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english

Welcome to "the gateway to Asia"
Travel through ancient times and cultures
Share a romantic experience with a loved one
Embark on a luxurious journey for body & mind
KamiSpa is your wellness oasis in Rome

+39 06 4201 0039
info@kamispa.com
www.KamiSpa.com



Your journey of relaxation begins
as you enter one of the locations by KamiSpa
Whether exploring some of the best wellness can offer,
or just searching for a moment of calm from the city life
allow yourself to be pampered in luxurious personal care



ST REGIS
ROME

*Via Vittorio E. Orlando, 3
00185 Rome*

THE WESTIN
EXCELSIOR
ROME

*Via Vittorio Veneto, 125
00187 Rome*



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Scrubs & Wraps

Lemongrass
Cinnamon & Orange
Bali Coffee
Nature Drops
Green Tea
Turmeric



Body Scrubs

Bali Coffee Scrub

Javanese coffee beans, natural herbs and yogurt are the key ingredients used to tone up the skin leaving it deeply moisturised by following the ancient recipe of the traditional Bali scrub.

60min|100€

Lemongrass Scrub

The classic Thai scrub where Lemongrass, *plai* grass roots, *kaffir* oil and marine salt blend together in a unique body treatment, effectively removing the skin's dead cells by deeply cleansing the skin.

60min|100€

Cinnamon & Orange Scrub

An ancient Indian recipe consisting in a blend of wonderfully scented spices that have a purifying action on the skin, leaving it luminous and young looking. Perfect to remove impurities renewing the skin.

60min|100€

Body Wraps

Green Tea Body Wrap

Sencha, Japanese Green tea, is one of the most powerful natural antioxidants, perfect for oily skins. The purifying properties deeply clean and tone up the skin, leaving it silky soft and magnificently hydrated.

60min|100€

Nature Drops Body Wrap

Galbanum and Ylang-Ylang will help stimulate blood circulation with an anti-cellulite effect. The natural active ingredients regenerate and soften the skin providing a refreshing and hydrating experience.

60min|100€

Turmeric Body Wrap

Turmeric and sandalwood are used in combination to alkalize, relax and tone the skin. This body wrap provides antioxidant effects that improve the texture of the skin leaving it glowing, soft and deeply renewed.

60min|100€



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Massages

The Signature Massage

Traditional Thai

Balinese Palm

Zen Shiatsu

Ayurlomi

Ming Body

HotStones Therapy

HerbalCompress Therapy

Signature 4Hands HotStones

Back&Scalp with HotStones

Shirodhara

Mom Massage

Jet Lag Massage

Lymphatic Drainage

Rice Body Compress

Kami Median Line Thai



Massages

The Signature Massage

A unique experience combines thai, shiatsu and lomi-lomi techniques. This body treatment is performed using a blend of Asian oils, making it our Guest's all-time favorite massage. A pampering, energy-boosting experience for body and mind.

60min|130€ 75min|150€
90min|160€ 120min|220€

Traditional Thai Massage

Handed down by Thai culture over centuries, this Oil-free therapy is performed with deep pressure movements to warm the muscles and re-establish the body's optimal flow of energy. An ancient massage technique combines a gentle stretching that will make you enter in a state of total relaxation.

60min|130€ 75min|150€
90min|160€ 120min|220€

Massages

Balinese Palm Massage

Treat yourself to the traditional Balinese massage performed with the palm of the hands and extra virgin coconut oil. The goal is to favor blood flow, bringing more oxygen to muscle tissues. The effect is instant, providing relief to tensions and deep relaxation.

60min|130€ 75min|150€
90min|160€ 120min|220€

AyurLomi Massage

A massage combining ayurvedic experience and the Polynesian lomi-lomi technique. Rebalance energy and identify your dosha with this one-of-a-kind Polynesian massage. With this unique treatment the body will be both tonified and relaxed, re-establishing an optimal muscle flexibility and a correct body posture.

