

**ROCCO FORTE  
SPAS**



**VILLA SPA  
FRANKFURT**

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## ROCCO FORTE SPAS

We all search for wellbeing. Rocco Forte Spas is born from this desire.

All of our spas have Rocco Forte Rituals, Rocco Forte Fitness and Rocco Forte Nourish. Verdura Resort also has Rocco Forte Health, and each spa has strong local accents.

Rocco Forte Rituals inspire the senses: aromas abound whilst our expert therapists pamper you from head-to-toe. These signature treatments are carried out with our very own product line. Inspired by products grown at our resort in Sicily, our organic product line is rich in vitamins and backed by scientific research.

Rocco Forte Fitness is inspired by the Forte family's commitment to sport. We have an innovative approach to fitness, with the most cutting-edge equipment and professional trainers to support you all the way.

Rocco Forte Nourish ensures that you can eat healthily throughout our hotels. We have special, healthy dishes on our dining menus, created by nutritional experts and using local and seasonal produce. We also have a bespoke nourishing In Room Bar option.

With Rocco Forte Spas, we want you to take home great new habits and leave us looking, feeling and being better.





## VILLA SPA FRANKFURT

Villa Spa is the perfect place to escape the pace of city life. Our team of highly qualified therapists provide effective and luxurious face and body treatments, using only the finest products. Our four level spa has:

- An outdoor courtyard garden
- 8 treatment rooms, including one double treatment suite
- A beauty salon
- A 15m indoor pool
- A Jacuzzi
- A Finnish sauna
- A steam room
- A relaxation suite
- A state-of-the-art gym with the latest Technogym equipment
- A fitness studio

Villa Spa is open daily, from 6.30 - 22.00

Spa treatment appointments are available daily, from 9.00 - 21.00

## VILLA SPA PRODUCTS

### FORTE ORGANICS

Forte Organics is our new organic line, made in Italy and created exclusively for Rocco Forte Spas. Our products are rich in organic, natural, as well as active, Sicilian ingredients. Many have been hand-picked from our sister property – Verdura Resort. They're even made with Verdura's organic olive oil and water from the Sicilian Madonie Regional Natural Park. Every ingredient has been purposefully-selected for its efficacy and specific benefit to the skin. Forte Organics is free of parabens, colourants, paraffins, allergens, abrasive fragrances and SLES.

### SEPAI

The Sepai philosophy focuses on prevention and protection to maintain optimum skin. The range combines the best of technology with the best of nature, for a 100% functional formula. Every ingredient is selected for its efficacy and specific benefit to the skin. This is an 'intelligent' skin cure for both men and women. Products are free of parabens, silicones, paraffins and abrasive fragrances.

### VINOBLE COSMETICS

Vinoble Cosmetics is a vegan brand with natural active ingredients derived from grape and elderberry. Light textures, pleasant scents and outstanding results in anti-ageing are the centerpiece of the brand. Products are free of parabens, paraffins, silicones, colorants, mineral oils and hormonal substances.





## ROCCO FORTE RITUALS

Our Rocco Forte Rituals use our very own Forte Organics beauty line and are exclusive to Rocco Forte Spas. All of our rituals begin with a relaxing foot soak, and they all end with a special Forte Organics smoothie to sip on in our relaxation area.

### **FACIAL RITUAL**

During your foot soak you'll receive a hand massage. Following this, enjoy a relaxing back massage with one of our special oils to melt away any tension. We'll then pass on to your facial, before enjoying a foot massage to finish.

*75 Minutes – €150*

### **BACK RITUAL**

During your foot soak, you'll receive a hand massage. Following this, expect an apricot back scrub to smooth the back. We'll then apply one of our rich herbal compress creams to nourish the skin, and finish with a back massage to melt away any lasting aches and pains.

*60 Minutes – €120*

### **BODY RITUAL**

Following the foot soak, enjoy a full-body apricot scrub to leave you feeling silky smooth from head-to-toe. We'll then apply one of our

rich herbal compress creams all over the body, feeding it with the nutrients that it deserves. The ritual ends with a full-body massage, leaving you feeling completely rejuvenated.

