

Centro Benessere - SPA

(Jacuzzi, Sauna, Turkish Bath, Emotional Shower and Gym)

A little bit of heaven to relax, to regain one's strength and to get in shape after a work day or a shopping day around Rome. Different kinds of massages and body and face treatments are available for you. The hydro massage pool, the sauna, the Turkish bath and the fitness gym complete the "wellness path".

WELLNESS CENTER PRIVATE USE

It includes: Bathrobe, Towel, Slippers, Fruit Juice, Water)

From the 3rd person to the 6th person in a party the rate is €25,00 each.

From 9.30 a.m. to 4.00 p.m.

Time: 60 minutes	(1 o 2 People)	€ 90,00
Time: 90 minutes	(1 o 2 People)	€ 120,00
Time: 120 minutes	(1 o 2 People)	€ 150,00

From 4.00 p.m. to 9.00 p.m.

Time: 60 minutes	(1 o 2 People)	€ 100,00
Time: 90 minutes	(1 o 2 People)	€ 130,00
Time: 120 minutes	(1 o 2 People)	€ 160,00

From 9.00 p.m.:

Time: 60 minutes	(1 o 2 People)	€ 130,00
Time: 90 minutes	(1 o 2 People)	€ 170,00
Time: 120 minutes	(1 o 2 People)	€ 210,00

On request we can serve:

Aperitif "Trilussa"

(Bottle of Sparkling Wine, Fruit Kebab and Snack)	p.p.	€ 25,00
• 1 Bottle of Sparkling Wine		€ 25,00
• 1 Bottle of Champagne		€ 80,00
• 1 Fruit Kebab		€ 25,00

Opening Time:

Wellness Center - SPA

Every day form 24 hours

For information and booking open from 8.00 a.m. to 12.00 p.m.

• ID card is required for registration. To enter the Spa age minimum of 18yrs old.

Massage Center & Beauty Center

Every day from 1.00 p.m. to 8.00 p.m.

For information and booking open from 9.30 a.m. to 8.00 p.m.

For the cancellation made up 2 hours before the appointment we won't charge any penalty; in case of late cancellation we'll charge the 50% of the total cost for massages, treatments and spa.

We organize special events and custom package for your needs (for example: Hen, Anniversaries, Birthdays...).

I Your exclusive package can include other extra services, such as: Day Spa with room support, Aperitif in our exclusive Roof Garden (in summer time), Limousine...

Have you got any idea to live your unforgettable moment? Call our Staff! They'll be glad to help you and realize your dreams!

☆☆☆☆
Trilussa Palace Hotel
CONGRESS & SPA



Trilussa Wellness Center

... the healthy pleasure of relaxation and balance, thanks to the natural elements synergy and techniques of skilled health operators.

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Trilussa Massages Center

Massages . . . The Touch Art

Aromatherapy Massage with perfumed Oils

The operator will help you to choose the perfumed oil more suitable to your personality. The union of different techniques gives you a new strength and a deep relaxation.

Time: 50 minutes € 60,00
Time: 75 minutes € 75,00

Ayurvedic Massage Abhyanga

This massage comes from the Ayurvedic medicine. It's an Indian massage restoring the vital energy of the body. Balances the body, relieves stress and soothes.

Time: 50 minutes € 60,00
Time: 75 minutes € 75,00

Relaxing Jet Lag Massage

Relieves muscle tension, accelerates restoration of body and soothes. Special emphasis is placed on the scalp, back and legs.

Time: 50 minutes € 60,00
Time: 75 minutes € 75,00

Shantala Massage (Ayurvedic with warm oil)

Ancient Indian massage technique with a rhythmic character. Using warm oil, relaxes body and mind, promotes blood circulation and tones up the skin.

Time: 50 minutes € 60,00
Time: 75 minutes € 75,00

Foot Reflexology

Stimulates the energy points in the feet, vital functions and your feeling of well-being and comfort

Time: 50 minutes € 60,00

Sport Active Massage

Made by the use of balsamic cream and vegetable extract. It restores energy, strengthens health, tones up and relaxes the body.

Time: 50 minutes € 65,00

Manager Massage

Special massage focusing on tension on shoulders and neck.

Time: 50 minutes € 60,00

Traditional Thai Massage

Through the combined action of pressure on specific points of the body and stretching muscle it produces a deep relation of body and mind, eliminating the harmful effects of stress.

Time: 50 minutes € 60,00

Shiatsu Massages

Hands-on Japanese therapy that uses finger pressure and works along the energy meridians in the body. Relieves tiredness and strengthens the immune system.

Time: 50 minutes € 60,00

Trattamenti Esclusivi Viso.

. . . Il piacere di un tocco delicato e risonante . . .

