



# SPA TREATMENT MENU





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

Today, The Spa preserves that history through the original 17th Century vaulted ceilings and rustic walls, which showcase the monastic heritage of this beautiful property. The Italian heritage of bathing is presented in the form of a Thermal Suite – a collection of heated spaces interconnected via arched openings and changes of levels... a discovery around each corner. The Suite includes a stunning double-height vaulted tepidarium with pomegranate infused foot spas and heated mosaic loungers, domed aromatic steam room, crushed ice fountain to refresh between thermal bathing, stone sauna, hydrotherapy-pool and emotion shower.

Treatments at The Spa can be performed in a variety of areas. Individual spa cabins are tucked inside the ancient walls and are complete with shower and changing area. The most exceptional treatment room, the Spa Suite, is a stunning 80m2 double-vaulted space with rasul, steam room, double wet and dry treatment couches, manicure/pedicure space, relaxation area, private dressing and 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 overlooking the length of the Coast within the privacy of the Spa Garden Terrace. It is a place of abundant scents - rosemary, lavender, jasmine, rose, etc. The perfect place to unwind.

Dating back to the 1600's, as Florence, along with the rest of Italy and Europe became determined to live a life of beauty and sensual experience, Officina Profumo-Farmaceutica di Santa Maria Novella began to make cosmetic and healing remedies derived from the naturally occurring plants and flowers of Italy and the Mediterranean region.

Today, their ancient and beautiful recipes of fragranced lotions and healing creams and balms continue to focus on the delight and effectiveness of natural ingredients while embracing a results oriented philosophy. The aromatic oils of Santa Maria Novella - summer oil of lemon, bergamot and petit grain; 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.

These wonderful aromas are woven into our thoughtfully offered treatments, presented in a setting of historic beauty, to provide a timeless sense of vitality and joy.



# THERMAL BATHING

*To enhance the benefits of your treatment and to maximize your enjoyment of our Spa, we invite you to give yourself extra time to enjoy the deeply relaxing warm waters of the vaulted hydrotherapy pool, as well as the ritual of 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.*

## NATURAL STONE SAUNA

Relaxing and invigorating dry heat has a purifying effect on the body, relieving everyday stresses and boosting the immune system.

## AROMATIC STEAM ROOM

Aromatically infused steam slowly heats and refreshes the body. Breathing is eased and the lymphatic system is cleansed, resulting in a glowing skin tone.

## VAULTED HYDRO POOL

The wonderfully relaxing treatment pool is heated to body temperature with hydrotherapy jets that suspend you in the water while providing an effective water massage.

