

**ROCCO FORTE
SPAS**



**VERDURA SPA
SICILY**

CONTENTS

ROCCO FORTE SPAS	1	SPA FOR EXPECTING MOTHERS	15
VERDURA SPA	3	HAIR AND BEAUTY SERVICES ...	16
VERDURA SPA PRODUCTS	4	ROCCO FORTE FITNESS	17
ROCCO FORTE RITUALS	5-6	WET FACILITIES	18-19
FACIALS	7-8	SPA FOR THE MIND	20
ROCCO FORTE	7	ROCCO FORTE NOURISH	21
SEPAI	7	ROCCO FORTE HEALTH	22
PEVONIA	8	ROCCO FORTE FIT	23
BODY TREATMENTS	10-11	ROCCO FORTE SLIM	24
ROCCO FORTE	10	ROCCO FORTE DETOX	25
SEPAI	10	ROCCO FORTE ANTI-AGE	26
PEVONIA	11	ROCCO FORTE RELAX	27
MASSAGES	12-13	GENERAL INFORMATION	28
SPA FOR MEN	14		

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.



VERDURA SPA

"Nature has provided us generously with everything we need to remain in good health." Sebastian Kneipp

Welcome to Verdura Spa. Set amid olive groves, oranges and lemon trees, we're one of Europe's most advanced luxury wellbeing centres, with a distinctive Sicilian flair. Our spa philosophy is based on Sebastian Kneipp's five pillars: water, plants, exercise, nutrition and balance. Whilst each pillar improves wellbeing, it's through the interplay of all five at Verdura Spa that self-healing begins. This is enhanced further by our local Sicilian traditions, products and scents, and our experienced team of health professionals and therapists.

Housed in pavilions grouped around an open-air courtyard, the 4,000 square metre spa has extensive treatment rooms, including double treatment suites, a 20-metre indoor swimming pool, a double-height steam room, Finnish and infrared saunas, a 170 square metre state-of-the-art gym, a fitness studio, spacious relaxation areas and a hair and beauty salon. The Spa Bar, with a terrace overlooking the mountains, offers light meals, smoothies, juices and infusions, as well as healing teas. There are also four outdoor thalassotherapy pools, heated at different temperatures, each with varying salt densities, minerals and organisms.

VERDURA SPA PRODUCTS

FORTE ORGANICS

Our organic product line is rich in vitamins and natural active ingredients, using home-grown Sicilian products such as herb and plant extracts, almonds, olives, lemons and oranges. The base of our creams is pure Sicilian water. These purpose-selected ingredients are combined with high-tech formulations. The exclusive mix has guaranteed results: it's deeply hydrating and helps give elasticity to the skin. Our products are free of parabens, preservatives, silicones, paraffins, colourants, allergens and abrasive fragrances.

SEPAI

The Sepai philosophy focuses on prevention and protection to maintain optimum skin. The range combines the best of technology with the best of nature for a 100% functional formula. Every ingredient is selected for its efficacy and specific benefit to the skin. This is an 'intelligent' skin cure for both men and women. Products are free of parabens, silicones, paraffins and abrasive fragrances.

PEVONIA

Pevonia's skincare products contain effective, naturally sourced ingredients incorporated with technologically advanced formulations, delivering highly visible results. All formulas are proven non-comedogenic, contain no PABAs, mineral oil, lanolin, artificial fragrances, artificial colours or alcohol and are non-animal tested. Pevonia's formulations constantly evolve with scientific developments.

ROCCO FORTE RITUALS

FACIAL RITUAL

This ritual begins with a soothing foot bath whilst your hands are massaged with a rich herbal compress. Before moving to the face, enjoy a relaxing back massage with our custom-blended essential oil, to release muscle tension. A warm scented towel will be applied to the face, followed by cleanser and an exfoliating peel. To finish, a refreshing and hydrating face mask will be applied whilst your feet are massaged.

