

# WELLNESS EXPERIENCE

REGENERATE MIND AND BODY

LA ROQQA



# CURATED FOR YOU

## A GENTLE PATH

Designed for personal well-being, this private wellness suite prioritizes individuality through privacy and customization.

Our wellness philosophy takes a holistic and personalized approach, focusing on the connection between body, mind, and vital energy. Every treatment is designed to harmonize physiological functions, promote deep relaxation, and restore energy through bio-manual techniques, natural products, and sensory rituals. Each session begins with an in-depth consultation to understand the client's needs.

Our goal is to offer a transformative wellness experience, combining ancient knowledge with modern holistic techniques to restore balance and vitality for a profound sense of well-being.

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# RENEWABLE ENERGY

## BRIGHTNESS AND NUTRITION

*Guides your body to renew the energy, brightness and nourishment of skin, body, mind.*

Stimulating the senses, surrounded by the scents of the Maremma, rediscover a skin at its true splendour, thanks to the scrub that renews and oxygenates the tissue in depth.

An effect enhanced by enveloping and draining manual techniques. The nourished and illuminated skin radiates joy. Bring your true beauty back to the surface, let go of physical and mental toxins thanks to the purifying effect of the dry heat bath.

A specific ritual to purify body and mind, preparing your skin for a flawless tan and ensuring it remains velvety and firm for days.

## REGENERATE TREATMENT

Prolonged, enveloping manual techniques, integral salts and precious oils make this exfoliant a complete body treatment, restoring a velvety, radiant appearance to the skin.

## DRY HEAT BATH - INFRARED SAUNA

The purifying and detoxifying action of the heat bath concludes this treatment by giving you that feeling of deep lightness and velvety skin.

Duration: 120 min

Cost: Euro 340 per person



# TERRA TOSCANA

SHINE, NOURISH AND REJUVENATE

*The only Italian thermal peat, Torba Toscana has exceptional characteristics for the beauty of the skin and the well-being of the entire body.*

A ritual that combines the effect of trace elements and a personalized touch, counteracting tissue changes. It activates all rejuvenation processes and releases muscle tension.

The skin of the face is soft and compact, the legs abandon that “woody” feeling and become light and elastic, everything is more toned. Bring your true beauty to the surface and release physical and mental toxins with the purifying effect of a dry heat bath.

The perception of more agile body helps the mind to feel free and clear bringing you back to your centre with a relaxing and vital effect.

## ANCIENT THERMAL - BATH TREATMENT

A unique Italian thermal peat; this fine treatment is a unique mud. Black in colour, it is an active and living cosmetic, an excellent beauty treatment and soothing in muscle stiffness.

## DRY HEAT BATH - INFRARED SAUNA

The purifying and detoxifying action of the heat bath concludes this treatment by giving you that feeling of deep lightness and velvety skin.

Duration: 120 min

Cost: Euro 400 per person



# DESSPORT

EMPOWER AND DEFATIGUE

*“Desport” is a term from old french from which the word “sport” is derived and means: enjoyment, physical or spiritual pleasure, nourishment for body mind and soul.*

This ritual makes your muscles supple and light, restores a good energy level and brings oxygen to the tissues so that your sports performance can improve.

It is also ideal after practice so that it helps you to defatigate and detoxify your entire body, release muscular exertion tensions and regain a proper rhythm of life.

Start your ritual with a dry heat bath in the comfortable infrared sauna, alternating moments of relaxation with purifying showers.

Continue with a Bio-Energy, an essential massage to balance your posture and allow your joints to move more fluidly, your muscles light and relaxed.

## DRY HEAT BATH - INFRARED SAUNA

The purifying and detoxifying action of the heat bath concludes this treatment by giving you that feeling of deep lightness and velvety skin.

## BIO-ENERGY MASSAGE - METODO INTEGRO

It is a massage that brings back and maintains the right level of energy in your body and mind.

Duration: 120 min

Cost: Euro 390 per person



# REST

THIS IS YOUR TIME AND YOUR SPACE

*Forget stress, mental fatigue, and heavy thoughts that weigh down your body. The key word is lightness of mind and body.*

Start your ritual with a dry heat bath in the comfortable infrared sauna, alternating moments of relaxation with purifying showers. Allow this pleasant treatment to activate all the detoxifying purifying processes in your skin.

