

## SPA TREATMENT MENU



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**M**onastero Santa Rosa is a place of abundant scent of rosemary and lemon. The wide tiered gardens that cascade to an infinity edged pool, seemingly embrace the panoramic views from the edge of a towering cliff facade dropping dramatically to the calm azure of the Amalfi Coast.

Centuries of history behind ancient walls tell a tale of community and the offering of sanctuary, healing and comfort.

Each room within the Spa preserves the original 17th Century vaulted ceilings and many of its rustic walls, maintaining the monastic heritage of this beautiful property. The Italian heritage of bathing is presented in the form of a Thermal Suite, consisting of a collection of vaulted spaces inter-connecting the various warm rooms via arched openings & changes of levels... a discovery around each corner. The Suite includes a stunning double-height vaulted Tepidarium with pomegranate infused foot spas & heated mosaic loungers; domed Aromatic Steam Room; crushed Ice fountain to refresh between thermal bathing; Rock Sauna; Hydro Pool and Emotion Showers.

The most exceptional treatment room - the Spa Suite, is a stunning 80m2 double height vaulted space with Rasul; steam room; double wet & dry treatment couches; manicure / pedicure; relaxation lounge; private dressing & grooming space and a garden terrace... a 'private spa within a spa'.

Alternatively, guests can enjoy a treatment outdoors under the shade of a pergola within the privacy of the Treatment Garden, or be cocooned within one of our historic single treatment rooms.

Since 1612, Farmacia Santa Maria Novella have provided a multitude of benefits derived from the naturally occurring plants and flowers of Italy and the Mediterranean region, using their ancient and beautiful recipes of fragranced lotions, healing crèmes and balms.

The aromatic oils of Santa Maria Novella, summer oil of lemon, bergamot and petit grain, the deeply warm iris oil, aromatic herbs of rosemary, lavender and sweet orange and the unique fragrance of pomegranate, made for Catherine de Medici, are a delight to the senses. All of these wonderful aromas are woven into the timeless and fresh sense of vitality & joy provided by our delightful, trusted and expertly offered spa treatments, presented in a spa of natural historic beauty.



# THERMAL BATHING

*To enhance the benefits of your treatment & to maximize your enjoyment of our Spa, many of our treatments can be taken alongside the deeply relaxing warm waters of a vaulted hydrotherapy pool, or interwoven with thermal bathing within our Thermal Suite. Thermal bathing benefits include relaxation, improvement in the respiratory system, cleansing of the body and the strengthening of the immune system.*

*For a healthy “remise en forme” use a combination of the following:*

## EMOTION SHOWERS

A selection of three water experiences with differing temperatures, aromas and water sensations. Explore the warm Mediterranean rain, cooling mist and gush showers, designed to refresh the mind and body. Used between each hot experience.

## AROMATIC STEAM ROOM

Aromatically infused steam to slowly heat and refresh the body. Breathing is eased and your lymphatic system is cleansed, resulting in a glowing skin tone.

## NATURAL ROCK SAUNA

A relaxing and invigorating dry heat that has a purifying effect on the body. The immune system is boosted as everyday stresses are relieved.

## TEPIDARIUM LOUNGE

Refresh between the various temperatures of the thermal rooms by relaxing on heated mosaic loungers with a soothing pomegranate infused foot spa.

## VAULTED HYDRO POOL

The wonderfully relaxing water treatment pool is heated to body temperature providing an effective massage from hydrotherapy jets that float you above the water recliner.

## ICE FOUNTAIN

Cool down between the various hot temperatures of the thermal rooms by applying crushed ice all over your body. The contrast of temperature will boost your circulation and help close pores after each heat experience. A cooling option to stimulate and revitalize.