80 Minutes – €160

BODY RITUAL

Relax into this ritual with a full-body exfoliation in our private steam-bath, followed by a deeply unwinding bath. A warm herb compress will then be applied to the body to hydrate and nourish the skin. Finish with a massage using our custom-blended essential oil to melt away any lasting tension, and then enjoy a Rocco Forte Nourish smoothie in our relaxation room.

60 Minutes – €120

BACK RITUAL

This ritual begins with a back exfoliation in our private steam-bath, followed by the application of a rich herbal compress. Our specially selected herbs have strong healing effects and will deeply hydrate and nourish the skin. Finish with a massage using our custom-blended essential oil to dissolve any aches and strains, and then sip on a Rocco Forte Nourish smoothie in our relaxation room.

60 Minutes – €120

COUPLE'S BODY RITUAL

Relax into this ritual together with a full-body exfoliation in our double private steam-bath to purify and prepare the skin for the treatments that will follow. Our Sicilian herb compress will then be applied to hydrate and nourish the skin, after which a body massage will ease any muscle tension. With soft and silky skin, you can then savour a Rocco Forte Nourish smoothie together in the treatment suite Jacuzzi.

120 Minutes – €440

COUPLE'S FACE AND BODY RITUAL

Enjoy our Couple's Body Ritual, along with a face peel and a regenerating face mask, to leave your faces feeling supple and deeply hydrated. Finish the ritual with a Rocco Forte Nourish smoothie together in the treatment suite Jacuzzi.

160 Minutes – €600

COUPLE'S MESSAGE RITUAL

Learn simple massage techniques to recreate our

reciprocal massage ritual at home whenever you feel the need to relax together.

60 Minutes – €120

COUPLE'S PRIVATE SPA

Enjoy our double treatment suite, equipped with a double steam-bath, a hydro massaging Jacuzzi, your own exclusive relaxation area and a private outdoor terrace.

60 Minutes – €160 / 120 Minutes – €280

SKIN CONSULTATION

Before choosing a facial or body treatment, we recommend you have a consultation with one of our expert therapists. Our Skin Plus Machine will be used to check the skin's hydration, sebum, elasticity, pH and pigmentation levels. We can also check anti-ageing and skin sensitivity levels,

as well as UV tolerance. By providing you with a detailed analysis of your skin, we can not only give you tips and advice, but we can also help you select the very best treatments for you.

15 Minutes – €35

FACIALS

ROCCO FORTE

JET M

This innovative and effective treatment uses air pressure to help target scars, dark spots and impurities that are part of the skin's ageing process. Jet M features patented technology that combines natural substances such as air and oxygen with a special saline solution to help tighten the skin, reduce the appearance of fine lines and give the face a new firmness and vitality.

90 Minutes – €190

REBALANCING — ULTRASOUND

Experience the deep cleansing benefits of this rebalancing facial with the use of Ultrasound

technology. This non-invasive treatment smoothes the skin, providing a lifting effect and leaving skin hydrated.

75 Minutes – €170

REJUVENATING — RADIOFREQUENCY

Radiofrequency technology is used in this non-invasive treatment to promote the rejuvenation of skin tissue, which stimulates the production of new collagen. Expect a new firmness and elasticity to the skin.

75 Minutes – €170

SEPAI

FORMULA 3D LIFTING

Designed in the Sepai laboratories specifically to help mature and stressed skin, this advanced facial treatment helps improve firmness of the skin.

60 Minutes – €140

FORMULA EYE TREATMENT

This effective firming and hydrating treatment uses a specially-formulated cream gel to prevent and correct signs of ageing around the sensitive eye area. Expect a reduction of fine lines and wrinkles.

30 Minutes – €80

PEVONIA

ANTI-AGE PHYTO-ELITE™

This is a high-tech lyophilised treatment that visibly reduces lines and deep wrinkles.

60 Minutes – €190

MICRO-RETINOL

This dynamic anti-ageing facial treatment deeply cleanses and exfoliates the skin. It will leave an evenly toned and porcelain smooth complexion.

60 Minutes – €170

LUMINOUS C AND SEA

This mask is a blend of Vitamin C and the latest high-tech formulation of freeze-dried seaweed and squalane oil. This treatment will leave your skin feeling luminous.