60min|130€ 75min|150€
90min|160€ 120min|220€

Massages

Zen Shiatsu Body Massage

Also known as the “Japanese meridians therapy”, this highly therapeutic massage provides relief to stress and fatigue by stimulating the classic acupressure points. The effects are perceived from the first massage session, and to ensure long-lasting benefits we recommend to undergo a series of treatments.

60min|130€ 75min|150€
90min|160€ 120min|220€

Ming Body Massage

The goal achieved through this treatment is to harmonize *Chi* energies through a massage that stimulates acupressure points and focuses on the body's meridian points. Any blocks found at the acupressure points get gently released and the lymphatic system is re-balanced. This highly draining treatment is recommended to reduce swelling and tensions.

60min|130€ 75min|150€
90min|160€ 120min|220€

Massages

Back&Scalp Massage with HotStones

A holistic and, at the same time, sophisticated therapy to induce total relaxation thanks to the deep massage performed using hot stones on the neck and the head. Oils are used to work on muscles and scalp easing back of the neck tensions often caused by headaches. Ideal for calming the mind and eliminating stress.

90min|180€

Kami Median Line Thai

KML Thai combines classic Thai techniques with yoga postures and stretching, gently rotating the body and stretching muscles. The harmonious stretching induces deep and relaxed breathing while our therapists are highly experienced in re-balancing the body's meridians to release endorphins, providing a deep state of wellbeing.

90min|160€ 120min|220€

Massages

HotStones Therapy

Performed using polished black granite stones to provide a sumptuous treatment, this massage starts by revitalizing the body's focal points. The body enters in contact with heated granite stones. The heat provided by the stones through which the massage is performed takes you into a state of total bliss, rebalancing both body and spirit. This is an excellent therapy to gently reactivate blood flow, eliminating toxins and soothing any prolonged tension or excess fatigue.

90min|180€

Herbal Compress Therapy

An ancient massage treatment developed by Buddhist monks, this therapy is performed by applying a steam-heated herbal compress on the body. The result is the revitalization of the blood flow and deep relaxation. Ideal treatment for those suffering from muscle pains and/or articular inflammation.

60min|130€ 90min|150€

Massages

KamiSpa Signature 4Hands HotStones

A heavenly journey for your whole body is provided by a carefully developed combination of stretching and spreading movements. Two therapists working together simultaneously will initiate you in this very special ritual. Using hot stones to ease all tensions and performing the body massage with Kami oils enriched with natural fragrances makes this an unforgettable treatment. Ideal if you're in search of a supreme pampering wellness experience.

90min|300€

Shirodhara

A gentle yet continuous flow of warm pure sesame oil poured over the so-called "third eye" at the centre of the forehead. Those who regularly undergo this treatment describe it as something that induces a state in between sleep and wake. Strongly recommended to treat insomnia or prolonged states of fatigue.

90min|200€

Massages

Jet Lag Massage

If you just arrived from a long trip and are feeling over-fatigued from traveling, this specific massage will help you regain your energies. A mix of oils and a combination of techniques are designed to provide an effective energy-boosting experience.

60min|130€ 75min|150€
90min|160€ 120min|220€

Rice Compress Therapy

An ancient remedy for stress, tensions and muscle pain. The Rice Body Compress uses steamed compresses to activate the beneficial properties of rice. This is an ideal treatment if you feel a sense of prolonged fatigue: the heated compresses are placed on muscles and other sore areas to effectively alleviate muscle tensions.

60min|130€ 90min|160€

Massages

Lymphatic Drainage

A specific treatment to reduce swelling and favor the optimal functionality of the lymphatic system. This massage promotes the transfer of lymph by focusing on blocked lymph nodes and other parts of the body, providing an immediate feeling of wellbeing.

60min|130€ 75min|150€
90min|160€ 120min|220€

Mom Massage

During this special time, the Mom Massage is a gentle pampering experience that calms the mind and favors a renewed state of wellbeing. Our professional therapists will slowly guide you in easing tensions or swelling due to pregnancy by re-balancing the natural flow of energies.