**Swimsuits are required to experience thermal bathing and the vaulted hydro pool. Thermal bathing and the Hydro Pool are not available to pregnant guests. Check with your doctor that you do not have any condition that may be aggravated by the use of hot & cold bathing.**

# CHOICE OF TREATMENT ROOMS

*The Spa has an array of treatment arenas to choose from.*

## THE SPA SUITE

A most exceptional treatment room - the Spa Suite is a magnificent 80m<sup>2</sup> double height vaulted space with Rasul, steam room, double wet & dry treatment couches, manicure/pedicure, relaxation lounge, private dressing & grooming space and a garden terrace... a ‘private spa within a spa’ for up to 4 guests. A light and nutritious spa lunch menu is also available for Spa Day guests.

## THE TREATMENT GARDEN

For one or two guests, the fragrant spa garden allows treatments to be taken under the shade of a pergola within the privacy of the Treatment Garden.

## INDIVIDUAL TREATMENT ROOMS

Our ‘Melograno’ or ‘Iris’ rooms provide a cool & historic sanctuary for individual guests to relax & enjoy a treatment or two selected from our Santa Maria Novella treatment menu.





## SPA DAYS

*We have created collections of treatments that taken together as 'Spa Days', offer real benefits and a fuller spa experience. Each collection begins with a fragrant pomegranate foot bath. An aromatic steam room or a private Rasul experience is also included according to the collection, along with some time for relaxing and lunching in our beautiful surroundings.*

### MONASTERO SPA LIFE

€€360 each

Private Spa Suite for two people or more. Allow all day, as there are approximately 4 hours of treatments including the Rasul. Pomegranate Foot Bathing, Rasul, 60 minute Santa Maria Novella facial, 60 minute Spa Massage, Manicure or Pedicure.

A full day to share with friends or a special other, the use of our private Rasul, Spa Suite and terrace make this a privately social occasion. Light lunch included.

### TOGETHERNESS

€€200 each

Private Spa Suite for two people or more. Approximately 2.5 hours of treatments including Rasul. Pomegranate Foot Bathing, Rasul, Aromatic Scrub, 60 minute Santa Maria Novella facial or a 60 minute Spa Massage.

A lighter version of our full Spa Day for two. For when you need to relax in company, but have a little less time.

### AMALFI BLUE

€€375

Allow all day, as there are 3.75 hours of treatments. Pomegranate Foot Bathing, 60 minute Santa Maria Novella facial, Aromatic Powder Scrub and Spa Life Massage for 60 minutes, a choice of a Manicure or Pedicure treatment.

For a complete day of Santa Maria Novella spa treatments that cover every angle, relaxing, refreshing, nourishing and grooming. Full immersion in the Spa for the day with a light lunch included.

### HIS SPA DAY

€€300

Approximately 3 hrs of treatment time. Menthol Salt Foot Bathing, Santa Maria Novella Classic Facial for men, Deep Tissue Massage, A choice of a Hand or Foot Treatment with attention to nails. A day that can be used to recharge, with treatments from his perspective. A light lunch is also on the menu.

### SANTA ROSA

€€250

Approximately 2.5 hours of treatment time. Pomegranate Foot Bathing, Aetas Salubris 75 minutes facial and Iris Drizzle Hydrating Body Wrap.

This day is all about feeling good and looking radiant. A warm relaxing Pomegranate Foot Bathing makes an especially uplifting start and it only gets better and more fragrant. A Light lunch is included.

### LIGHT A CANDLE

€€195

2 hrs of treatment time. Pomegranate Foot Bathing, Body Scrub, Hair treatment, Candle Massage including face, scalp and feet.

Traveling and daily stress interferes with our sleep patterns. The aim of this treatment is to restore the body's natural biorhythm and deeply relax the nervous system.

The Candle Sleep Massage is a deeply focused relaxing massage with a Santa Maria Novella candle wax made of pure plant oils and prime emollient butters. Lit as a normal candle the wax begins to melt to body temperature and is buffed and layered into the skin with the low and delicate warm scent of spice. Additionally, the scalp and feet are treated with gentle acupressure massage to induce calm and balance.

Only light Thermal bathing is recommended prior to this treatment.