60 Minutes – €145

MYOXY-CAVIAR

This anti-ageing treatment replenishes your skin with pure caviar and pearl extracts, as well as Escutox™, a revolutionary blend of phyto-extracts. The clay thermal mask will increase oxygenation of cells, improve elasticity and the suppleness of the skin.

60 Minutes – €195

RS2

Perfect for sensitive skin, this mask has a deeply healing and calming effect on the skin.

60 Minutes – €150

ANTI-FREE RADICALS

Repair your skin from the effects of free-radicals. The clay thermal mask encourages the absorption of vitamins into warmed skin. When it cools, the vitamins are sealed. Your skin will be deeply hydrated with improved texture and refined pores.

60 Minutes – €150

EYE TREATMENT FOR PUFFINESS AND DARK CIRCLES

This eye treatment utilises ginkgo biloba to stimulate the lymphatic capillaries to drain excess fluid, thus reducing the appearance of puffiness. Vitamin C works in synergy as it lightens and brightens the eyes, alleviating dark circles.

30 Minutes – €90

EYE TREATMENT FOR LINES AND WRINKLES

This is a cryo-collagen treatment with 100% pure freeze-dried collagen. It intensely hydrates and plumps the skin, reducing the appearance of fine lines and wrinkles around the eye area.

30 Minutes – €85



BODY TREATMENTS

ROCCO FORTE

THERMO-ACTIVE COMPRESS

Ideal after sport, this thermo-active compress stimulates circulation and reduces muscle tension.

20 Minutes – €60

BODY COMPRESS

A compress rich in essential oils and Sicilian herb extracts is applied to the body to nourish and hydrate the skin, leaving it soft and supple.

20 Minutes – €65

PRESSOTHERAPY

This treatment combines pressure and magnetic therapy to help reduce water retention.

75 Minutes – €145

RADIOFREQUENCY

This targeted treatment stimulates lipolytic activity to fight cellulite and help give the skin firmness and elasticity. We recommend a programme of three treatments for the best possible results.

90 Minutes – €190

DETOXIFICATION

This decongesting and detoxifying treatment helps eliminate toxins and water retention. The treatment finishes with an intense massage to tone and firm the skin.

90 Minutes – €180

SEPAI

ANTI-AGE

An effective treatment targeting areas of the body which are prone to cellulite, fluid retention and uneven skin texture. Choose from one of six possible formulas: anti-cellulite, boosting,

elasticity, firming, lifting or slimming. For the best results, we recommend a course of six treatments.

75 Minutes – €170

PEVONIA

GREEN COFFEE WRAP

This wrap stimulates your body's ability to break down fat and transform it into energy, as well as increase your metabolism and eliminate water retention. 100% pure micronised green coffee, naturally rich in chlorogenic acid, polysaccharides and proteins, as well as essential oils, will enhance the skin's overall texture thus visibly reducing cellulite areas.

50 Minutes – €140

MOOR MUD WRAP

Warm aromatic moor mud, rich in natural vitamins, minerals and enzymes, is generously applied to the entire body. This treatment alleviates sore muscles, aches and pains.

50 Minutes – €120

DETOX SEAWEED THALASSO WRAP

The body is covered in micronised seaweed and gently wrapped. As stress and toxins are eliminated, this treatment replenishes the entire body with vitamins, minerals and enzymes.

50 Minutes – €120

SEAWEED BODY SCRUB

This treatment is designed for those who are in need of a contouring and detoxifying deep cleanse, as well as a gentle full-body exfoliation. Micronised algae powder is incorporated into the body scrub, to intensify the stimulation of toxins and improve the body's circulation to actively re-mineralise dry, depleted skin.

45 Minutes – €100

SALT MOUSSE SCRUB (PAPAYA-PINEAPPLE)

This scrub will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants.

45 Minutes – €120

MASSAGES

RELAXATION MASSAGE WITH SICILIAN HERBS

Sicilian herbs and essential oils will melt away muscle tension and stimulate deep relaxation with this massage.