*90 Minutes – €175*

### **BODY COUPLE'S RITUAL**

Following the foot soak together, you'll both enjoy a full-body scrub to smooth your skin. One of our rich herbal compress creams will then be applied to nourish your bodies. The ritual ends with a full-body massage, giving you both a feeling of complete relaxation.

*90 Minutes – €340*

### **BODY & FACIAL COUPLE'S RITUAL**

This indulgent ritual includes everything in the Body Couple's Ritual, as well as a facial, to leave you both feeling in a state of complete harmony.

*120 Minutes – €440*



## FACIALS

### SEPAI

#### TUNE IT SEPAI FACIAL

Enjoy a Sepai customised facial with concentrated extracts 'tuned' just for you.

*60 Minutes – €145*

*90 Minutes – €195*

#### FORMULA 3D LIFTING

Designed in the Sepai Laboratories specifically to help mature and stressed skin, this advanced

facial treatment helps improve firmness of the skin.

*90 Minutes – €180*

#### PRE-EVENT FACIAL

Perfect for a special occasion, this express facial includes a deep cleanse, face peel, mask and application of serum to refresh and brighten the skin.

*30 Minutes – €70*

## VINOBLE COSMETICS

#### VINOBLE DELUXE

Expect an enzymatic peel, an eye treatment and a massage. A special serum helps reduce the appearance of fine lines and wrinkles and tightens your skin. Choose between a warming mask or a cooling peel-off mask.

*90 Minutes – €180*

#### VINOBLE SELECTION

An intensive facial for radiant looking skin. Masks and serums are specially selected for your

skin type. Includes an eye treatment that smoothes fine lines and restores vitality and freshness.

*90 Minutes – €165*

#### MINI LIFTING FACIAL

Enjoy a mini facial with a red wine peel, leaving the skin visibly refreshed and tightened.

*50 Minutes – €105*

## BODY TREATMENTS

### SEPAI

#### SIGNATURE BODY TREATMENT

Designed to combat visible signs of skin ageing, this treatment includes a body scrub, wrap, massage and the application of a moisturising finishing cream. Helps the skin's balance, gets the metabolism going, and leaves the skin feeling luminous.

*90 Minutes – €180*

#### DETOX THE BODY

This treatment is designed for those who are in need of a detoxifying deep cleanse. Begin with a body scrub followed by a cleansing mask. Following this, expect a body wrap tailored to your requirements, a light massage and the application of final moisturiser. Helps balance out mineral and fluid content, as well as having a regenerating and detoxifying effect.

*70 Minutes – €130*

## VINOBLE COSMETICS

#### SILHOUETTE DELUXE

Enjoy a stimulating massage with peeling gloves, followed by the application of serum and a body pack to burn fat. Stimulates your metabolism, targets cellulite and leaves skin feeling firmer.

*60 Minutes – €120*

#### VINO FORMING

An effective treatment with a detoxifying salt or grape seed body scrub combined with anti-cellulite active substances. Designed to target problem zones, including cellulite, fluid retention and uneven skin texture.

*30 Minutes – €65*

## MESSAGES

### **SURRENDER MESSAGE**

We'll suggest the perfect massage for you. Using Swedish massage techniques, our therapist will add an individual touch, allowing for a truly personalised experience.

*60 Minutes – €110*

*90 Minutes – €160*

### **ANTI-JET-LAG MESSAGE**

This rejuvenating treatment uses special massage techniques to transport you to the right time zone and get your body and mind back in business. This is a must have treatment for those who have travelled a long distance.

*90 Minutes – €160*

### **HEAD MESSAGE**

A calming yet energising scalp massage focusing on vital energy points. This treatment helps to reduce tension, increase circulation and put mind and body in balance.

*30 Minutes – €65*

### **DEEP TISSUE MESSAGE**

This massage is for the deeper lying muscles and connective tissue structures, designed to target specific areas of tension. We'll help melt away tension, giving you a feeling of deep relief and relaxation.