60min|130€ 75min|150€



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*Facial Treatments by Sisley**

Discover Sisley Phyto-Aromatic Treatments and let yourself be transported to a wonderful sensorial world. Benefit from the unique "savoir faire" and experience of a prestigious brand best known for its use of essential oils and plant extracts to create highly effective products of the highest possible quality. The Sisley Phyto-Aromatic Treatments combine massage rituals from all over the world, created with the respect of local traditions, and the power of aromatherapy, to reunify body and mind. The Sisley Phyto-Aromatic Treatments exist in different versions for face and body, each has its own specific massage technique designed to meet the needs of each skin and its dream answer.

***Available at The St.Regis Rome**



Facial Treatments by Sisley ***THE EXPERT PHYTO-AROMATIC FACIALS***

The Phyto-Aromatic HYDRATING Facial

Designed with dehydrated skin in mind, the Phyto-Aromatic Hydrating Facial is extremely gentle, leaving the skin fresh and petal-soft.

60min|170€

The Phyto-Aromatic RADIANCE Facial

Before a party or to erase fatigue or stress on a complexion, the Phyto-Aromatic Radiance Facial is a must as the effects are immediate: all signs of fatigue vanish, the skin is radiant and luminous.

60min|170€

The Phyto-Aromatic NOURISHING Facial

Rich and unctuous, this facial has been designed to treat dry skin types lacking lipids. Nourishing and with extreme richness, this treatment helps the skin regain its elasticity and a wonderful sensation of comfort.

60min|170€

The Phyto-Aromatic RESTORATIVE Facial

A precious moment of relaxation for stressed or irritated skin, the Phyto-Aromatic Restorative Facial is incredibly gentle. Skin is soothed and regains its vitality, comfort and bygone serenity.

60min|170€

Facial Treatments by Sisley **THE EXPERT PHYTO-AROMATIC FACIALS**

The Phyto-Aromatic SKIN PERFECTING Facial

A truly unique experience with immediate beauty results. This facial is a sensual journey of softness and pleasure, that smoothes expression lines and purifies the skin, revealing its radiance and freshness. A skin perfecting treatment targeting all phenomena responsible for dilated pores, revealing a flawless-looking skin, even close up. The skin looks instantly matte and its texture is refined. Pores are tightened.

60min|170€

The Phyto-Aromatic Facial FOR MEN

Exclusively designed for men, the Phyto-Aromatic Facial for Men offers a moment of relaxation thanks to a very specific ritual. It combines efficiency and well-being for a hydrated, toned and fatigue-released skin.

60min|170€

The Phyto-Aromatic PURIFYING Facial

Designed for combination, oily and problem skins, the Phyto-Aromatic Purifying Facial cleanses and purifies the skin while maintaining its water balance. The pores are tightened, the skin purified and the complexion evened out. The face restores its transparency, freshness and glow.

60min|170€

The Phyto-Aromatic PLUMPING Facial

A true olfactive and sensorial journey at the heart of the Black Rose, the Phyto-Aromatic Plumping Facial reveals the radiance and the beauty of a smooth skin, gorged with vitality. The complexion is luminous, the skin regains bounce and softness.

60min|170€

Facial Treatments by Sisley **THE ANTI-AGING PHYTO-AROMATIC FACIALS**

The Phyto-Aromatic INTENSIVE HYDRATING

The Phyto-Aromatic Intensive Hydrating Facial draws upon Sisley's extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis, the treatment helps restore the ideal water balance in the skin. More supple and toned, the skin regains the bounce, glow and radiance of a young skin.

90min|220€

The Phyto-Aromatic YOUTHFUL ENERGIZING

This youth capital protector treatment, energizing and hydrating, has been specially designed for young adults to fight the very first signs of skin aging. Skin is instantly moisturized, revitalized and energized. Following the treatment, the complexion is fresher & more luminous.

90min|220€

The Phyto-Aromatic SISLEÿA Facial

In 90 unforgettable minutes, the Phyto-Aromatic Sisleya Facial offers a complete treatment involving sophisticated procedures, with in-depth remodeling and the restoring of a youthful skin. Fine lines and wrinkles are smoothed. The epidermis is toned, firmer, more resilient. Skin appears younger and healthier.