25 Minutes – €70 / 50 Minutes – €130

MESSAGE WITH LOCALISED TREATMENT

Your therapist will focus on a specific problem area in this localised massage treatment.

50 Minutes – €145

SICILIAN AROMA MASSAGE

Curative balms, chosen for their specific aromatherapy properties, and home-produced olive oil will help promote healthy skin and restore the body's physical and emotional balance.

50 Minutes – €130

SWEDISH MASSAGE

This is a relaxing, deep pressure massage designed to relieve muscle tension.

50 Minutes – €120

AROMA STONE MASSAGE

This treatment combines the uplifting effects of aromatherapy with a deep, slow massage where hot lava stones are placed on specific parts of the body to restore energy balance.

60 Minutes – €130 / 80 Minutes – €165

SPORTS MASSAGE

A deep massage targeting muscles used during sport, to relieve tension, knots, aches and pains.

30 Minutes – €70 / 50 Minutes – €130

GOLFER'S MASSAGE

A deep massage targeting specific muscles used during golf, this treatment will melt away tensions and improve posture.

30 Minutes – €70 / 50 Minutes – €130

LYMPHATIC MASSAGE

A light, slow-flowing massage that stimulates blood circulation and lymph flow, this treatment helps reduce fluid retention and eliminates toxins.

50 Minutes – €120

DETOX MASSAGE

A deep massage with special techniques to encourage lymphatic circulation, to reduce swelling and fluid retention. This treatment will leave your body feeling lighter.

50 Minutes – €120

HEAD MASSAGE

A calming yet energising scalp massage focusing on vital energy points. This treatment helps to reduce tension, increase circulation and put mind and body in balance.

20 Minutes – €60

FOOT MASSAGE

A relaxing and energising foot massage which improves circulation and relieves swollen feet.

20 Minutes – €60

BIO-ENERGETIC MASSAGE

This massage is designed to re-balance the body's naturally occurring *Yin* (feminine) and *Yang* (masculine) energy polarity. Restoring the body's energy balance will help fight stress and anxiety, improve circulation and flexibility, as well as reduce muscle tightness, aches and pains.

50 Minutes – €120

SHIATSU

A traditional Japanese technique where finger pressure is applied to specific parts of the body, this treatment will help restore energy balance and tone muscle.

50 Minutes – €130

REFLEXOLOGY

This massage stimulates points on the feet that correspond to specific areas of the body, to target tension areas and improve general wellbeing.

50 Minutes – €120

SPA FOR MEN

ROCCO FORTE REVITALISING FACIAL

This natural facial treatment is specifically designed for men. It involves a deep cleanse, face peel, refreshing mask and the application of moisturiser to refresh and nourish the skin. A scalp massage during the treatment will ensure deep relaxation.

50 Minutes – €130

PEVONIA SKIN FIT FACIAL

Designed for sensitive skin, this treatment targets clogged pores and razor burn, while promoting total relaxation. The facial includes a deep cleanse, steaming and extraction, finishing with a treatment mask to refine the pores and condition the skin.

60 Minutes – €160

PEVONIA PLANTOMER HYDRATING FACIAL

This refreshing, soft lift-off mask combines the hydrating benefits of seaweed with revitalising propolis, which is rich in natural antibiotics and Vitamin A. Soothing, nourishing and calming, it leaves the skin radiant with highly visible results.

60 Minutes – €135

SPA FOR EXPECTING MOTHERS

PEVONIA ELASTO-FIRM FACIAL

This firming facial is rich in Elastin. Elastin forms the support network of the skin, rebuilding its strength and ability to spring-back. This treatment will help firm and tighten the skin.

60 Minutes – €150

PEVONIA OXY-VITAL FACIAL

Rich in marine collagen and aloe vera, this facial desensitises, hydrates and heals the skin.

60 Minutes – €150

PEVONIA SOOTHING FORMULA FACIAL

Nature's answer to soothing sun-stressed skin, this treatment is rich in water lilies, aloe vera, camomile and calendula. It leaves skin hydrated and luminous.

60 Minutes – €100

FOOT AND HAND SOAK WITH FACE MASK

A mineral-rich foot and hand soak, along with a decongesting face mask, to calm and relax the body.

