

Spa and Wellness

If you're looking for luxurious spa and wellness resorts in Rome, here are five of the best places to relax and rejuvenate:

QC Terme Roma (Fiumicino): Best Thermal Spa Experience

- A luxurious thermal spa just outside Rome, offering indoor and outdoor pools, saunas, steam baths, and massages. Surrounded by beautiful gardens, perfect for a full day of relaxation.
- **Try:** The hydrotherapy pools and aromatherapy sauna.
- Website: qctermeroma.it

Rome Cavalieri, A Waldorf Astoria Hotel & Spa (Monte Mario): Best Luxury Spa

- A 5-star hotel spa with stunning city views, offering Turkish baths, saunas, hydrotherapy, and La Prairie beauty treatments. Home to Rome's only 3-Michelin-starred restaurant, La Pergola.
- **Try:** A caviar facial or deep-tissue massage.
- Website: romecavalieri.com

A.Roma Lifestyle Hotel & Spa (Gianicolense) – Best Modern Wellness Retreat

- A modern, all-inclusive spa featuring a heated indoor pool, sauna, Turkish bath, and holistic treatments. Located in a peaceful area, away from the city's chaos.
- **Try:** Their Ayurvedic massages and Himalayan salt room.
- Website: aroma-hotel.com

St. Regis Rome – Kami Wellness & Spa (Centro Storico): Best Boutique Spa

- A luxurious spa inside the iconic St. Regis hotel, offering personalised treatments in a refined setting. Perfect for a high-end spa experience in the city centre.
- **Try:** A gold-infused facial or anti-stress massage.
- Website: stregisrome.com

De Russie Spa at Hotel de Russie (Piazza del Popolo) – Best for a Romantic Spa Day

- A serene spa inside the 5-star Hotel de Russie, featuring a saltwater hydropool, steam room, and beauty treatments.
- **Try:** The "Roman Wellness Ritual, which includes a steam bath, massage, and facial.
- Website: roccofortehotels.com



ROME WITH MIKE