## 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. Use between each hot experience.

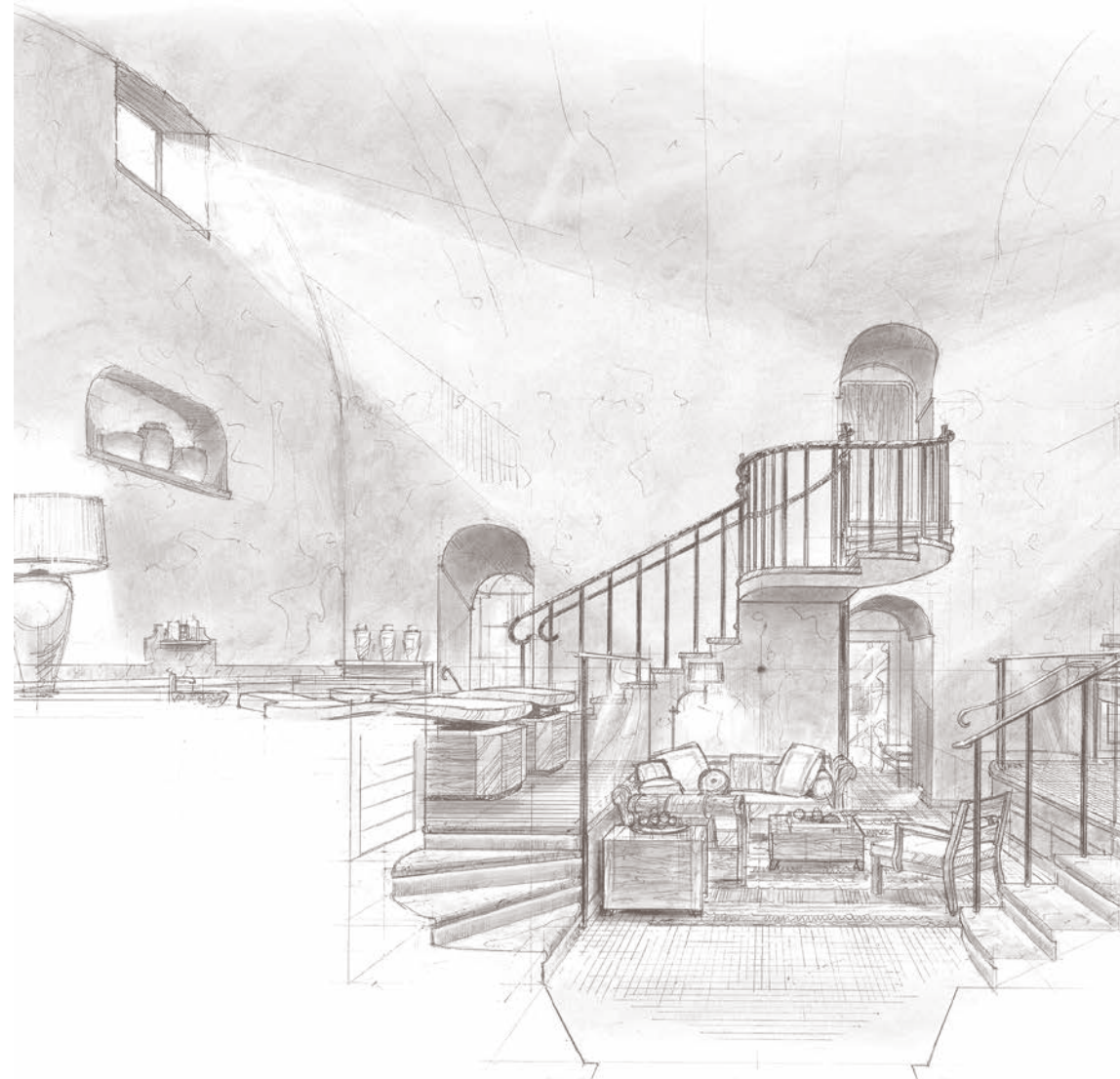
## ICE FOUNTAIN

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 that stimulates and revitalizes the body.

## TEPIDARIUM LOUNGE

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

***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.***





## SPA DAYS

*We have created combinations of treatments that, taken together as “Spa Days”, offer additional benefits and a more complete spa experience. Each collection begins with a fragrant foot bath. A private rasul experience (aromatic steam room) is also included, depending on the selected collection, along with time for relaxing and lunching in our beautiful surroundings.*

### MONASTERO SPA LIFE

**€ 400 per person • 4 Hours**

Set aside the day to experience our Spa Suite, enjoying the following treatments: Pomegranate Foot Bathing, Rasul, Santa Maria Novella Facial, Spa Massage and a Manicure or Pedicure. Included in this experience is a light lunch on the spa terrace.

### AMALFI BLUE

**€ 420 per person • 3 Hours 45 Minutes**

Set aside time for a full immersion in our spa treatments, enjoying every angle: relaxation, refreshment, nourishment, and grooming. Your experience includes our Pomegranate Foot Bathing, Santa Maria Novella facial, Aromatic Powder Scrub, Spa Massage, plus a Manicure or Pedicure. Included in this experience is a light lunch on the spa terrace.

### SANTA ROSA

**€ 350 per person • 3 Hours**

This experience is dedicated to looking radiant and feeling good through the following treatments: Pomegranate Foot Bathing, Aetas Salubris Facial and Iris Drizzle Hydrating Body Wrap, followed by a Spa Massage. Included in this experience is a light lunch on the spa terrace.

