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BETWEEN WATER AND AIR

The beauty of this area was weaving its enthralling magic as far back as the Lepontine Celts. They settled in Val Menaggio to the north-west of Lake Como, not far from our hotel, where they lived with a profound connection to nature. You will also feel this magical bond, the divine power of nature, when you retreat from the world at ARIA Retreat & SPA. This isn't your run-of-the-mill 5-star superior hotel on Lake Lugano, it is an exceptional retreat in Italy, which offers you a comprehensive wellness programme focusing on the elements: water, air and earth.

The Celts also gave us also the inspiration for the name of our SPA area, CEò, whose light-flooded architecture invites in the surrounding park and merges with nature to form a single entity. Over an area of 1,500m2, you will experience countless soul-freeing moments. Moments that will bring you back to earth. Moments that will let your soul take flight. Close your eyes, fall back into the embrace of well-being during one of the many treatments for her, for him, and for couples.

Our exclusive adults-only SPA is a gem of peace and tranquillity where you can enjoy renewed vitality. Simply surrender to relaxation and discover our treasures:

- 5 individual cabins
- Panorama Private SPA with sauna / sanarium and saltwater whirlpool on the private terrace
- Finnish sauna with spectacular panoramic view of Lake Lugano and the Alps directly from the sauna cabin
- Bio hay sauna with spectacular panoramic view of Lake Lugano and the Alps directly from the sauna cabin
- Turkish bath
- Snowflake cold cabin
- Sport indoor pool (20m)
- Infinity saltwater pool
- Infrared oasis
- Foot bath with foot reflexology







UNDER THE SIGN OF WATER

Water has an almost magical allure. And it's no wonder – water is life. At our SPA CEò we have harnessed the power of water to give you renewed well-being. Water played a vital role as a source of life in Celtic culture, a tradition we have revived in the SPA of our hotel. The Celts believed that every spring, every river, and every lake was inhabited by divine beings, and sought contact with them via various rituals to call on their healing powers. We have reinterpreted these rituals to whisk you away into new realms of well-being.





UNDER THE SIGN OF AIR

Treat yourself to fresh vitality: inhale deeply and enjoy the feeling of freedom and renewed energy that swells with every breath. The views of the unspoilt nature that surrounds you here on the shore of Lake Lugano, the scents drifting in the air, the flavours that tantalise your taste buds – your senses will never have felt as alive as during your holiday in our retreat.. Enjoy the infinite expanse of stunning mountain and lake scenery and soak up the indescribable scents that flood your airways while forest bathing near the hotel.

