



THE HIVE
SPA & FITNESS

★★★★ ROME

WELCOME TO THE EXCLUSIVE
THE HIVE SPA & FITNESS

ENGLISH

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SPA CIRCUIT

SPA CIRCUIT Mon-Fri €40 per person

WEEKEND SPA CIRCUIT €45 per person

SPA CIRCUIT FOR HOTEL GUESTS €35 per person

SPECIAL OFFER: PACKAGE OF 10 SPA CIRCUITS €320

THE SPA ENTRY INCLUDES:

Steam bath:

48°C and 100% humidity, scented with menthol and eucalyptus to purify the skin

Bio-sauna:

60°C, 50% humidity. Revitalising and toning

Finnish sauna:

90°C. To relieve tension

Emotional showers:

With hot and cold water jets, a mix of lights and aromas

Heated pool:

Hydromassage jets and effervescent loungers to give the body a feeling of lightness

Relaxation area and herbal tea room:

Area with a stove and salt walls to benefit the respiratory system, and a herbal tea room serving hot drinks, aromatic waters and fruit

You will be provided with a spa kit comprising: a towel, a bathrobe and a pair of non-slip slippers.

FACIAL CARE TREATMENTS

SPECIFIC FACIAL CLEANSING	€70	min 50
Specific purity, instant balance.		
REHYDRA - DEEP HYDRATION	€90	min 50
In vivo tests: +12.8% Hydration, +9.7% Firmness, +5.9% Elasticity, -9.3% Reduction in water loss		
75.25 - IMMEDIATE LIFTING- SKIN LONGEVITY	€150	min 80
Advanced cosmetics: targeted active ingredients such as NAD+ Activator, Lapacho, Lavandula Hybrida and Biofermentation Peptide		
BRIGHT - DEEP EXFOLIATION with AHA and PHA	€90	min 50
Smooths the skin thanks to a blend of Glycolic, Mandelic, Malic, Maltobionic and Gluconodeltalactone acids.		
DELAY INFINITY - ANTI-WRINKLE "BOTOX-LIKE"	€90	min 50
Acetyl Hexapeptide-1: a latest-generation anti-ageing peptide that improves the appearance of wrinkles		
EMOZIONI PLUS - SENSITIVE SKIN COMFORT	€90	min 50
For sensitive and intolerant skin, formulated according to the principles of neurocosmetics		
BALANCE - PURIFYING FOR COMBINATION SKIN	€80	min 50
A cosmeceutical solution for seborrhoeic, oily and blemish-prone skin		
LIME - ENERGIZING VITAMIN C	€90	min 50
Targets the main signs of photo- and chrono-ageing, uneven skin tone, dark spots and dehydration,		

*You can add a radiofrequency treatment following a consultation.

SPA RITUALS

BODY SPA

AROMA MASSAGE BODY SPA PROTOCOL

A professional body treatment that combines massage techniques with aromatherapy and stimulating active ingredients, with the aim of creating a multi-sensory and functional experience.

At the heart of the treatment are the 3 Intensive Aroma Oils, chosen according to the desired effect.

Sunrise → energising effect, sweet and enveloping notes

Sunset → revitalising effect, fresh and green notes

Midnight → deeply relaxing effect, warm and spicy notes

MIN 60' €90

BODY SPA TREATMENT WITH EXFOLIATION AND AROMATHERAPY MASSAGE

Body Spa Treatment with Scrub and Aromatherapy Massage

A professional, holistic and multi-sensory body treatment that combines functional exfoliation, aromatherapy and massage using targeted techniques.

It supports skin renewal by removing surface cells, stimulates neuro-sensory well-being with active fragrances, and promotes microcirculation and drainage through a specific, targeted massage.

At the heart of the treatment are the 3 Intensive Aroma Oils, chosen according to the desired effect.

Sunrise → energising effect, sweet and enveloping notes

Sunset → revitalising effect, fresh and green notes

Midnight → deeply relaxing effect, warm and spicy notes

min 90 mins €120

MIN 90' €120

SPA RITUALS

TRADITIONAL HAMMAN RITUAL WITH MASSAGE

A purifying treatment inspired by middle eastern traditions, combining steam, cleansing with Savon Noir, exfoliation with a Kessa glove and a final massage to deeply rebalance body and mind.