### TOGETHERNESS (FOR COUPLES ONLY)

**€ 275 per person • 2.5 Hours**

When time may not allow for a full spa day, we offer this lighter version. Enjoy the private Spa Suite with the following treatments: Pomegranate Foot Bathing, Rasul, Aromatic Scrub, and a Santa Maria Novella Facial or Spa Massage.

***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 program of treatments. Please contact the SPA directly: 089 9886214.***



## SPA RITUALS

### SANTA ROSA DIVINE DISCOVERING THE SACRED FRAGRANCES

**€ 245 • 1 Hour 45 Minutes**

Best enjoyed in our Wellness Garden among the intoxicating fragrances of orange, lemon, lavender, and rose, this treatment begins with a lavender and grape scented foot bath. A rose and orange facial cleanse is followed by a purifying fruit enzyme body exfoliation and a relaxing massage using a wine oil similar to that originally produced by the nuns. This sensory experience concludes with a rose gardenia hydration of the face and an offer of a restorative glass of red wine.

### HORA SEXTA - NUN'S ESCAPE

**€ 250 • 2 Hours**

This treatment, designed to rejuvenate mind, body, and spirit, begins with a lemon and rosemary foot bath and a reflexology foot massage using Santa Maria Novella almond paste. Following a warm oil scalp and facial massage, the back is treated to a soothing hot stone application before the body is vigorously massaged with revitalizing lemon and bergamot oil to improve muscle tone and vigor. A finishing purifying and antioxidant lemon clay facial mask is then applied to refresh and brighten the face.

### LIGHT A CANDLE

**€ 220 • 80 Minutes**

This very special treatment begins with an aromatic powder scrub of iris or bitter orange to soften and prepare the skin for a deeply focused relaxing massage using the unique 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 then expertly poured and buffed onto the skin. The soothing warmth and the delicate scent of spice is especially relaxing, and can be helpful to restore the body's natural biorhythm that gets disrupted by travel as well as help to induce calm and balance.

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

Only light Thermal bathing is recommended prior to this treatment.



# MASSAGE

## BODY BRUSHING AND BUFFING

€ 85 • 25 Minutes

A beneficial addition to all massage treatments.

Starting with a soft brushing of the face and décolleté and moving into an invigorating full body brushing, this treatment removes dulling dead skin. Softening Idrasol balm is then buffed and polished into the skin, leaving a silky smooth finish.

## RELAXATION AND PEACE

€ 160 or € 200 • 55 or 80 Minutes

Using a Santa Maria Novella oil of your choice that absorbs beautifully into the skin, this massage restores the skin's elasticity, leaving a rich indulgent after feel. Body, mind and spirit will feel relaxed in a most luxurious and nourishing way.

## ENERGIZING

€ 160 or € 200 • 55 or 80 Minutes

Following a total body brushing, this massage, using the uplifting Santa Maria Novella summer oil, is designed to restore energy levels and to leave a silky smooth finish to the skin.

## DEEP TISSUE

€ 160 or € 200 • 55 or 80 Minutes

Using warm oils and deep tissue techniques tailored to suit your needs, this treatment will untie the knots, release the tension and instill calm throughout troubled muscle areas.

## A MOM IS BORN

€ 200 • 90 Minutes

This gentle massage, specially designed for the fragile skin of the expectant mother, will wrap her body in a soft embrace from head to toe. This luxurious experience includes a soothing and brightening face mask and a gentle massage using warm precious oils designed to increase elasticity, nurture skin and induce a relaxing sensation.

\* *Thermal bathing and the hydro pool are not available to pregnant guests.*





## FACIALS

### VENUS CARESS

€ 290 • 2 Hours

Beginning with an aromatic foot bath of rose petals and lavender flowers, this luxurious spa ritual facial treatment begins with the application of hot and cold volcanic stones from Mt. Vesuvius to improve circulation. A gentle exfoliation with iris powder and an application of apple stem cell serum with gardenia rose cream provide cell protection and hydration, revealing a firm and glowing complexion.