This protocol exists in 3 different versions: Normal, Dry to very-dry skin, Combination to oily skin.

90min|220€

The Phyto-Aromatic REVITALIZING FOR MEN

This anti-aging ritual, specifically elaborated for men's skin, combines effectiveness and well-being for a firmer skin and smoothed wrinkles. The features are relaxed, the skin regains radiance and vitality.

90min|220€



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*Facial Treatments by Elemis**

*Urban Cleanse
Oxygen SkinCalm
S.O.S. Purifying Facial
Exotic Moisture Dew
Fruit Active Radiance*

***Available at The Westin Excelsior Rome**

THE WESTIN
EXCELSIOR
ROME



Facial Treatments by Elemis

Urban Cleanse Facial

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean. Recommended: 1 treatment every 4 weeks.

75min|150€

Oxygen SkinCalm Facial

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask infused with Absolute SkinCalm Booster Serum that rebalances delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed & irritated skin.

75min|150€

S.O.S. Purifying Facial

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum help to rebalance pores leaving a beautiful matt complexion.

75min|150€

Exotic Moisture Dew

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

60min|110€

Fruit Active Radiance

The skin is deeply cleansed while the active ingredients nourish, improve texture and restore the skin's radiance.

60min|110€



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Spa Packages

Java Delights
Chaopraya Spirit
Zen Essence
Ming Indulgence
Maharaja
The Beauty in You



Spa Packages

Java Delights

- Bali Coffee Scrub (45')
- Turmeric Body Wrap (45')
- Balinese Palm Massage (90')

180min|300€

Ming Indulgence

- Lemongrass Scrub (45')
- Nature Drops Wrap (45')
- Ming Massage (60')

150min|280€

Chaopraya Spirit

- Reflexology (45')
- Traditional Thai (60')
- Rice Body Compress (45')

150min|250€

Maharaja

- Cinnamon Orange Scrub (45')
- Nature Drops Wrap (45')
- Shirodhara (30')
- Ayurlomi (90')

210min|350€

Zen Essence

- Lemongrass Scrub (45')
- Green Tea Body Wrap (45')
- Zen Shiatsu (60')

150min|270€

The Beauty In You

- Body Scrub of choice (45')
- Body Wrap of choice (45')
- Body Massage (60')
- Facial Therapy (60')

210min|400€



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*Express Treatments**

*Foot Reflexology
Face Massage
Neck&Scalp
Minty Foot
Replenishing Hands*

**Express Spa Treatments can only be added to your experience
in combination with another Treatment from the SPA Menu*



Express Treatments*

**Choose any Treatment from the SPA Menu to add one of the following*

Foot Massage

The acupressure foot reflexology is highly beneficial thanks to the oxygenating effects it brings to the rest of the body. Especially recommended after a long day of walking, add this foot massage for a blissful spa experience.

15min|30€ 30min|60€

Replenishing Hands

Our hands have micro-bones and muscles that may overfatigue and loose their flexibility over time. This special treatment is a reflexology for the hands: a unique and unforgettable replenishing experience.

15min|30€ 30min|60€

Neck&Scalp

Tensions in the areas of the neck and scalp are mainly due to stress and headaches. To unlock those tensions add this express treatment and our Therapists will help gently ease contractions to regain your natural posture.

15min|30€ 30min|60€

Face Massage

Choose this specific facial massage to relax and extend any unwanted microtensions of the face. The Therapists will use circular and smoothing techniques, providing immediate elasticity to the skin leaving it renewed and beautifully relaxed.

15min|30€ 30min|60€

Minty Foot

This foot reflexology is a wonderful treat for tired feet, which are massaged with peppermint and guava essential oils to scent the feet's skin, reactivating circulation and providing relief to muscle pain. Combine this treatment for a complete spa experience.

