

PERLASIUM

SPA RITUALS

PERLASIUM

A spa inspired by the rituals of Ancient Rome, Perlasium offers an immersive, unhurried and deeply sensory experience.

The journey begins with a welcome in the **Tepidarium**, a gently heated room designed to prepare the body for the warmth ahead, encouraging muscle relaxation and the opening of the pores.

Guests then proceed to the **Calidarium**, a warm and humid environment reminiscent of a traditional Turkish bath. Here, the body is enveloped in heat, promoting perspiration and the natural elimination of impurities.

The experience continues in the **Sudatorium**, a warm yet dry environment that creates a soothing and enveloping atmosphere, helping to release muscular tension and promote a profound sense of relaxation.

Following the intense heat, guests enter the **Frigidarium**, where ice or alternating hot-and-cold showers provide a refreshing contrast. This transition was also essential element of Roman bathing rituals, traditionally associated with stimulating circulation and toning the tissues.

The experience concludes with a period of **Relaxatio**, often enjoyed on heated loungers, accompanied by herbal infusions or beverages inspired by the traditions of antiquity.

The result is an experience that goes beyond physical wellbeing: it is an immersive journey into the culture, rituals and lifestyle of Ancient Rome.

LUXURY IN THE ROMAN CISTERN

A tribute to the timeless heritage of Ancient Rome, featuring carefully selected clays, delicately infused with aromatic essences and chosen for their distinctive properties.
An enveloping experience that nourishes the skin, engages the senses and restores a profound sense of harmony.

Roman Soap Ceremony

A timeless journey blending the allure of the Orient with the elegance of the ancient Roman baths. The traditional cleansing ritual with black olive-oil soap, enriched with precious oriental aromas, envelops the body in an experience of profound purification. The treatment gently removes impurities, while a delicate tapping with birch bundles, inspired by time-honoured traditions, stimulates the skin and encourages the body's natural cleansing processes, leaving a renewed sensation of lightness and vitality. The experience concludes with a nourishing full-body massage using precious oils, inspired by classical bathing rituals to leave the skin exceptionally soft and supple, while restoring harmony and a profound sense of balance. An authentic sensory journey where Roman refinement meets the captivating allure of the Orient.

€ 370 | 80 minutes | For two people

€ 185 | 80 minutes | Single

Mediterranean Citrus Salt & Piedmont Peppermint Salt

Choose the exfoliating experience best suited to your well-being: a fresh, energising scrub with sweet orange and lemon citrus salts, or a Sicilian sea salt scrub infused with Piedmont peppermint and wild spearmint essential oils, renowned for their soothing, toning and firming properties. Precious salt crystals **glide gently across the skin**, removing impurities and encouraging natural skin renewal. The exfoliating massage stimulates microcirculation, awakens the senses and imparts a delightful feeling of vitality, while aromatic notes envelop the body in an intense wellness experience. At the end of the treatment, the skin appears softer, more radiant and exceptionally smooth, imbued with a pleasant sense of lightness and purity. To complete the ritual, a regenerating full-body massage nourishes and relaxes the tissues, extending the benefits of exfoliation while bestowing a profound sense of harmony, energy and well-being.

€ 380 | 80 minutes | For two people

€ 190 | 80 minutes | Single

THE ART OF CLAY

Violet Harmony Ritual – Relaxation & Serenity

A sensory embrace and restorative treatment combining delicate violet clay with a botanical blend of lavender, calendula and chamomile. Its velvety texture envelops the skin to purify and soothe, while aromatic lavender calms the mind as calendula and chamomile ease away tension. A serene invitation to slow down and restore inner balance, concluding with a deeply relaxing full-body massage.

€ 390 | 80 minutes | For two people

€ 195 | 80 minuti | Single

Essential Green Ritual – Revitalising Detox

The purifying power of green clay, sage and green tea comes together to cleanse, rebalance and revitalise the body. Green clay purifies and absorbs impurities, while sage supports skin natural renewal process. Rich in antioxidants, green tea restores vitality, tone and luminosity. Promoting lightness and overall well-being, the treatment leaves the skin clearer and the mind refreshed, concluding with an invigorating full-body massage that leaves you restored and energised.

€ 390 | 80 minutes | For two people

€ 195 | 80 minutes | Single

White Purity Ritual – Velvety Nourishment

The gentle purifying action of white clay blends with the moisturising and revitalising properties of donkey milk to caress the skin and awaken the senses. Precious honey imparts a silky touch and luminous radiance, while royal jelly supports natural skin renewal, restoring vitality and energy. With its creamy texture, warmth and soothing aromatic notes, this deeply sensory experience helps the skin rediscover comfort, softness and a renewed glow. The ritual concludes with a deep, relaxing muscle-release massage to ease tension and promote lightness and relaxation.

