



THE EDEN SPA

AN OASIS OF CALM AWAITS YOU

Discover our urban spa at Hotel Eden, offering a tranquil oasis in the heart of Rome. Choose from a luxurious range of treatments designed to relax, revive and offer an improved sense of wellbeing.

Soft lighting and warm interiors will help you relax from the moment you arrive, and our expert therapists are happy to advise on the right treatments for you.

The classic vaulted ceilings give a feeling of ancient Rome but facilities are state-of-the-art, including single and double spa suites with steam baths, the Roberto D'Antonio Blow Dry Bar and a luxury manicure and pedicure suite.

RESTORE A SENSE OF HARMONY TO YOUR BODY, MIND AND SOUL

VALMONT

Created in Switzerland in 1985, Valmont is known for its scientifically advanced skincare products and treatments, drawn from Switzerland's unspoiled natural resources and the latest cellular cosmetic research findings.

MEI

Since 1988, Mei has produced phytocosmetics and herbal products using essential oils from wild plants that are rich in active ingredients. Made in Italy, its philosophy of excellence aims for holistic wellness of the skin, body and mind.

FACIALS BY VALMONT

MAJESTIC TREATMENT – ELIXIR DES GLACIERS

A nourishing, sculpting and remodelling treatment for incomparable beauty. You'll enjoy two cleansings, three massages, and four masks to target the face, décolleté and hands. These include an energising massage, a sculpting massage, and rejuvenating, precise Kobido techniques. It's finished with a youth-restoring collagen mask for face and neck.

90 minutes, Monday–Thursday, €340

90 minutes, Friday–Sunday, €360

LUMINOSITY RITUAL – LUMINOSITY OF ICE

Designed to help you create softer, smoother and more radiant skin, this treatment reduces the appearance of irregularities for a glow as immaculate as a snow-covered landscape. Grounded in facial reflexology and performed with a gentle peeling serum, the massage focuses on specific areas of the face to detoxify and brighten skin.

60 minutes, Monday–Thursday, €180

60 minutes, Friday–Sunday, €200

HYDRATION RITUAL – HYDRATION OF THE BISSES

Reveal vibrant, re-plumped skin with a slow, delicate, and relaxing massage that targets the lymphatic system, followed by a deeply hydrating collagen mask.

60 minutes, Monday–Thursday, €180

60 minutes, Friday–Sunday, €200

FIRMNESS RITUAL - FIRMNESS OF THE HILLS

This nourishing, sculpting and remodelling treatment is designed to improve skin firmness with a facial massage that's supercharged by a powerful serum. It incorporates therapeutic deep massage techniques with slow, smoothing strokes to sculpt and define, revealing a younger-looking face with a radiant glow.

60 minutes, Monday–Thursday, €180

60 minutes, Friday–Sunday, €200

PURIFICATION RITUAL - PURITY OF THE ALPS

More than just a simple skin cleansing, this facial offers skin a true revival. Designed to purify and balance, it's a perfect choice for a first time facial or as a maintenance treatment at any time of year.

60 minutes, Monday–Thursday, €180

60 minutes, Friday–Sunday, €200

EXCLUSIVE TREATMENT FOR THE EDEN SPA - LA GRANDE BELLEZZA

Designed especially for us, this unique massage rejuvenates, re-energises, harmonises and relaxes body and mind. This full body and face experience begins with a complete body exfoliation, followed by a stimulating massage to reveal silky-soft skin. For the face, you'll enjoy a regenerating mask – and the final touch will be bespoke to you.

120 minutes, Monday–Thursday, €400

120 minutes, Friday–Sunday, €420

TREATMENT ADD-ONS

Enhance your facial with a choice of additions designed to revitalise, restore and purify your skin. All these treatments can be added to a facial or enjoyed as individual treatments.

Suitable for all skin types

MICRODERMABRASION

Microdermabrasion will gently remove the skin's dead cells on the top layer, resulting in a smooth, flawless texture.

30 minutes, Monday–Thursday, €70

30 minutes, Friday–Sunday, €90

OXYGEN

Our special oxygen machine helps to revitalise cell health and promote the cells' natural regeneration for healthier-looking skin.

30 minutes, Monday–Thursday, €70

30 minutes, Friday–Sunday, €90

RITUALS BY MEI

EXCLUSIVE TREATMENT FOR THE EDEN SPA - LA DOLCE VITA

Let yourself be delighted by the pure essence of orange, with Mei Italian citrus essential oils. The treatment begins with an invigorating body scrub and massage with sweet orange oil and cream to leave skin beautifully smooth and soft, before finishing with a warm shower with sweet orange and tangerine gel to delight your senses.