30min|60€

*“Add one or more of the **Express Treatments** for a complete wellness experience”*



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Spa Memberships

KamiEssential
KamiPlus
KamiPremium



Spa Membership*

**Purchase the amount as Credit at KamiSpa to access Membership benefits and more!*

KamiEssential | 500€

Ideal for individual wellness goers who wish to benefit from the KamiSpa Membership with a flexible account Choose **KamiEssential** for the following benefits:

- **10%** discount (Mon-Fri)

Included with the Membership:

- **1 Free** BodyScrub or BodyWrap (30min)
- **1 Free** Neck&Scalp or FaceMassage (30min)
- **1 Free** Reflexology or Replenishing Hands (30min)
- **€25 bonus credit** on first KamiSpa GiftVoucher

Duration: Unlimited

Terms & Conditions

This Membership is valid in KamiSpa locations.

All KamiSpa Members also have access to the following: **promotions, giveaways** and **invites to exclusive events** by The St.Regis Rome and The Westin Excelsior Rome.

- 1) **Discounts** apply to all Treatments from the Spa Menu: Scrubs, Wraps, Massage, Facial Therapies and Packages
- 2) The Express Treatments **included with the Membership** can only be made by choosing another Treatment from the Spa Menu (*ex: Massage + Reflexology*)
- 3) **Credit €25** on the first Gift Voucher is only valid once by making a Spa gift Members can use their Membership to gift KamiSpa experiences based on their remaining credit
- 4) This Membership is not valid in conjunction with other promotions by KamiSpa (*ex: KamiSilver/KamiGold*)

Spa Membership*

**Purchase the amount as Credit at KamiSpa to access Membership benefits and more!*

KamiPlus | 1000€

This Membership is thought for individuals or couples who wish to share their account and get all the benefits that come with the **KamiPlus** Membership:

- **15%** discount (Mon-Fri)
- **10%** discount (Sat-Sun)

Included with the Membership:

- **2 Free** BodyScrub or BodyWrap (30min)
- **2 Free** Neck&Scalp or FaceMassage (30min)
- **2 Free** Reflexology or Replenishing Hands (30min)
- **€50 bonus credit** on first KamiSpa GiftVoucher
- Membership can be shared with another Guest
- Priority Bookings

Duration: Unlimited

Terms & Conditions

This Membership is valid in KamiSpa locations.

All KamiSpa Members also have access to the following: **promotions, giveaways** and **invites to exclusive events** by The St.Regis Rome and The Westin Excelsior Rome.

- 1) **Discounts** apply to all Treatments from the Spa Menu: Scrubs, Wraps, Massage, Facial Therapies and Packages
- 2) The Express Treatments **included with the Membership** can only be made by choosing another Treatment from the Spa Menu (*ex: Massage + Reflexology*)
- 3) **Credit €50** on the first Gift Voucher is only valid once by making a Spa gift. Members can use their Membership to gift KamiSpa experiences based on their remaining credit
- 4) This Membership is not valid in conjunction with other promotions by KamiSpa (*ex: KamiSilver/KamiGold*)
- 5) **Priority Bookings** based on daily availability schedule

Spa Membership*

**Purchase the amount as Credit at KamiSpa to access Membership benefits and more!*

KamiPremium | 2000€

Ideal for individuals or couples the **KamiPremium** gives you access to dedicated benefits as well as extra credits for a maximum wellness account:

- **20%** discount (Mon-Fri)
- **15%** discount (Sat-Sun)

Included with the Membership:

- **2 Free** BodyScrubs or BodyWraps (30min)
- **2 Free** Neck&Scalp or FaceMassage (30min)
- **2 Free** Reflexology or Replenishing Hands (15min)
- **€100 bonus credit** on first KamiSpa GiftVoucher
- Membership can be shared with another Guest
- Priority Bookings

Duration: Unlimited

Terms & Conditions

This Membership is valid in KamiSpa locations.

All KamiSpa Members also have access to the following: **promotions, giveaways** and **invites to exclusive events** by The St.Regis Rome and The Westin Excelsior Rome.

