



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.





## 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 utilize their individual talents to create and customize treatments to your unique individual needs.

### 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.

### 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.

### INTELLIGENT MOVEMENT

**1 hour 20 minutes** **260€**

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

# MASSAGES

All our massage treatments are customized for each Guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

## ORIENTAL ESSENCE

50 minutes	190€
1 hour 20 minutes	250€

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

## DEEP MASSAGE

50 minutes	190€
1 hour 20 minutes	250€

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 energizing massage.

## HOT STONE MASSAGE

50 minutes	190€
1 hour 20 minutes	250€

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 practise which has been used since ancient times as a soothing and healing treatment.

## DYNAMIC RECREATION BACK MASSAGE

50 minutes	190€
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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	190€
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Your personal way to harmony and inner balance. This composition of gently scented, pure chakra oils, targeted massage strokes acting on your 7 energy centres and the use of gemstones have a deeply relaxing effect. A special treatment that promotes your body awareness and general wellbeing.

## RELAXING HEAD & NECK MASSAGE

50 minutes	190€
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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.

## ORIENTAL FOOT THERAPY

50 minutes	160€
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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 and massage to smooth the feet and lower legs.





# BODY CARE

## CREATION

**30 minutes** **100€**

Natural and indigenous ingredients to create your personalized body scrub. Rhododendron, cinnamon camphor or ginkgo biloba extract, blended with essential oils to ensure a delicious aromatic blend.

## V SHAPE ULTRA SONIC

**50 minutes** **240€**  
**1 hour 20 minutes** **280€**

Designed to sculpt the body by firming and fighting cellulite imperfections. Mechanical lymphatic drainage aids the removal of waste products, draining lymph from the tissues, improving the colour and appearance of the skin. The use of a vacuum in combination with radiofrequency, infrared and ultrasound ensures the best results.

## BODY CONTOURING

**50 minutes** **240€**

This made-to-measure treatment targets the areas which need more attention for contour and lymphatic circulation, such as stomach, hips, and thighs. The skin is refined and detoxified thanks to the Active Refining Body Scrub, while a range of specific oils gives a warming or a cooling effect.

## AFTER SUN NOURISHING

**1 hour 20 minutes** **260€**

Intensively hydrate your skin after a dose of sun or excessive dryness and dehydration. The Active Exfoliant 5% Body Foam uses AHA to remove dead cells, hydrate, and stimulate skin's cells regeneration. An intense nourishing massage oil nurtures and repairs your skin. The Collagen Firming Lotion helps with the production of your own collagen to firm and maintain a healthier skin barrier.





# HOLISTIC SKIN CARE

## BESPOKE

1 hour 20 minutes

260€

Following a consultation to determine your needs and skin type your therapist will select the suitable products to create a facial experience tailor made for your skin needs.

## ROSE FACIAL

50 minutes

220€

A treatment that restores radiance and glowing skin. Luxurious Rose essential oils, long known for their rejuvenating properties, help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind.



# ADVANCED SKIN CARE

## V SHAPE ULTRA SONIC FACIAL

**50 minutes** **240€**

Designed to fight wrinkles, imperfections and to reduce signs of aging. The use of vacuum, radiofrequency, infrared and ultrasound allows to simultaneously work on different physiological alterations in the same session. The V-Shape technology is effective on both face and body.

## SK-ALPHA REVITAL FACIAL

**1 hour 20 minutes** **280€**

Through a unique thermal-active revitalizing mask, this facial detoxifies the skin and focuses on stimulating the microcirculation, resulting in an instant boost to the complexion. Skin is left visibly smoother and the radiance is restored.

## PURE OXYGEN FACIAL

**1 hour 20 minutes** **290€**

An advanced technique developed to stimulate skin cell regeneration at a deep level brings new life to the skin. QMS customized Oxygen Energy Applicator uses 95% pure oxygen to channel ingredients for the ultimate skin boost. The improved oxygen supply encourages circulation and stimulates a regenerative process and leaves skin firmer, smoother and more radiant.

## URBAN REPAIR FACIAL

**50 minutes** **240€**

This facial targets the damaging effects of daily pollutants on the skin and helps repair the cellular structure to restore the skin's natural wellness. Combining a deep pore decongestant to support the detoxifying process, the treatment accelerates epidermal regeneration and boost the metabolism.