### AETAS SALUBRIS

€ 195 • 75 Minutes

Using a detailed penetrating technique, this treatment concentrates on the muscles that affect the facial contours and jaw. An elegant application of cool toning marble relaxes and lifts the facial muscles, followed by a relaxing facial massage. Depending on the skin condition, a light glycolic serum, Santa Maria Novella Aetas Salubris Day Nonox Cream, is applied to promote healing and cellular renewal. This three part synergy offers instant freshness, intense nutrition and a more vibrant looking complexion.

### BOOST AND REFRESH

€ 195 • 75 Minutes

This deep contouring facial massage is designed for skin that needs stimulating with a delicate touch. Using Manuka Honey Polish - for its hydrating, antibacterial and brightening properties - and select Santa Maria Novella products, damaged skin is repaired, cells are boosted and renewed and the complexion is restored with a relaxed energy. Chamomile eye presses enhance the calming benefits of this facial that addresses several skin concerns.

### RECOVER AND PROTECT

€ 160 • 60 Minutes

This facial treatment uses the most gentle and soothing Santa Maria Novella products to calm, protect and reinforce the skin. Calming lymphatic draining pressure lifts stress from the face and underlying tissues to help remove facial heaviness and soften the complexion, leaving the skin more relaxed and hydrated, with even coloring.

## IRIS IDRALIA DEEP CLEANSING

€ 160 • 60 Minutes

This classic facial cleans the pores, exfoliates and softens the skin. While hydrating with rose infused steam, iris powder is buffed onto the face, followed by a stimulating and draining massage that allows the skin to cleanse from within. A finishing application of Santa Maria Novella Crema Idralia leaves glowingly clean skin hydrated.

## POLLINE HYDRATION

€ 160 • 60 Minutes

Using Santa Maria Novella Crema al Polline, a regenerating cream formulated with pollen, and extra virgin olive oil to provide deep hydration and to help improve a flat dry non reflective skin surface, this facial treatment layers in nourishment and moisture, returning glowing lustre to the skin.

## SKIN SMOOTHER

€ 120 • 45 Minutes

This deep cleansing and exfoliating treatment is designed to gently resurface the skin beginning with Santa Maria Novella Nourishing Night Oil to remove impurities. Exfoliating SMN Iris Powder is then buffed into the skin, and a cooling mask is applied to lift and refresh the complexion.

## SANTA MARIA NOVELLA CLASSIC FOR MEN

€ 160 • 60 Minutes

Understanding that the male skin requires a different approach, this facial is designed specifically for men using the full range of Santa Maria Novella skin care products that are compatible for his particular needs. While softening the skin, this treatment cleanses and removes blockages from pores, leaving skin calm and moisturized.



# BODY THERAPIES

## GREEN THERMAL CLAY BODY MASK

€ 130 • 70 Minutes

Providing relief from fatigue and excess fluid retention caused by long travel, this body treatment begins with a natural bristle body brushing, followed by a deeply draining lymphatic massage using a concentrated draining serum of cypress, juniper and lemon. A thermal peat green clay body mask is applied over the legs and hips to heat and activate micro circulation, thereby motivating the movement of excess body fluid to increase energy. A finishing application of Santa Maria Novella summer oil leaves the body feeling fresh and energized.

## BROWN ALGAE AND SWEET FENNEL BODY MASK

€ 120 • 60 Minutes

Designed to detoxify and prompt fat metabolism, this treatment begins with an enzymatic body scrub that primes the skin to absorb a vegetable rich serum of brown algae and sweet fennel that is designed to improve the appearance and condition of the delicate skin on the thighs and abdomen. A cooling and firming seaweed body mask is then applied to complete the detoxifying process. A scalp massage, while the mask is doing its work, enhances this treatment.

## IRIS DRIZZLE HYDRATING BODY MASK

€ 120 • 60 Minutes

This deeply hydrating treatment starts with a scrub using the delightfully fragrant iris powder and warm iris oil, followed with an Idrasol body mask that deeply enriches the skin. A scalp massage enhances this treatment that is finished with a light skin buffing to incorporate the cream even further into the skin.

