



THE SPA
— AT —
MANDARIN ORIENTAL

LAGO DI COMO



ESSENCE OF LAKE COMO

SIGNATURE THERAPIES

MASSAGES

SPA ENRICHMENTS

BODY CARE

HOLISTIC SKIN CARE

BY TEAM DR JOSEPH

ADVANCED SKIN CARE

BY 111SKIN

SPORT AND WELLNESS ACTIVITIES



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

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



ESSENCE OF LAKE COMO

TOUCHED BY THE WATER

3 HOURS

500€

Let the power of water gently guide you into a state of pure serenity.

Inspired by the quiet beauty of the lake, this ritual begins with a warm, aromatic embrace: a delicate massage that melts tension and invites the mind to slow down. Your skin is then awakened with a radiant citrus and salt exfoliation, a whisper of freshness that renews and energizes. Flowing, wave-like movements follow soft, continuous, and deeply soothing mirroring the gentle rhythm of the lake as it laps against the shore. With each stroke, you drift deeper into calm, carried by an effortless sense of release.

The journey ends with a facial designed to illuminate from within. A hamamelis mask restores clarity and brightness, while a lifting massage sculpts, smooths, and enhances the natural glow of your complexion.

This ritual includes sixty minutes in a private Spa suite and two hours of immersive, soul-nourishing treatment.

AWAKENED ON THE LAKE SHORES

3 HOURS

500€

Allow your senses to be gently awakened in a ritual designed to restore harmony, vitality, and deep inner balance.

Your journey begins with a soft, nurturing body scrub that works in perfect synergy with the antioxidant richness of grape seeds, leaving the skin smooth, renewed, and subtly glowing.

You are then enveloped in an energising massage inspired by the pure freshness of the forest and the vibrant notes of citrus fruits. Its fluid, grounding movements ease tension, rebalance energy, and invite the mind to settle into a state of profound relaxation.

The experience concludes with an intensive facial ritual, thoughtfully adapted to your unique skin needs. Each step is crafted to illuminate, replenish, and bring your natural radiance gently to the surface.

A treatment that nourishes the body, soothes the mind, and awakens the spirit.

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

SIGNATURE THERAPIES

TIME RITUALS™

2 HOURS 310€

Time Rituals™ invites you to book time rather than a pre-defined treatment, allowing our expert therapists to intuitively tailor a sequence of therapies unique to your personal needs. This immersive experience draws on their full range of skills to deliver a deeply holistic and harmonious session, designed exclusively for you.

