPA therapist work simultaneously on the same body with aromatic oils and synchronized movements. When four hands touch the same body at the same time, the brain ceases to associate the "who" with the "what", so it gives up control and relaxes deeply. This is a powerful treatment for anyone who has a hard time letting go during treatments.

50 minutes € 200

COUPLE

In the same treatment room, with music and essences, 2 SPA therapists massage simultaneously 2 people. It is a great way to introduce someone to massages for the first time, because it makes them feel quickly at ease. This massage instills a sense of calm in the couple by increasing their intimacy. Massage is performed with slow and gentle maneuvers.

50 minutes € 240

BIO-ENERGETIC FOR CHILDREN (from 6 to 13 years)

Children learn much through tactile sensations received from the cutaneous receptors located on the whole body. The bio-energetic massage has its main feature in the contact: gentle movements, circles and vibrations help children familiarize with their body image, improve their posture and coordinate movements. Sensory integration thus enhances learning abilities, while the tactile stimulation strengthens the neural network, by encouraging the production of myelin sheath.

30 minutes € 70

AROMA-MASSAGE

Derived from aromatherapy, which uses natural oils extracted from plants to enhance psychological and physical wellbeing, this treatment combines embracing movements with synergies generated by a mix of essences and warm oils on the body.

It is a gentle but intense technique, in which the aroma is the central element.

50 minutes € 120

HOT STONE

It is carried out with stones at a temperature between 38 and 40 degrees, which gradually heat the parts of the body on which they are positioned. By activating vasodilation and metabolism, this massage provides benefits not only for the muscular, cardiovascular and gastrointestinal system, but also for the spirit: actually it offers excellent results with subjects affected by anxiety and panic attacks.

50 minutes € 120

LYMPHATIC DRAINAGE - LOWER BODY

Ideal to treat lower limbs heaviness and swelling, which are often signs of water retention and poor circulation. By practicing manual drainage and pumping actions on legs, ankles and feet, it promotes lymphatic circulation.

60 minutes € 120

HALOTHERAPY

Halotherapy, care with salt (from the Greek halos, salt) is a natural therapy that uses the healing properties of micronized sodium chloride, with remarkable benefits for the respiratory and immune system. The sessions are carried out inside the Salt Room, a space entirely covered in white salt with constant temperature and humidity, ideal to soothe, relax and detoxify.

Single session	35 minutes	€ 30
10 sessions package		€ 200

RITUALS

DOGANA DEL SALE

The body is entirely exfoliated thanks to a precious scrub made with salt crystals, combined with a shaping and rejuvenating massage made with a moisturizing, delicately fragranced lotion, for a moment of pure sweetness.

This combination gently removes dead skin cells and restores skin elasticity: an express beauty treatment leaving the skin soft and smooth.

60 minutes € 160

BERBER - BODY

Exotic ceremony with a kaleidoscope of fragrances for the wellness of body and soul. It consists of 3 phases: scrub massage with Savon Noir, Ghassoul mask and Berber massage. The latter represents the climax in the ritual, with an eastern atmosphere recreated through music and aromas, and a slow, precise motion. The protagonist in Berber massage is the Argan oil, also called liquid gold, which is rich in vitamin E and performs an antioxidant and anti-aging effect.

120 minutes € 220

CHOCOTHERAPY - FACE AND BODY

A greedy treatment in a double version: bitter chocolate and white chocolate. The cocoa is a precious ally for our body and skin health; through its nutritional and protective benefits it can affect our mood and, thanks to its delighting scent, it is also able to increase endorphins, giving the body a sense of pleasure immediately.

60 minutes € 130

ORCHID- FACE AND BODY

Skin aging and dehydration can be prevented and repaired thanks to this beauty ritual, which uses orchid biosaps, cotton extract and grape seed oil. These active substances can reduce and prevent glycation and stop premature cellular death, giving a strengthening, nourishing and invigorating effect to face and body skin.