**If you are looking for something a little different or wish to have a collection of treatments that reflect your needs more accurately, our Spa Manager will be happy to organize an individual programme of treatments for you or your guest. Please contact the SPA directly on 089 8321199.**

*Due to the exclusivity of the Santa Rosa Spa, non-resident guests are welcomed to book a minimum of a Spa Day. You are able to enjoy our Thermal Spa for an extra 30 euros per person one hour prior and one hour after your treatments.\**

*Our external infinity pool and gardens are reserved solely for Resident Hotel guests only.*

\*Subject to availability



# SANTA MARIA NOVELLA FACIALS

*Dating back to the 1600's, as Florence, along with all of Italy and Europe became determined to live a life of beauty and sensual experience, Santa Maria Novella began to make cosmetic and healing remedies: Today, the crèmes and therapies continue to focus on the delight and effectiveness of beautiful natural ingredients as well as embracing a results oriented philosophy.*

## AETAS SALUBRIS AN AGE ADVANTAGE

€€140 - 75 Minutes

A detailed penetrating facial massage technique that concentrates on the muscles that affect the facial contours and jaw, combined with an elegant application of cool toning marble to give facial relaxation and lift. Depending on skin condition, a light glycolic resurfacing is used with Santa Maria Novella Aetas Salubris Noni skin care, created to heal, protect and promote cellular renewal, completing a three-part synergy to offer instant freshness, intense nutrition and a more vibrant looking complexion.

## RESTORING ALOE REFRESH

€€140 - 75 Minutes

For any skin that needs stimulating with a delicate touch. A Manuka Honey polish is hydrating, antibacterial and brightening. The Santa Maria Novella products for damaged skins that need tender care and cell renewal boosting; restore relaxed energy to the complexion. With calming Camomile eye presses and a deep contouring facial massage all the ingredients of this facial create a perfect resolution to several skin concerns. All in one.

## RECOVER AND PROTECT

€€120 - 60 Minutes

A facial treatment that uses the most gentle and soothing Santa Maria Novella products to calm, protect and reinforce the skin. Calming lymphatic draining pressures that lift stress from the face and underlying tissues help remove facial heaviness and soften the complexion, leaving the skin more relaxed, hydrated and even colored.

## IRIS IDRALIA DEEP CLEANSING

€€120 - 60 Minutes

A classic facial that softens the skin, cleans the pores and exfoliates. The massage is stimulating and draining, cleansing from within. Skin is iris steam buffed and then replenished with Crème Idralia, leaving it infused with health, glowingly clean and hydrated.

## POLLINE HYDRATION

€€120 - 60 Minutes

Deep hydration with Crema Polline, a regenerating cream formulated with pollen and extra virgin olive oil to improve the appearance of a flat dry non-reflective surface and inject skin lustre. A treatment that primes the surface of the skin and layers in nourishment and moisture.

## SKIN SMOOTHER

€€85 - 40 Minutes

A priming treatment to gently resurface the skin using 10% glycolic, this fast mask exfoliates the skin and lifts the complexion instantly. The treatment allows the penetration of active products and nourishment with a cooling and lifting mask to finish. Direct Sunbathing should be avoided for 72 hours after treatment.

## SANTA MARIA NOVELLA CLASSIC FOR MEN

€€120 - 60 Minutes

Men's skin requires a different approach, and product choices need to be compatible with a male perspective. A classic facial that softens the skin, removes blockages from pores and cleanses, calms and moisturizes using the full complement of Santa Maria Novella skin care to suit the individual skin condition.

## ENZYMATIC BACK FACIAL

€€120 - 60 Minutes

Hot compresses, a deep relieving back massage, a cleansing enzymatic scrub and cooling purifying mask. Everything your back could desire.



## SPA MASSAGE

*Massages for relaxation, peace, release from physical and mental tension, and the enhancement of energetic balance. A summer oil of lemon, bergamot and petit grain, the deeply warm iris oil, aromatic herbs of rosemary, lavender and sweet orange and the unique fragrance of pomegranate are the aromatic oils of Santa Maria Novella.*

### FOR RELAXATION AND PEACE

€€110 or €€150 - 55 or 80 Minutes

Using a Santa Maria Novella oil of your choice that absorbs beautifully in to the skin, we restore the skin's elasticity, leaving a rich velvety indulgent after-feel. This massage relaxes the body, mind and spirit in a most luxurious and nourishing way.

