

PERLASIUM

SPA RITUALS

*Wellness Rituals Inspired by Ancient Rome*  
“Our rituals reinterpret ancient Roman bathing culture, where  
body care was a sacred moment dedicated to inner harmony and  
sensory renewal.”

# SIGNATURE NUN

## **HAMMAM RITUAL with Roman Strigil – Puritas Romana**

*An Exclusive Sensory Experience*

A Hammam ritual performed in our exclusive and evocative Roman Cisterns, on a heated stone bed. Full body and face exfoliation with green clay, lemon and calendula, followed by traditional savonnage with Aleppo soap and a complete relaxing body massage. The treatment includes the use of the Roman strigil, an ancient tool used to cleanse, exfoliate and remove mud and products traditionally applied in Roman baths for body care.

This ritual stimulates circulation, removes impurities and promotes deep relaxation, transforming the treatment into a unique, ceremonial sensory journey in a timeless, magical place.

€ 360 | 80 minutes – for two people

€ 180 | 80 minutes – single

# RITUALIA CELEBRATIVA

*Sensory Journeys for Body and Face*

## **DOLCE VITA RITUAL - Ritus Dulcis Vitae**

*Body Exfoliation & Relaxing Massage*

A body exfoliation ritual with sugar micro-spheres and sweet orange to deeply illuminate and firm the skin, followed by a massage with citrus oil and the application of a silky sweet orange cream... an intoxicating fragrance that is hard to forget!

€ 140 | 50 minutes – single

€ 280 | 50 minutes – for two people

## **PERSIAN ROSE RITUAL - Ritus Rosae**

*Face & Body Ritual with Wild Persian Rose*

A precious and complete ritual that includes enveloping massages for both face and body. The result is a smoothing and intensely illuminating effect: reborn, velvety skin and a unique sensory immersion, enhanced by a shower of floral water made from wild Persian rosebuds.

€ 170 | 80 minutes – single

€ 340 | 80 minutes – for two people

## **THREE HARMONIES RITUAL – Ritus Trinitas Harmoniae**

*A Ritual of Balance Between Mind, Gesture and Grounding: Head, Hands and Feet*

Inspired by the Roman philosophy of balance between body and spirit, this treatment focuses on head, hands and feet. The journey promotes deep mental relaxation, releases tension and restores self-connection, enhanced by the benefits of aromatherapy.

€ 130 | 50 minutes – single

€ 260 | 50 minutes – for two people

# RITUALIA SACRA

*Holistic rituals for rebalancing body and mind*

## **LOMI LOMI NUI - Ritus Oceani**

Fluid, enveloping movements characterize this massage, promoting deep relaxation, improving blood and lymphatic circulation, releasing muscle tension and restoring energetic harmony. The techniques recall ocean waves and the rhythmic movements of a magical dance.

€ 140 | 50 minutes

## **PINDA SWEDA - Ritus Ignis Aromatici**

Aromatic heat and rhythmic techniques encourage muscle relaxation and purification. A manual oil massage is followed by specific movements using heated, oil-infused cotton bundles (pinda) filled with precious herbs and salt, each with beneficial properties.

€ 150 | 50 minutes

## **BAMBOO MASSAGE - Ritus Ligni Vitalis**

Deep techniques using bamboo to reactivate energy and muscle tone. This massage drains fluids, combats water retention and is also ideal for athletes experiencing muscle contractures.

€ 130 | 50 minutes

## **HOT STONE - Ritus Lapidum Calidarum**

Warm volcanic stones dissolve tension and promote energetic rebalancing. They significantly reduce muscle tension, inducing profound relaxation. The stones are alternated with manual massage techniques.

€ 140 | 50 minutes

## **DRY BRUSHING - Ritus Purificationis**

Gentle exfoliation with scented natural-bristle brushes stimulates skin renewal and circulation through slow, enveloping and deeply relaxing movements, followed by manual body oiling. A relaxing, detoxifying, draining, and exfoliating treatment.

