



THE SPA  
— AT —  
MANDARIN ORIENTAL

LAGO DI COMO



Inspired by the pristine waters of the lake, The Spa at Mandarin Oriental, Lago di Como is a wellness destination in itself.

Discover our holistic approach to wellbeing and let us guide you through a path of rejuvenation and relaxation.



## ESSENCE OF LAKE COMO

### THE POWER OF WATER

2 hours 50 minutes

460€

Taking its inspiration from the lake, this treatment begins with a gentle aromatherapy massage on the body. This is followed by exfoliation with citrus oil and salt powder. Followed by a massage, featuring long and undulating movements reminiscent of the lake's gentle waves, inducing relaxation. The experience concludes with a dedicated facial, which begins with a hamamelis mask for radiant skin, followed by a lifting facial massage.

*This ritual includes fifty minutes in a private Spa suite and two hours of treatment.*

### ON THE LAKE SHORES

2 hours 50 minutes

460€

This treatment is a massage for complete well-being and deep rebalancing. A gentle body scrub is performed, working in harmony with the antioxidant power of grape seeds to nourish and revitalise. Next is an energising massage, inspired by fresh forest and citrus fruit aromas, to achieve deep relaxation and balancing. The experience concludes with an intensive facial treatment customised to your skin type.

*This ritual includes fifty minutes in a private Spa suite and two hours of treatment.*

# SIGNATURE THERAPIES

## TIME RITUALS™

**1 hour 50 minutes**                      **290€**

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

## INNER STRENGTH

**1 hour 50 minutes**                      **290€**

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

## ORIENTAL QI

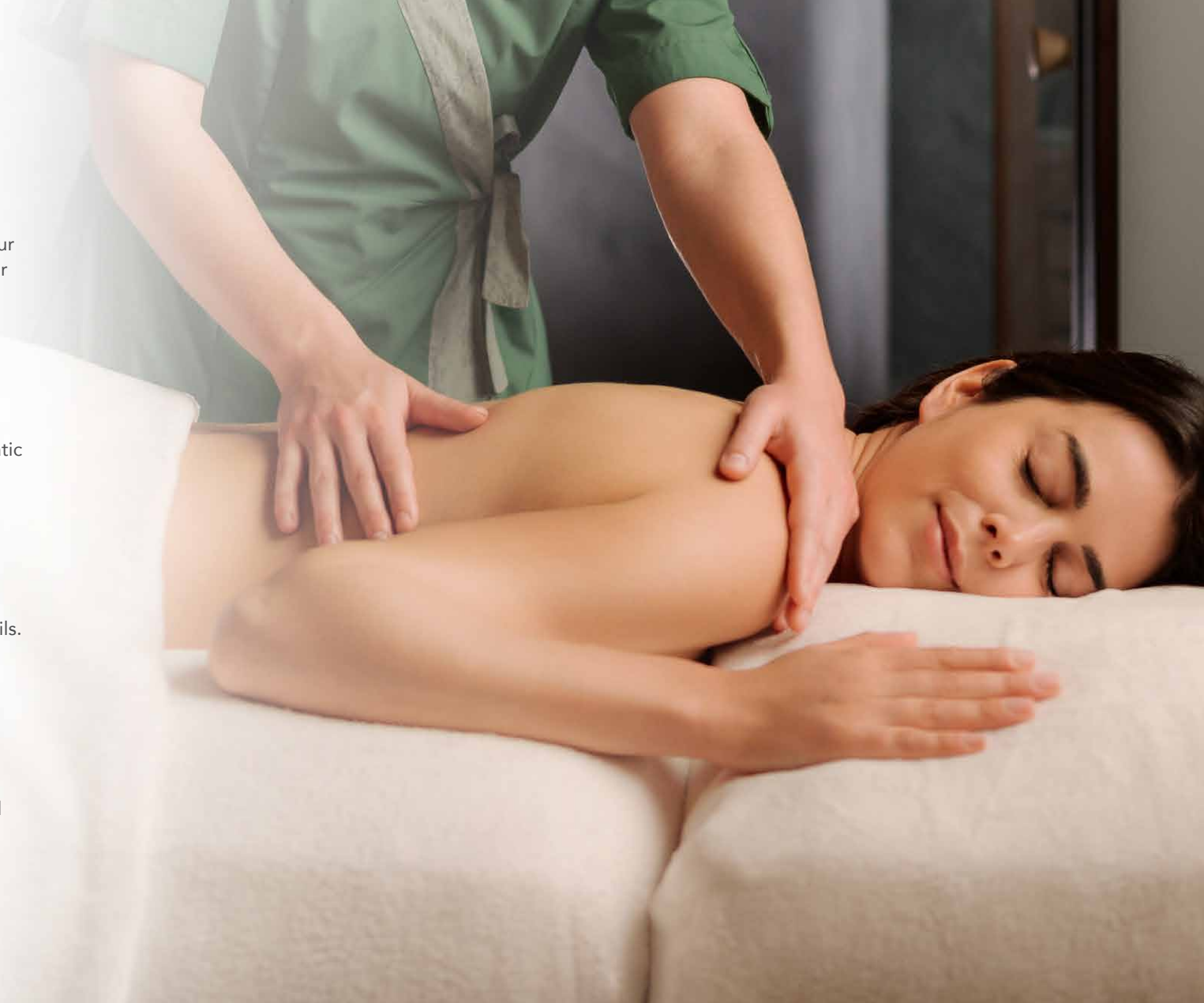
**1 hour 20 minutes**                      **250€**