SLEEPFULNESS

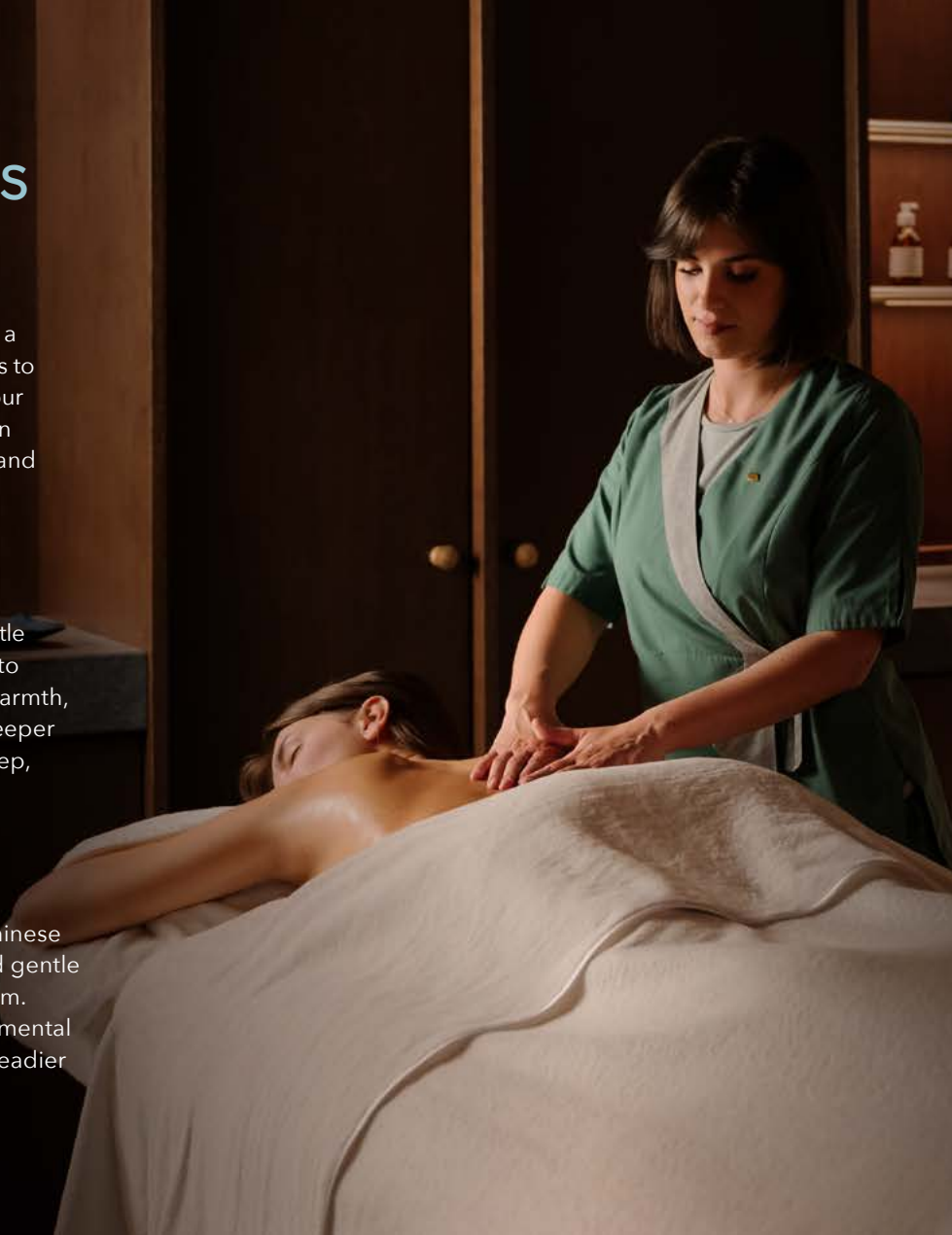
1 HOUR 30 MINUTES 290€

Sleepfulness begins with gentle breathwork and subtle aromatherapy to calm the senses before moving into slow, restorative massage techniques that create warmth, comfort, and tranquility. The treatment supports deeper rest and helps ease tension linked to disrupted sleep, travel fatigue or digital overload.

INNER BALANCE

1 HOUR 30 MINUTES 290€

Inner Balance draws on principles of Traditional Chinese Medicine, blending aromatic oils, acupressure, and gentle stretching to release tension and restore equilibrium. The treatment supports emotional grounding and mental clarity, offering a calm reset for guests seeking a steadier state of body and mind.



TECH DETOX

1 HOUR 30 MINUTES 290€

Tech Detox addresses the physical and sensory strain linked to prolonged screen use. As technology advances, our specialists adapt this treatment to meet new demands, combining authentic healing traditions with modern therapeutic insight. Focused work on the head, eyes, neck, back, shoulders, and hands helps release tension and ease digital fatigue, restoring a clearer, more balanced state.

INTELLIGENT MOVEMENT

1 HOUR 30 MINUTES 290€

The Intelligent Movement Massage has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, and assisted stretching. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility within the body.

QI

1 HOUR 30 MINUTES 290€

A nurturing hands-on experience inspired by the meridian pathways of Traditional Chinese Medicine. Gentle yet purposeful, this massage works in harmony with curated essential oils and acupressure to unblock energy flow and rebalance the body's natural rhythms, and leave you feeling grounded, centered, and recharged.

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.

SERENITY AROMA FLOW MASSAGE

1 HOUR 30 MINUTES 290€

A deeply relaxing massage with fluid, continuous movements designed to release tension and restore natural harmony. Personalized aromatic oils and a balanced rhythm calm the mind, rebalance energy, and invite a lasting sense of serenity.

DEEP TISSUE MASSAGE

1 HOUR 30 MINUTES 290€

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 30 MINUTES 290€

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.

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 ENRICHMENTS

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 30 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 30 MINUTES

310€

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 30 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.

