SPA treatments

7TH HEAVEN

• beauty & wellness •

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Philosophy and Motto

At **7th Heaven Beauty & Wellness Spa**, we believe that taking time for yourself is a natural necessity for feeling good. Our spa was created as an exclusive environment, where every detail, aroma, and ritual has been designed to guide you on a regenerating sensory journey where wellness becomes an authentic experience.

Our journey begins on the ground floor, where the frantic pace of everyday life fades away, creating space for an imaginary path through six natural elements. Each floor reflects one element, one energy, one emotion leading up to the final destination: the 7th Heaven. Here, all elements combine in perfect harmony, allowing body, mind, and spirit to rediscover their purest balance.

We draw inspiration from nature, ancient traditions, and modern wellness techniques to create exclusive rituals that awaken the senses offering personalized experiences where every gesture has meaning, every space a purpose, every scent a memory.

Your personal paradise awaits.

FEEL GOOD.
FEEL HEAVEN.

Facilities and Staff

Located on the seventh floor of the Four Points by Sheraton, **7th Heaven Beauty & Wellness Spa** is a peaceful oasis just a few steps from the city center.

Let yourself be surrounded by the gentle touch of our pool water and the enveloping warmth of our sauna and steam bath. Recharge your energy in the fitness area, and finally free your mind in our panoramic relaxation area while sipping a warm herbal tea. Trust the expert hands of our spa therapists, who will guide you with care and attention toward the treatment best suited to your needs.

Our Team will welcome you with a smile and gift you a truly pure experience.

Classic Massages

7th HEAVEN MASSAGE
Personalized Massage

Treat yourself to a personalized massage experience, specially designed to meet your needs. We combine various techniques to create a treatment perfectly tailored to your individual requirements. Choose your preferred focus area - head, neck, shoulders, back, legs, or feet - and allow us to dedicate our full attention to it.

25 min	50€
50 min	90€
75 min	120€

SWEET RELAX
Relaxing Massage

Enjoy this comforting and enveloping massage a gentle and harmonious treatment that involves the entire body, from head to toe. With slow and delicate movements, special attention is given to the face, neck, scalp, and hair, promoting deep relaxation and a sense of inner calm. All guided by 432 Hertz music, whose frequencies support psycho-physical balance.

50 min	75€

Classic Massages

PURE DREN
Draining Massage

Using light, rhythmic, and precise movements, this technique stimulates the lymphatic flow, helping to eliminate excess fluids and toxins accumulated in the body. It contributes to improved overall health and well-being.

25 min	45€
50 min	80€

DEEP TISSUE
Muscle Recovery Massage

Perfect for those who enjoy strong, focused touch. This massage targets the deeper layers of muscle, releasing tension and easing contractions. An ideal treatment for those seeking immediate and long-lasting relief.

25 min	50€
50 min	100€

Exclusive Massages

HOT STONE MASSAGE
Massage with Hot Stones

A regenerating experience that combines the enveloping warmth of lava stones with the deep touch of massage. The hot stones are placed on the body's energy points, releasing tension and promoting deep relaxation, while the heat soothes the muscles and awakens a full sense of well-being.

60 min 100€

AROMA EXPERIENCE
Massage with Essential Oils

Let yourself be transported by the fragrances that inspire you most, in this immersive ritual where the power of natural aromas blends with the relaxing touch of massage. Choose your favorite aroma, close your eyes, and let yourself be carried away.

60 min 100€

Highlights

REIKI
energy healing & recharge

A Japanese energy technique that promotes deep relaxation and inner harmony. Through gentle energy work, the treatment helps rebalance body and mind, release emotional tension, and create a sense of calm and clarity. Ideal for reducing stress and anxiety while reconnecting with your natural energetic balance.

