



Spa & Wellness

Our wellness centre is the perfect oasis to devote to yourself, re-energise and revitalise your senses.

The SPA, equipped with a Turkish bath and a Sauna, is the perfect place to relax between flights. Here you will also find a range of special treatments designed to give you maximum relaxation.

Treatments are available by advance booking only.
On weekends and public holidays, there is a 25% surcharge.



Massage Treatments

Relaxing

30/50 min

This massage promotes deep relaxation, rebalances energy and stimulates the senses, providing a rejuvenating experience for body and mind.

€ 90 / € 120

Bamboo

50 min

The use of bamboo in this massage stimulates deep tissue and relaxes tense muscles. Energetic pressure and enveloping movements help improve circulation, promote lymphatic drainage and release accumulated tension.

€ 120

Facial

30 min

This massage is designed to stimulate blood circulation, relax facial muscles and improve skin elasticity. It is performed to promote a toning and regenerating action.

€ 90

Lymphatic drainage

30/50 min

This massage stimulates microcirculation and promotes the elimination of fluids excess, counteracting swelling and heaviness.

€ 90 / € 140

Shiatsu

60 min

This massage focuses on harmonising the body through precise pressure applied with the thumbs and palms. This method acts directly on the muscles and joints, relieving tension, improving circulation and promoting deep relaxation.

€ 230

Muscle-relaxing

30/50 min

This is a slow massage, alternating between pressure and more energetic touches, to stimulate the tissues and muscles subject to pain, in order to relax them and help loosen the contracture.

€ 120 / € 140



Spa etiquette

ETIQUETTE

To guarantee complimentary access to the Spa, it is necessary to book in advance or at check-in. Entry will only be granted to the room that made the reservation, for a duration of 45 minutes. Minors under 12 years old are not allowed inside, even if accompanied by an adult.

We invite you to leave your valuables in the safe in your room; in case of loss or damage, the Spa accepts no responsibility.

WHAT TO WEAR

Guests can arrive from their rooms already wearing towels or they can get ready directly at the Spa.

CANCELLATIONS

In the event of cancellation of paid treatments from the day before the appointment, 100% of the treatment cost will be charged.

HEALTH

At the time of booking, guests are asked to complete a health declaration form. Please note that some treatments or massages are not recommended during the first 12 weeks of pregnancy or in certain health conditions.

HOURS

The spa is open daily from 10:00 a.m. to 8:00 p.m.

RESERVATIONS

All paid treatments must be booked in advance and are subject to availability.

Reservations can be made by sending an email to: reservation@portoromano.com or by calling +39 066522720.

If you are a guest at our hotel, simply dial #100 from your room telephone.



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