## ARNICA BODY MASK

€ 120 • 60 Minutes

For relief of aches and pains, this soothing treatment begins with a hot foot soak using volcanic mineral salts infused with menthol. Following a discussion with the therapist related to areas of muscular distress, Santa Maria Novella Crema Arnica is massaged into the spine and back muscles to release the deep tensions held there. A body mask designed to offer cooling muscle relief to tense muscles is then applied. A scalp or foot massage further enhances this relaxing experience.

## ALOE COULIS BODY MASK

€ 120 • 60 Minutes

A soothing relief for sun exposed skin, this cooling and refreshing treatment begins with cold marble stones placed and gently rubbed on the face. The body is then lathered in a Manuka Honey solution, followed by an application of the healing and nurturing Santa Maria Novella Aloe Gel. Compresses of natural salts and chamomile are then gently pressed to the body to relieve the skin of stress before a gentle Aloe Mask is applied. As the body mask works to soothe the skin, a chamomile face mask and crushed ice floral eye presses are added to relieve facial heat tension. A softening cream is then rubbed gently onto the body for final skin nourishment.

## JET LAG RELIEF TREATMENT

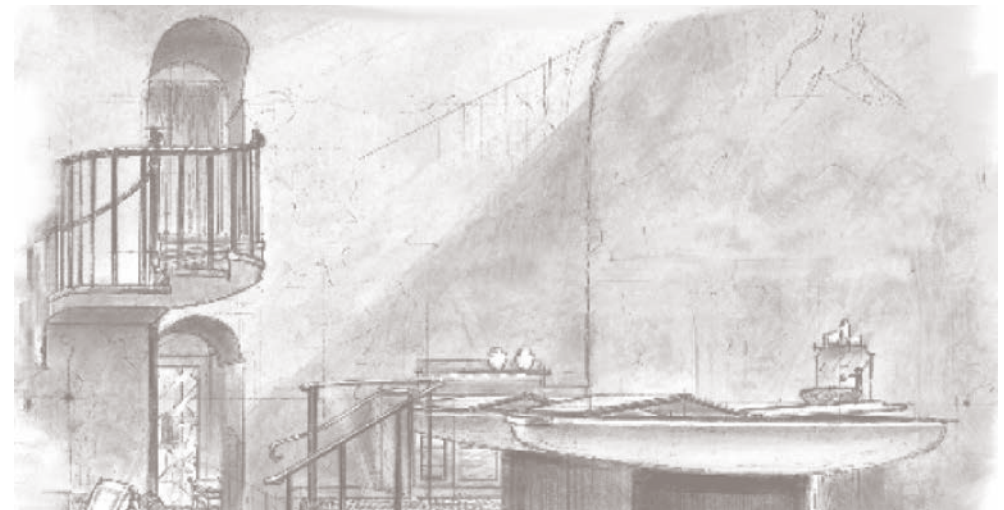
€ 120 • 60 Minutes

A stimulating jet lag reviver that improves circulation and reduces fatigue to help you make the most of your stay, this treatment begins with a refreshing foot soak in volcanic menthol mineral salts, followed by an invigorating body brushing and an energizing massage using Santa Maria Novella summer oil on the area of your choice. To enhance much needed facial hydration resulting from long travel, an aloe gel hydrating mask is included combined with a scalp or foot massage.

## ENZYMATIC BACK RENEWAL

€ 145 • 60 Minutes

A treat for your back, this treatment includes hot compresses, a cleansing enzymatic scrub and cooling purifying mask, followed by a deep relieving back massage.





# HAIR, HANDS & FEET

*All of our Manicure and Pedicure treatments include the strong pure Santa Maria Novella Almond Paste, Pasta di Mandorle. This very rare preparation produces immediate and long-term results on dry skin found on the hands and feet.*

*To complement the Santa Maria Novella therapeutic creams and salts, we have chosen OPI nail lacquers, which are carefully blended for superior shine, dry time & coverage.*

## CREMA AL MIELE HAIR AND SCALP TREATMENT

**€ 75 • 25 Minutes**

Using Santa Maria Novella's Crema al Miele, this relaxing and revitalizing acupressure head massage releases fatigue and tension. This rich hair mask, with its base of honey and royal jelly, is designed to feed, strengthen and thicken hair.