45 Minutes – €90

THERMAL WATER BODY WRAP

A re-energising treatment that removes toxins, drains and refreshes the body, using thermal water from Sciacca.

30 Minutes – €75

FOOT, HAND AND HEAD MASSAGE

A massage for the feet and hands to help improve circulation and reduce water retention, with a relaxing head massage to finish.

45 Minutes – €90

HAIR AND BEAUTY SERVICES

ENERGISING HAIR AND FOOT MASSAGE

An energising treatment which stimulates blood circulation and strengthens the hair, this aromatic experience uses a rich mixture of essential oils to revitalise the scalp. It finishes with a relaxing foot massage.

60 Minutes – €85

100 Minutes with Blow Dry – €110

OLIVE OIL HAIR WRAP AND HEAD MASSAGE

This intensive hair and scalp treatment uses the best restoring lipids from our home-produced olive oil, to help address dry or damaged hair. It's designed to deeply penetrate the hair follicles to revive, strengthen and restore hair health, leaving it soft and shiny.

60 Minutes – €85

100 Minutes with Blow Dry – €110

SCALP AND HAIR CONDITIONING TREATMENT

This calming treatment uses a special oil blend to help nurture and restore the hair. It finishes with a deep scalp massage to revive the mind.

45 Minutes – €55

HAIR SERVICES

Ladies' Blow Dry – From €40

Ladies' Cut – €80

Full Hair Colour – From €80

Full Head Highlights – From €100

Mens' Cut – €35

NAILS

Manicure – €50

Mini-Manicure (File & Polish) – €30

Pedicure – €70

Mini-Pedicure (File & Polish) – €40

Luxury Hand and Nail Treatment 55 Minutes – €60

Luxury Foot and Nail Treatment 60 Minutes – €70

MAKE UP SERVICES

€70

WAXING

Full Leg – €55

Half Leg – €40

Bikini – €30/40

Underarm – €20

Eyebrows – €20

Lip – €20

ROCCO FORTE FITNESS

"Inactivity weakens, exercise strengthens, overexertion damages." Sebastian Kneipp

THE GYM

Our 170 square metre gym is equipped with the latest gym gadgets, free weights and Technogym weight machines, along with a full range of Technogym cardio equipment. It has an outdoor terrace and views over the greenery.

FITNESS STUDIO

We offer daily classes in our fitness studio, making exercise fun and sociable. Expect Body Pump, Pilates, Yoga and much more.

INDOOR LAP POOL

Our 20-metre indoor pool is perfect for swimming laps, with an infinity edge overlooking the golf courses outside. It's also home to our aqua classes.

OUTDOOR FITNESS

Training is not just limited to our Verdura Spa facilities. Some of our fitness classes take place outdoors, such as Sunset and Sunrise Yoga. Our jogging, trekking and cycling trails meander through the resort's olive, orange and lemon trees. We have six clay tennis courts and experienced

tennis coaches, an array of golf facilities and a PGA Golf Academy, as well as a Water Sports Club overseen by our qualified team of instructors.

All Group Fitness Classes – €25 Per Person

PERSONAL TRAINING

Our Fitness Manager will help you meet your exercise goals and reach your full potential whether you're looking for a single coaching session or a full fitness programme that integrates any sport Verdura has to offer.

1 Hour Session – €75 Per Person

€115 for Two People

€150 for Three People

3 Hours Personal Training Package – €185

5 Hours Personal Training Package – €300

BODY COMPOSITION ANALYSIS

Our body composition analysis measures fat, lean muscle and water composition to provide a more accurate weight reading.

€35 Per Person

WET FACILITIES

“If water is an excellent agent for the healthy person to maintain his health and strength, it's also the most natural and simplest remedy.” Sebastian Kneipp

THALASSOTHERAPY POOLS

Our thalasso itinerary includes four outdoor pools, heated at different temperatures, each with varying salt densities, minerals and organisms. The circuit is deeply relaxing and has a revitalising, antimicrobial and cleansing effect on the skin.