50 min 85€

ABHYANGA AYURVEDIC MASSAGE
energizing & detoxifying

Inspired by the ancient Indian tradition of Ayurveda, this enveloping massage is a balancing ritual for both body and mind. The treatment begins with an oil massage of the head and continues with slow, rhythmic movements that stimulate the body's energy channels and support the natural flow of breath. Deep, harmonious massage techniques encourage detoxification, improve energy circulation, and help restore vitality and inner well-being.

50 min 85€
80 min 130€

Special Man - For Him

MAN'S DEEP RELEASE */**
deep & tension-relieving

An intensive deep tissue massage focused on the legs or back. Perfect after a sports session.	25 min	50€

AFTER-WORK DESTRESS *
focus: back & feet

Arnica back wrap followed by a deep tissue back massage and a foot massage. Ideal after a stressful day.	50 min	80€

* The massage portion in the above treatments can be performed with neutral oil or cream, depending on the guest's preference.
** The massage can be enhanced with the use of cupping or wooden gua-sha tools.

Facial Treatments

REVITAL EYE TREATMENT
eye contour focus

A targeted treatment for the eye contour with moisturizing and decongesting action. Ideal for reducing puffiness and dark circles, leaving your eyes refreshed and radiant.

15 min 25€

EXPRESS FACIAL
quick & effective

A mini treatment including cleansing, exfoliation, mask, and cream. Designed for those with limited time who still want to care for their skin, achieving fast and visible results in just a few steps.

30 min 45€

DEEP CLEANSING FACIAL
purifying & balancing

Thanks to non-invasive ultrasound technology, this intensive facial deeply cleanses and rebalances the skin, improving its texture and tone. Perfect for removing impurities, excess sebum, and dullness.

75 min 110€

Facial Treatments

CUSTOMIZED FACE TREATMENT
personalized & individual

Our signature face treatment is a fully personalized facial created to satisfy the unique needs of your skin. After a thorough analysis, you and your therapist will choose the most suitable protocol soothing, hydrating, brightening, or targeted to specific concerns. To prolong the benefits, your therapist will recommend the ideal products for a customized home skincare routine.

75 min 110€

ANTI-AGE TREATMENT
firming & lifting

A facial designed to minimize the signs of aging, improving skin tone, elasticity, and firmness. With a targeted lifting and toning massage, your face feels rejuvenated, contours are redefined, and the skin regains new energy and radiance.

80 min 110€

Body Treatments

DRY BRUSHING
stimulating & relaxing

Revitalize your skin with a dry brushing treatment. This gentle exfoliation with a natural bristle brush stimulates circulation, promotes lymphatic drainage, and leaves the skin feeling silky smooth. Ideal as a preparatory treatment to enhance the effects of other spa services.

25 min 35€

BODY SCRUB
energizing & renewing

Thanks to the action of salts, essential oils, herbs, and flowers, this scrub exfoliates the epidermis and stimulates cellular renewal. The skin becomes softer, brighter, and feels freshly renewed. Perfect for preparing the skin before or after sun exposure or to complement other treatments.

45 min 55€

Body Treatments

BODY WRAPS
detox & hydrating

With natural active ingredients, this wrap helps eliminate toxins accumulated in the tissues and deeply hydrates the skin, making it more radiant, soft, and elastic. For best results, we recommend combining it with a specific massage.	45 min	65€

BODY BANDAGES
draining & anti-cellulite

Our draining and anti-cellulite bandages are formulated to support fluid elimination and stimulate microcirculation, thanks to specific active ingredients. For enhanced effectiveness, they are best paired with a specific massage.	45 min	65€

Mini-Me Spa

Wellness for the little ones (from age 6)

LITTLE CUDDLE MASSAGE
relaxing & gentle

25 min 25€

A short and pleasant massage designed to offer children a moment of deep relaxation.

TEENIE FACIAL
soothing & protective

25 min 30€

A gentle facial treatment specially designed for young skin. It includes a deep cleanse with peeling and a mask. Ideal to address the specific needs of children and teens.