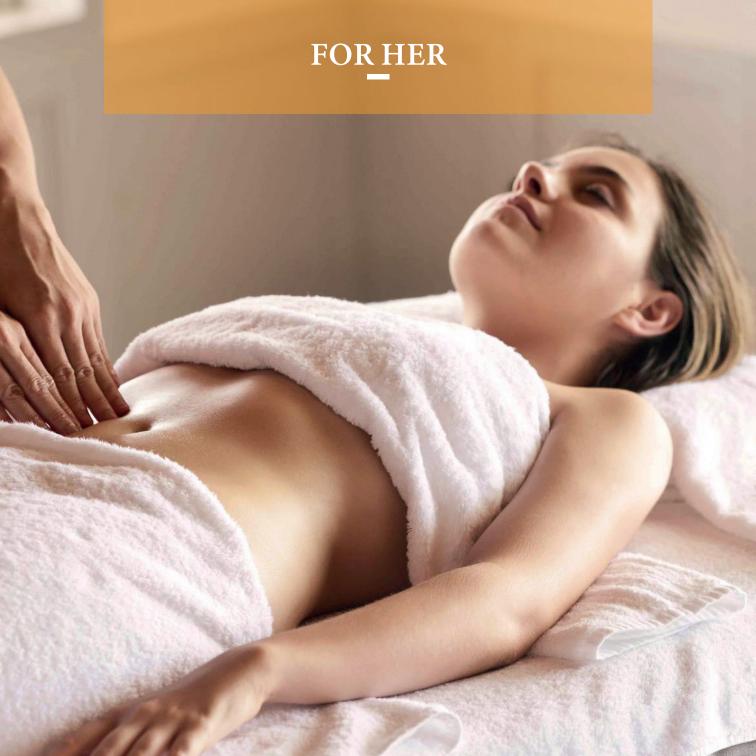






UNDER THE SIGN OF EARTH

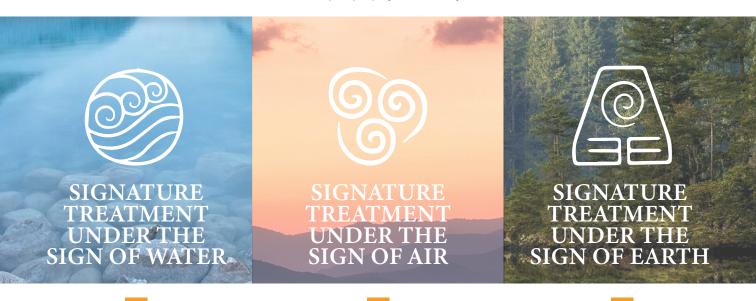
Aromatic herbs played as important a role for the Celts as they do in our SPA CEò. The Druids, as the Celts called their healers, were well versed in the versatile healing powers of a wide range of herbs. But they didn't only use these green power sources for medicinal purposes, they also used them as incense and wore them on their body as talismans. have harnessed this ancient earth knowledge to develop delicious recipes, exquisite scents for our exclusive suites, and numerous beneficial treatments, all drawing on the power of aromatic herbs to give you a feeling of renewed vitality. And, of course, we only use the best natural products by leading manufacturers such as Ebenholz, Pino, and VITALIS Dr Joseph. Simply surrender yourself to nature's embrace.



CEò SIGNATURE TREATMENTS

Our Signature Treatments are all focused on the elements of WATER, AIR and EARTH and are specially designed for CEo.

Let our team of experts pamper you and relieve your stress!



DETOXING MASSAGE by PINO 130 € / 210 €

PURIFYING BODY TREATMENT THROUGH
THE GENTLE CUPPING METHOD

50 min / 80 min

Deep, cleansing massage movements and intensive nourishment give your body new vitality. Gentle cupping techniques boost circulation while selected active extracts firm the skin and restore elasticity.

ENERGIZING HERBAL STAMP POWER TREATMENT by Vitalis Team Dr. Josef 130 € / 210 €

INVIGORATING HERBAL POWER – HERBAL STAMP MASSAGE

50 min / 80 min

A massage that activates and builds up muscles and the musculoskeletal system. The naturally pure herbal stamps are guided over the body with gentle pressure and tapping techniques. The blood circulation is improved, and the metabolism stimulated. The scent of the finest aromatic oils helps to reduce stress and gives new vitality. Get off to a good start, full of energy and balance!

RESILIENCE – STRENGTHENING OF RESISTANCE by PINO 130 € / 210 €

FULL BODY MASSAGE WITH STONE PINE ESSENTIAL OIL AND CELTIC STAMPS

50 min / 80 min

Extensive and mostly peripheral massage techniques that use warm oil and long strokes outwards from the centre to spread central energy and warm the entire body. By improving microcirculation, the immune system is boosted, and biological balance is optimised.

OUR PRODUCT LINE

VITALIS TEAM DR. JOSEPH – Nature meets high-tech

Carefully selected and highly effective, complementary ingredients from a wide range of plants form the basis of these premium skincare products. Using cutting-edge technology, nature's treasures are processed to create a unique line of cosmetics that restore your skin's natural balance.





PINO NATURAL SPA THERAPY – Nothing but pure nature for your skin

The modern care products by PINO support your skin's natural regeneration process. What sets them apart are their innovative recipes designed to meet the natural needs of the skin. Nourishing ingredients, fine minerals and vitamins pamper your skin and give you a new, radiant glow.





FACIAL TREATMENTS BY VITALIS TEAM DR. JOSEPH

ADVANCED BIO LIFTING FACE TREATMENT*

210€

INTENSIVE TREATMENT WITH BIODYNAMIC LIFTING

100 min

The holistic maximum programme according to the TEAM DR JOSEPH method: an intensive treatment with biodynamic lifting massage according to the needs of your skin. Experience a truly unique beauty treatment with skin diagnosis, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, bio-energetic pistil lifting massage, intensive mask, and concluding individual day care and stabilisation. A high-tech, natural treatment with a long-lasting effect, immediately visible results, and maximum effect.

