



LE CAVEAU
S P A

Spa
MENU

FOR US, THERE'S NOTHING MORE
IMPORTANT THAN YOUR WELLBEING



OUR PHILOSOPHY

Rejuvenate body, soul and mind at Salus per Aquam SPA at Aleph Rome Hotel, Curio Collection by Hilton. Our beautiful SPA is an ideal temple of wellbeing in the heart of Rome.

Journey through the SPA Heat Experiences to loosen limbs and lull your mind into a deep sense of relaxation. Unwind in the sauna and soothing whirlpool, or enjoy a revitalizing authentic Hammam. Salus per Aquam SPA offers deeply relaxing, muscle soothing body massages, facials and body treatments designed to deliver visible results.

Book exceptional treatments with latest skincare advances either in the SPA or in the comfort of your Hotel Guest Room.

Ultimate Facials

ELEMIS Crystal Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Independent Clinical Trials*

ELEMIS Pro-Definition Lift & Firm

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

**Independent Clinical Trials*

High Tech Facials

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energized skin.

ELEMIS BIOTEC O2 Line Eraser

Target wrinkles and energize the skin towards optimum performance with pulses stimulation and light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

**Independent Clinical Trials*

ELEMIS BIOTEC Firm-α-Lift

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Skin Resurfacer

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

**Independent Clinical Trials*

ELEMIS BIOTEC Anti-Pigment Brightener

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

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Express Facials

ELEMIS Pick Me Up Facial

A bespoke facial according to individual needs. Ideal to hydrate, lift and firm the skin for a brighter, even complexion.

ELEMIS BIOTEC Eye Treatment

A unisex Eye Treatment to gently stimulate, tighten and firm the delicate eye area.

**Can be booked independently or as an add on treatment.*

ELEMIS Dynamic Resurfacing Precision Peel

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

**Can be booked independently or as an add on treatment.*

Mens Facials

ELEMIS High Performance Men Facial

This facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Face, Back & Neck

Deeply relaxing. Tailored according to specific needs. This facial helps tone, deeply hydrate and rebalance the skin. At the same time, relaxing, deep strokes will soothe tired aching muscles around back and neck.

ELEMIS BIOTEC Super-Charger for Men

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

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Body & Mind Massages

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

Amber & Quartz Poultice Muscle Release

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

Chakra Balancing Hot Stone Massage

Originally inspired to ancient Natives of America's healing techniques. Deeply relaxing volcanic hot stones are placed on key energy points, whilst luxuriously warmed oils are massaged into the body. Totally balancing, warming and tension relieving. A full experience for body, mind and spirit.

Deep Muscle Soother Massage

Releases muscular tension with deep movements and pressure points targeted at specific trigger points.

Serenity Body Massage with Aromatherapy

A deeply relaxing medium pressure massage to release tension and evoke a deep state of relaxation, bespoke to specific needs. To follow a soothing head and face massage for maximum relaxation.

Deep Relax Swedish Massage

Slow and gentle or vigorous and bracing, this massage is tailored according to specific needs to evoke deep relaxation and release muscle tension.

Body Contouring Massage

A stimulating massage that uses specific drainage techniques to even excessive fluids and water retention. An excellent way to help the body detox while attain a state of absolute relaxation.

Tailor Touch Massage

A thoroughly personalised massage according to specific needs including massage pressure, techniques and time duration. Kindly ask the qualified SPA Staff for further details.

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Back, Neck & Head Massage

Eases tension and enhance clarity of mind soothing tired aching muscles around the neck and shoulder area. To follow a deeply relaxing head massage.

ELEMIS Peaceful Mum Massage

Mothers-to-be are restored to optimum wellness. A deeply relaxing massage ideal to hydrate the skin, restore elasticity and ease away accumulated tension. The skin feels soft and supple.

Body Treat

ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS Body Refiner

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment.

