

**ROCCO FORTE
SPAS**



**DE ROME SPA
BERLIN**

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ROCCO FORTE SPAS

We all search for wellbeing. Rocco Forte Spas is born from this desire.

All of our spas have Rocco Forte Rituals, Rocco Forte Fitness and Rocco Forte Nourish. Verdura Resort also has Rocco Forte Health, and each spa has strong local accents.

Rocco Forte Rituals inspire the senses: aromas abound whilst our expert therapists pamper you from head to toe. These signature treatments are carried out with our very own product line. Inspired by products grown at our resort in Sicily, our bio-cosmetics are rich in vitamins and backed by scientific research.

Rocco Forte Fitness is inspired by the Forte family's commitment to sport. We have an innovative approach to fitness, with the most cutting-edge equipment and professional trainers to support you all the way.

Rocco Forte Nourish ensures that you can eat healthily throughout our hotels. We have special, healthy dishes on our dining menus, created by nutritional experts and using local and seasonal produce. We also have a bespoke nourishing In Room Bar option.

With Rocco Forte Spas, we want you to take home great new habits and leave us looking, feeling and being better.

DE ROME SPA

Our De Rome Spa was once a vault where jewels and gold were stored. Walking into this secret gem induces instant relaxation and serenity.

Our team of highly qualified therapists provide effective luxurious face and body treatments, using only the finest products. It's the perfect place to escape the pace of city life with its:

- 6 treatment rooms
- Relaxation area
- 20m indoor pool
- Finnish sauna
- Aromatherapy steam room
- State-of-the-art gym
- Seasonal rooftop terrace

De Rome Spa is open daily, 6.30 to 22.00

DE ROME SPA PRODUCTS

FORTE ORGANICS

Forte Organics is our new organic line, made in Italy and created exclusively for Rocco Forte Spas. Our products are rich in organic, natural, as well as active, Sicilian ingredients. Many have been hand-picked from our sister property Verdura Resort. The base of the products is Verdura's organic olive oil and water from the Sicilian Madonie Regional Natural Park. Every ingredient has been purposefully-selected for its efficacy and specific benefit to the skin. Forte Organics is free of parabens, colourants, paraffins, allergens, abrasive fragrances and SLES.

THE ORGANIC PHARMACY

The Organic Pharmacy beauty products are developed with homeopathic principles and pharmaceutical-grade herbal extracts. These effective products consist of organic, cold-pressed oils and pure botanical extracts. Products are free from any harmful additives.

IMAGE SKINCARE

Image Skincare is an evidence-based clinical skincare company, providing professional skincare products and effective skincare solutions. The brand consistently produces the latest anti-ageing, balancing, hydrating and illuminating technologies to further its mission of helping the world Age Later TM. All Image Skincare products are free of chemical preservatives.



ROCCO FORTE RITUALS

Our Rocco Forte Rituals use our very own Forte Organics beauty line and are exclusive to Rocco Forte Spas. All of our rituals begin with a relaxing foot soak, and they all end with a special Forte Organics smoothie to sip on in our relaxation area.

FACIAL RITUAL

During your foot soak you'll receive a hand massage. Following this, enjoy a relaxing back massage with one of our special oils to melt away any tension. We'll then pass on to your facial, before enjoying a foot massage to finish.

70 Minutes – €160

BACK RITUAL

During your foot soak, you'll receive a hand massage. Following this, expect an apricot back scrub to smooth the back. We'll then apply one of our rich herbal compress creams to nourish the skin, and finish with a back massage to melt away any lasting aches and pains.

50 Minutes – €120

BODY RITUAL

Following the foot soak, enjoy a full-body apricot scrub to leave you feeling silky smooth from head-to-toe. We'll then apply one of our rich

herbal compress creams all over the body, feeding it with the nutrients that it deserves. The ritual ends with a full-body massage, leaving you feeling completely rejuvenated.

60 Minutes – €140

COUPLE'S BODY RITUAL

Following the foot soak together, you'll both enjoy a full-body scrub to smooth your skin. One of our rich herbal compress creams will then be applied to nourish your bodies. The ritual ends with a full-body massage, giving you both a feeling of complete relaxation.