CELLULAR RECREATION FACE TREATMENT *

160€

DEEPLY EFFECTIVE BEAUTY CARE

80 min

Wonderfully natural, active ingredient skin care specially tailored to the needs of your skin with an immediate effect and a deeply relaxing pampering programme according to the TEAM DR JOSEPH method: skin diagnosis, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, modulated facial massage, intensive mask, and concluding individual day care. With highly effective natural active ingredients for healthy and intensively cared for skin.

INTENSE PURIFYING FACE TREATMENT *

120€

DEEPLY CLEANSED SKIN

50 min

Skin-type-specific deep cleansing according to the TEAM DR JOSEPH method. The focus of this facial treatment is the deep cleansing of the skin. The skin is deeply purified with exquisite, plant-based functional ingredients. Clogged pores are gently freed and sebum production is normalised. The treatment ritual is concluded with a toning face wrap and peel-off mask for optimal hydration. For a visibly fresh, cleansed, and even complexion.

*TO FURTHER BOOST THE EFFECTIVENESS OF THIS TREATMENT, WE RECOMMEND COMBINING IT WITH A MICRODERMABRASION TREATMENT OR OXYGEN THERAPY.



VITALIS TEAM DR JOSEPH ULTRASONIC TREATMENTS

SUPREME ULTRASONIC FACIAL LIFT*

INTENSIVE PREMIUM ULTRASOUND LIFTING PROGRAMME

3 TREATMENTS

510 €

The premium class of ultrasound lifting! This premium intensive treatment uses a completely new procedure to make the face appear plumper, fresher, and youthfully firm. Thanks to the ultrasound frequencies, the natural functional ingredients are safely transported to deeper skin layers. This enables the functional ingredients' potential to better develop and the skin is strengthened to the maximum. Depending on the skin condition, the treatment is individually adapted to your needs: lymphatic stimulation, steam compresses, cleansing, enzyme and ultrasound deep peeling, alginate mask, ultrasonic repair and lifting, vitalising neck and face massage, day care. The effect of this treatment can be seen immediately: visibly smoother and firmer skin.

ULTRASONIC FACIAL LIFT*150 €ULTRASONIC LIFTING EXPRESS TREATMENT50 min3 TREATMENTS405 €

This face treatment with ultrasound provides a rejuvenated and flawless appearance. With the help of ultrasound frequencies, the innovative procedure safely transports the natural functional ingredients to the deeper skin layers. This allows the full development of the functional ingredients' potential and the skin is strengthened to the maximum. The effect of the ultrasound frequencies manifests itself immediately in visibly smoother and firmer skin. Depending on the skin condition, the treatment is individually adapted to your needs: lymph stimulation, steam compresses, cleansing, enzyme and ultrasound deep peeling, ultrasonic repair and lifting, day care.

*TO FURTHER BOOST THE EFFECTIVENESS OF THIS TREATMENT, WE RECOMMEND COMBINING IT WITH A MICRODERMABRASION TREATMENT OR OXYGEN THERAPY.

MICRODERMABRASION*

OXYGEN TREATMENT*

45 € / 15 min

Microdermabrasionis the gentlest and most effective mechanical peeling method using microcrystals. The skin's regeneration processes are stimulated through the very precise and gentle removal of the upper layer of skin cells. The combination of peeling and vacuum has a deep effect, stimulates the skin to produce collagen and elastin, and significantly boosts microcirculation. After this controlled peeling, highly effective active ingredients can be transported to the deeper skin layers with the help of ultrasound. A concluding mask helps to soothe the skin. You'll be delighted with the results after the first treatment. Microdermabrasion is totally pain free.

45 € / 15 min

During an oxygen facial, active ingredients are gently and effectively transported to the deeper skin layers using a special oxygen treatment, where – with regular treatment – stores of active ingredients are formed, which supply the skin with vital nutrients. The circulation to the skin is promoted, and your skin will once again radiate vitality and become firmer. The oxygen treatment can be tailored to the individual needs of any skin. Face, neck, décolleté, as well as skin problems such as acne, rosacea, and scars can be treated.