## LEMON BALM NAIL PROTECTION MANICURE

**€ 60 • 30 Minutes**

This simple classic manicure includes Santa Maria Novella Crema per le Mani, specifically designed to calm and soften over-exposed skin and reduce splitting nails. Your choice of nail polish is then applied.

## BITTER ALMOND RESTORING HAND TREATMENT

**€ 90 • 45 Minutes**

This therapeutic hand treatment, using nourishing Santa Maria Novella almond paste and warm hand mask gloves for super hydration and detoxification, followed by deep hand massage sequences to ease and relax overused hands, helps to reduce dryness, aid poor circulation, and improve skin texture. Nails are then treated with a natural buffing, followed by a classic manicure with choice of color.

## HAND CARE FOR MEN

**€ 60 • 25 Minutes**

Hands are soaked and exfoliated to soften and cleanse. Cuticles are trimmed, nails are shaped and buffed. This treatment finishes with a relaxing hand massage using the Santa Maria Novella almond paste, making this a truly luxurious experience.

## REVITAL PEDICURE

**€ 90 • 45 Minutes**

This freshening and revitalizing foot and leg treatment starts with a footbath using menthol or pomegranate salts to soften soles, followed by a classic pedicure and a foot massage using Santa Maria Novella almond paste for cracked heels. Following a soothing leg massage using Santa Maria Novella Relaxing Leg Gel, this experience is finished with a perfect color polishing.

## BITTER ALMOND TREATMENT PEDICURE

**€ 130 • 60 Minutes**

This luxurious foot and leg treatment begins with a dry diamond filing to remove excess dead skin followed by a refreshing menthol salts foot bath. A classic pedicure and a foot massage using Santa Maria Novella almond paste precede a warm revitalizing foot mask that provides intense rehydration of the feet and improves circulation. A scalp or hand massage enhance this treatment that is finished with a nail buffing and polishing with your choice of color.

## FOOTCARE FOR MEN

**€ 70 • 30 Minutes**

This treatment begins with a menthol salts foot bath followed by a classic manicure finished with buffed nails. A soothing leg and foot massage are included using Santa Maria Novella Crema Pedestre to help moisturize and relax legs and feet.

## RE-POLISH

**€ 45 • 15 Minutes**

A quick fix to perfectly paint pre-prepared nails or chipped polish.



## GROOMING

### WAXING\*

Full Leg	€ 75
Half Leg	€ 50
Bikini Line	€ 30
Extended Bikini Line	€ 45
Under Arms	€ 30
Face Wax	€ 30
Eyebrow Wax	€ 25
Upper Lip Wax	€ 25

### THREADING\*

Full Leg	€ 70
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	€ 30
Eye Brow Coloring	€ 30

\* *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 for purchase at the Spa Reception. Thanks 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. Enhance the Gift Card with a Santa Maria Novella product for a truly unique gift that teases with the promise of the pleasure yet to be experienced.

To order your Gift Card, simply call + 39 089 9886214  
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: +39 089 9886214 • email: 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 charge of the full treatment.

## 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 and 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, please bring your own swimsuit. Robes, spa slippers and towels are provided on arrival. Santa Maria Novella shampoo, conditioner and shower gel are available for your use in our private dressing rooms. It is advisable to leave your jewelry and valuables in your room safe. Alcohol may not be brought into the Spa.