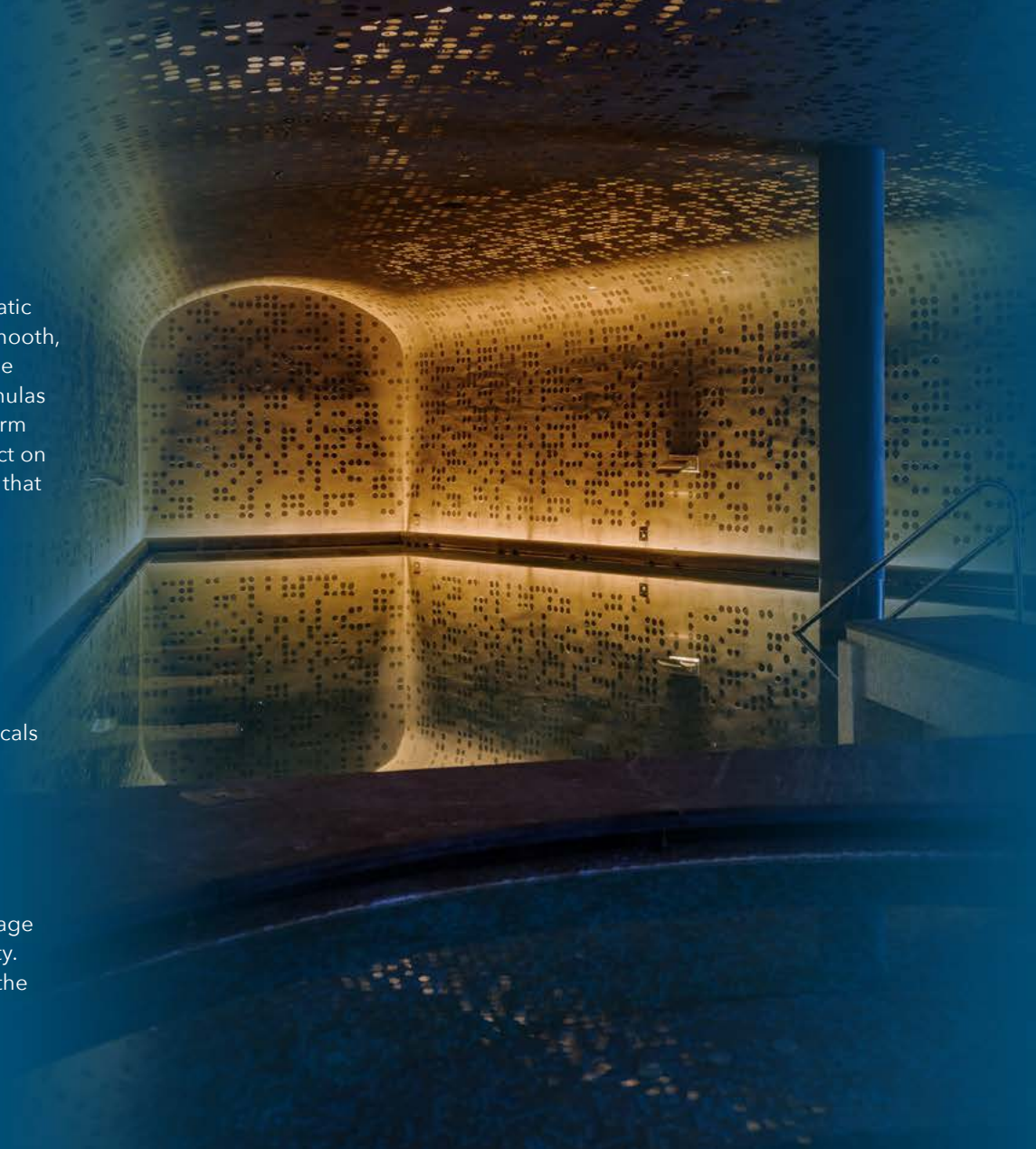
AROMA SALT BODY SCRUB

30 MINUTES

150€

(Must be booked in combination with other treatments such as body 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 exclusive holistic program based on the TEAM DR JOSEPH method, featuring an intensive and highly personalized facial treatment. The ritual begins with a thorough skin analysis, followed by a lymph-stimulating massage, herbal steam compresses, and a gentle exfoliation. The skin is then deeply purified using cupping techniques, prior to the application of a targeted serum enhanced by a biodynamic lifting massage. A complete sensory experience that supports the skin's natural balance, restoring radiance, firmness, and a profound sense of well-being.



CELLULAR RECREATION

1 HOUR 20 MINUTES

290€

A sublime facial treatment formulated with carefully selected natural active ingredients to address the skin's specific needs, delivering immediate and visible results. Deeply relaxing, it is inspired by the exclusive TEAM DR JOSEPH method, designed to enhance radiance, harmony, and balance while revealing the skin's natural beauty. A personalized massage gently envelops the senses, melting away tension and inducing a deep state of relaxation, leaving the skin feeling light, renewed, and profoundly nurtured.