*Upon request, both oxygen treatment and microdermabrasion can be integrated into your chosen face treatment on request, boosting its beneficial effects. Our SPA team will be happy to advise you.





MASSAGES RELAX

HALF BODY RELAX MASSAGE

80€

PARTIAL BODY RELAX MASSAGE

25 min

This individual and targeted treatment of personal problem areas is carried out using a variety of techniques, drawing on traditional teachings and the latest developments.

FULL BODY RELAX MASSAGE

110 € / 160 €

CLASSIC FULL- BODY RELAX MASSAGE

50 min / 80 min

Absolute relaxation from head to toe. The traditional full-body massage with gentle pressure and harmonious movements has a highly relaxing effect. Tensions of body and soul are dissolved.

MIND RELAXING AROMA MASSAGE

110 € / 160 €

A SOOTHING TIMEOUT - AROMA MASSAGE

50 min / 80 min

Conscious massage movements that soothe body and soul. A relaxing massage that has a calming effect on body and mind. The scent of selected organic aromatic oils and gentle massage techniques reach you on all levels. A multi-sensory treatment that rebalances your muscles and caresses the soul.

DEEP RELAX STONE MASSAGE

120 € / 170 €

ANCIENT STONE POWER – BASALT STONE MASSAGE

50 min / 80 min

This highly relaxing massage uses the warmth of the basalt stones to purify the body and provide a sense of calm and balance for immediate well-being. Intense heat that eliminates physical and mental stress and provides a sense of relaxation.

SPECIAL MASSAGES

ORIENTAL MASSAGE

120 € / 170 €

MINDFUL RELAXATION

50 min / 80 min

Regeneration for body, mind and soul!

Thanks to traditional oriental techniques and the use of their precious oils, this massage works on body and mind. A harmonious and gentle massage will banish the symptoms of stress and promote your well-being.

CANDLE MASSAGE

120 € / 170 €

TREATMENT WITH A MASSAGE CANDLE – A SPECIAL EXPERIENCE 50 min / 80 min During a candle wax massage, warm wax is used to stimulate the tissue and is massaged into the skin. Massage candles melt at a low temperature of 50 to 60° C so that the melted wax can immediately be used for the massage. Essential oils also provide aromatherapeutic effects and a soothing atmosphere.

INNER BALANCE CHAKRA TREATMENT

130 €

INNER STRENGTH - ENERGETIC CHAKRA MASSAGE

50 min

A free spirit and a relaxed body help you find inner balance. Subtly scented, pure chakra oils, energetic massage movements, and the targeted use of precious stones on your energy centres ensure deep relaxation. Feel a new form of deep well-being.

REFLEXOLOGY FOOT MASSAGE

80 € / 160 €

DOWN TO EARTH – FOOT REFLEXOLOGY

25 min / 50 min

A symbiosis of pressure point massage and the finest energy healing. The stimulation of the foot reflex points has a restorative effect on the organs and the entire body. The flow of energy is stimulated, the immune system boosted – your body will feel rebalanced.

DYNAMIC RECREATION BACK MASSAGE

130 €

UPLIFTING AND DYNAMIC – LONG-LASTING BACK CONCEPT

50 min

An uplifting back treatment that is individually adapted to your needs in terms of technique and intensity. The highly effective, natural ingredients in the massage oil give optimum results. The highly effective, natural active ingredients of the massage oil optimize the result. A unique combination of cupping glasses and Tibetan bowls helps to relieve tension and improves the flexibility of the spine.

DRAINING MASSAGES

LYMPH STIMULATING MASSAGE

70 € / 140 €

GENTLE LIGHTNESS - LYMPH STIMULATING MASSAGE

25 min / 50 min

This particulary light massage improves blood circulation, relieves the connective tissue, supports the lymphatic flow gentle pumping movements, and boosts the immune system – for a light body feeling and positive overall well-being!