Waxing

EYEBROWS	15 min	10€
UPPER LIP / CHIN	15 min	10€
BIKINI LINE	20 min	20€
FULL BIKINI	30 min	35€
UNDERARMS	20 min	15€
ARMS	25 min	20€
HALF LEG	30 min	25€
FULL LEG	35 min	40€
BACK / CHEST	30 min	30€

Manicure & Nails

EXPRESS MANICURE
cleansing & shaping

Cleaning, trimming, filing and shaping of the nails for neat and well-groomed hands	30 min	25€

CLASSIC MANICURE
care & nourishment

Complete nail care followed by a relaxing hand massage and nourishing treatment	50 min	35€

GEL POLISH REMOVAL
emoval & protection

Gentle removal of gel polish with special care to protect the natural nail	30 min	15€

Manicure & Nails

CLASSIC NAIL POLISH
colour & elegance

Professional application of classic nail polish for a polished and elegant finish	30 min	25€

GEL POLISH
shine & durability

Application of gel polish for an even, glossy and long-lasting finish	30 min	35€

NAIL EXTENSION REMOVAL
removal & care

Complete removal of nail extensions followed by care and shaping of the natural nails	40 min	25€

Manicure & Nails

GEL-X NAIL EXTENSIONS
extension & natural look

Nail extensions using Gel-X full-cover tips for a lightweight, even and natural-looking result	90 min	60€

SOFT GEL ON NATURAL NAILS
strengthening & stability

Strengthening and shaping of the natural nails with Soft Gel for increased stability and resistance	90 min	50€

GEL NAIL EXTENSIONS
length & structure

Gel nail extensions and sculpting, tailored to the desired shape, length and structure	90 min	65€

Manicure & Nails

FRENCH / BABY BOOMER
finish & elegance

Elegant French finish or a soft Baby Boomer gradient +5€

SINGLE NAIL REPAIR
repair & precision

Repair or reconstruction of a single nail from 5€

Admissions

With each access to our spa, you can immerse yourself in a full sensory experience: swimming pool, whirlpool, sauna, steam bath, relaxation area, panoramic terrace, and fitness room await you. Bathrobe, towel, and slippers are included with every entry.

We recommend booking in advance to ensure maximum comfort and tranquility. Booking is not required for guests with an active membership.

NOTICE
To access the spa, relaxation area, and pool, check-in and registration with a valid ID are required at our reception desk.

Entry Pass Vouchers

≈ **5** Day Spa entries — 140€ instead of 175€

≈ **10** Day Spa entries — 270€ instead of 350€

Quarterly	420€
Semi-annual	790€
Annual	1380€

DAY SPA PACKAGES

ENDLESS TOUCH
restore & relax

A short yet complete wellness experience to restore balance and calm.

70€
per person

Included
- Spa access
- 25-minute personalized “7th Heaven” massage (fixed treatment, non-modifiable)
- Spa kit with bathrobe, towel, and slippers

ENDLESS RELAX
total recharge

A complete wellness experience designed to restore body and mind.

110€
per person

Included
- Spa access
- 50-minute personalized “7th Heaven” massage (fixed treatment, non-modifiable)
- Spa kit with bathrobe, towel, and slippers

Daily Admissions

DAY SPA Daily access from 9:00 AM to 10:00 PM	35€
With the purchase of a 50-minute treatment With the purchase of a 75-minute treatment or longer	20€ for free
SHORT SPA Access from 12:00 PM to 3:00 PM Valid Monday to Friday (excluding holidays)	20€
CHILDREN 6–18 years * Daily access until 8:00 PM Valid only for the pool area (no access to sauna or steam bath)	20€
CHILDREN 0–5 years * Daily access until 8:00 PM Valid only for the pool area (no access to sauna or steam bath)	for free

* Children under 18 must be accompanied by an adult

General Information

POOL AND WHIRLPOOL

Opening hours	6 AM – 10 PM
Dimensions	5 x 10 meters
Depth	1.2 meters
Water temperature	29–30°C

Access after 8:00 PM is restricted to adults (18+)

SAUNA AREA AND RELAXATION ROOM

Opening hours	2:30 PM – 10 PM
Adults only (18+)	
Clothing-free area (no swimsuits)	

FITNESS AREA

Opening hours	6 AM – 11 PM

TREATMENTS AND MASSAGES

Opening hours	1 PM – 8:30 PM

Sauna and steam bath access available from 1:30 PM onward.