*60 Minutes – €115*

*90 Minutes – €165*

### **LYMPHATIC DRAINAGE**

This massage stimulates the entire lymphatic system, encouraging it to work more efficiently, and reduces fluid retention.

*60 Minutes – €110*

### **TRADITIONAL THAI MESSAGE**

Enjoy a yogic type stretching massage, targeting pressure points and using gentle rocking motions of the body. Lying fully clothed on a mat, this treatment will help you regain the natural flow of energy in your body.

*90 Minutes – €150*

### **PREGNANCY MESSAGE**

A massage designed to meet the specific needs of an expectant mother.

*60 Minutes – €120*

## ADD TO YOUR MESSAGE

### **ROSEHIP COMPRESS TREATMENT**

This quick treatment uses our nourishing Forte Organics compress cream to target need areas. Can be added to any of the massages offered.

*30 Minutes – €60*

### **REFLEXOLOGY**

This massage stimulates pressure points on the feet that correspond to specific areas of the body, to target tension areas and improve general wellbeing.

*30 Minutes – €65*

### **THERMOACTIVE LAVENDER COMPRESS TREATMENT**

This quick treatment uses our thermoactive Forte Organics compress cream. Perfect if you do a lot of sport, this self-heating compress cream stimulates circulation and relieves muscular tension. Can be added to any of the massages offered.

*20 Minutes – €50*



## BEAUTY SERVICES

### NAILS

#### LUXURY HAND AND NAIL TREATMENT

Enjoy this soothing and hydrating hand treatment to leave your hands feeling extra special. After a soak to soften your cuticles, an exfoliating treatment and a relaxing massage, we'll file and polish your nails to give them a beautiful new look. We'll also provide you with nail polish to take away.

*75 Minutes – €80*

#### CLASSIC MANICURE

After a soak to soften your cuticles, an exfoliating treatment and a relaxing massage, we'll file and polish your nails. We'll also provide you with nail polish to take away.

*60 Minutes – €65*

#### LUXURY PEDICURE

Soak your feet in a rose petal milk bath, followed by a foot exfoliation with Cleopatra's blend of honey, sugar, salt and rose petals. Following this, enjoy a soothing foot massage and a honey and jasmine nourishing mask. Finish this treatment with a file and polish. We'll also provide you with nail polish to take away.

*75 Minutes – €90*

#### CLASSIC PEDICURE

Enjoy our classic pedicure involving foot and nail care, callus removal, filing and polish. We'll also provide you with nail polish to take away.

*60 Minutes – €75*

### BEAUBRONZ SPRAY TAN

Maintain a healthy-looking tan all year round or prepare for any last minute events and nights out with our natural and organic BeauBronz treatment. It includes a three step spray tan

treatment that exfoliates, tans and moisturises the skin for a natural glow.

*45 Minutes – €65*

### MAKE-UP

#### DAYTIME MAKE-UP

*25 Minutes – €45*

#### EVENING MAKE-UP

*45 Minutes – €75*

#### BRIDAL MAKE-UP

Two appointments including a glass of Champagne at each appointment.  
*€150*

### WAXING

#### BODY WAXING

*From €45*

#### FACIAL WAXING

*From €15*

#### BIKINI / BRAZILIAN / HOLLYWOOD

*From €20*

### TINTING

#### EYELASH TINT

*€20*

#### EYEBROW TINT

*€15*

#### EYELASH AND EYEBROW TINT

*€30*

## SPA FOR COUPLES

### ROMANTIC MOMENTS

Experience a relaxing body massage together in our double suite, beautifully decorated with rose petals. Enjoy the aroma of white cacao and shea butter, sip on a glass of Champagne and savour chocolate dipped strawberries and homemade pralines.

*60 Minutes – €240*

*90 Minutes – €290*

### RELAXATION FOR TWO AT VILLA SPA

The application of a grape seed body scrub combined with grape seed oil prepares your bodies for a deeply relaxing full-body massage with aromatic oils. Sip on a glass of wine or sparkling wine together to finish.