DYNAMIC FEET & LEG MASSAGE

70 € / 140 €

VITALIZING LIGHT-FOOTEDNESS – DYNAMIC FEET & LEGS MASSAGE 25 min / 50 min This uplifting leg treatment restores tired legs, revitalises, and has a relieving and relaxing effect. Tissues are released, circulation is boosted, and your mind is freed. An especially dynamic kick of energy and freshness for feet and legs, giving you active support.

DEEP - TISSUE MASSAGES

SPORT & VITALITY BODY MASSAGE

80 € / 160 €

VITAL MUSCLE ENERGY - SPORTS MASSAGE

25 min / 50 min

This targeted massage activates and mobilizes the muscles and releases even deep, persistant tensions. Your performance improves, and your body gains new vitality. Active ingredients from Alpine arnica have an additional stimulating effect.



BODY TREATMENTS

SPORT & VITALITY BODY WRAP COMBINED ENERGY 25 min

The power of the arnica and St. John's wort ingredient complex improves circulation and keeps your muscles supple. Tired limbs gain new energy and your muscles' performance is boosted.

FIRMING & TONING BODY MASSAGE

150€

TIGHT SHAPE – BODY FORMING MASSAGE

50 min

An individual body treatment designed to slim and tone your silhouette. Special active ingredients and innovative massage techniques activate the metabolism and lymphatic channels. An intensive peeling makes the skin silky smooth. An intensive body program with a slimming effect.

SCRUB

FULL BODY SCRUB WITH HAY EXTRACT 80 € OPTIMUM PURITY – 25 min

FULL BODY PEELING WITH APRICOT KERNELS AND HAY EXTRACT

A package of natural Alpine ingredients! The gentle organic body scrub refines the skin leaving it clear and radiant. The skin's metabolism is stimulated, and circulation is promoted.

AROMA SALT BODY SCRUB

INTENSE TENDERNESS – 25 min

FULL-BODY AROMA-SALT PEELING

An aroma experience for the senses with an activating and revitalising effect. This full-body scrub with aromatic massage oil and Dead Sea salt cleanses intensively, supports the renewal of the skin, promotes the metabolism of the tissues, and leaves your skin silky soft.

PRESSOTHERAPY

80 € / 40 min

Pressotherapy is a medical and cosmetic treatment, during which pressure is applied to certain body parts to drain the lymphatic system. This helps to clear toxins and excess fluid from the body, improving the circulation.

For this treatment, a device is used that consists of anatomic cushions or air pillows which are ergonomically designed and are applied directly to the body, usually the legs (thighs), arms, and abdomen.

The cushions are alternately inflated and deflated, which applies gentle pressure to the body. This technique has a variety of benefits: it relieves pain in the legs, promotes blood circulation in the veins, prevents varicose veins, firms the body, and fights cellulite. It is also recommended during post-operative and rheumatic care.

For a good, long-lasting result, you should have multiple treatments.

PACKAGE INCLUDING 5 TREATMENTS (40 MIN. EACH): 360 €
PACKAGE INCLUDING 10 TREATMENTS (40 MIN. EACH): 720 €
PACKAGE INCLUDING 15 TREATMENTS (40 MIN. EACH): 1.080 €
PACKAGE INCLUDING 20 TREATMENTS (40 MIN. EACH): 1.440 €

DETOXIFYING BODY TREATMENT 140 € 50 min

Full body scrub with aromatic massage oil and Dead Sea salt with concluding pressotherapy (30 min.)

DRAINING BODY TREATMENT 140 € / 220 € 50 / 80 min

Gentle massage treatment to improve blood circulation and relieve the connective tissues. Thanks to gentle draining movements, the lymphatic system is stimulated and the immune system strengthened. This purifying technique ends with a pressotherapy session.

HANDS AND FEET BEAUTY

CLASSIC "BASIC" MANICURE OR PEDICURE80 € 25 min Nail care and cuticle removal for perfectly groomed hands and feet.

COSMETIC MANICURE OR PEDICURE WITH NAIL POLISH 110 € 50 min Nail care and cuticle removal for groomed hands and feet with application of nail polish.

DELUXE MANICURE OR PEDICURE

A scrub, warm hand/foot bath, shaping and polishing, mask, nail care, and moisturising cream make this treatment a luxury experience for your hands and feet.