**Independent Clinical Trials.*

Finishing Touches

Luxury Manicure with warm hydrating paraffin wax	70 MIN
French Manicure	70 MIN
Classic Manicure	50 MIN
Express Manicure	30 MIN
Nail Varnish application only	20 MIN
Soak-Off Polish for up 2 weeks Manicure or Pedicure	60 MIN
Luxury Pedicure with warm hydrating paraffin wax	70 MIN
Classic Pedicure	60 MIN
SPA Luxury Wax	

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Spa Information

External Guests are welcomed to book SPA Treatments and to use the SPA Facilities. When booking a 1 hour treatment time or more, you will receive complimentary 2 hours SPA Journey, which includes use of SPA Facilities and Fitness Centre. Please ask the SPA Reception for the External Guests SPA & Fitness Club Card or for personalised programmes including the Fitness Centre.



ARRIVAL TIME

May we suggest arriving to the SPA Reception at least 40 minutes prior to your appointment in order to enjoy the exclusive SPA Facilities. In order to start your treatment on time, we kindly ask to arrive to the SPA Reception at least 15 minutes prior to commencement.

Please be aware that late arrivals may result in reduced treatment time. May we suggest External Guests to book the Wellness Area in advance. The SPA will provide robes, towels, slippers and all amenities required for use during your visit. May we suggest Residential Guests to arrive at the SPA wearing the robe and slippers provided in the Hotel Room.



SCHEDULE AN APPOINTMENT

To ensure your preferred time and service is available we do advise booking in advance. To schedule an appointment please speak with our specialist SPA Reception Team by dialling: +39 06 4229 0660 – Ext. No. 660 from you room telephone.



SPA ETIQUETTE

Our Spa environment is an oasis of tranquillity and relaxation. Please respect SPA Guests' right to privacy and serenity. We kindly ask that you turn off your mobile phone while in the SPA area.



USE OF FACILITIES

The use of alcohol and tobacco in the SPA and Fitness facility premises is strictly prohibited. Guests are required to wear appropriate attire in the indoor pool. Sport shoes, only for in-door use, are required in the Fitness area. Swimming attire is compulsory in the wet areas of the SPA. Please ask our team about the safety instructions and the directions for use before proceeding with an activity or using sporting equipment.



CANCELLATION POLICY

Cancellations within 6 hours before treatment time will incur a 50% charge of the cost of services. Cancellations within 2 hours before treatment time will incur a 100% charge. For no shows the total amount will be charged.



YOUNG ADULTS AND CHILDREN

Hotel Guests in between the age of 11-15 years are welcome to visit the SPA and enjoy the SPA Wellness Experiences, when accompanied by an adult. Please note use of the Swedish Sauna and Steam Bath is recommended only for young adults above 16 years of age. Kindly note children in between age 3 and 10 are welcome to the SPA in the morning opening hours only until 3.00pm.



GIFT VOUCHER

The perfect gift for SPA lovers. Our Gift Cards are available at the SPA Reception. All Gift Cards are valid for 12 months since date of purchase, they are not refundable and cannot be exchanged for cash.

Information on special Spa packages or group programs can be obtained by contacting the SPA Reception on +39 06 4229 0660 – Ext. No. 660 from you room telephone.



HEALTH CONDITIONS

Please advise us of any health conditions, allergies, injuries that could affect your treatment experience when making your SPA reservation.



ACCIDENTS OR INJURIES

The SPA is unable to accept any liability for accident or injury suffered by a guest while in the SPA.



PREGNANCY

We have specially designed treatments for expectant ladies. Please allow the SPA Receptionists to guide you in selecting which treatments are most suitable for you during this special time.



CANCELLATION POLICY

Cancellations within 6 hours before treatment time will incur a 50% charge of the cost of services. Cancellations within 2 hours before treatment time will incur a 100% charge. For no shows the total amount will be charged.



LOSS OR DAMAGE

The SPA is unable to accept any liability for theft, loss or damage of your personal belongings. May we suggest to keep your valuables in your room safe during your stay.

Contacts



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