60 minutes € 130

FACIAL TREATMENTS - MURAD

VITALIC - COMBINATION SKIN TYPE

It makes the dry and oily areas of the face - the lucid "T-zone" - smooth and uniform, restoring the brightness to your skin. The pomegranate extract fights free radicals off, while alpha and beta hydroxy acids gently exfoliate the skin by removing impurities and reducing imperfections, for a revitalizing effect.

60 minutes € 115

REDNESS - SENSITIVE SKIN TYPE

It is suggested in case of inflamed, dry and reddened skin. The goji berry extract with its high content of antioxidants, and licorice extract with its anti-inflammatory action, reduce redness and soothe inflamed skin.

60 minutes € 115

AGE REFORM

Perfect for reducing the signs of aging, it fights fine lines and wrinkles, enlarged pores, skin folds, lack of tone and dehydration. Glycolic acid stimulates cell renewal with an anti-age action.

60 minutes € 115

ENVIRONMENTAL SHIELD

Designed to act as a shield against damages from environmental factors, it is ideal against spots, hyperpigmentation, wrinkles and skin folds, skin with uneven texture and tone.

60 minutes € 125

RESURGENCE

Created to fight hormonal aging off, it is indicated in the treatment of medium and deep wrinkles, loss of firmness, opacity and dehydration. Essential fatty acids moisturize cells from the inside, alpha hydroxy acids and palmitoyl pentapeptide-4 synergistically act against wrinkles.

60 minutes € 175

BODY TREATMENTS - DERMO 28

MUD THERAPY

Mud body treatment with toning or anti-cellulite action.

50 minutes € 130

CUSTOMIZED BODY TREATMENT

Body treatment with firming, draining or anti-cellulite action.

60 minutes € 140

DERMO PEELING

Exfoliating action thanks to AH and BH acids, ideal for promoting epidermal renewal and tissue bioactivation.

60 minutes € 140

BEAUTY SERVICES

Facial cleansing	50 minutes	€ 80
Cosmetic manicure with nail polish applic.	30 minutes	€ 40
Cosmetic pedicure with nail polish applic.	30 minutes	€ 55
Therapeutic pedicure	60 minutes	€ 85
Nail polish application	20 minutes	€ 25
Hands or feet rituals	30 minutes	€ 80

WAXING - SKIN'S

Brazilian waxing, which is currently conquering the world, has arrived to Italy under the brand SKIN'S, offering an effective, non-traumatic and very quick treatment. This technique is based on the use of low temperature wax, which acts in depth, pulling the hair out effectively and almost painlessly. The constant use of this system progressively slows the hair growth down, thus ensuring excellent results in terms of duration.

Total body	from	€ 120
Partial (e.g. half leg)	from	€ 50
Small areas	from	€ 20

SPA AND GYM OPENING HOURS

SPA is open:

from 10 am to 9 pm from Monday to Sunday (last entry at 6.30 pm), exceptionally on Saturdays from 10 am to 10 pm (last entry at 7 pm).

SPA & GYM

Gym Entry	€ 30
SPA & Gym Entry	€ 90

FITNESS SUBSCRIPTION

Midweek Mornings Annual Membership	€ 1.500
<i>Monday/Friday (public holidays excluded) - Gym, SPA, relaxation area and changing room with amenities included.</i>	
Midweek Evenings Annual Membership	€ 2.000
<i>Monday/Friday (public holidays excluded) - Gym, SPA, relaxation area and changing room with amenities included.</i>	
Open Annual Membership	€ 3.000
<i>Monday/Sunday (public holidays included) - Gym, SPA, relaxation area and changing room with amenities included and 10 entrances to Gym and SPA for a friend.</i>	
Gold Annual Membership	€ 9.000
<i>Monday/Sunday (public holidays included) - Gym, SPA, relaxation area and changing room with amenities included, 75 treatments of 50 minutes each throughout the duration of your membership and 10 entrances to Gym and SPA for a friend.</i>	

Gym is open:

Hotel Guests - daily from 7 am to 9 pm. Free entry.

External Guests - daily from 10 am to 9 pm. Daily passes.