*90 Minutes – €350*

### FOR THE BRIDE & GROOM

Get ready for your memorable day together. Spend time together in our double suite, beautifully decorated with rose petals. Expect a full-body massage with your choice of aromatic oil, a facial treatment tailored to both of you and a classic manicure each. To finish, sip on a glass of Champagne together.

*160 Minutes – €490*



## DAY SPA PACKAGES

All Day Spa passes and packages include entry to Villa Spa and full use of our spa facilities, as well as lockers, towels, bathrobes, slippers and refreshing drinks, tea and fresh fruit.

Day Spa Pass – €90 per person

Please note that should you book a treatment over €90, full use of our facilities is complimentary.

Off-peak Day Spa Pass – €45 per person (after 19.30, Monday to Thursday)

### JFK DELUXE PACKAGE

JFK Deluxe package includes:

- A footbath, scrub and foot massage
- A custom-blended massage
- A full-body treatment
- A Nourish light lunch

€290

### JACKIE O'DAY OF BEAUTY PACKAGE

The Jackie O'Day of Beauty package includes:

- A Nourish smoothie to start the day
- A full-body treatment
- A Nourish light lunch
- A customised luxury facial
- Daytime or evening make-up

€300

## ROCCO FORTE FITNESS

### GYM

Our gym is equipped with the latest gym gadgets, free weights and Technogym weight machines, including a Kinesis machine, along with a full range of Technogym cardiovascular equipment.

### CLUBSPORTIF

Clubsportif is our carefully selected consultation, personal training and coaching fitness partner.

### CLUBSPORTIF FITNESS CONSULTATION

With this detailed consultation, we evaluate aspects of lifestyle, physiology and fitness levels. This will enable us to create a highly personalised programme and give ongoing lifestyle guidance.

90 Minutes – €300

### CLUBSPORTIF PERSONAL TRAINING

Whether you're staying at our hotel or you're one of our members, Clubsportif will help you achieve your personal goals. Our trainers use an array of training techniques, from endurance and strength, to weight loss and flexibility, in order to help clients and guests get the most out of their sessions.

60 Minutes – €150

### PRIVATE YOGA SESSION

Whether you're a beginner or a yoga expert, our qualified yoga teacher, Edward Kemp, will help you gain inner balance, strength and flexibility with a private Hatha Yoga session.

60 Minutes – €120

#### **PRIVATE PILATES SESSION**

Let our private Pilates instructor tone and stretch your muscles, as well as help your posture.

*60 Minutes – €120*

#### **CLUBSPORTIF KINESIS PACKAGE**

The 'Kinesis One' machine by Technogym allows you to do more than 300 different exercises. Let our trainer teach you some of these exercises, allowing you to activate your entire kinetic chain to help you improve balance and strength. Package includes a monthly trial membership at Villa Spa, along with three 45-minute private kinesis sessions with Clubsportif.

*€350*

#### **3-WEEK FITNESS PROGRAMME**

Get into shape in just three weeks. This intense programme combines effective exercise with key principles in nutrition. The programme includes a one month trial spa membership and seven 60-minute personal training sessions.

*€890*



## WET FACILITIES

### SWIMMING POOL

Our 15 metre indoor pool is perfect for swimming laps, with views of our beautiful courtyard garden.

### JACUZZI

Relax in between swimming lengths in the pool in our indoor Jacuzzi with its hydro massage jets.

### STEAM ROOM

Our steam room deeply relaxes and cleanses the skin with its colour therapy and aromatherapy. It helps relieve muscle soreness and joint stiffness,

as well as enhance your immune system through lymph detoxification and blood circulation. The high concentration of steam makes it more difficult to breathe, which helps exercise the lungs.

### SAUNA

Our sauna positively influences the mind and body. Saunas improve the immune system and blood circulation, as well as cleanse and rejuvenate the skin.







## VILLA SPA MEMBERSHIPS

Our exclusive membership programme includes access to our Rocco Forte Spas in Frankfurt, Berlin and Munich. All three spas are equipped with a state-of-the-art gym, sauna, steam room and indoor swimming pool, with personal trainers to set you on the fast-track to fitness.