In addition, thalassotherapy promotes venous and lymphatic flow, removes toxins, helps respiration and oxygenation and benefits the musculoskeletal system. When doing the circuit, you should move from the first to the fourth pool, spending 10 to 15 minutes in each pool.

INFRARED SAUNA

Our infrared sauna deeply penetrates the skin, activating the cells, supporting metabolic processes and decoupling toxins from water molecules.

FINNISH SAUNAS

We have Finnish saunas in our male and female changing rooms. Saunas positively influence the mind and body. They improve the immune

system and blood circulation, as well as cleanse and rejuvenate the skin.

DOUBLE-HEIGHT STEAM ROOM

Our double-height 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 also helps exercise the lungs.

EXPERIENCE SHOWERS

Our two experience showers have different features which combine perfectly with our heat experiences. A cold rain shower can be used in combination with the heat treatments to stimulate and tone the body. The side body jets are great for stimulating circulation and the tropical rain shower head can be combined with lighting to give a refreshing and revitalising experience. The interplay of all these features together has extremely beneficial effects.



SPA FOR THE MIND

The School of Life's mission is to help empower people to live wisely and well. They provide learning and ideas to positively impact the way we live, such as how to find fulfilling work, how to master the art of relationships, how to understand

one's past, how to achieve calm and how better to understand. We've created a Spa For the Mind with the School of Life. Find a themed reading list just for you from our curated library, with books to invigorate, challenge and soothe.

**FOR THE AMBITIOUS • FOR THE ESCAPIST • FOR THE IDLER • FOR THE INSOMNIAC
FOR THE LOVER • FOR THE STRESSED**



ROCCO FORTE NOURISH

Our celebrity chef Fulvio Pierangelini has created healthy menus inspired by the produce grown at our resort. Kneipp praised simple, nourishing food, with plenty of fruit and vegetables. So, our menus are rich in fruits and vegetables, flavoured with herbs grown right here at Verdura. We also use the freshest fish, home-produced olive oil and whole grains.

Test these menus out with our Rocco Forte Health programmes. Or simply enjoy fresh juices, smoothies, protein shakes, superfood salads and other health-enhancing dishes at our Spa Bar.

You'll also find a Rocco Forte Nourish corner at Buon Giorno for breakfast.



ROCCO FORTE HEALTH

Rocco Forte Health offers a balanced and integrated approach to health, with state-of-the-art techniques and programmes individualised to every guest. The five health-focused programmes we cover are Fit, Slim, Detox, Anti-Age and Relax. Each programme is available for three or six days.

They integrate all of Kneipp's pillars. Nutrition and exercise are central to our Rocco Forte Health approach. Our treatments and therapies incorporate different water applications. We use plants and herbs in our products, treatments and our Rocco Forte Nourish menus. These all help restore balance, along with the places of sanctuary throughout the spa, relaxation techniques used and our School of Life library.

Prior to arrival, you'll be asked to fill out a detailed questionnaire so we can better understand your personal requirements. Upon arrival, we'll perform tests to get substantial information about your physiology and anatomy, enabling us to tailor your chosen programme to your specific needs. These tests will also act as a marker, to show evidence of improvements over the course of your programme, as well as when you're back home.

Throughout your stay, you'll enjoy delicious menus exclusive to Rocco Forte Health based

on the natural power-giving Mediterranean diet, using our home-grown products. These have been created by celebrity chef Fulvio Pierangelini, along with our nutritional experts. Your dishes will contain no salt, sugar, wheat, dairy, caffeine, alcohol or red meat. You'll eat every three hours and menus will be tailored to your individual needs. Nutritionally-balanced food and the re-education of the body to crave what is good for it are at the heart of our approach.

Changing how and what you eat can often be the stepping-stone to making other lifestyle changes, but exercise is equally important. We have group classes around our programmes and our Fitness Manager will create a bespoke fitness programme both for your stay at Verdura and to take home with you.

To ensure deep relaxation and better results, you'll also experience a combination of non-invasive and natural health treatments and therapies.