COSMETIC MANICURE OR PEDICURE

NAIL POLISH REMOVAL AND REAPPLICATION

WITH SEMI-PERMANENT NAIL POLISH

Nail care and cuticle removal for groomed hands and feet with application of semi-permanent nail polish.

80 min hands and feet with application of semi-permanent nail polish.

REMOVAL OF SEMI-PERMANENT NAIL POLISH
WITH SPECIAL REMOVAL PADS

APPLICATION OF SEMI-PERMANENT NAIL POLISH

65 € 25 min

AROUND THE EYES

| EYELASH TINTING | 30€ | 20 min |
|-----------------------------|------|--------|
| EYEBROW TINTING | 30 € | 20 min |
| EYELASH AND EYEBROW TINTING | 55€ | 35 min |
| EYEBROW CORRECTION | 30 € | 20 min |

HAIR REMOVAL WITH WARM WAX

| UPPER LIP/CHIN | 12 € 10 min |
|----------------|--------------------|
| UNDERARMS | 20 € 20 min |
| BIKINI ZONE | 50 € 25 min |
| HALF LEG | 30 € 25 min |
| FULL LEG | 45 € 50 min |
| FOREARMS | 30 € 25 min |



140 € 80 min

15 € 25 min



We recommend the following body treatments after the third month of pregnancy. Our SPA team looks forward to your visit and will be happy to advise you.

MASSAGES

HALF BODY RELAX MASSAGE

80€

PARTIAL BODY RELAX MASSAGE

25 min

This individual and targeted treatment of personal problem areas is carried out using a variety of techniques, drawing on traditional teachings and the latest developments.

LYMPH STIMULATING MASSAGE

80 € / 140 €

GENTLE LIGHTNESS - LYMPH STIMULATING MASSAGE

25 min / 50 min

This particulary light massage improves blood circulation, relieves the connective tissue, supports the lymphatic flow gentle pumping movements, and boosts the immune system – for a light body feeling and positive overall well-being!

FULL BODY RELAX MASSAGE

110 € / 160 €

CLASSIC FULL BODY RELAX MASSAGE

25 min / 50 min

Absolute relaxation from head to toe. The traditional full-body massage with gentle pressure and harmonious movements has a highly relaxing effect. Tensions of body and soul are dissolved.

SCRUB

FULL BODY SCRUB WITH HAY EXTRACT

80€

OPTIMUM PURITY -

25 min

FULL BODY PEFLING WITH APRICOT KERNELS AND HAY EXTRACT

A package of natural Alpine ingredients! The gentle organic body scrub refines the, leaving it clear and radiant. The skin's metabolism is stimulated, and circulation is promoted.

AROMA SALT BODY SCRUB

80€

INTENSE TENDERNESS -

25 min

FULL-BODY AROMA-SALT PEELING

An aroma experience for the senses with an activating and revitalising effect. This full-body scrub with aromatic massage oil and Dead Sea salt cleanses intensively, supports the renewal of the skin, promotes the metabolism of the tissues, and leaves your skin silky soft.



CEò SIGNATURE TREATMENTS

Our Signature Treatments are all focused on the elements of WATER, AIR and EARTH and are specially designed for CEò. Let our team of experts pamper you and relieve your stress!



DIVE IN THE LAKE OF LUGANO 80€

FACIAL TREATMENT WITH INVIGORATING MASSAGE FOR AN INSTANTLY FRESH **APPFARANCE** 25 min

Indulge in this freshness kick for your face: It all begins with a thorough cleansing of your face. The following steps intensely moisturise your skin and have a regenerating effect. The feel-good experience is rounded off with a stimulating face massage, a revitalising eye serum, and a skin-type-specific face serum.

BREATHING THROUGH MONTE BRONZONE 130 €

FACIAL AND BACK TREATMENT FOR A DEFPLY **RELAXED APPEARANCE** 50 min

Treat yourself to a timeout during a face and back treatment to radiate deep relaxation. A back and neck massage put you in the mood to unwind. A gentle cleansing with birch leaf extract, a regenerating healing clay mask, and an elixir of active ingredients soothe the skin of the face. Light day skin care provides additional relaxation, protects the skin from environmental stresses, and concludes this relaxing experience.