60 Minutes – €230

BODY & FACIAL COUPLE'S RITUAL

This indulgent ritual includes everything in the Body Couple's Ritual, as well as a facial, to leave you both feeling in a state of complete harmony.

90 minutes- €340

FACIALS

THE ORGANIC PHARMACY

NATURAL LUXURY FACIAL

Take a break from your busy daily routine and give your skin the necessary attention it deserves. Enjoy a deep cleanse, as well as a face scrub, mask and relaxing facial massage, followed by the application of serum and moisturiser.

60 Minutes – €120

EXPRESS VEGAN FACIAL

Perfect for when you're short of time, this facial involves cleansing, a face mask and day cream. Leaves skin looking brighter and feeling refreshed.

30 Minutes – €70

ORGANIC CARE FOR THE MODERN MAN

This is an SOS treatment specifically designed for men. Helps revitalise the skin, giving it new found energy.

45 Minutes – €95

IMAGE SKINCARE

VECTORIZE-TECHNOLOGY LUXURY FACIAL

This anti-ageing skincare treatment uses Image Skincare's groundbreaking Vectorize-Technology. Active ingredients penetrate deep into the skin, leaving skin feeling bright and youthful.

60 Minutes – €120

EXPRESS ANTI-AGE FACIAL

This anti-ageing facial targets fine lines and helps brighten the complexion.

30 Minutes – €70

ANTI-AGE SENSITIVE MEN'S FACIAL

This anti-ageing facial just for men targets fine lines, helps improve elasticity and gives a feeling of freshness.

45 Minutes – €95

BODY TREATMENTS

THE ORGANIC PHARMACY

ORGANIC DETOX RITUAL

This luxurious full-body ritual uses natural ingredients to detoxify and revitalise the body.

90 Minutes – €165

IMAGE SKINCARE

ANTI-AGE BODY TREATMENT

Enrich your skin with a body scrub, followed by a full-body massage designed to stimulate cell regeneration. Leaves skin with a new sense of vitality.

60 Minutes – €135



MASSAGES

SURRENDER MESSAGE

This massage provides deep relaxation, inner balance and natural energy.

30 Minutes – €65

60 Minutes – €123

90 Minutes – €150

DEEP TISSUE MESSAGE

This is a deep pressure massage designed to target specific areas of tension. Helps melt away pains, giving you a feeling of deep relief and relaxation.

30 Minutes – €65

45 Minutes – €90

60 Minutes – €123

AROMA MESSAGE

A deeply therapeutic massage, using blends of essential oils personalised to individual needs to calm, stimulate or re-balance.

30 Minutes (neck and head) – €75

60 Minutes (full-body) – €125

90 Minutes (full-body) – €155

TROPICAL HAWAIIAN MESSAGE

‘Lomi’ means knead, press and rub in Hawaiian. Characterised by long, fluent massage strokes and tropical fragrances, this massage helps target tension areas and improves general wellbeing.

60 Minutes – €130

90 Minutes – €160

INDIAN MESSAGE TREATMENT

Allow us to show you a new dimension of relaxation with this massage. Ayurvedic oils are combined with long, rhythmic strokes to stimulate vital energy points.

60 Minutes – €130

90 Minutes – €160

BALINESE MESSAGE

Enjoy a mix of smoothly stretching techniques and thumb-slides. This massage is carried out with coconut oil, which has a relaxing and revitalising effect.

60 Minutes – €125

ROSEHIP COMPRESS TREATMENT

This quick treatment uses our nourishing Forte Organics compress cream to target need areas. Can be added to any of our massages.

30 Minutes – €60

THERMOACTIVE LAVENDER COMPRESS TREATMENT

This quick treatment uses our thermoactive Forte Organics compress cream. Perfect if you do a lot of sport, this self-heating compress cream stimulates circulation and relieves muscular tension. Can be added to any of our massages.