## EPIGEN DEPUFF

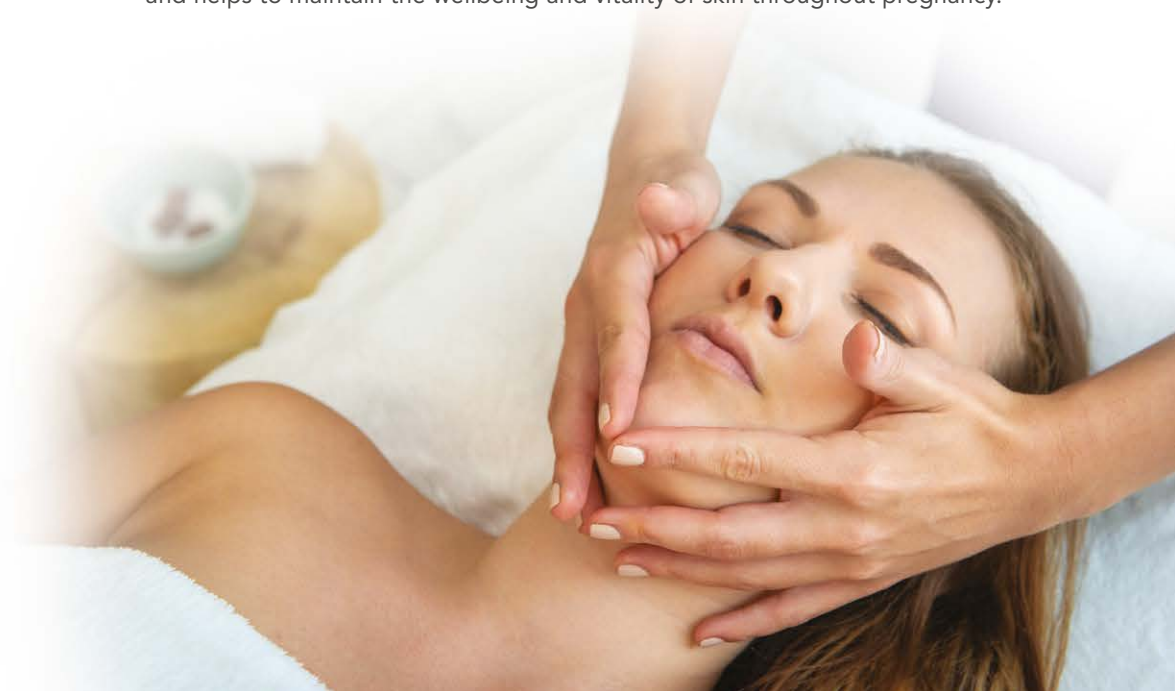
**1 hour 20 minutes** **290€**

A treatment that helps to reduce the appearance of puffiness and circles, while defending the skin around eyes from pollutants and external aggressors. Using the QMS ceramic activating tool to help boost the skin's own detox system, this treatment contributes to a well-rested, youthful, and vibrant appearance of the eyes and leaves you feeling relaxed and refreshed.

## LOVE YOUR SKIN

**1 hour 20 minutes** **280€**

Combining the benefits of an intensely moisturizing and energizing facial with a relaxation massage of the arms, neck, and shoulders, this treatment releases tensions and helps to maintain the wellbeing and vitality of skin throughout pregnancy.







## FINISHING TOUCHES

### MANDARIN ORIENTAL MANICURE

50 minutes

100€

A complete manicure during which hands are cleansed, exfoliated, treated and nourished.

### MANDARIN ORIENTAL PEDICURE

50 minutes

110€

A complete pedicure during which feet are cleansed, exfoliated, treated and nourished.

### HOLISTIC HAND TREATMENT

30 minutes

110€

A relaxing treatment using aromatherapy oils including a gentle exfoliation and therapeutic massage with hot stone therapy. Finishes with the polish of your choice.

### 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.

### WAXING

All waxing treatments and prices are available upon request.





## GENTLEMEN ESSENTIALS

### THE ESSENTIAL FACIAL

**50 minutes**

**200€**

A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

### REJUVENATING FACE & BODY TREATMENT

**1 hour 20 minutes**

**240€**

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



# FITNESS & WELLNESS

## FITNESS CENTRE

The Fitness Centre is equipped with latest generation of Technogym equipment, with treadmills and cardiovascular equipment that 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 runner sessions can easily be arranged through our Spa Concierge team.

Private session	1 hour	120€
Group session (min 3 pax – max 10 pax)	1 hour	60€ pp

## 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 (min 3 pax – max 10 pax)	1 hour	60€ pp

## 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's Guests.





# TERMS & CONDITIONS

## OPENING HOURS

Fitness Centre and Spa Reception : Mon – Sun 7 a.m. – 10 p.m.  
Spa Treatments : Mon – Sun 10 a.m. – 9 p.m.

## CANCELLATION POLICY

Please allow 24 hours notice of cancellation 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 Spa Guests' right to privacy and serenity.

## SPA ARRIVAL

We recommend that you check in at Spa Reception at least 20 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time 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.

## MECARE

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

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