€ 120 | 50 minutes

# ARS CURATIVA CORPORIS

*Traditional Techniques Dedicated to Muscular Wellbeing*

## **RELAXING MASSAGE - Ritus Quietis**

An enveloping treatment with light, slow, fluid and harmonious techniques to provide a deep sense of wellbeing and lightness.

€ 120 | 50 minutes

## **MYORELAXING MASSAGE – Ritus Solutionis Tensionum**

Enveloping movements alternated with deeper, targeted pressure to enhance muscle oxygenation and elasticity, providing a pleasant sensation of release and wellbeing.

€ 130 | 50 minutes

## **DEEP TISSUE MASSAGE – Ritus Resolutionis Profundae**

Through targeted techniques, gradual pressure and specific methods, this massage relieves muscle tension, joint stiffness and physical fatigue, helping the body regain balance, flexibility and functionality.

€ 170 | 50 minutes

## **LIGHT LEGS - Ritus Levitas Crurum**

*Lymphatic Drainage*

A draining treatment dedicated to leg wellbeing, designed to counteract swelling, heaviness and lower-limb fatigue. Slow, gentle techniques stimulate the lymphatic system, resulting in lightness and harmony.

€ 110 | 50 minutes

## **LOCALIZED MASSAGE - Ritus Localis**

A personalized massage ideal for treating the back, neck, legs or other areas requiring focused, targeted work.

€ 65 | 20 minutes

# **CULTUS FACIEI**

*Facial Beauty and Regeneration Rituals*

## **KOBIDO – Lifting Facial Massage**

An ancient Japanese natural lifting technique designed to restore firmness, radiance and a natural lifting effect to the face. It helps relax facial features, promotes oxygenation and improves elasticity and microcirculation, with an immediate toning, brightening and facial contour-defining effect.

€ 80 | 30 minutes

€ 110 | 50 minutes

## **REGENERATING ANTI-AGE TREATMENT – Ritus Renovatio**

A pleasant, complete facial treatment with an anti-age action based on natural hyaluronic acid and argan oil, delivering immediate fresh and radiant skin. Suitable for all skin types and all seasons. A deep, enveloping facial massage tones the skin and relaxes the spirit.

€ 140 | 50 minutes

## **PURIFYING DETOX FACIAL - Ritus Purificationis Faciei**

A treatment powered by potent botanical ingredients designed to restore and visibly improve impure, oily or combination skin.

Quebracho bark and propolis leave the skin regenerated, purified and elasticized. Includes a relaxing and decongesting facial massage.

€ 110 | 50 minutes

## **PERSONALIZED INTENSIVE TREATMENT WITH BOOSTERS - Ritus Intensivus**

A highly effective treatment featuring five powerful natural peptide boosters: Hydrating, Nourishing, Vitamin C, Brightening and Soothing. Extremely high concentrations of pure active ingredients are combined to restore the face's natural radiance and combat aging. The treatment also includes gentle brush exfoliation and rose quartz Gua Sha with specific anti-age techniques for challenging areas.

€ 160 | 50 minutes

# HOW TO ENJOY THE NUN SPA MUSEUM

Nun Spa Museum is open every day from 9:00 a.m. to 8:00 p.m.

Reserving the Nun Circuit, the courtesy kit including bathrobe, slippers, towel and shower gel will be provided. The locker rooms are equipped with hairdryer.

All the guests have to wear their personal swimming suits in order to use the relaxing pools and public areas.

It will be a pleasure for our Nun Spa Staff to give suggestions to use the Nun Circuit.

In order to avoid unpleasant setbacks, we kindly ask our guests to respect treatments and massages' times. In case of delay, the treatment or the massage's time could be reduced without any refund in order not to penalize the next guests. It is kindly recommended to make the reservation in advance to have a wider possibility of times.

In case of health problems or pregnancy, we kindly invite our guests to consult their doctor before the appointment.

Children are not admitted under 16 years. From 16 to 18 years, only accompanied by parents.

In order to maintain the excellent quality that we offer, the Management reserves the possibility of making changes to this treatments list. Cancellation is possible without penalty if it is performed 24 hours before the appointment; after that term or in case of no-show the total amount will be charged.