General Information

IMPORTANT NOTICES
To access the spa, relaxation area, and pool, guests are required to check in and register with a valid ID at our reception. We kindly ask guests to inform the spa staff about any health conditions that may pose risks when using cosmetic products and/or undergoing treatments.

> **Specifically:** allergies, intolerances, pregnancy, chronic illnesses, serious past or present conditions, ongoing medical treatments, recent surgeries, or any other relevant information that may affect the safety or effectiveness of the treatments.

If such information is not disclosed, the spa and its staff cannot be held responsible for any adverse reactions or complications resulting from the treatments. By signing the provided form, the guest releases the spa and its staff from any liability related to undeclared health conditions.

General Information

RESERVATIONS
To book spa access and any of our treatments, please contact the spa reception at +39 333 2612891 or visit our website.

To fully enjoy your treatment, we recommend arriving 10–15 minutes before your appointment. This extra time will allow you to relax and properly prepare.

Thank you for your cooperation.

CANCELLATIONS & CHANGES
To ensure the best experience for all our clients, we kindly ask you to inform us of any cancellations or changes at least 24 hours in advance.
Otherwise, we may not be able to guarantee the availability of the requested service.

Spa Etiquette

To ensure all guests have a pleasant, safe, and relaxing experience, we kindly ask that you observe the following rules while in our spa:

- Please maintain a low tone of voice, switch off mobile phones or set them to silent mode, and respect the privacy and tranquility of other guests.
- Hotel guests are kindly requested to enter the spa wearing the robe and slippers provided. It is not permitted to access the lobby, reception, bar, or restaurant wearing robes, swimsuits, or spa attire.
- In the sauna and steam bath, the use of swimsuits, slippers, shoes, and smartphones is not allowed. Entry is only permitted with a personal bath towel to sit or lie on.
- A shower is mandatory before entering the sauna or pool, for hygiene and out of respect for the shared environment.
- In the pool area, diving, snorkeling, ball games, or any behavior that may disturb or endanger others is prohibited.

Spa Etiquette

- It is not permitted to bring food, drinks, or glass containers into the spa.
- Pets are not allowed in the wellness area, including the pool, sauna, and treatment rooms.
- We advise against bringing valuables into the spa. Management is not responsible for the loss, theft, or damage of money, jewelry, electronic devices, or other personal belongings.
- Our spa staff is available for any information or assistance. We reserve the right to deny access or interrupt treatments in the event of inappropriate behavior or non-compliance with spa rules.

Thank you for your cooperation and for respecting the guidelines that help create a peaceful and harmonious environment for everyone.

Our Partners

CINQ MŌNDES
SPA PARIS

Cinq Mondes combines cutting-edge scientific knowledge with the wisdom of different cultures, traditional medicine, and the most effective medicinal plants from global pharmacopeias to create wellness and beauty rituals for the entire body—embracing the very best of global traditions.

GLACISSE

At the core of this exclusive cosmetic line are MICA GLACIAL®, a precious mineral complex, and ACQUA GLACIAL®, the purest spring water, protected for centuries from all external agents. Enriched with natural extracts from the unspoiled Alpine environment, this face and body line deeply hydrates the skin while offering the luxury of a treatment infused with the power of the mountains.

PIROCHE®
COSMÉTIQUES

An Italian brand born in the heart of the South Tyrol Alps, combining advanced cosmetic research with precious alpine ingredients such as arnica, mountain pine, alpine chamomile, calendula, and lemon balm. These natural extracts are known for their soothing, purifying, revitalizing, and draining properties, helping the skin restore balance, radiance, and deep wellbeing through sensory treatments designed for both face and body.

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