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.

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 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

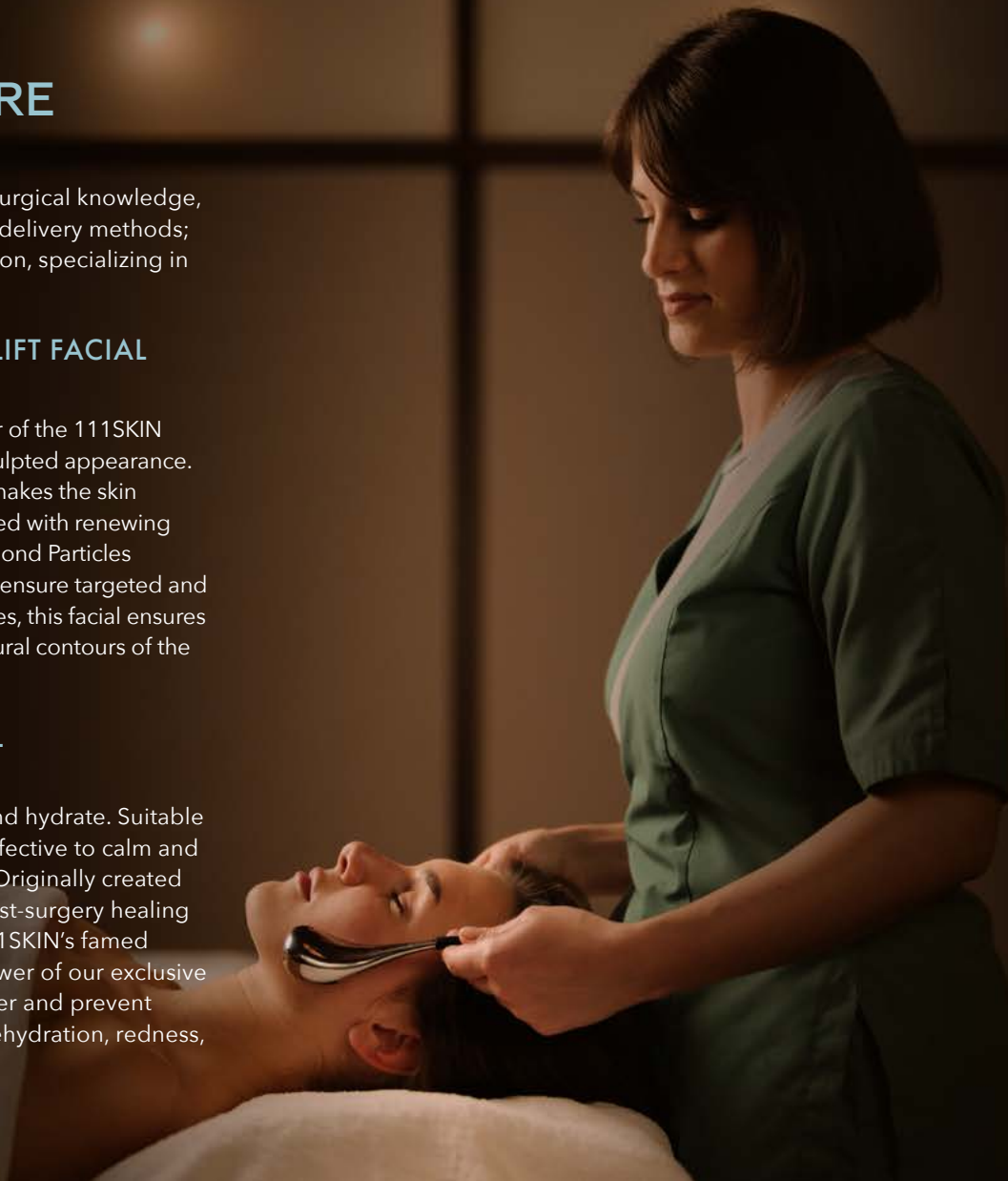
1 HOUR 20 MINUTES 380€

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.



EVEN GLOW SCULPTING FACIAL

1 HOUR 20 MINUTES 400€

A transformative facial utilising 111SKIN's latest innovations in formulation and technology to attain the most sought-after 'glass skin complexion'. Gentle but deep and effective exfoliation to smooth and refine the skin is followed by ultrasonic infusion of brightening actives to enhance and illuminate. Signature massage tools and manual techniques are used to sculpt and articulate facial features, with bespoke master masking of the eyes, face, neck and décolletage applied to enhance the complexion even further. During masking, an exfoliating and brightening ultrasonic hand treatment allows illuminated gestures to match the face. Advanced actives and protocols within this treatment hydrate, refine and plump the skin, whilst enhancing the microbiome and skin barrier to create an evenly toned and reflective complexion.

