HASSLER ROMA

TRINITÀ DEI MONTI

est. 1893



SPA MENU

Allow yourself the luxury of a slowing down. In the midst of Rome's energy and endless rhythm, take a moment to breathe, slow down and reconnect with yourself. At the Hassler Spa, a quiet retreat awaits, where thoughtful treatments and a serene atmosphere invite you to restore your balance and simply enjoy the moment.

THE MASSAGES

The Personalised Bespoke Massage

60 min € 180 - 90 min € 225

A massage tailored just for you. Bespoke techniques, pressure, and focus areas are personalised to your body's needs, helping you release tension and restore balance, leaving you feeling completely recovered.

The Fragrant Aroma Massage

60 min € 180 - 90 min € 225

Immerse yourself in stillness with a soothing aroma massage. Gentle, flowing techniques combined with carefully selected essential oils calm the senses, melt away tension, and leave you feeling refreshed and renewed.

The Strong and Deep Massage

60 min € 190 - 90 min € 235

This invigorating and stimulating massage is ideal for addressing painful joints and muscle tightness. The deep tissue techniques help relieve discomfort, improve mobility, and leave the body feeling re-energised.

The Relaxing Hot Stone Massage

60 min € 190 - 90 min € 235

This deeply therapeutic treatment uses smooth, heated stones to massage the muscles, with the warmth easing tension throughout the body. You will be left feeling calm and rejuvenated.

The Balancing Cool Stone Massage

60 min € 190 - 90 min € 235

This massage is based on soothing strokes, using refreshing oils and cool stones. It cools and calms the face and body, making it ideal for sun-exposed or irritated skin by diffusing excess heat. You will feel a sense of wellbeing and relief.

THE MASSAGES

The Fluid Releasing Lymphatic Massage

60 min € 180

This soft pressure massage works on the lymphatic system to help reduce fluid retention and eliminate toxins and impurities from the body. The session awakens a sluggish system and helps clear out stagnation, leaving you feeling light.

The Back, Neck and Shoulder Massage

45 min € 150

Release built-up tension where you need it most. This targeted massage eases tightness in your back, neck, and shoulders, increasing mobility and leaving you feeling restored.

The Walking on Air Foot and Leg Massage

45 min € 150

A soothing foot massage that melts away tension and leaves your legs feeling light as air, using reflex points and flowing strokes to ease everyday aches, pains, and muscle tightness.

The Sleep-Inducing Scalp Massage

30 min € 100

This head and scalp treatment focuses on achieving deep stillness, combining therapeutic shoulder, neck and head work that targets cranial pressure points to ease stress and help you unwind.

FACIAL TREATMENTS
By Biologique Recherche

Biologique Recherche treatments represent the most advanced expression of personalised skincare. Based on a clinical approach, highly concentrated active ingredients and exclusive protocols, they are designed to address specific needs, leaving the skin visibly transformed and radiant from the very first treatment.

The Personalised Facials By Biologique Recherche

60 min € 160/ 90 min € 210/ 120 min € 260

5 x 60 min € 720

5 x 90 min € 950

Every Biologique Recherche personalised protocol begins with the Welcome Massage. Far more than a moment of relaxation, this massage combines enveloping movements, drainage techniques and targeted pressure to prepare the skin for the steps that follow. Treatments, expert techniques and highly concentrated formulations come together in a fully personalised experience designed to maximise effectiveness and enhance results.

FACIAL TREATMENTS

Facial Massage

30 min € 110

A facial massage designed to lift, awaken circulation, and refresh the skin. Gentle sculpting movements leave your face feeling contoured and beautifully renewed.

Express Facial Treatment

30 min € 110

A quick glow-boosting facial designed to hydrate and brighten your skin using exfoliation and a mask. The perfect pick-me-up before a special occasion or night out, leaving your complexion smooth and radiant.

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