MIN 90' €130

PERSIAN ROSE RITUAL FACE & BODY

An iconic ritual for face and body based on precious wild Persian rose essential oil, designed to offer a highly intense multi-sensory experience.

Gentle exfoliation and nourishing massage improve elasticity, radiance and softness, complemented by a final facial treatment for smooth, purified and radiant skin.

MIN 90' €125

DOLCE VITA RITUAL

Inspired by Mediterranean vitality, this scrub is enriched with sweet orange and lemon essential oils, gently exfoliating the skin whilst the massage stimulates microcirculation and promotes cell renewal.

MIN 90' €125

SEA SALT RITUAL

A body ritual based on sea salt and phytoactive ingredients, designed to exfoliate, drain and reactivate skin microcirculation.

A revitalising treatment that stimulates circulation, leaving the body feeling light, smooth and visibly more toned.

MIN 90' €125

MASSAGE

CLASSIC MASSAGES

ANTI-STRESS - RELAXING	€80	min 50
DEEP TISSUE MASSAGE	€90	min 50
SPORTS MASSAGE: MUSCLE RECOVERY	€90	min 50
DRAINING AND DETOXIFYING	€80	min 50
ANTI-CELLULITE	€80	min 50
CANDLE MASSAGE	€90	min 50
PRENATAL MASSAGE	€80	min 50
AYURVEDIC ABHYANGA	€80	min 50
CUPPING MASSAGE	€99	min 50

SHICHIDÒ BIO-ENERGETIC MASSAGE	€90	min 60
AROMA BODY RITUAL - AROMATHERAPY MASSAGE	€90	min 60
LIGNUM - DEEP MUSCLE TREATMENT	€110	min 60
LIGNUM WITH BODY-CONTOURING EFFECTS	€110	min 60
AYURVEDIC PINDASWEDA	€90	min 60
THAI MASSAGE WITH OIL	€90	min 60
HOT STONE MASSAGE	€90	min 60

LONGER MASSAGES

ANTI-STRESS - RELAXING	€120	min 80
DEEP MUSCLE RELAXATION	€120	min 80
LIGNUM MODELLING AND DEEP TISSUE MASSAGE	€135	min 80
DRAINING AND DETOXIFYING	€120	min 80
VODDER METHOD - LYMPHATIC DRAINAGE	€120	min 80

SHORT MASSAGES

LEG DRAINAGE	€45	min 30
BACK, HEAD AND NECK	€45	min 30
FACIAL MASSAGE	€45	min 30
FOOT REFLEXOLOGY	€50	min 40

SPA PACKAGES

1-THE HIVE DAY BREAK 30' €75

Fitness entry

SPA entry

30 minute massage

2-THE HIVE DAY BREAK 50' €99/€135

Fitness entry

SPA entry

50 / 80-minute anti-stress massage

3-THE HIVE RITUAL €132

SPA entry

Choose one of the following rituals:

Dolce Vita: 90-minute scrub and massage

Sotto Sale: 90-minute scrub and massage

4-THE HIVE DAY DREAM €149

Fitness entry

Choose one of the following rituals:

Hamam Ritual with Massage and Facial Treatment

Persian Rose Face and Body Ritual 90'

5- PERFECT DAY €163

SPA entry

Specific facial treatment 50 mins *

Specific body treatment 60 mins *

*Treatments will be chosen in consultation with the Beauty Expert

BODY PROJECT

DETOXIFY AND DRAIN

DETOXIFYING DRAINING SALT SCRUB TREATMENT*

Deep detoxification using sea salts, a professional exfoliating treatment with a draining effect, followed by a specific professional massage.

MIN 60' €70

NOURISHING DETOXIFYING SCRUB TREATMENT*

Designed to revitalise lifeless skin and help restore the skin's natural balance. It prepares the skin to optimally receive subsequent draining, slimming and toning treatments, enhancing their effectiveness.

MIN 60' €70

BODY LINE - Acid Blend Exfoliation

Specifically designed to smooth, renew, deeply moisturise and tone the skin.

MIN 60' €70

CELLULITE AND FAT-REDUCING WRAPS

SINECELL: Thermo-Reducing body wraps protocol- Target Areas*

Designed specifically to combat cellulite and fibrous tissue through the application of thermal slimming bandages infused with pink pepper extract and caffeine, which provide deep, targeted action, followed by a professional massage.

