



THE SPA
— AT —
MANDARIN ORIENTAL
—
LAGO DI COMO



ESSENCE OF LAKE COMO

SIGNATURE THERAPIES

MASSAGES

SPA ENHANCEMENT

BODY CARE

HOLISTIC SKIN CARE

BY TEAM DR JOSEPH

ADVANCED SKIN CARE

BY SWISS PERFECTION

ADVANCED SKIN CARE

BY 111SKIN

FINISHING TOUCHES

SPORT AND WELLNESS ACTIVITIES



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

3 HOURS

500€

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 sixty minutes in a private Spa suite and two hours of treatment.

ON THE LAKE SHORES

3 HOURS

500€

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 sixty minutes in a private Spa suite and two hours of treatment.

SIGNATURE THERAPIES

TIME RITUALS™

2 HOURS

310€

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

2 HOURS

310€

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 TISSUE 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

60 MINUTES 230€

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

60 MINUTES 230€

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

60 MINUTES 230€

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.

SPA ENHANCEMENT

LUXURY HAND RITUAL

37€

After a stressful day, there is nothing better than a nice relaxing hand massage. The application of Dr Joseph's Hand Cream, whose ultra-light, fast-absorbing texture which will have a beneficial effect in reducing the tensions that build up after the constant use of digital devices during the day. Local and general circulation throughout the body will be immediately reactivated.

REJUVENATING FOOT RETREAT

40€

In oriental philosophy, feet are considered a mirror for the systems and functions of the body. The application of Dr Joseph's signature foot balm, whose ultra-light, fast-absorbing texture provides intensive care and a wonderful feeling of freshness for the feet.

BRIGHT EYES

37€

A dedicated treatment for the eye area to relieve fatigue. The application of Hydrating Eye Cream By Team Dr Joseph, light with almond proteins and shea butter, helps minimise signs of stress and fatigue.

BLISSFUL MIND

40€

A relaxing and energizing treatment that works on the vital pressure points around the neck and scalp. The use of Crown Chakra Oil by Dr Joseph supports the resolution of energy blockages and promotes the free flow of energy. The use of basalt sticks on the neck area helps release nervous tensions accumulated during the day.

RESTORATIVE MINDFULNESS RETREAT

40€

At the beginning and end of the treatment there is a special moment of guided meditation, complemented by the use on the wrists and temples of an aromatic roll-on by Dr Joseph: a relaxing experience that helps to leave everyday stress behind. Essential oils such as bitter orange, sage and grapefruit are known for their beneficial effect on nervous tension.



BODY CARE

BLACK DIAMOND SCULPTING TREATMENT

1 HOUR 20 MINUTES

360€

The ultimate anti-ageing body treatment delivers dramatic results from 111SKIN's Intensive Collection to shape, smooth, and saturate the skin with nourishment. Following gentle exfoliation to smooth and refine, actively renewing formulas are applied with signature massage techniques to lift, firm and deeply hydrate with a brightening anti-ageing effect on the body. The result will be a smoother, sculpted figure that looks visibly younger.

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

60 MINUTES

200€

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

30 MINUTES

150€

(IN COMBINATION WITH A MASSAGE)

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

2 HOURS

350€

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.

EXPRESS POWER LIFT FOR MEN

60 MINUTES

280€

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.



INTENSE PURIFYING

60 MINUTES

280€

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.

REJUVENATING FACIAL TREATMENT

30 MINUTES

180€

An exclusive treatment that provides a more youthful appearance in a short time. The process begins with a lymphatic stimulating massage, followed by a deep cleansing of the skin. The use of Gua Sha on the neck, shoulders, and upper arms helps relieve tension. At the heart of this exclusive treatment are all the Rejuvenating products by Team Dr Joseph, which work to give the skin a new radiance.

EXPRESS EYE & FACE LIFT

30 MINUTES

170€

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€

60 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€

60 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€

60 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

60 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

60 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.

ADVANCED SKIN CARE

BY 111SKIN

111SKIN is the culmination of twenty years of surgical knowledge, innovative ingredients, and medically inspired delivery methods; founded by globally renowned cosmetic surgeon, specializing in facial reconstruction and rejuvenation surgery.

BLACK DIAMOND NON-SURGICAL LIFT FACIAL

1 HOUR 20 MINUTES

380€

A luxurious experience that maximizes the power of the 111SKIN Intensive Collection to achieve a youthful and sculpted appearance. The treatment includes a gentle exfoliation that makes the skin smoother and more even, using products enriched with renewing and brightening actives that, thanks to Fine Diamond Particles technology and the patented NAC Y²™ formula, ensure targeted and deep delivery. With signature massage techniques, this facial ensures the skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

THE REPARATIVE LONGEVITY FACIAL

60 MINUTES

320€

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes, this facial epitomizes the best of 111SKIN's famed surgically inspired skincare. Harnessing the power of our exclusive NAC Y²™ complex to strengthen the skin barrier and prevent further inflammation, this treatment reduces dehydration, redness, and sensitivity, improving skin tone.



FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

60 MINUTES

110€

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

60 MINUTES

130€

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

150€

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

60 MINUTES

190€

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 <i>(minimum of 3 guests)</i>	1 HOUR	60€ per person

FUNCTIONAL TRAINING

This is the perfect training, combining free-body exercises to tone the muscles and improve body awareness. You will feel energized till the end of the day.

PRIVATE SESSION	1 HOUR	130€
GROUP SESSION <i>(minimum of 3 guests)</i>	1 HOUR	60€ per person

YOGA / PILATES

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

PRIVATE SESSION	1 HOUR	160€
GROUP SESSION <i>(minimum of 3 guests)</i>	1 HOUR	70€ per person



SOUND BATH

Guiding the participants to a state between sleep and wakefulness, the vibrations of the gong will stimulate alpha waves in the brain, allowing the rational mind to let go. In this state, insights emerge, and one enters a deeper dimension.

GROUP SESSION	1 HOUR	80€ per person
<i>(minimum of 3 guests)</i>		

THAI STRETCHING

Thai massage works on a physical as well as an energetic level, configuring itself as a meditative time of regaining contact with one's body, breath and inner peace. Our spa specialist will guide you in the stretching exercise proper to Thai couple massage.

PRIVATE SESSION	1 HOUR	180€
GROUP SESSION	1 HOUR	60€ per person
<i>(minimum of 3 guests)</i>		

SPECIAL WELLBEING AND SPORTS ACTIVITIES

Our Spa specialists are at your full disposal to expertly guide you in selecting the treatment best suited to you, crafting a truly personalized wellness retreat. Our team is composed of professional physical therapists, holistic therapists specialized in naturopath and clinical nutrition, experts in different techniques of meditation and mindfulness and highly skilled beauticians.

Moreover, 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.

SPA BOUTIQUE

Our Spa team is available to assist you in selecting Spa products and more at our Spa Boutique.

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
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