

information

Mandarin Oriental, Lago di Como
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MANDARIN ORIENTAL, LAGO DI COMO – SPA & WELLNESS

Located in Villa Roccabruna, The Spa at Mandarin Oriental, Lago di Como is a wellness destination in itself. Inspired by the pristine water of the lake, it offers a unique choice of heat and water experiences and a holistic approach to wellbeing.

From the ground floor of the historic Villa, a grand neo-classical staircase leads down to the state-of-the-art Spa, which offers a heated indoor pool, fitness centre, relaxation lounge and treatment rooms. Seemingly floating on the waters of the lake, the resort's 16-metre outdoor heated swimming pool is a major draw. Guests can sit back and unwind on sun loungers from mid-morning to sunset while enjoying impressive lake views.

Guests wishing to purely relax and rejuvenate can enjoy the healing and cleansing properties of the Himalayan salt room, indoor pool with massage stations, Mediterranean bath, chromotherapy showers, Finnish sauna, Kneipp footbath and aromatherapy steam bath.

The two spa suites and two treatment rooms are sanctuaries of private pampering, complemented by a modern and cosy beauty studio.

Every visit to The Spa begins with a traditional welcoming ritual and a private in-depth consultation performed before every treatment. At the end of each session, therapists offer lifestyle recommendations to prolong results and enhance the benefits of each treatment.

Treatments and Products

The Spa at Mandarin Oriental, Lago di Como offers rituals and treatments that blend oriental philosophy with a Western approach, with the aim of achieving the perfect balance of “Qi”, the circulating life force or energy that runs through the body.

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Developed in collaboration with Chinese Medicine specialists and aromatherapy experts, the Spa menu includes renowned Mandarin Oriental Signature Spa Therapies, and a unique selection of treatments inspired by the lake and the surrounding landscape. “Your Personal Oriental Qi”, for example, is a special one-day programme designed to help the reconnection with the inner self inspired by the five elements of Traditional Chinese Medicine.

The Spa at Mandarin Oriental, Lago di Como uses paraben-free Aromatherapy Associates products, together with Mandarin Oriental’s own bespoke products.

Fitness Centre

The Fitness Centre is equipped with latest generation of Technogym equipment, with treadmills and cardiovascular equipment that provide the perfect workout.

Guests can enjoy a scenic jogging route that winds through the resort’s leafy botanical park, while the wider area also offers some fine hiking trails commanding panoramic views of Lake Como. Personal trainer, runner and hiker sessions can easily be arranged through the resort’s spa team. Making the most of the stunning and graceful view of Italy’s iconic lake, guests can enjoy relaxing yoga and tai chi and Wellness Workout sessions, once a week in small groups on a complimentary basis, or privately at their convenience.

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For further information, please contact:

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