MIN 60' €70

SINECELL: DRAINING SALINE BODY WRAPS PROTOCOL*

Treatment using Saline Draining Bandages with Epsom salt, releasing the marine active ingredients of the red algae *Jania rubens* with a specific anti-cellulite action, followed by a specific massage.

MIN 60' €70

**It is possible to customize protocols by adding a radiofrequency and pressotherapy session, depending on the specific skin concern to be treated, following a consultation.*

BODY PROJECT

FUOCO PROGRAM - SLIMMING

SHOCK REDUCING MUD PROTOCOL

An intensive treatment protocol designed to achieve a slimming effect. The treatment includes a Sculpting Booster and the Antigravity and/or Dioriti protocols, which have a slimming and reshaping effect, followed by slimming mud and rounded off with a final massage.

MIN 90' €90

SLIMMING & SCULPTING PROTOCOL*

An intensive body treatment with a reshaping, slimming and toning effect. It begins with the application of Sculpting Drops, followed by Antigravity techniques and an occlusive wrap, which optimise the delivery of active ingredients and improve the tone and firmness of the skin.

MIN 65' €80

LOCALIZED FAT REDUCTION

TARGET ABDOMEN

An intensive treatment to slim down the most delicate area of the body. We recommend combining this with specific technology to enhance the results.

MIN 50' €70

FUOCO PLUS: GLUTE PUSH-UP

Specifically designed to reshape the glutes and inner thighs, with an immediate push-up and lifting effect.

MIN 50' €70

**It is possible to customize protocols by adding a radiofrequency and pressotherapy session, depending on the specific skin concern to be treated, following a consultation.*

BODY PROJECT

TONING

DIORITE MASSAGE PROTOCOL*

A body treatment that combines enveloping massage techniques with the use of hand-shaped diorite stones made from volcanic sand; these stones release natural heat, promoting a targeted action to combat body imperfections such as cellulite, localised fat deposits and sagging skin.

MIN 50' €70

SINECELL: TONING ANTI-CELLULITE MUD PROTOCOL*

An intensive body treatment based on functionalised mud enriched with draining and toning active ingredients derived from **Jania algae**, which inhibits the expansion of adipose tissue to prevent the formation of new cellulite. Thanks to its thermogenic action, it helps to reduce swelling and improve the firmness and elasticity of the tissues, resulting in smoother, more even and toned skin.

Ideal as an **intensive** treatment or as part of personalised body programmes.

MIN 60' €80

**It is possible to customize protocols by adding a radiofrequency and pressotherapy session, depending on the specific skin concern to be treated, following a consultation.*

BODY PROJECT

TECHNOLOGIES & TOOLS

RADIOFREQUENCY

A cosmetic technology that generates heat in deep tissues to stimulate collagen and elastin.

It improves skin tone and firmness and supports tissue remodelling, combating sagging.

MIN 30 €70

ADD-ON MIN 30 €50

PRESSOTHERAPY

A device that uses sequential pneumatic compression to stimulate lymphatic drainage and venous circulation.

It helps eliminate excess fluid, reduces swelling and a feeling of heaviness, and improves the well-being and lightness of the limbs.

MIN 15/30 MINS - €40/€60

ADD-ON MIN 15/30 - €25/€45

LIGNUM BODY MASSAGE

A beauty massage technique using beechwood tools that stimulate the deep tissues.

It promotes drainage, body contouring and the reduction of imperfections, with a toning and relaxing effect that helps reduce stress from the very first sessions.

60 MINS €90

ADD-ON 30 MINS €45

PRIVATE SPA

SPA YUME 🌸

An exclusive, Japanese-themed private spa experience, designed as a truly immersive sensory journey, where water, warmth and ritual blend into a single, sophisticated wellness experience.

A ritual structured in phases, in which every element contributes to a “journey” from body to mind.

Private spa without massage - **Duration 2 hours €200**

Private spa with 30-minute relaxing massage - **Total duration 1 hour and 30 min €230**

Private spa with 50-minute relaxing massage - **Total duration 2 hours €250**

Private spa with Persian Rose face and body ritual - **Duration 3 hours €295**

SPA OMNIA MEDITERRANEAN ☀️

A sensory journey inspired by the Mediterranean, where water, warmth and nature come together in a private ritual of total rejuvenation and deep well-being.