### FOR ENERGISING

€€110 or €€150 - 55 or 80 Minutes

Commencing with a total body brushing, the Energizing Massage using our uplifting summer oil is designed to restore your energy levels if you are feeling sluggish and fatigued, with the bonus of smoothed skin.

### DEEP TISSUE

€€110 or €€150 - 55 or 80 Minutes

Provides a combination of techniques to suit your needs, using warm oils and deep tissue work. This treatment will untie the knots, release the tension and instil calm amongst troubled muscles.

### SPA LIFE MASSAGE

€€60 - 25 Minutes

Whether a massage for face, neck, back & shoulder; or hair & scalp; or feet; a massage of your choice, with an oil of your choice. However you wish to spend your time.

## CREMA AL MIELE HAIR AND SCALP TREATMENT

€€65 - 25 Minutes

A relaxing and revitalizing acupressure head massage using Santa Maria Novella's Crema al Miele. This rich hair mask with it's base of honey and royal jelly, feeds, strengthens and thickens the hair. The treatment is enhanced by an acupressure head massage to release fatigue and tension.

## CANDLE MASSAGE

€€160 - 80 Minutes

The Candle Massage is a genuine beauty treatment, an aromatic powder scrub of iris and bitter orange softens and prepares the skin for a deeply focused relaxing massage with a Santa Maria Novella candle wax made of pure plant oils and prime emollient butters. Lit as a normal candle the wax begins to melt to body temperature and is buffed and layered into the skin with the low and delicate warm scent of spice.

The candle within its ceramic Santa Maria Novella candle holder is given at the end of treatment to continue the experience at home.



\* All of our spa massages may be booked for 25 minutes

# SANTA MARIA NOVELLA AROMATIC SCRUBS



*The finest powders of iris or bitter orange, blended in warm iris and summer oils are applied over the body leaving a naturally fragrant softened skin.*

*All of our scrubs have an application of the ancient Santa Maria Novella Almond Paste, a thick dense paste with the scent of bitter almonds that intensely nourishes areas of particular dryness, heels, elbows, knees and cuticles.*

## IRIS AROMATIC POWDER SCRUB

€€65 - 30 Minutes

Iris, an ancient symbol of love has a warm deep floral fragrance. The powder blended with warm iris oil, gently exfoliates and prepares the skin for an infusion of idrasol, a rich crème containing aloe that super hydrates the skin.

## BITTER ORANGE PEEL POWDER SCRUB

€€65 - 30 Minutes

Bitter orange powder and summer oil of bergamot, lemon and petit grain lifts the spirits and exfoliates, A light relaxing lotion of cinnamon and Mediterranean flavors leave the skin fresh and vibrant.

## AROMATIC PLANT HERBAL SALT SCRUB

€€65 - 30 Minutes

A revitalizing scrub with mineral salts and the tonic aromas of rosemary, lemon and lavender, provides a more robust cleansing through the action of the salts that release their aromatic power as they are warmed by the skin and oil. A light, fresh lotion re-hydrates to finish.

## BODY BRUSHING AND BUFFING

€€60 - 25 Minutes

Full body brushing to remove dead skin, leaving you invigorated and silky smooth. Includes softer brushing on the face and décolleté. Softening idrasol balm is then buffed and polished into the skin.





# SANTA MARIA NOVELLA SPA BODY THERAPIES

## GREEN THERMAL CLAY WRAP

€€130 - 70 Minutes for light energizing and fluid reduction

A Spa Body 'wrap' using light natural body brushing, a deeply draining lymphatic massage with a concentrated draining serum of cypress, juniper and lemon and a thermal peat green clay body mask over the legs and hips that heats and activates the micro-circulation. This treatment motivates the movement of excess body fluid, provides relief from energetic impasse, and is ideal for those who feel too well travelled and fatigued.