€ 390 | 80 minutes | For two people

€ 195 | 80 minutes | Single

BALANCE OF MIND & GROUNDING

Lymphatic Well-being

A draining leg beauty treatment formulated to promote lower-limb wellness and relieve heaviness, swelling and fatigue. Stimulating dry body brushing reactivates the lymphatic system and sweeps away dry skin cells, enhancing the absorption of active draining ingredients applied through targeted body wraps. Slow, delicate massage techniques support the natural balance of body fluids, leaving legs visibly refined, relaxed and enveloped in a lasting sense of lightness. This treatment can also be extended to the abdomen and arms to relieve lymphatic congestion.

€ 190 | 50 minutes | Only legs

€ 230 | 80 minutes | Legs, abdomen and arms

Mind & Grounding Connection | Head, Hands & Feet

Inspired by ancient Roman philosophy on the harmony of body and spirit, this experience invites you to reconnect with your inner centre, releasing tension and stilling the mind to rediscover a profound state of presence. Through a dedicated treatment of the head, hands and feet, an expert touch gently guides the body into deep relaxation, while aromatherapy envelops the senses in a restorative, immersive journey.

Acupressure techniques applied to the scalp, hands and feet gently stimulate the flow of vital energy, promoting renewed clarity. The ritual begins with a warm, spiced foot bath and concludes with a slow, soothing hair-brushing session - a comforting gesture designed to clear thoughts, restore lightness and leave you fully present and centered.

€ 170 | 80 minutes

Primordial Warmth

Volcanic stones, shaped by the elemental force of the earth, hold a deep, soothing warmth that gradually permeates the body, relaxing the muscles and releasing deep-seated tension. Their contact creates a comforting sense of stability and grounding, encouraging a natural state of balance and well-being. Slow, enveloping massage movements complement the warmth of the stones, creating an intense and restorative experience that deepens relaxation and provides an exquisite sense of comfort. Inspired by the element of earth, this experience leaves you firmly grounded with a profound sense of inner strength.

€ 140 | 50 minutes

The Touch of the Waves

Inspired by the continuous motion of water, this treatment uses fluid, slow and enveloping movements that flow over the body with the natural harmony of ocean waves. Each gesture synchronises with your breath, dissolving tension and promoting a deep state of relaxation. The rhythmic, soothing motion invites complete surrender, lulling body and mind into a blissful sense of lightness and quiet. This massage is particularly recommended for those seeking to rediscover a profound inner calm, helping to ease emotional tension and daily stress. Thanks to its deeply soothing action, it is ideal for relieving anxiety and encouraging a peaceful night's sleep.

€ 160 | 50 minutes

Warm Herbal Bundles

A comforting ceremonial treatment that envelops the body in the beneficial warmth of handcrafted herbal sachets filled with sea salt and precious spices. Moving slowly across the skin, the bundles release gentle heat to ease muscle tension and melt away stress. Warm oil, infused with fresh garden spices, nourishes the skin, while aromas and techniques drawn from ancient Eastern and Western traditions harmonise body, breath and spirit. Evoking the serene spirituality of Romanesque tradition through quiet focus and aromatic scents, this ritual invites you to slow down and retreat into a state of profound stillness.

€ 170 | 50 minutes

€ 230 | 80 minutes

The Caress of Nourishment

A deeply nurturing treatment for the skin, drawing on the precious properties of the Karité Butter to restore softness, elasticity and lasting comfort. Its rich, velvety texture envelops the body in a soothing caress, helping to relieve dryness and maintain the skin's natural moisture balance. Particularly suited to dehydrated, dry and sensitive skin, this ritual invites you to slow down, surrender to the gentle touch and rediscover the pleasure of beautifully soft, silky-smooth skin. A sensory journey of nourishment and harmony, designed to restore well-being to both body and senses.

€ 150 | 50 minutes

OUR CLASSIC

Myofascial Treatment

Enveloping manual techniques are alternated with deep pressure to promote oxygenation and enhance the elasticity of the connective tissue within the fascia, providing a pleasant sensation of relaxation and overall well-being. The treatment also has a stimulating effect on the nervous system, helps tone the muscles and supports venous and lymphatic drainage.

€ 140 | 50 minutes

€ 180 | 80 minutes

Deep Tissue Massage

Through targeted manual techniques, gradually applied pressure and specialised massage techniques, this treatment helps relieve muscular tension and contractures, joint stiffness and physical fatigue, supporting the body in regaining balance, suppleness and optimal functionality.

€ 170 | 50 minutes

€ 220 | 80 minutes

Localized Massage

A personalised massage designed to focus on the back, neck and shoulders, legs or any other specific area requiring concentrated attention. The treatment is tailored to individual needs, providing targeted relief and a renewed sense of well-being.