## RESIDENT GUEST

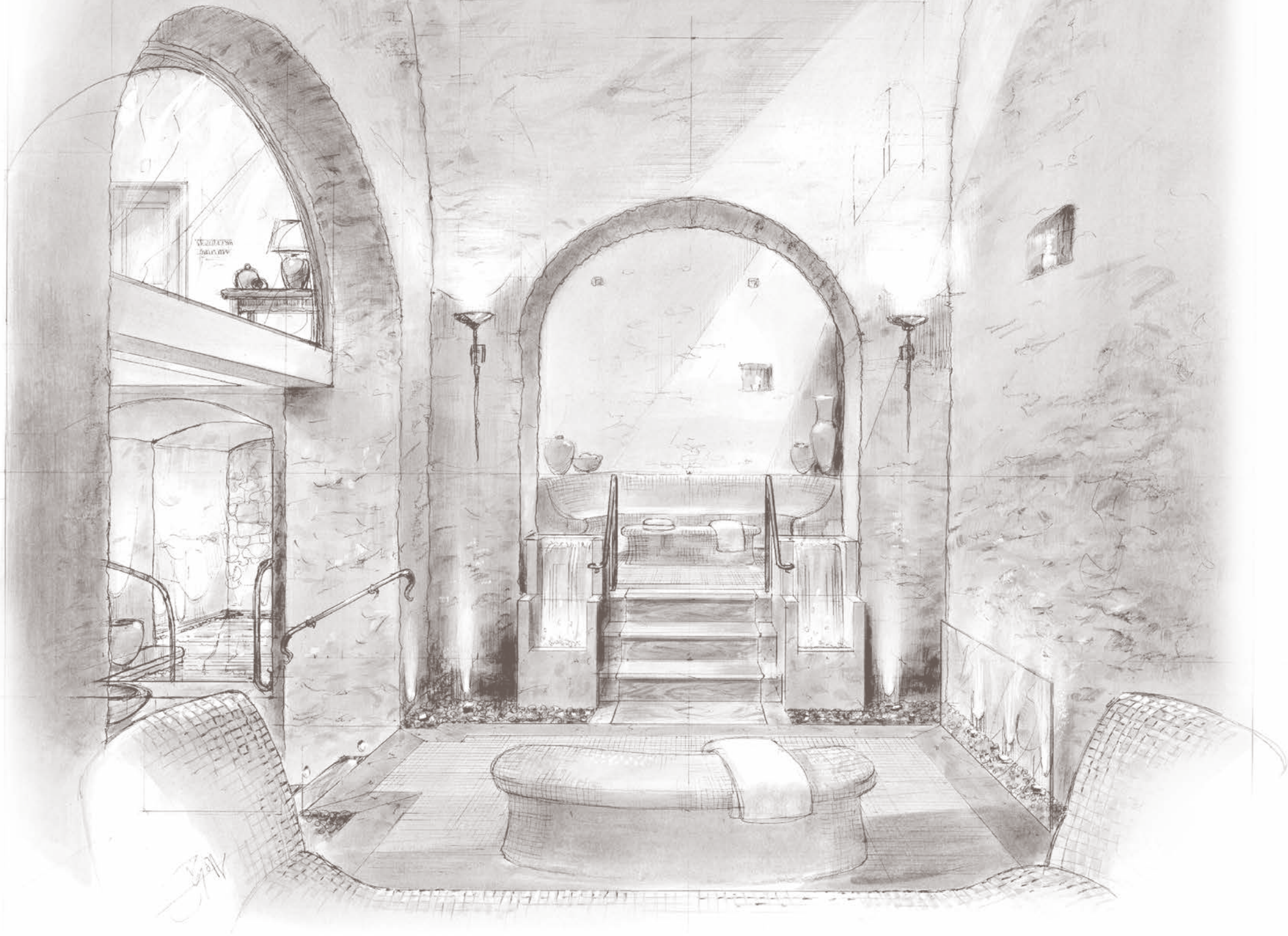
We welcome you to come to the Spa in your robe or slippers if you wish. If this is not your choice, for your comfort and convenience, you will find a robe and slippers in your spa locker.

## REFRESHMENTS

Selections of complimentary herbal teas are available in our Spa lounge. Spa lunches are included with select Spa Day collections, or can be added to other treatments to create a personalized spa day.

## 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)

**Treatment Appointments:** 10:30 to 19:30 (7days per week)

## BOOKINGS & ENQUIRIES

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*Amalfi Coast*