30 Minutes – €65

SHIATSU

Shiatsu is an ancient Japanese art of healing the body by applying pressure on the meridians – channels of energy that run through the body. By returning the flow of energy to the body, you'll regain inner balance and harmony and at the same time release deeply-ingrained tension and stress.

45 Minutes (partial body) – €90

60 Minutes (full-body) – €125

REIKI

Reiki is a Japanese technique that promotes relaxation and self-healing – perfect for combating stress and anxiety.

60 Minutes – €123

REFLEXOLOGY

This massage targets pressure points on the feet. Helps relax the entire body and mind, stimulating specific energy points.

45 Minutes – €95

BEAUTY SERVICES

Eyelash Tinting – €15

Eyebrow Tinting – €15

Eyebrow Correction – €15

EXPRESS MANICURE

Includes file and polish.

30 Minutes – €55

GOLDEN LUXURY MANICURE

Includes nail tidy, hand scrub, hand massage and polish.

60 Minutes – €75

EXPRESS PEDICURE

Includes file and polish.

30 Minutes – €60

GOLDEN LUXURY PEDICURE

Includes nail tidy, foot scrub, foot massage and polish.

60 Minutes – €85

BENI Durrer DAY TIME MAKE-UP

€45

BENI Durrer EVENING MAKE-UP

€65



SPA FOR SPECIAL OCCASIONS

A FACIAL MADE FOR YOU

A customised facial made just for you to boost and brighten the skin.

60 Minutes – €120

BRIDAL MAKE-UP

We'll ensure you look your best on your big day with Beni Durrer make-up. Involves two appointments, including one with your wedding dress.

Two 60 Minute appointments – €110

FIRM & TAN

A firming and tanning treatment to leave you feeling slimmer and more toned, with a glowing tan.

90 Minutes – €165

HONEYMOONERS

Find relaxation in our couple's treatment-room with the help of a pleasant foot bath and our aroma oil therapy massage to revitalise the senses. Enjoy a glass of Champagne each and a sweet treat of chocolate dipped strawberries and home-made pastries.

€280



DAY SPA PACKAGES

All Day Spa passes and packages include entry to De Rome Spa and full use of our spa facilities, as well as lockers, towels, bathrobes, slippers and refreshing drinks, tea and fresh fruit. You'll also receive 10% off our nourishing spa menu.

Day Spa Pass – €60 per person, which can be used any day of the week, 6.30-22.00

Off-Peak Day Spa Pass – €40 per person, which can be used Monday to Friday, 10.00-16.00

SAFE DIAMONDS

Enjoy this indulgent package, pampering you from top-to-toe, with:

- A 60-minute Tropical Hawaiian Massage
- A 30-minute The Organic Pharmacy Express Facial
- A 60-minute Luxury Gold Manicure
- A nourishing healthy snack and drink
- A little gift to take home

€315 Per Person

REFRESHING BERLIN

Feel refreshed with:

- A 60-minute personal training session
- A 90-minute The Organic Pharmacy Detox Ritual
- A nourishing snack and drink
- A little gift to take home

€310 Per Person

EXPRESS RELAXATION

This package has been created especially for our business guests who are short of time, with:

- A 45-minute Express Facial
- A 45-minute Express Manicure or Pedicure
- A nourishing healthy snack

€150 Per Person

PARTY PACKAGE

Get pampered for a party with:

- A 30-minute The Organic Pharmacy Express Facial or Express Manicure
- A 45-minute Evening Make-Up session using Beni Durrer Make-Up
- A glass of Prosecco

€140 Per Person

ROCCO FORTE FITNESS

GYM

Our gym is equipped with the latest gym gadgets, free weights and Technogym weight machines, along with a full range of Technogym cardiovascular equipment.

PERSONAL TRAINING

Whether you're staying at our hotel or you live nearby, we'll help you achieve your personal goals. Our personal trainer uses an array of training techniques, from endurance and strength to weight loss and flexibility, in order to help clients and guests get the most out of their sessions.

60 Minutes – €120

POWER PERSONAL TRAINING

A high intensity personal training session for clients or guests who want to be whipped into shape quickly. Involves interval training, including boxing and circuits.