A refreshing final shower will wash away all toxins and your awakened active skin will be ready to receive the massage, giving you a greater sense of well-being.

The Bio-Skin is the right massage to reduce all those tensions that make you feel stiff, woody and weighed down. You will feel a new fluidity of movement, a clear and lucid mind, a newfound vital joy.

## DRY HEAT BATH - INFRARED SAUNA

The purifying and detoxifying action of the heat bath concludes this treatment by giving you that feeling of deep lightness and velvety skin.

## BIO-SKIN MASSAGE - METODO INTEGRO

With this massage you allow your tissue to take the proper time and space to regain its shape and shine.

Duration: 120 min

Cost: Euro 375 per person



# LIKE A CLOUD

FLOAT LIGHTLESS

*Wherever your mind is clear of worries and your body is light, starting your day with this sense of great freedom makes it begin in high gear.*

Fly like a cloud again, choose this ritual to detoxify your whole body and mind, drain fluids allow your skin to rejoice.

Your ritual start with a dry heat bath: allow this pleasant treatment to activate all the detoxifying purifying processes of your skin. The last part involves a pleasantly relaxing Bio-Linfo massage, specifically designed to maintain this purifying action for many days, giving you a pleasant effect of lightness, as if on a cloud.

## DRY HEAT BATH - INFRARED SAUNA

The purifying and detoxifying action of the heat bath concludes this treatment by giving you that feeling of deep lightness and velvety skin.

## BIO-LINFO MASSAGE - METODO INTEGRO

The massage par excellence that stimulates the body's entire purification system, improves fluid drainage and has a strong purifying effect on body and mind.

Duration: 120 min

Cost: Euro 400 per person



# DRY HEAT SAUNA

A TIMELESS RETREAT

*Step into a realm of serene indulgence, as the gentle embrace of dry heat melts away the cares of the day.*

Thoughtfully designed to enhance your well-being, our sauna offers a tranquil retreat in the heart of the hotel, a sanctuary where time slows and the senses awaken.

Crafted with the finest materials, the space radiates warmth and understated elegance, inviting you to unwind in quiet solitude or share in a moment of peaceful reflection. The calming heat envelops you, promoting deep relaxation, revitalizing the body, and restoring balance to the mind.

Whether as a prelude to a rejuvenating spa treatment or a soothing escape after a day of exploration, the dry heat sauna elevates your stay, offering a timeless ritual of renewal.

Duration: 90 min

Cost: Euro 150 per person

# MASSAGE TREATMENTS

## THE ART OF TOUCH

*Every touch is designed to restore balance and harmony. Our expertly massages invite you to unwind, offering a moment of stillness and renewal amidst the rhythm of your day.*

## WARM CANDLE RITUAL

A soothing massage using melted vegetable butter, providing warmth and stress relief.

Duration: 50 min  
Cost: Euro 120 per person

## MEDITERRANEAN OLIVE OIL MASSAGE

Traditional massage using antioxidant-rich olive oil to restore skin elasticity.

Duration: 50 min  
Cost: Euro 180 per person

## ENERGY BALANCE MASSAGE

Combines eastern and western techniques to stimulate tissues, relieve muscle tension, and promote physical balance.

Duration: 50 min  
Cost: Euro 150 per person

## AROMATIC ESSENCE MASSAGE

Uses relaxing manual techniques with sweet almond oil and various fragrances to nourish and hydrate the skin.

Duration: 50 min  
Cost: Euro 120 per person

## TAILORED WELLNESS MASSAGE

Tailored to individual needs for personalized wellness.

Duration: 50 min  
Cost: Euro 180 per person

## HOLISTIC FOOT REFLEXOLOGY

Targets specific points on the foot to realign and relax the body using an holistic energy rebalancing technique.

Duration: 30-40 min  
Cost: Euro 160 per person

## CLASSIC SWEDISH MASSAGE

Uses manipulative techniques with varying intensity and personalized oils for physical and mental well-being.