To finish, enjoy a chilled glass of prosecco with orange-inspired treats prepared by our executive chef.

120 minutes, Monday–Thursday, €240

120 minutes, Friday–Sunday, €260

TWO HOURS FOR TWO

Created specially for you, this experience lets you choose your own aromatic essential oil and massage technique, performed with natural ingredients prepared by our spa therapists.

Two hours for two, for a ritual of extraordinary effectiveness in relaxing and releasing tension.

120 minutes, Monday–Thursday, €220

120 minutes, Friday–Sunday, €240

PERSIAN ROSE PETALS BODY & FACE

A soothing ritual with an intoxicating fragrance extracted from the petals of Rosa di Persia. Let yourself be lulled into a feeling of bliss, as our spa therapist performs gentle massage techniques with the finest natural ingredients, leaving skin feeling as soft as a rose petal.

120 minutes, Monday–Thursday, €220

120 minutes, Friday–Sunday, €240

BODY TREATMENTS BY MEI

A PINCH... OF SALT!

Harnessing the natural power of Italian sea salt, green tea oil, pennyroyal and ginseng root, this wellness ritual helps to reset the body, boost circulation and promote new energy.

60 minutes, Monday–Thursday, €170

60 minutes, Friday–Sunday, €190

THE PURITY OF ITALIAN HERBS

Inspired by ancient herbal traditions, this powerful ritual helps to detoxify and reinvigorate the body with Italian green clay, horsetail and cloves. To finish, a nourishing nine-herb herbal tea leaves you feeling refreshed and revived.

60 minutes, Monday–Thursday, €170

60 minutes, Friday–Sunday, €190

MASSAGES

SWEDISH

A traditional medium-pressure massage to ease tension and gently soothe your body, resulting in complete relaxation.

60 minutes, Monday–Thursday, €150

60 minutes, Friday–Sunday, €170

90 minutes, Monday–Thursday, €190

90 minutes, Friday–Sunday, €200

DEEP TISSUE

An intense massage designed to alleviate pain and deep muscular tension, helping to restore comfort and freedom of movement.

60 minutes, Monday–Thursday, €170

60 minutes, Friday–Sunday, €190

90 minutes, Monday–Thursday, €210

90 minutes, Friday–Sunday, €230

HOT STONE

A therapeutic full body massage performed with warm stones to rebalance your body and mind.

60 minutes, Monday–Thursday, €180

60 minutes, Friday–Sunday, €200

90 minutes, Monday–Thursday, €220

90 minutes, Friday–Sunday, €240

REFLEXOLOGY

A soothing massage with targeted pressure on specific points on the soles of the feet, believed to restore energy balance and relieve common ailments.

60 minutes, Monday–Thursday, €150

60 minutes, Friday–Sunday, €170

SIGNATURE JET LAG

A relaxing face and body massage which helps to restore hydration and stimulate circulation to ease the common effects of jet lag.

60 minutes, Monday–Thursday, €150

60 minutes, Friday–Sunday, €170

CANDLE MASSAGE

An indulgent massage performed with the warm oils of a shea butter candle, leaving your skin feeling soft and hydrated.

60 minutes, Monday–Thursday, €150

60 minutes, Friday–Sunday, €170

90 minutes, Monday–Thursday, €190

90 minutes, Friday–Sunday, €200

PREGNANCY MASSAGE

Designed to safely pamper you, this full-body massage is suitable after the first trimester of pregnancy. It focuses on comforting the changes in your body, easing leg cramps, muscle fatigue and other aches and pains, and reducing water retention and puffiness.

Suitable from 14 weeks.

60 minutes, Monday–Thursday, €170

60 minutes, Friday–Sunday, €190

NAIL CARE

LUXURY MANICURE

First, your hands will be awakened with an exfoliation, then soothed with a moisturising massage, your cuticles tidied and your nails shaped and treated with a prescriptive base coat. Finally, your choice of polish and a high-shine topcoat will be applied to your nails for a perfect finish. Alternatively, select a statement gel polish.

60 minutes, Monday–Thursday, €95

60 minutes, Friday–Sunday, €100

LUXURY PEDICURE

This nourishing treatment for feet and nails begins with a cleansing and exfoliation to smoothen skin. Then your feet and ankles are massaged with conditioning creams, and nails shaped and treated with a prescriptive base coat. Finally, they're topped with your choice of polish and a high-shine top coat to finish. Alternatively, select a statement gel polish.

60 minutes, Monday–Thursday, €95

60 minutes, Friday–Sunday, €100





⌘ *Dorchester Collection*