A simple, effective and authentic Spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

## INTELLIGENT MOVEMENT

**1 hour 20 minutes**                      **260€**

The Intelligent Movement treatment has been designed to help our guests move more and better. Aiming to soften, release tension and increase mobility in the body, it includes: trigger point release work, deep muscle manipulation, and stretching and elongation of the muscles.





## MASSAGES

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs before designing a treatment that draws from a number of massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

### ORIENTAL ESSENCE

**1 hour 20 minutes**                      **270€**

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. It focuses on the traditional stress-holding areas of the back, neck and shoulders.

### DEEP MASSAGE

**1 hour 20 minutes**                      **270€**

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

### HOT STONE MASSAGE

**1 hour 20 minutes**                      **270€**

This relaxing treatment uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice that has been used since ancient times as a soothing and healing treatment.

### DYNAMIC RECREATION BACK MASSAGE

**50 minutes**                                      **210€**

An uplifting back treatment that is individually adapted to your needs in terms of technique and intensity. The unique combination of cupping glasses and singing bowls helps to relieve tension and improve the dynamics of the spine.

### INNER BALANCE CHAKRA TREATMENT

**50 minutes**                                      **210€**

Your personal way to harmony and inner balance. This composition of gently scented, pure chakra oils, targeted massage strokes acting on your seven energy centres and the use of gemstones has a deeply relaxing effect. It is a special treatment that promotes your body awareness and general wellbeing.

### RELAXING HEAD & NECK MASSAGE

**50 minutes**                                      **210€**

A massage highlight that awakens the senses. Special grip techniques for the head, neck and shoulder area and powerful plant extracts release tension and clear the mind. The microcirculation is stimulated, while vessels, sensory organs and nerves are strengthened. The deep touch and the gentle fragrance experience make it possible to switch off from the stress of everyday life.

# BODY CARE

## REJUVENATING FACE & BODY TREATMENT

1 hour 20 minutes

280€

A relaxing treatment incorporating a back cleanse and exfoliation, followed by a stress relieving massage and therapeutic Ayurvedic scalp massage. To finish, a deep cleansing facial using essential oils and effective botanicals helps rebalance and refresh the skin.

## FIRMING & TONING BODY TREATMENT

1 hour 20 minutes

260€

A customised body massage that tones and firms your figure. Effective active ingredients and innovative massage techniques jump-start metabolism and lymphatic activity. Intensive peeling makes the skin soft and smooth, and the intense body treatment has a slimming effect.

## MOISTURISING BODY WRAP

50 minutes

160€

Hydration and intensive care. Active ingredients extracted from apple and rosehip quench the thirst of dehydrated and demanding skin. For those who love the sun and the sauna, this application provides deep and optimal hydration of the skin, which will become smooth and velvety.

## AROMA SALT BODY SCRUB

25 minutes

120€

Intensive softness through an aromatic salt body scrub. This is an uplifting experience for the senses, with reactivating and revitalising benefits. The use of aromatherapy oils and Dead Sea salt intensely purifies and promotes skin regeneration, helping you feel 'reborn'.





# HOLISTIC SKIN CARE

## BY TEAM DR JOSEPH

The Hightech Natural Cosmetics® skincare by Team Dr Joseph is a perfect combination of nature and advanced technology. Vegan, natural, skin-friendly and rich in effective biotechnological ingredients.

### BIO LIFTING

**1 hour 50 minutes**                      **320€**

An intensive holistic facial treatment using biodynamic lifting massage techniques. A truly unique beauty treatment for immediate and lasting effects.

### CELLULAR RECREATION

**1 hour 20 minutes**                      **290€**

This deeply relaxing facial treatment uses natural active ingredients, specially adapted to the needs of your skin. A complete facial treatment including skin analysis, lymphatic facial massage, herbal steam, peeling, mask and deep purification with cupping.

### INTENSE PURIFYING

**50 minutes**                                      **240€**

Specific to your skin type, intensive deep cleansing for a bright complexion and perfected pore structure. A gentle lymph-stimulating massage with warm herbal compresses is followed by peeling and deep cleansing with glass cups. The treatment includes an invigorating face mask, a peel-off mask and individualised suggestions for daily skin care, for a visibly fresher complexion and a vital glow.