### AS A MEMBER YOU'LL RECEIVE THE FOLLOWING BENEFITS:

- Unlimited use of the spa and fitness facilities in all 3 Rocco Forte German properties
- 90-minute personal consultation and gym induction, along with the creation of a bespoke programme
- 60-minute complimentary treatment
- 2 complimentary Day Spa Passes, along with a reduced Day Pass price of €45 per person
- 10% discount on all spa treatments
- 10% discount on all spa products
- Complimentary refreshing drinks, tea infusions, fresh fruit, lockers, bathrobes, towels and slippers

### MEMBERSHIP OPTIONS

- One-month Trial Membership: €290
- One-month Trial Membership, including 3 45-minute private Kinesis sessions: €350
- Annual Membership (price per month): €175  
*Registration Fee: €550*
- Joint Membership (price per person per month): €165  
*Registration Fee: €550 per person*

### FOR 'TEMPORARY FRANKFURTERS'

Should you be in Frankfurt for a short period of time, we can also offer 3-month or 6-month membership options.

## GENERAL INFORMATION

### SPA ETIQUETTE

- We recommend you arrive at least 15 minutes prior to your scheduled appointment in order to enjoy the full experience. All treatments start and end on time to avoid any inconvenience for subsequent guests. We recommend refraining from consuming alcohol prior to a spa treatment.
- Please notify us should you have high blood pressure, cardiac diseases or any other physical ailments or disabilities. We also kindly ask you to let us know in case you are an expecting mother so we can recommend appropriate treatments.
- We kindly advise our male guests to shave one day prior to a facial treatment so we can achieve the best results. It's advisable for female guests no to shave legs immediately before a body treatment or scrub in order to avoid possible irritations or redness of the skin.
- Please dress appropriately when visiting Villa Spa. Trainers are compulsory in the gym. Swimwear is compulsory in all public areas. Therapists will provide you with disposable slippers for treatments.
- Please respect the private and serene atmosphere and refrain from using mobile phones within Villa Spa.
- Changing Rooms are fully equipped with shampoo, conditioner, body wash and lotion. Lockers are available in the Changing Rooms, equipped with bathrobes, flip-flops and towels. For in-house guests, we recommend that you come down in the robes and slippers provided in your room.
- Villa Spa is not responsible for loss of personal items. We recommend that all jewellery and valuables are stored safely in your room. In addition, safety boxes are available at the spa.
- Please note that children under the age of 14 must be accompanied by an adult when at Villa Spa. Furthermore, the use of the sauna and Jacuzzi is not permitted for children under 14. We kindly ask you to make sure that your children respect guest relaxation.

### RESERVATIONS

- We recommend that you make a reservation prior to your arrival to ensure we can accommodate your request. If you are not staying with us, a credit card is required to hold your reservation.
- Please call extension 1160 to book your treatments if you are in-house, or for external guests call +49 (0)69 717 121 160. Alternatively, email [spa.villakennedy@roccofortehotels.com](mailto:spa.villakennedy@roccofortehotels.com)
- Please note that a 50% cancellation fee will be charged for cancellations 12 hours prior to the scheduled treatment time.
- If you arrive up to 15 minutes late, your treatment time will be reduced by the delayed time and you will be charged the full price.
- Guests arriving later than 15 minutes after the scheduled appointment time will be required to pay a 100% cancellation fee.

### GIFT CERTIFICATES

- Are you looking for a special present? Choose from an array of spa options – from a rejuvenating spa treatment to a personal training session or simply a relaxing day at Villa Spa.

### DAY AND RESIDENTIAL PACKAGES

- Combine your visit to Villa Spa with a culinary experience at our Gusto restaurant or a pleasant stay at Villa Kennedy.

ROCCO FORTE  
FITNESS



ROCCO FORTE  
HEALTH



ROCCO FORTE  
NOURISH



ROCCO FORTE  
RITUALS



ROCCO FORTE  
HOTELS