## BROWN ALGAE AND SWEET FENNEL WRAP

€€120 - 60 Minutes for detoxifying

An enzymatic body mask scrub primes the skin to absorb a vegetable rich serum of brown algae and sweet fennel that prompts fat metabolism. A cooling and firming seaweed body mask helps to reduce an orange peel appearance and improve the condition of the delicate skin on the thighs and abdomen. Whilst the active ingredients go to work a scalp massage enhances this very pleasurable treatment.

## IRIS DRIZZLE HYDRATING BODY WRAP

€€120 - 60 Minutes for deep body hydration

A delight of fragrant iris. An iris powder scrub where the warm iris oil is drizzled onto the body and blended with iris powder. The idrasol body mask deeply enriches the skin during a scalp massage and layers in moisture and fragrance. Finished with a light skin buffing to polish the crème in even further, this is an uplifting slightly decadent and necessary experience.

## ARNICA BODY WRAP

€€120 - 60 Minutes for aches and pains

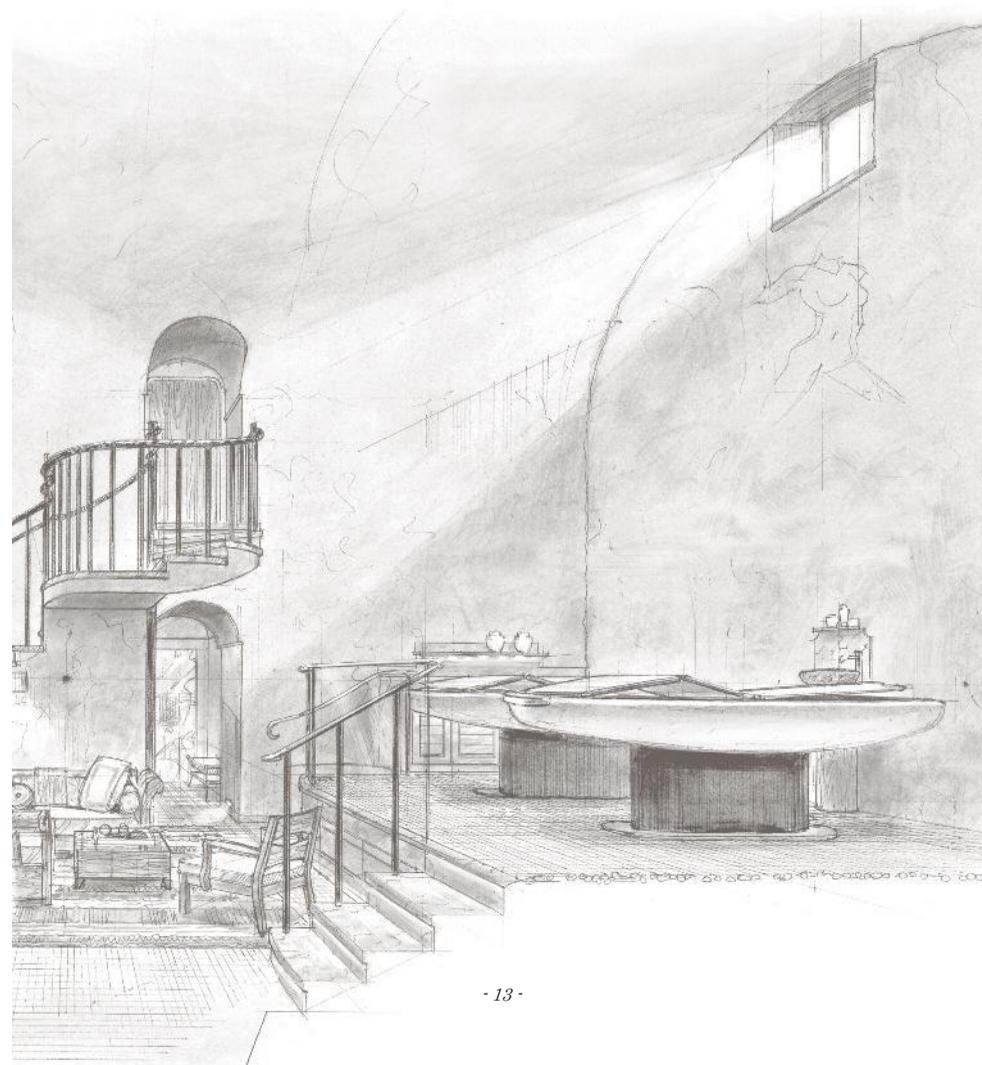
A hot foot soak in volcanic mineral salts with menthol begins a treatment that aims to give relief for general aches and pains. Arnica Crème is used in a massage to release the deep tensions held in the spine and muscles of the back and then applied as a body mask to offer cooling muscle relief to tense muscles. A scalp or foot massage enhances this treatment. Your therapist will focus on areas of muscular distress upon request and according to consultation.

