



THE SPA
— AT —
MANDARIN ORIENTAL
—
LAGO DI COMO



ESSENCE OF LAKE COMO

THE POWER OF WATER

3 hours 30 minutes

460€

A treatment inspired by the beautiful waters of lake Como. A full-body exfoliation with sea salt and cedar tree oil, followed by a soothing massage, consisting of long strokes and deep circular movements to release muscle tension and promote relaxation.

At the end of the massage, a purifying and regenerating mask is applied to the face, leaving the skin visibly revitalised and radiant.

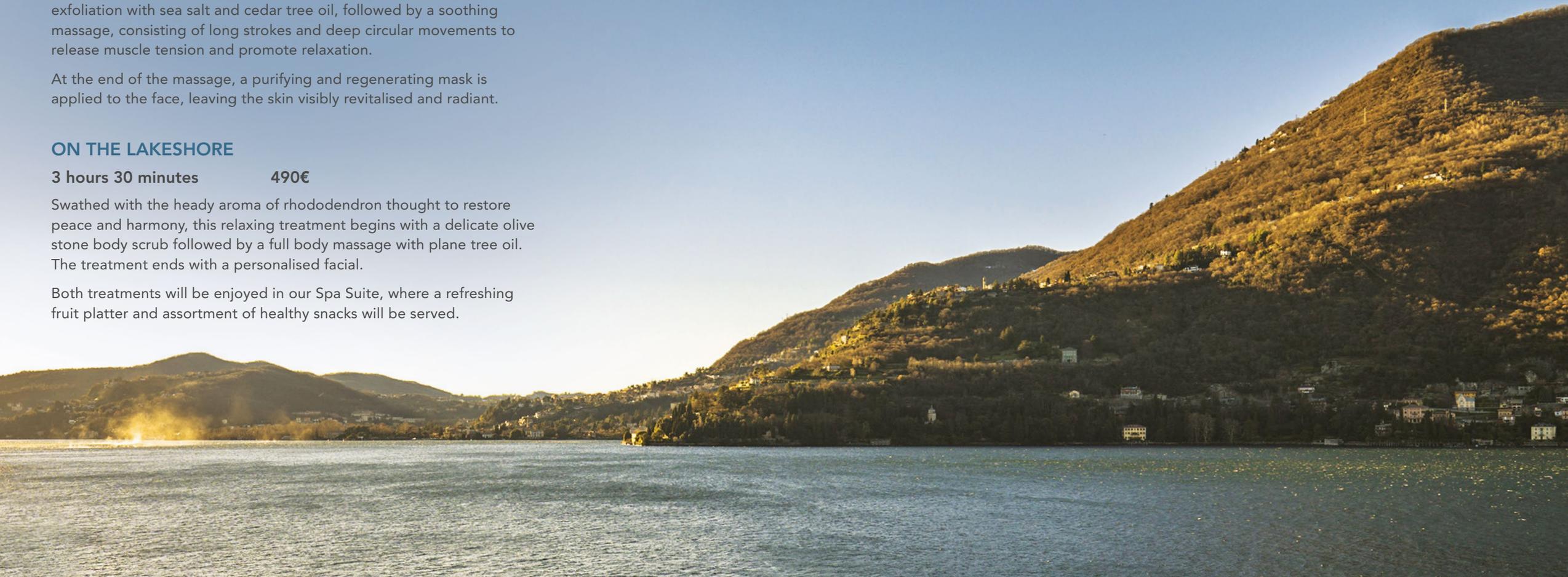
ON THE LAKESHORE

3 hours 30 minutes

490€

Swathed with the heady aroma of rhododendron thought to restore peace and harmony, this relaxing treatment begins with a delicate olive stone body scrub followed by a full body massage with plane tree oil. The treatment ends with a personalised facial.

Both treatments will be enjoyed in our Spa Suite, where a refreshing fruit platter and assortment of healthy snacks will be served.





SIGNATURE THERAPIES

TIME RITUALS™

1 hour 50 minutes **240€**

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.

ORIENTAL QI

1 hour 50 minutes **240€**

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 **240€**

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.

DIGITAL WELLNESS ESCAPE

1 hour 50 minutes **240€**

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

MASSAGE

All of our massage treatments are customised 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

1 hour 20 minutes **200€**

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

1 hour 20 minutes **200€**

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 **200€**

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.

ORIENTAL FOOT THERAPY

50 minutes **120€**

In oriental philosophy, the 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.



SCRUBS AND WRAPS

CREATION

30 minutes

85€

Natural and indigenous ingredients to create your personalised scrub. Create your own body exfoliation using rhododendron, cinnamomun canfora or ginkgo biloba. Blended with essential oils to ensure a delicious aromatic blend.

ORIENTAL BODY SCRUB

30 minutes

85€

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.



HOLISTIC SKIN CARE

Aromatherapy Associates

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. Harnessing the natural power of essential oils to nurture the body and boost the spirit. Their essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

BESPOKE

1 hour 20 minutes

240€

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

200€

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.



FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

50 minutes 90€

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 100€

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

180€

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.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre and Spa Reception : Mon – Sun 7 a.m. – 22 p.m.
Spa Treatments : Mon – Sun 10 a.m. – 21 p.m.

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid 100% charges. A credit card number is required at the time of booking.

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.

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 <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.



MANDARIN ORIENTAL
LAGO DI COMO

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