- 1) **Discounts** apply to all Treatments from the Spa Menu: Scrubs, Wraps, Massage, Facial Therapies and Packages
- 2) The Express Treatments **included with the Membership** can only be made by choosing another Treatment from the Spa Menu (*ex: Massage + Reflexology*)
- 3) **Credit €100** on the first Gift Voucher is only valid once by making a Spa gift. Members can use their Membership to gift KamiSpa experiences based on their remaining credit
- 4) This Membership is not valid in conjunction with other promotions by KamiSpa (*ex: KamiSilver/KamiGold*)
- 5) **Priority Bookings** based on daily availability schedule



Body Scrubs

Cinnamon & Orange	60min	€100
Lemongrass	60min	€100
Bali Coffee	60min	€100

Body Wraps

Nature Drops	60min	€100
Green Tea	60min	€100
Turmeric	60min	€100

Deep Tissue Massages

Signature Massage	60min	€130
	75min	€150
	90min	€160
Traditional Thai	60min	€130
	75min	€150
Zen Shiatsu	60min	€130
Kami Median Line	90min	€160
Back&Scalp HotStones	90min	€160

Relaxing Massages

Balinese Palm	60min	€130
	75min	€150
	90min	€160
Jet Lag Massage	60min	€130
	75min	€150
	90min	€160
Ayurlomi	60min	€130
	75min	€150
KamiLomi	90min	€180
HotStones Therapy	90min	€180
Shirodhara	90min	€200
4HandsHotStones	90min	€300
Ming Body	60min	€130
Lymphatic	90min	€160
Mom Massage	75min	€150
Herbal Compress	60min	€130
Rice Compress	60min	€130

Facials by Sisley

Hydrating	60min	€170
Nourishing	60min	€170
Radiance	60min	€170
Restorative	60min	€170
Skin Perfecting	60min	€170
Plumping	60min	€170
Purifying	60min	€170
For Men	60min	€170
Sisleya	90min	€220
Intense Hydrating	90min	€220
Youthful Energizing	90min	€220
Revitalizing for Men	90min	€220

Facials by Elemis

Fruit Active Radiance	60min	€110
Exotic Moisture Dew	60min	€110
Urban Cleanse	75min	€150
Oxygen SkinCalm	75min	€150
SOS Purifying	75min	€150

Spa Packages

Packages starting from 150min €250

Etiquette

To ensure that Guests can enjoy the peaceful environments in KamiSpa, we kindly request that all Guests keep noise to a minimum.

Please turn off smartphones, laptops and other noise-emitting devices.

Arrivals

Please arrive at the Spa at least 10 minutes prior to your scheduled appointment to allow us to prepare you for your Spa experience.

Please understand that late arrivals cannot receive an extension of treatments due to other appointments and specific scheduling.

Reservations

Advanced bookings are highly recommended to secure your preferred date and time of treatment. In order to make a Kami Reservation you can simply use the QR code below or get in touch with our Staff via e-mail or phone.

Cancellations

A 4-hour cancellation policy may be required in your Hotel. If needed, help us reschedule/update your appointments, subject to space and availability.

Please be reminded that any cancellation less than 4-hours before treatment may incur in a 100% charge.



Special Considerations

Please advise us of any health conditions, allergies, or injuries that could affect your experience at KamiSpa.

During pregnancy, please allow our Spa Staff to guide you in selecting those SPA treatments that are best suited for you during this special time.

Smoking

We offer a healthy smoke-free environment for all Guests.

Valuables

A secure box for valuables can be provided in the Spa and in the changing areas, but we recommend that no jewelry be worn in the Spa. The management accepts no responsibility for the loss of money or valuables of any kind.

Make a Gift with KamiSpa

If you wish to make a special gift please use the QR code below or get in touch with our Staff. You will receive an e-GiftVoucher within 24 hours of your purchase.

KamiSpa Hours

Everyday from 10AM to 8PM.

For reservations and inquiries

Contact us at the following:

+39 06 4201 0039

info@kamispa.com

www.KamiSpa.com