REFUEL YOUR ENERGY AT THE ROGOLONE-OAK 210 €

RECHARGE YOUR BATTERIES AND LOOK **RFFRFSHFD** 80 min

Experience a unique all-round treatment for body and face. A soothing massage of back, neck, arms, and hands calms body and soul, and prepares you for the intensive treatment. Natural enzymes cleanse the face deep down and free the pores from contaminants. During the following lifting massage, the skin is nourished with fine nutrients and vitamins from ten exquisite oils. An elixir of hyaluron and concentrated oak extracts moisturises your skin deep down and make it noticeably smoother. An invigorating final skin care treatment gives additional protection and nourishment. 23

OUR PRODUCT LINE

EBENHOLZ -

Natural care of the highest calibre

The highly effective natural products by Ebenholz are designed specifically for the needs of men's skin, giving a natural radiance. Ebenholz uses the power of trees to protect and regenerate men's skin. The fine essences of these certified vegan cosmetic products will help you look refreshed.

Every EBENHOLZ product is certified vegan according to the strict guidelines of the Vegan Society®, hypoallergenic, dermatologically tested, free of PEGs, parabens, silicone and synthetic colors.





MASSAGGI RELAX

HALF BODY RELAX MASSAGE

80€

PARTIAL BODY RFLAX MASSAGE

25 min

120 € / 170 € 50 min / 80 min

latest developments.

MINDFUL RELAXATION

Regeneration for body, mind and soul!

Thanks to traditional oriental techniques and the use of their precious oils, this massage works on body and mind. A harmonious and gentle massage will banish the symptoms of stress and promote your well-being.

MASSAGGI SPECIALI

FULL BODY RELAX MASSAGE

110 € / 160 €

CLASSIC FULL BODY RELAX MASSAGE

50 min / 80 min

Absolute relaxation from head to toe. The traditional full-body massage with gentle pressure and harmonious movements has a highly relaxing effect. Tensions of body and soul are dissolved.

This individual and targeted treatment of personal problem areas is carried

out using a variety of techniques, drawing on traditional teachings and the

MIND RELAXING AROMA MASSAGE

110 € / 160 €

A SOOTHING TIMEOUT - AROMA MASSAGE

50 min / 80 min

Conscious massage movements that soothe body and soul. A relaxing massage that has a calming effect on body and mind. The scent of selected organic aromatic oils and gentle massage techniques reach you on all levels. A multi-sensory treatment that rebalances your muscles and caresses the soul.

DEEP RELAX STONE MASSAGE

120 € / 170 €

ANCIENT STONE POWER - BASALT STONE MASSAGE

50 min / 80 min

This highly relaxing massage uses the warmth of the basalt stones to purify the body and provide a sense of calm and balance for immediate well-being. Intense heat that eliminates physical and mental stress and provides a sense of relaxation.

CANDLE MASSAGE

ORIENTAL MASSAGE

120 € / 170 €

TREATMENT WITH A MASSAGE CANDLE - A SPECIAL EXPERIENCE 50 min / 80 min During a candle wax massage, warm wax is used to stimulate the tissue and is massaged into the skin. Massage candles melt at a low temperature of 50 to 60°C so that the melted wax can immediately be used for the massage. Essential oils also provide aromatherapeutic effects and a soothing atmosphere.

INNER BALANCE CHAKRA TREATMENT

130 € 50 min

INNER STRENGTH - ENERGETIC CHAKRA MASSAGE

A free spirit and a relaxed body help you find inner balance. Subtly scented, pure chakra oils, energetic massage movements, and the targeted use of precious stones on your energy centres ensure deep relaxation. Feel a new form of deep well-being.

REFLEXOLOGY FOOT MASSAGE

80 € / 160 € 25 min / 50 min

DOWN TO EARTH - FOOT REFLEXOLOGY

A symbiosis of pressure point massage and the finest energy healing. The stimulation of the foot reflex points has a restorative effect on the organs and the entire body. The flow of energy is stimulated, the immune system boosted - your body will feel rebalanced.