€ 80 | 25 minutes

Maternity Wellness Ritual

A harmonious massage dedicated to the precious journey of pregnancy, designed to accompany the expectant mother through an experience of profound well-being and connection. Gentle, slow and enveloping movements help ease tension, encourage deep relaxation and create a soothing sensation of lightness, while fully respecting the body's natural changes throughout pregnancy. Every touch becomes an invitation to reconnect with oneself and with the growing baby, creating a peaceful space of serenity and harmony in which to prepare for the arrival of new life with tranquillity. An experience that nurtures both body and spirit, transforming this precious time of waiting into a moment of balance, tenderness and mindful presence.

Pregnancy massage treatments may only be performed upon presentation of a medical certificate confirming the client's suitability for the treatment. Prior authorization from the attending physician or gynecologist is required to ensure the safety and well-being of both the mother and the baby.

€ 130 | 50 minutes

THE ESSENCE OF THE FACE

Facial Masso-Lift

A deeply sculpting facial massage dedicated to the natural harmony of the face, where every movement encourages the skin to rediscover its luminosity, tone and vitality. Through expert, enveloping techniques inspired by the art of lifting massage, facial features are gently relaxed, contours appear more defined and the expression regains a sense of freshness and balance. The treatment gently stimulates the skin's natural oxygenation and renewal processes, providing an immediate illuminating and toning effect. A deeply indulgent beauty experience that celebrates the precious time devoted to oneself, leaving the face radiant, relaxed and naturally revitalised.

€ 100 | 25 minutes

€ 150 | 50 minutes

Eye Revival

A targeted treatment dedicated to the delicate eye contour, designed to support drainage and restore freshness, lightness and luminosity to the eyes. The combined action of mechanical pressure massage, gentle infrared warmth and micro-vibration delicately stimulates microcirculation, helping to reduce the sensation of puffiness and fatigue. The synergy of advanced technologies and carefully selected active ingredients provides a soothing and revitalising effect, helping the eye contour appear fresher, more rested and harmonious. A precious beauty experience that awakens the eyes, restoring a sensation of comfort, vitality and immediate well-being.

€ 120 | 25 minutes

Regenerating Anti-Ageing Facial Treatment

A complete anti-ageing facial treatment designed to enhance the skin's well-being and address the visible signs of skin ageing. A deeply pleasurable and enveloping experience combining expert facial and décolleté massage techniques with precious, carefully selected active ingredients. The treatment is designed to support the skin's natural cellular functions, encourage its renewal processes and visibly improve tone, elasticity and luminosity. The targeted massage helps relax and soften facial features, stimulate microcirculation and promote a profound sense of relaxation. Highly effective cosmetic formulations nourish, hydrate and protect the skin, restoring a firmer, smoother and more radiant appearance. A personalised beauty experience that revitalises the skin while nurturing a profound sense of well-being, leaving the face refreshed, luminous and visibly rejuvenated.

€ 190 | 50 minutes

Illuminating Booster Treatment

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 begins with a gentle cleansing ritual, followed by a refined mandelic acid exfoliation that supports the skin's natural renewal process and helps restore its natural glow. A delicate massage of the neck and cervical area completes the experience, helping to release muscular tension and relax the facial muscles. The skin feels smoother, deeply hydrated and beautifully luminous, while the facial features appear relaxed, balanced and harmonious.

€ 210 | 80 minutes

Purifying Detox Facial

A refined purifying ritual designed to restore balance, clarity and luminosity to oily, combination and impure skin. A powerful synergy of botanical actives, including Quebracho Bark Extract and Propolis, helps regulate excess sebum, refine skin texture and support the skin's natural balance, leaving the complexion fresh, smooth and radiant. The treatment concludes with a soothing facial massage, promoting relaxation and a renewed sensation of lightness and wellbeing.

€ 150 | 50 minutes

WELLBEING AS THE ART OF THE SOUL

In Ancient Rome, the baths were far more than places devoted to the care of the body. They were sanctuaries of connection, contemplation and harmony, where physical wellbeing intertwined with the wellbeing of the spirit.

Today, among ancient stones and within the silence of the Roman cistern, this philosophy comes to life in a timeless experience. Each treatment becomes an invitation to slow down, reconnect with oneself and listen to what the rhythm of everyday life so often makes us forget.

Heat, water, aromas, touch and stillness guide the body into relaxation and the mind into a deeper state of presence.

A journey rooted in the wisdom of Ancient Rome, leading to a state of true wellbeing, where body, mind and spirit rediscover their natural balance.

*Allow yourself to be guided by silence.
Reconnect with your inner balance.
Let time stand still, if only for a moment.*

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 under 16 years of age are not admitted. 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 the event of a no-show, the total amount will be charged.