Our aim is for you to leave, having achieved your goals, with intelligent advice that you can realistically incorporate and enjoy in your daily life.

ROCCO FORTE FIT

Rocco Forte Fit is designed to help you achieve your fitness goals. Whether you're preparing for a sporting event or would just like to kick-start a good exercise routine, this programme will help you reach mental and physical equilibrium.

6-DAY ROCCO FORTE FIT:

- 2 Consultations with the Fitness Manager (one at the beginning of your stay and one at the end, with tips to take home)
- 5 Personal Training Sessions
- Full-Board Fitness Dishes and Smoothies
- 2 Sports Compresses
- 1 Saline Scrub
- 1 Salt Water Bath
- 4 Sports Massages
- 1 Shiatsu Treatment
- 2 Revitalising Facials

€1,670 Per Person

3-DAY ROCCO FORTE FIT:

- 2 Consultations with the Fitness Manager (one at the beginning of your stay and one at the end, with tips to take home)
- 2 Personal Training Sessions
- Full-Board Fitness Dishes and Smoothies
- 1 Sports Compress
- 1 Saline Scrub
- 1 Salt Water Bath
- 1 Sports Massage
- 1 Shiatsu Treatment
- 1 Revitalising Facial

€940 Per Person

ROCCO FORTE SLIM

Every body is different. While some of us can indulge in whatever we like to eat without putting on weight, others aren't so fortunate. With ever-busy work and home lives, we often snack on convenience foods which can make weight gain difficult to manage. Rocco Forte Slim aims to start you on the path to consistent weight management. With our special Nourish foods, weight-loss treatments and fitness programme, you'll leave feeling lighter, with great new tips to take home.

6-DAY ROCCO FORTE SLIM INCLUDES:

- 3 Consultations (one at the beginning, one halfway through your stay and one at the end, with tips to take home)
- 5 Personal Training Sessions
- Full-Board Slim Dishes and Smoothies
- 1 Healthy Cooking Lesson
- 1 Saline Scrub
- 6 Wraps or Slimming Body Treatments
- 6 Seaweed Compresses or Slimming Baths
- 3 Draining Massages
- 3 Circulatory Massages
- 1 Facial
- 3 Radiofrequency Treatments
- 3 Pressotherapy Treatments

€3,250 Per Person

3-DAY ROCCO FORTE SLIM INCLUDES:

- 2 Consultations (one at the beginning of your stay and one at the end, with tips to take home)
- 2 Personal Training Sessions
- Full-Board Slim Dishes and Smoothies
- 1 Healthy Cooking Lesson
- 1 Saline Scrub
- 2 Slimming Body Treatments
- 2 Seaweed Compresses or Slimming Baths
- 3 Draining Massages
- 1 Facial
- 1 Radiofrequency Treatment

€1,460 Per Person

ROCCO FORTE DETOX

In order to assist the body's innate detoxification mechanisms, you need to break the bad cycle by reducing toxin exposure and by putting good substances back in the body. Once the toxins start to flush out, your mind and body will react positively. With our combination of detox therapies and treatments, detox foods, as well as exercise, your body will regenerate, giving you a new sense of vitality.

6-DAY ROCCO FORTE DETOX INCLUDES:

- 3 Consultations (one at the beginning, one halfway through your stay and one at the end, with tips to take home)
- 3 Personal Training Sessions
- 1 Healthy Cooking Lesson
- Full-Board Detox Dishes and Smoothies
- 2 Exfoliating Detox Treatments
- 6 Detox Baths
- 6 Detox Compresses
- 4 Detox Massages
- 2 Lymphatic Drainage Treatments
- 2 Energising Facials

€2,500 Per Person

3-DAY ROCCO FORTE DETOX INCLUDES:

- 2 Consultations (one at the beginning of your stay and one at the end, with tips to take home)
- 2 Personal Training Sessions
- Full-Board Detox Dishes and Smoothies
- 1 Exfoliating Detox Treatment
- 2 Detox Baths
- 2 Detox Compresses
- 2 Detox Massages
- 1 Lymphatic Drainage Treatment
- 1 Energising Facial

€1,210 Per Person

ROCCO FORTE ANTI-AGE

Rocco Forte Anti-Age focuses on age prevention. It also addresses issues of toxicity and inflammation to slow down the ageing and degenerative process.