CRYO RADIANCE FACIAL

60 MINUTES 360€

An advanced facial treatment that combines cryotherapy with revitalizing formulas to stimulate microcirculation and instantly reduce puffiness and visible signs of fatigue.

The refreshing massage with Cryo Globes enhances lymphatic drainage for a detoxifying effect, leaving the skin visibly clearer, smoother, and perfectly even in tone. A revitalizing treatment, exquisitely designed for fatigued skin, delivering an immediate infusion of energy.

SPORT AND WELLNESS ACTIVITIES

MOVEMENT AND MIND

Our thoughtfully curated Movement and Mind experiences unfold between the fitness centre and our botanical garden, inviting you into moments of vitality, balance, and deep restoration.

Each offering is designed to build stamina and mobility while gently calming both body and mind. From fluid mobility sessions and personalized training to restorative yoga, focused Pilates, and low-impact strength work, every practice supports mindful movement.

Those seeking stillness may immerse themselves in guided meditation, conscious breathwork, and deeply resonant sound therapy, fostering a profound sense of ease and reconnection. Choose your personalized experience from our daily schedule or book a private or group session by contacting our Spa Concierge.

METABOLIC WALKING

A guided experience that blends movement, breath, and mindfulness, transforming walking into a ritual of energy and lightness. The practice combines technical walking, postural exercises, and a final moment of relaxation to promote balance, mental clarity, and deep well-being. An outdoor journey that restores, recharges, and reconnects you to your natural vitality.

PRIVATE SESSION	1 HOUR	200€
GROUP SESSION (<i>minimum of 3 guests</i>)	1 HOUR	90€ per person



JOGGING CLASS

Improve your running and enjoy a scenic jogging route with a personal trainer winding through the resort's leafy botanical park.

PRIVATE SESSION	1 HOUR	150€
GROUP SESSION (<i>minimum of 3 guests</i>)	1 HOUR	80€ per person

PERSONAL TRAINING

Achieve your goals faster with one-to-one Personal Training tailored to your body, schedule and lifestyle. Our experienced trainers design individualized programs that combine strength, mobility, cardiovascular conditioning and corrective work to improve stamina, reduce pain, and enhance functional movement. Each session includes hands-on coaching, and practical strategies to feel stronger in everyday life.

Packages and goal-specific plans available for weight loss, athletic performance, rehabilitation, and general wellness.

PRIVATE SESSION	1 HOUR	150€
GROUP SESSION (<i>minimum of 3 guests</i>)	1 HOUR	80€ 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	150€
GROUP SESSION (<i>minimum of 3 guests</i>)	1 HOUR	80€ per person

YOGA

Calm, supported postures held longer to encourage deep relaxation, improved circulation, and better sleep.

PRIVATE SESSION 1 HOUR 170€

GROUP SESSION (*minimum of 3 guests*) 1 HOUR 80€ per person

PILATES

A guided mat session emphasizing alignment, core strength, and postural balance to help prevent pain and boost everyday stability.

PRIVATE SESSION 1 HOUR 170€

GROUP SESSION (*minimum of 3 guests*) 1 HOUR 80€ per person

GONG SOUND JOURNEY

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 90€ per person

(*minimum of 3 guests*)

MINDFULNESS

A mindfulness practice that invites you to rest in the present moment with calm and gentle awareness. Through breath and embodied attention, the mind softens, the body unwinds, and a sense of clarity and inner balance naturally emerges. A soothing path to emotional well-being and renewed serenity.

PRIVATE SESSION 1 HOUR 200€

GROUP SESSION (*minimum of 3 guests*) 1 HOUR 90€ per person

WELLNESS RETREATS

Our specialists are at your full disposal to craft a personalised wellness retreat please contact our Spa Concierge Team for further information.

SPECIAL WELLBEING AND SPORT ACTIVITIES

Lake Como offers a wide array of sports and wellness activities, including hiking, 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 please contact our Spa Concierge.



TERMS & CONDITIONS

OPENING HOURS

Fitness Centre	Mon-Sun	24 hours a day, with the room key
Spa Reception	Mon-Sun	9am-9pm
Thermal Area	Mon-Sun	9am-8pm
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

LAGO DI COMO

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