## ALOE COULIS BODY WRAP

€€120 - 60 Minutes

Cooling marble stones over the face and a soothing Manuka Honey drench refresh the body which is then smothered with a healing and nurturing Aloe Gel.

Compresses of natural salts and camomile further relieve the skin of stress. A gentle wrap allows the Aloe to work its magic during which a camomile face mask and crushed ice floral eye presses are used to massage away heat tension. Finally crème of Mimosa subdues and nourishes. Great for sun exposed skin and the release of mind and body heat.





# CARE FOR HANDS & FEET

*All of our Manicure and Pedicure treatments include the strong pure Almond Paste, Pasta di Mandorle. This is a very rare preparation with a large following. There is an immediate and long term result with dry skin found on the hands and feet.*

*To complement the Santa Maria Novella therapeutic crèmes and salts, we have chosen a nail polish with naturally formulated colors, free from synthetic dyes using vegan ingredients that are certified organic and fair trade. All Spa Ritual nail lacquers are carefully hand blended for superior shine, dry time & coverage.*

## LEMON BALM NAIL PROTECTION MANICURE €€50 - 30 Minutes

A simple classic manicure for a polished finish using cocoa butter and beeswax with the scent of lemons to calm and soften over-exposed skin and reduce splitting nails. Silky soft hand recovery and perfect colour polishing.

## BITTER ALMOND RESTORING HAND TREATMENT €€75 - 45 Minutes for detoxifying

A therapeutic hand treatment. Nourishing almond paste and a warm hand mask for super hydration, followed by deep hand massage sequences to ease and relax overused hands, helping reduce dryness, aid poor circulation, and improve skin texture. Natural Buffing and finish for nails.

## HAND CARE FOR MEN €€45 - 25 Minutes

Hands are soaked and exfoliated to soften and cleanse. Nails are shaped and cuticles trimmed followed by a relaxing hand massage. Leaving you with hands to be proud of!

## MINT REVITAL PEDICURE €€75 - 45 Minutes

A pedicure to freshen and revitalize. Menthol or pomegranate salts soften soles, mint and sweet almond effectively hydrate, and a delicious foot massage is finished with almond paste crème for cracked heels and finished with a perfect color polishing.

## BITTER ALMOND TREATMENT PEDICURE €€95 - 60 Minutes

A luxurious intense foot massage and pedicure. Dry diamond filing and a refreshing menthol salts footbath to encourage the removal of dry skin. Nourishing buffing creams with sweet almond oil & bitter almonds and a foot massage precede a warm revitalizing foot mask to reduce wrinkly feet and improve circulation. Natural buffing and finish for nails.

## FOOTCARE FOR MEN €€50 - 30 Minutes

Feet are soaked and exfoliated, hard skin is removed, and nails are trimmed and tidied. A soothing foot and leg massage then helps moisturize and relax.

## RE POLISH €€30 - 15 Minutes

The quickest of fixes to perfectly paint pre-prepared nails or chipped polish.