Duration: 50 min  
Cost: Euro 160 per person

# MASSAGE & CRYOTHERAPY

THE ART OF TOUCH

*A tailored ritual of relaxation and regeneration.*

*An exclusive experience designed to restore balance between body and mind, combining the depth of massage with the toning effects of cryotherapy. Expert massage techniques release tension, stimulate circulation, and guide the body into a state of complete relaxation. The subsequent application of controlled cold stimulates the tissues, supports recovery, and provides a pleasant sensation of lightness and vitality.*

## WARM CANDLE RITUAL

A soothing massage using melted vegetable butter, providing warmth and stress relief.

Duration: 50 min

Cost: Euro 185 per person

## MEDITERRANEAN OLIVE OIL MASSAGE

Traditional massage using antioxidant-rich olive oil to restore skin elasticity.

Duration: 50 min

Cost: Euro 245 per person

## ENERGY BALANCE MASSAGE

Combines eastern and western techniques to stimulate tissues, relieve muscle tension, and promote physical balance.

Duration: 50 min

Cost: Euro 215 per person

## AROMATIC ESSENCE MASSAGE

Uses relaxing manual techniques with sweet almond oil and various fragrances to nourish and hydrate the skin.

Duration: 50 min

Cost: Euro 185 per person

## TAILORED WELLNESS MASSAGE

Tailored to individual needs for personalized wellness.

Duration: 50 min

Cost: Euro 245 per person

## HOLISTIC FOOT REFLEXOLOGY

Targets specific points on the foot to realign and relax the body using an holistic energy rebalancing technique.

Duration: 30-40 min

Cost: Euro 225 per person

## CLASSIC SWEDISH MASSAGE

Uses manipulative techniques with varying intensity and personalized oils for physical and mental well-being.

Duration: 50 min

Cost: Euro 225 per person



# WELLNESS REFRESHMENTS

## SWEET TREATMENT

*With our carefully chosen range of healthy foods and beverages, which are intended to nourish your body and awaken your senses, you may elevate your wellness journey.*

Discover the perfect balance of health and enjoyment with our wellness-inspired offerings.

## ELECTROLYTE DRINK

A revitalizing blend of Celtic salt and fresh lemon for optimal hydration.

## MIXED BERRIES

A naturally delicious and antioxidant-rich way to start the day.

## DRIED FRUITS

A nutrient-rich snack for sustained long-lasting energy.

## ROSEBUD-INFUSED WATER

A delightfully flavorful and revitalizing beverage that perfectly embodies elegance.

## ASSORTED HERBAL TEAS

A soothing variety to relax and rejuvenate your mind and body.



# FITNESS ROOM

MENS SANA IN CORPORE SANO

*Step into a space designed for balance and energy. Our fitness studio offers a serene yet invigorating environment, where every workout becomes a moment of renewal.*

Whether you prefer an early morning stretch, a focused strength session or an evening run on the treadmill, the atmosphere encourages both intensity and ease. Thoughtfully equipped and naturally lit, it is not just a gym, it is a place to reconnect with yourself, even while away from home.

Our Technogym equipment:

Tapis roulant excite run

Bike

Elliptica

Unica

Bench

Kettlebells

Dumbbells

Balance dome

Power and loop bands

Mobility sticks

Jump rope

Wellness ball

Foam roller

Floor mat

# ETIQUETTE

## A GUIDE TO SERENITY

### **BOOKING**

To ensure the best experience, please make your reservation at least 24 hours in advance with our Guest Experience team.

### **ARRIVAL**

We kindly recommend to arrive ten minutes before the treatment to change comfortably in our wellness room. Please be advised that late arrivals will result in a reduction of treatment time.

### **CODE OF POLITENESS**

To respect the privacy of our guests and to ensure an atmosphere of pure relaxation, the use of mobile phone is allowed with silent mode. A low tone of voice is kindly requested.

### **GIFT VOUCHER**

Perfect synergy between beauty and well-being to gift and personalized by our voucher. We recommend to contact the Guest Experience team for more details.

### **HEALTH CONDITIONS**

We kindly ask to communicate any health problems, allergies or injuries that could affect the treatments.

### **VALUABLES**

LA ROQQA declines all responsibility in case of loss of valuables and jewelry.

### **CANCELLATION POLICY**

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior the schedule time or in case of no-show.

# GET IN TOUCH

## GUEST EXPERIENCE TEAM

guestexperience@laroqqa.com  
+39 0564 195 0290

## RESERVATIONS TEAM

laroqqa.reservations@miramis.com  
+39 0564 195 0290



LA ROQQA