### EXPRESS POWER LIFT FOR MEN

**50 minutes**                                      **240€**

Fast and effective care for men with a pampering programme. Natural high-tech power ensures pure and refined skin texture for an energetic and well-groomed appearance.

### EXPRESS EYE & FACE LIFT

**25 minutes**                                      **150€**

Express eye contour lifting treatment, for an awakened and firmed eye contour. The experience consists of a mindfulness massage, lifting massage with a Gua Sha, eye and lip care, and individual skin care. It is ideal for reducing wrinkles and alleviating fatigue, while also decreasing puffiness in the eye area and providing a visibly firmer eye contour.

# ADVANCED SKIN CARE

## BY SWISS PERFECTION

As the first brand to apply plant cell extraction technology to cosmetics, the SWISS PERFECTION formulations combine scientific innovation, cutting-edge expertise and high-performance active ingredients. Hailing from an exceptional heritage in cellular therapy, the Swiss Perfection treatments offer the skin the ultimate in regeneration, revitalization and anti-aging prevention.

### CELLULAR HIGH-TECH EXCLUSIVE LIFTING

**1 hour 20 minutes**                      **1000€**

**50 minutes**                                **700€**

Inspired by advanced medical techniques, this five-step lifting treatment acts on a multidimensional level to target signs of ageing. It offers spectacular immediate lifting and firming results, while promoting cellular renewal. Skin is intensively rejuvenated; face contour is remodelled; wrinkles are smoothed away.

### CELLULAR HIGH-TECH INTENSE HYDRATION

**1 hour 20 minutes**                      **900€**

**50 minutes**                                **670€**

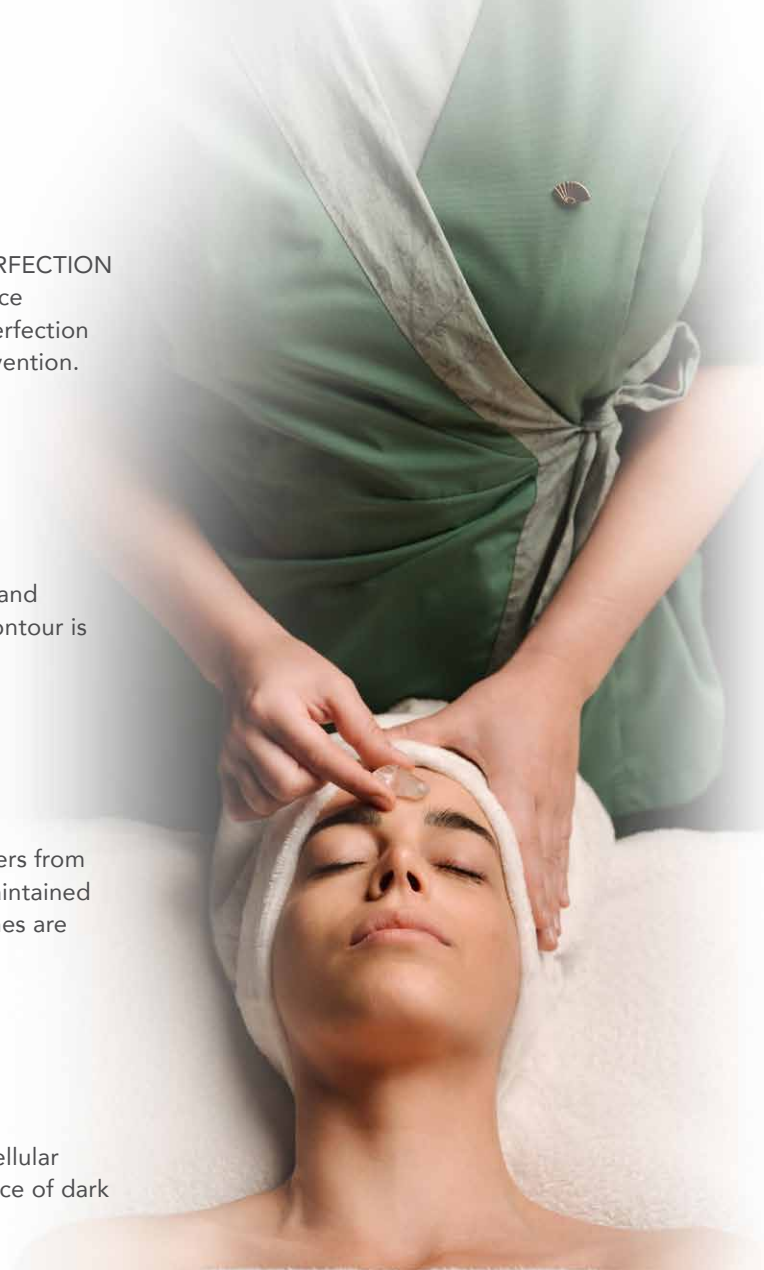
Infusing intense hydration, this rejuvenating treatment protects cells in the deepest layers from premature ageing and dehydration. The skin's wellbeing and elasticity are optimally maintained over the long term. Skin is deeply hydrated and replumped; wrinkles and expression lines are smoothed away.