## GROOMING

### WAXING\*

Full Leg	€€68
Half Leg	€€45
Bikini Line	€€25
Extended Bikini Line	€€35
Under Arms	€€25
Face Wax	€€20
Eyebrow Wax	€€20
Upper lip Wax	€€20

### EYES

Eyelash Coloring**	€€25
Eye Brow Coloring**	€€25

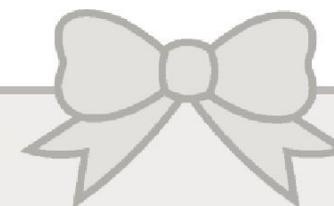
\* Avoid sun exposure, thermal bathing and the use of the pool for 12 hours after waxing.

\*\* You will need a patch test 24 hrs prior to treatment if tinting for the first time.



## SANTA MARIA NOVELLA GIFTS & HOME CARE PRODUCTS

*The products used during your treatments are available from Spa reception for home care. Due to their ornate hand-made presentation, the Santa Maria Novella products make ideal gifts & souvenirs with a true Italian heritage.*



## GIFT CARDS

Monastero Santa Rosa Gift Cards offer the perfect gift solution, whatever the occasion. Ideal for giving a Spa Day experience to a friend or loved one. Choose to present the Gift Card with a Santa Maria Novella product, their Gift Card is then accompanied by a taster of things to come.

To order your Gift Card, simply call 089 8321199 or email [spa@monasterosantarosa.com](mailto:spa@monasterosantarosa.com) or visit the Spa in person.

We will be delighted to send the Gift Card directly to the recipient or deliver it to your room.



# SPA ETIQUETTE

## HOW TO BOOK

*call 089 8321199 or email [spa@monasterosantarosa.com](mailto:spa@monasterosantarosa.com)*

We advise that you book your treatments well in advance to ensure you are able to secure the treatment times you need. For non-resident bookings, we will require your full address, telephone number and debit or credit card details to reserve your treatments.

## CANCELLATION

Notification of cancellation is required 24 hours in advance of your appointment for resident guests and 48 hours for non-resident guests. Failure to cancel a booking will result in the full treatment charge being implemented.

## HEALTH ADVICE

All treatments are booked subject to medical status. Before having your treatments, it is important for us to know if you are pregnant or have undergone recent surgery, we also need to know about any medical issues you may have such as high blood pressure, heart problems, varicose veins, allergies, or any other condition. Please let us know at the time of booking so that we can ensure that the treatments are suitable for your situation. (Thermal bathing and the hydro pool are not available to pregnant guests).

## AGE RESTRICTIONS

The Spa & treatments are only available to guests of 16 years and over.

## TIMING

We advise you to arrive for your first appointment 15 minutes ahead of time to allow yourself the opportunity to complete your health questionnaire and relax before your treatment. If you are late, your treatment time may be shortened and the same treatment price will apply. To make the most of your treatment you are welcome to take time to relax and unwind in the Spa Thermal Suite and relaxation areas.



# SPA ETIQUETTE

## WHAT TO BRING

For thermal bathing, hydro pool or outdoor pool, you will need to bring your own swimsuit. Robes, spa slippers and towels are provided on arrival. Santa Maria Novella shampoo, conditioner and shower gel are available for you to use in our private dressing rooms. It is advisable to leave your jewellery and valuables in your room safe.

Resident Guests - We welcome you to come to the Spa in your robe or slippers if you wish. If this is not your choice, for your comfort and convenience, you will find a robe and slippers in your spa locker.

## REFRESHMENTS

Selections of complimentary Santa Maria Novella herbal teas are available in our Spa lounge. Spa lunches are only available with Spa Day collections. (Alcohol is not permitted in the Spa).

## MOBILE TELEPHONES

For courtesy to all our Spa guests, we appreciate you leaving your mobile phone switched off in your locker, or left in your room.

**SPA OPENING TIMES**

**Thermal Suite:** 10:30 to 20:00 (7days per week)

**Treatments:** 10:30 to 19:45 (7days per week)

*Amalfi Coast*