60 Minutes – €125

PRIVATE YOGA SESSION

Whether you're a beginner or a yoga expert, our qualified yoga teacher will help you gain inner balance, strength and flexibility with a private yoga session tailored just for you.

60 Minutes – €120

PRIVATE POWER YOGA SESSION

Our qualified yoga teacher will guide you through an intensive private Power Yoga session, to help you release everyday stress.

45 Minutes – €95

PRIVATE PILATES SESSION

Get into shape with our private Pilates sessions. Our instructor will teach you a combination of strength, posture and movement exercises to stretch and tone the body.

60 Minutes – €125

WET FACILITIES

POOL

Our 20 metre indoor pool is perfect for swimming laps. Located in the former jewel vault, it's also very special.

STEAM ROOM

Our aromatherapy steam room deeply relaxes and cleanses the skin. It helps relieve muscle soreness and joint stiffness, as well as enhance your immune system through lymph detoxification

and blood circulation. The high concentration of steam makes it more difficult to breathe, which helps exercise the lungs.

FINNISH SAUNA

Our sauna positively influences the mind and body. Saunas improve the immune system and blood circulation, as well as cleanse and rejuvenate the skin.



MEMBERSHIPS

Our exclusive membership programme combines fitness and wellness in the Rocco Forte hotels in Berlin, Frankfurt and Munich. All three Rocco Forte Spas are equipped with a state-of-the-art gym, sauna, steam room and indoor swimming pool, with personal trainers to set you on the fast-track to fitness.

We have the following membership options:

GOLD MEMBERSHIPS:

12 Month Membership – €1950 per annum

Six Month Membership – €1200

OFF-PEAK MEMBERSHIPS:

12 Month Membership – €1100 per annum

Six Month Membership – €800

Off-peak members can use the gym from 10.00-18.00, Monday to Friday

One-off registration fee for gold and off-peak memberships – €100

ONE MONTH TRIAL MEMBERSHIP:

€350

10 ENTRY PASSES:

€320

GENERAL INFORMATION

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. We recommend refraining from consuming alcohol prior to a spa treatment.

We kindly advise our male guests to shave one day prior to a facial treatment so we can achieve the best results. It's advisable for female guests not to shave legs immediately before a body treatment or scrub in order to avoid possible irritations or redness of the skin.

Please dress appropriately when visiting De Rome Spa. Trainers are compulsory in the gym. Swimwear is compulsory in all public areas. Therapists will provide you with disposable slippers for treatments.

Please respect the private and serene atmosphere and refrain from using mobile phones within De Rome Spa.

Changing Rooms are fully equipped with shampoo, conditioner, body wash and lotion. Lockers are available in the Changing Rooms, 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.

De Rome Spa is not responsible for loss of personal items. We recommend that all jewellery and valuables are stored safely in your room. For external guest we have a safe at our Spa Reception

Please note that children under the age of 14 must be accompanied by an adult when at De Rome Spa. Furthermore, the use of the sauna and Jacuzzi is not permitted for children under 14. We kindly ask you to make sure that your children respect guest relaxation.

RESERVATIONS

We recommend that you make a reservation prior to your arrival to ensure we can accommodate your requests. If you're not staying with us, a credit card is required to hold your reservation.

If staying in-house, please call extension 1160 to book your treatments. If you're an external guest, please call +49 30 460 6091 160. Alternatively, email us at spa.derome@roccofortehotels.com

Please note that a cancellation fee of 50% will be charged for cancellations 12 hours prior to your scheduled treatment time. The appointment can be cancelled free of charge until 12 hours prior to the scheduled 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.

GIFT CERTIFICATES

Are you looking for a special present? Choose from an array of spa options- from a rejuvenation spa treatment to a personal training session or simply a relaxing day at De Rome Spa.



ROCCO FORTE
FITNESS



ROCCO FORTE
HEALTH



ROCCO FORTE
NOURISH



ROCCO FORTE
RITUALS



ROCCO FORTE
HOTELS