### CELLULAR HIGH-TECH PIGMENT LIGHTENING

**1 hour 20 minutes**                      **900€**

**50 minutes**                                **670€**

This exceptional treatment balances melanin production and hyperpigmentation at a cellular level. It instantly brightens and evens out the complexion, visibly reduces the appearance of dark spots and brings a youthful radiance.



### CELLULAR HIGH-TECH MEN TOTAL REPAIR

**50 minutes**

**650€**

This deep cleansing and rejuvenating facial has been specifically designed to revitalise men's skin against ageing. A real boost of energy for skin functions, it purifies and soothes, and erases signs of fatigue for a fresh and radiant complexion.

### CELLULAR HIGH-TECH NECK & DÉCOLLETÉ

**50 minutes**

**550€**

This cutting-edge care targets wrinkles, sagging skin and loss of firmness. The neck and décolletage area are rejuvenated, toned and reshaped, while the neckline is enhanced.

### CELLULAR HIGH-TECH EYE CONTOUR

**30 minutes**

**450€**

Focusing on the most delicate area of the face, this treatment with pure collagen and active ingredients restores a youthful gaze. Cell regeneration is boosted, and the eye area deeply regenerated and uplifted. Fine lines and wrinkles are smoothed out and all signs of fatigue are erased.



# FINISHING TOUCHES

## MANDARIN ORIENTAL MANICURE

50 minutes

100€

A relaxing treatment with aromatherapy oils, this includes gentle exfoliation for brightening and skin renewal, followed by an intensive mask of lavender, linden and rosemary to leave hands smooth and silky. Finish with your choice of polish and a nourishing moisturiser with hyaluronic acid and shea butter.

## MANDARIN ORIENTAL PEDICURE

50 minutes

110€

Using the precious essences of pomegranate, this is a complete pedicure during which the feet are cleansed, exfoliated with Dead Sea salts and rose oils, and treated and nourished with mint and sage extract for fresh and smooth skin.

## SHELLAC MANICURE OR PEDICURE

1 hour 20 minutes

130€

This flawless treatment involves zero dry time, no nail damage, resilient mirror finish, strong protected nails and flawless colour for 14 days.

## ORIENTAL FOOT THERAPY

50 minutes

170€

In oriental philosophy, feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment, which begins with a fragrant foot bath followed by a skillful exfoliation with Dead Sea salts and essential oils of roses to smooth the feet and legs.



# SPORT AND WELLNESS ACTIVITIES

## FITNESS CENTRE

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

## PERSONAL TRAINING AND JOGGING

Guests can enjoy a scenic jogging route winding through the resort's leafy botanical park. Personal trainer and running sessions can easily be arranged through our Spa Concierge team.

Private session	1 hour	130€
Group session (minimum of 3 guests)	1 hour	60€ per person

## YOGA

At your request, we are able to arrange one-to-one yoga sessions with a recommended private instructor. Available for all levels of ability.

Private session	1 hour	160€
Group session (minimum of 3 guests)	1 hour	60€ per person

## SPECIAL ACTIVITIES

Lake Como offers a wide array of sports and wellness activities, including hiking, climbing, water sports and horse riding, to name a few. A dedicated Sports and Adventure Manager is available to arrange bespoke experiences for all resort guests.



# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre	Mon–Sun	24 hours a day, with the room key
Spa Reception	Mon–Sun	9am–9pm
Spa Treatments	Mon–Sun	10am–9pm

## CANCELLATION POLICY

Please allow 24 hours' notice of cancellation or modification to avoid 100% charges.

## DIGITAL DISCONNECTION

Our Spa environment is one of tranquility and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all our Spa guests' right to privacy and serenity.

## SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and to visit the Spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

The minimum age requirement for access to the Spa and Fitness Centre is 16 years of age.

## HOMECARE

To continue your Spa regimen at home, all Spa products used in the treatments are available in our Spa boutique, including lifestyle items and souvenirs.

## GIFT CARDS

Our gift cards are an ideal gift and are available online at [mandarinoriental.com/gift-cards](https://www.mandarinoriental.com/gift-cards) and at the Spa concierge desk.



---

MANDARIN ORIENTAL  
LAGO DI COMO

Via Enrico Caronti, 69  
22020 Blevio, Lake Como, Italy  
Telephone +39 031 32 511  
[mandarinoriental.com/lake-como](http://mandarinoriental.com/lake-como)