Private spa with hot tub, salt-wall sauna, Turkish bath and sensory shower.

Private spa without massage - **Duration 2 hours €200**

Private spa with 30-minute relaxing massage - **Total duration 1 hour and 30 min €230**

Private spa with 50-minute relaxing massage - **Total duration 2 hours €250**

Private spa with Persian Rose face and body ritual - **Duration 3 hours €295**

SICILIAN AMBER RITUAL ★

AN ITALIAN RITUAL TO ENJOY TOGETHER AND TAKE HOME

The private spa welcomes guests into an exclusive setting featuring a sauna, Turkish bath and whirlpool, adorned with fresh lemons and oranges and enhanced by the enveloping scents of citrus essential oils.

*Following the steam treatment, the ritual continues with a relaxing **massage** followed by an exclusive **anti-ageing facial treatment** using the Ambra di Sicilia protocol, for radiant, nourished and revitalised skin.*

*To complete the experience, guests of the Spa Suite receive a complimentary **gift** of **Ambra di Sicilia** cream, allowing them to prolong the ritual's benefits at home.*

Duration: 3 hours per couple €325

Duration: 2 hours and 30 minutes per Couple €325

PRIVATE SPA

THE ANCIENT RITUAL OF THE HAMMAM WITH SAVONNAGE AND MASSAGE

The ancient Hammam ritual with Savonnage using Savon Noir is a deep-cleansing treatment inspired by Middle Eastern tradition.

The steam of the hammam prepares the skin, whilst the Savon Noir, rich in olive oil, deeply cleanses and nourishes. The ritual continues with exfoliation using a Kessa glove, which removes impurities and dead skin cells, leaving the skin soft, radiant and rejuvenated.

Followed by a massage with warm aromatic oils.

DURATION 1 HOUR AND 40 MINUTES € 130 SINGLE

DURATION 1 HOUR AND 40 MINUTES € 250 PER COUPLE

RED VELVET RITUAL

A one-hour experience for two in a private setting

Begin your journey with a moment of togetherness as you exfoliate and rejuvenate your skin, then immerse yourselves in the warm thermal steam of the purifying Turkish Bath to relax your muscles and mind.

The experience continues with a 30-minute couples' massage, where our expert therapists will treat you to a shared moment of well-being with enveloping, deep and targeted movements.

Complete your couples' experience with a glass of sparkling wine to prolong this Red Velvet sensory journey.

- 30 minutes of self-scrub in the Turkish bath
- 30 minutes of couples' massage
- A welcome glass of sparkling wine