Dr. Hauschka's Treatment for Face and Body

Crossed by a vital flow, from head to feet . . .

Dr. Hauschka's aesthetics treatment starts with a perfumed footbath with sage essence. All the tensions accumulated all the long will disappear. Soft touches and fluent movements to relax, a nice massage made by the operator with brushes. This treatment regenerates, purifies, detoxifies and strengthens the immune system. This wellness conditions shows itself through a bright skin and sensation of interior balance.

Time: 120 minutes € 110,00

Dr. Hauschka's Cleaning Face Treatment

All Nature purity for brilliant complexion

Deep cleaning treatment to purify and refine the skin; it gives a clear and bright complexion. The perfumed tablets on the face and the décolleté help to breathe deeply and to relax. Steam bath to face and clay mask help to open pores and to clean deeply. Your face will have a new light.

Time: 90 minutes € 90,00

Dr. Hauschka's Cleaning Face Treatment

All Nature purity for brilliant complexion

Deep cleaning treatment to purify and refine the skin; it gives a clear and bright complexion. The perfumed tablets on the face and the décolleté help to breathe deeply and to relax. Steam bath to face and clay mask help to open pores and to clean deeply. Your face will have a new light.

Time: 90 minutes € 70,00

Dr. Hauschka's Harmonizing Face Treatment

A real beauty treatment for fiery and impure skins. Pleasant footbath with sage essence, soft massage with rosemary cream, special vials made with rosehips and pearl powder. Intensive care, it's ideal to smooth the skin and make it radiant.

Time: 60 minutes € 55,00

Trattamenti Esclusivi Corpo

Body Treatment with Mud and Powder by Geomedica

A complete line of draining, slimming, toning, anticellulites, antioxidant treatments. Muds and powders with many volcanic bioactive minerals to detoxify the body, to oxygenate tissues, to drain and shape to the body. You can perceive the benefits even after the first treatment.

Time: 90 minutes € 90,00

Relaxing Back Treatment

Relaxing massage to unbend neck, back and shoulders. The massage is combined a mineral mud with an anti-inflammatory, relaxing and lenitive action. This mix lightens the dorsal and lumbar area, making the back flexible.

Time: 60 minutes € 60,00

Hays Hot Bundles

Hays area set of mountains herbs containing a many herbal cares. The bundles can be applied on neck, back, kidneys and joints. It's combined with an essential oils massage. This treatment calms, relieves pain and melts contractures.

Time: 50 minutes € 60,00

Mud Pack

The green healing clay is very rich of different minerals that have an anti-inflammatory action. Immediately, it brings to the surface the heat that body retains, dissolves bruises, soothes sunburns. After the pack, a massage melts nerve endings and stress.

Time: 50 minutes € 60,00

Body Scrub

You can choose the best scrub with the operator among:

- sugar cane, lemon and mint
- salt, coconut oil, cinnamon and ylang ylang
- sugar, shea butter, orange and lemon

All the body will be massaged, eliminating the oldest tan and leaving the skin oxygenated, bright and elastic. It has a draining action that makes the tissue tonic.

Time: 60 minutes € 60,00

Aloe Vera Pack

Face and body massage with Aloe Vera. Moisturizing, refreshing and calming. A good help against the skin stretch marks.

Time: 60 minutes € 70,00

Hand Spa Treatment

Regenerates hand epidermis, leaving your hands soft, shiny and youthful.

Time: 30 minutes € 45,00

Foot Spa Treatment

Brings comfort and activates blood circulation. Feet and ankles are no longer swollen. This treatment makes your feet fresh and light.

Time: 30 minutes € 45,00

Hamam

An emotional ritual with an accurate *saporaje-massage*, a bath and exfoliation of body, hairs and face with natural products. The massage is like a dance of the hands that bring a deep balance in body and mind.

Hamam: 45 minutes € 45,00

Hamam with massages: 75 minutes € 120,00

Massage in Water

The bio-energetic treatment in water works, according to the principle of sweet bioenergetics, on the breath and on the emotional regress that the evocative power of water is able to raise through appropriate slow, long and deep movements. It helps you to feel your body and to release tensions

Time: 40 minutes € 60,00

Aesthetics

Manicure	€	15,00
Pedicure	from €	25,00
	to €	30,00

Woman Depilation:

Legs	€	25,00
Legs + Groin	€	35,00
½ Leg	€	20,00
½ Leg Groin	€	30,00
Groin	€	15,00
Armpit + Upper Lip	€	8,00
Arms	€	15,00
Eyebrows	from €	7,00
	to €	10,00
Total Body	€	55,00

Man Depilation

Total Body	€	25,00
Breast	€	15,00
Eyebrows	from €	7,00
	to €	10,00

We make custom promotional packages for bridal make up and specific treatments.