6-DAY ROCCO FORTE ANTI-AGE

INCLUDES:

- 3 Consultations (one at the beginning, one halfway through your stay and one at the end, with tips to take home)
- Full-Board Anti-Age Dishes and Smoothies
- 1 Healthy Cooking Lesson
- 2 Saline Scrubs
- 3 Regenerating Body Compresses
- 2 Sicilian Aroma Massages
- 2 Beautifying Baths
- 1 Reflexology
- 1 Head / Face Massage
- 4 Anti-Age Facials

€1,610 Per Person

3-DAY ROCCO FORTE ANTI-AGE

INCLUDES:

- 2 Consultations (one at the beginning of your stay and one at the end, with tips to take home)
- 1 Personal Training Session
- Full-Board Anti-Age Dishes and Smoothies
- 1 Healthy Cooking Lesson
- 1 Saline Scrub
- 2 Regenerating Body Compresses
- 1 Sicilian Aroma Massage
- 1 Beautifying Bath
- 1 Reflexology
- 1 Head / Face Massage
- 2 Anti-Age Facials

€1,290 Per Person

ROCCO FORTE RELAX

Stress is an unavoidable consequence of life today. Our Rocco Forte Relax programme is designed to help you restore both mind and body to optimum health, whilst bolstering your resilience to future stress.

6-DAY ROCCO FORTE RELAX INCLUDES:

- 3 Consultations (one at the beginning, one halfway through your stay and one at the end, with tips to take home)
- 2 Personal Training Sessions
- Full-Board Relax Dishes and Smoothies
- 2 Relaxing Massages
- 2 Sicilian Aroma Massages
- 1 Hot Stone Massage
- 1 Reflexology
- 2 Relaxing Baths
- 1 Facial

€1,340 Per Person

3-DAY ROCCO FORTE RELAX INCLUDES:

- 2 Consultations (one at the beginning of your stay and one at the end, with tips to take home)
- 1 Personal Training Session
- Full-Board Relax Dishes and Smoothies
- 1 Relaxing Massage
- 1 Sicilian Aroma Massage
- 1 Hot Stone Massage
- 1 Relaxing Bath
- 1 Facial

€785 Per Person

GENERAL INFORMATION

SPA ETIQUETTE

- All resort guests have complimentary use of the gym, saunas, double-height steam room, outdoor thalassotherapy pools, indoor lap pool and relaxation areas.
- The following areas of the spa are child-free: the gym, fitness studio, saunas, double-height steam room, outdoor thalassotherapy pools and relaxation areas. We welcome children at the indoor spa pool daily from 8am to 2pm.
- The use of equipment and services at the spa is at each guest's own risk.
- Please dress appropriately when visiting Verdura Spa; swimwear is compulsory in all public areas.
- We recommend guests arrive at least 15 minutes prior to appointments in order to enjoy the complete experience of their treatment.
- The Verdura Spa Team is not responsible for loss of personal objects. We recommend that all jewellery and valuables are stored safely in your room.
- Please respect the private and serene atmosphere and refrain from using mobile phones within Verdura Spa.
- Guest locker keys are available at the Verdura Spa Reception.

OPENING HOURS

- Verdura Spa is open daily from 08:00 to 20:00.
- Fitness facilities are open daily from 06:30 to 20:30.
- Spa treatments are available from 10:00 to 20:00.

RESERVATIONS

- Please call extension 2321 to book your treatments, or alternatively visit the Verdura Spa Reception to arrange an appointment.
- Please give us 24 hours notice prior to your scheduled appointment if you wish to cancel a treatment.
- Please note a cancellation fee of 100% will be charged to your room for cancellations outside of this notice period.

ROCCO FORTE
FITNESS



ROCCO FORTE
HEALTH



ROCCO FORTE
NOURISH



ROCCO FORTE
RITUALS



ROCCO FORTE
HOTELS