DURATION: 1 HOUR €116 PER COUPLE

MANICURE

CLASSIC MANICURE WITH POLISH: €25

MANICURE WITHOUT POLISH - MEN/WOMEN: €17

MANICURE WITH 7-DAY PEEL-OFF POLISH: €29

SEMI-PERMANENT POLISH WITH MANICURE: €35

SEMI-PERMANENT POLISH REMOVAL: €10

GEL/ACRYGEL REMOVAL: €15

FRENCH MANICURE: €10

SINGLE NAIL RECONSTRUCTION: €8

CLASSIC NAIL POLISH CHANGE (NO MANICURE): €15

**ADD A SCRUB AND A MASSAGE TO YOUR MANICURE AND PEDICURE
FOR JUST €20**

PEDICURE

ESTHETIC PEDICURE WITH CLASSIC NAIL POLISH: €35

THERAPEUTIC PEDICURE WITH CLASSIC NAIL POLISH: €55

ESTHETIC PEDICURE WITH 7-DAY PEEL-OFF NAIL POLISH: €39

THERAPEUTIC PEDICURE WITH 7-DAY PEEL-OFF NAIL POLISH: €60

SEMI-PERMANENT WITH ESTHETIC PEDICURE: €45

SEMI-PERMANENT WITH THERAPEUTIC PEDICURE: €67

REMOVAL OF SEMI-PERMANENT/GEL/ACRYGEL: €8

FRENCH MANICURE APPLICATION: €10

SINGLE NAIL RECONSTRUCTION: €8

CORRECTIVE SINGLE NAIL RECONSTRUCTION: €19

CLASSIC NAIL POLISH CHANGE: €15

ADD A SCRUB AND A MASSAGE TO YOUR MANICURE AND PEDICURE FOR JUST €20

HAIR REMOVAL FOR WOMEN

EYEBROW TOUCH-UP: €8

EYEBROW RESHAPING: €15

UPPER LIP WAXING: €8

FULL LEG WAXING: €35

HALF LEG WAXING: €25

BIKINI WAX: €15

FULL BIKINI WAX: €25

ARM WAXING: €18

UNDERARM WAXING: €13

FULL BODY WAXING (INCLUDING EYEBROWS): €80

MEN'S HAIR REMOVAL

MEN'S EYEBROW TOUCH-UP: €13

EYEBROW RESHAPING: €23

FULL LEG HAIR REMOVAL: €40

HALF LEG HAIR REMOVAL: €30

ARM HAIR REMOVAL: €25

UNDERARM HAIR REMOVAL: €16

BIKINI LINE HAIR REMOVAL: €25

FULL BIKINI LINE HAIR REMOVAL: €30

BACK HAIR REMOVAL: €50

CHEST HAIR REMOVAL: €25

CHEST AND ABDOMEN HAIR REMOVAL: €50

FULL BODY HAIR REMOVAL (INCLUDING EYEBROWS): €160

CHOOSE YOUR TRAINING PLAN

BASIC	SMART	THE CLUB
<p>1 MONTH €55 3 MONTH €148 6 MONTH €267 1 YEAR €469</p>	<p>1 MONTH €62 3 MONTH €168 6 MONTH €302 1 YEAR €542</p>	<p>1 MONTH €72 3 MONTH €194 6 MONTH €349 1 YEAR €636</p>
BENEFIT	BENEFIT	BENEFIT
	<p>1 MONTH : 1 SPA ENTRY 3 MONTH : 3 SPA ENTRY 6 MONTH : 6 SPA ENTRY 1 YEAR : 8 SPA ENTRY</p>	<p>1 MONTH : 1 SPA ENTRY 3 MONTH : 4 SPA ENTRY 6 MONTH : 7 SPA ENTRY 1 YEAR : 12 SPA ENTRY</p>
	<p>SPA KIT NOT INCLUDED</p>	<p>SPA KIT INCLUDED</p>
	<p>1 YEAR: 4 GUEST FITNESS PASSES</p>	<p>3 MONTHS: 2 GUEST GYM PASSES 6 MONTHS: 3 GUEST GYM PASSES 1 YEAR: 4 GUEST FITNESS PASSES</p>
<p>5% DISCOUNT ALL DAY</p>	<p>10% DISCOUNT ALL DAY</p>	<p>20% DISCOUNT ALL DAY</p>

GROUP LESSONS

YOGA

YIN YOGA/HATHA YOGA 60MIN €10

HATHA YOGA: 10-CLASS PACKAGE €70

PILATES

PILATES 50 MIN €10

PILATES: 10-CLASS PACKAGE €70

PRIVATE LESSONS

PRIVATE SESSION WITH A PERSONAL TRAINER 50'€55

PRIVATE SESSION WITH A PERSONAL TRAINER 30'€40

SPA RULES

Courtesy kit

On arrival we will provide you with a courtesy kit, including a bathrobe, a shower towel, and a pair of slippers.

Cancellation

In the event of cancellation, please notify us at least 12 hours before the scheduled appointment, otherwise the full amount will be charged.

In case of a delay, the treatment will be carried out until the time expires in order not to penalise the next client and the full amount will be charged.

General information

Access to the wellness path is allowed for children aged 10 to 16 only if accompanied by an adult.

We ask you to inform us about any illnesses, allergies, pregnancies, chemotherapy, blood pressure, diabetes, inflammations; please read the regulations carefully and fill in the waiver that you will receive when you enter the SPA.

Payments

For guests of The Hive Hotel: entrance fees and treatments will be charged automatically to your room.

For external guests: payment must be made before entering the SPA & Fitness area.



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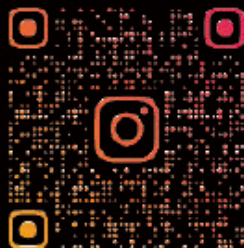
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