DYNAMIC RECREATION BACK MASSAGE

130 € 50 min

UPLIFTING AND DYNAMIC - LONG-LASTING BACK CONCEPT

An uplifting back treatment that is individually adapted to your needs in terms of technique and intensity. The highly effective, natural ingredients in the massage oil give optimum results. The highly effective, natural active ingredients of the massage oil optimize the result. A unique combination of cupping glasses and Tibetan bowls helps to relieve tension and improves the flexibility of the spine.

DRAINING MASSAGES

LYMPH STIMULATING MASSAGE

70 € / 140 €

GENTLE LIGHTNESS - LYMPH STIMULATING MASSAGE

25 min / 50 min

This particulary light massage improves blood circulation, relieves the connective tissue, supports the lymphatic flow with gentle pumping movements, and boosts the immune system – for a light body feeling and positive overall well-being!

DYNAMIC FEET & LEG MASSAGE

70 € / 140 €

VITALIZING LIGHT-FOOTEDNESS – DYNAMIC FEET & LEGS MASSAGE 25 min / 50 min This uplifting leg treatment restores tired legs, revitalises, and has a relieving and relaxing effect. Tissues are released, circulation is boosted, and your mind is freed. An especially dynamic kick of energy and freshness for feet and legs, giving you active support.

DEEP - TISSUE MASSAGES

SPORT & VITALITY BODY MASSAGE

80 € / 160 €

VITAL MUSCLE ENERGY - SPORTS MASSAGE

25 min / 50 min

This targeted massage activates and mobilizes the muscles and releases even deep, persistant tensions. Your performance improves, and your body gains new vitality. Active ingredients from Alpine arnica have an additional stimulating effect.



MEN'S SPA

DEEP CLEANSING 90 € 45 min

Treat yourself to a face treatment developed especially for men. Your skin will first be cleansed by hand, before a balancing and regenerating mask is applied.

The essential face treatment for a pure, balanced complexion.

POWER TREATMENT 160 € 80 min

An invigorating anti-aging treatment just for men. After cleansing, the highly effective face and eye ampoules and the nourishing mask deliver visible results. This comprehensive care is rounded off with a relaxing face massage.

FULL BODY SCRUB WITH HAY EXTRACT

80€

OPTIMUM PURITY -

25 min

FULL BODY PEELING WITH APRICOT KERNELS AND HAY EXTRACT

A package of natural Alpine ingredients! The gentle organic body scrub refines the, leaving it clear and radiant. The skin's metabolism is stimulated, and circulation is promoted.

HAIR REMOVAL WITH WARM WAX

| UNDERARMS | 20€ | 20 min |
|------------|------------|--------|
| CHEST/BACK | 45 € l'uno | 50 min |
| FOREARMS | 30€ | 25 min |
| HALF LEG | 30€ | 25 min |
| FULL LEG | 45€ | 50 min |

HANDS AND FEET BEAUTY

CLASSIC "BASIC" MANICURE OR PEDICURE

80 € 25 min

Nail care and cuticle removal for perfectly groomed hands and feet.

DELUXE MANICURE OR PEDICURE

140 € 80 min

A scrub, warm hand/foot bath, shaping and polishing, mask, nail care, and moisturising cream make this treatment a luxury experience for your hands and feet.



FOR COUPLES

Enjoy precious moments as a couple and escape the demands of everyday life together. Indulge in a relaxing side-by-side treatment in our Private SPA Suite, after which you'll both feel relaxed and rejuvenated.

OURCOUPLESRITUALSINTHEEXCLUSIVEPANORAMIC SPA SUITE:

All rituals can also be specially adapted to your wishes and needs. Our SPA team will be happy to advise you.

FEELTHE PERFUMES 300 €

CALMING SWEET RELAX BODY WRAP

50 min

Relaxing and calming! A special pampering treatment based on calendula and camomile. Stressed skin is soothed, and irritation is prevented. The invigorating and calming ingredients are rich in antioxidants and have a balancing effect on sensitive, irritated skin. Your complexion is refreshed, your skin becomes silky soft and glows with beauty. An ideal treatment for stressed skin, which precedes a 25-minute visit to the sanarium in the Private SPA Suite.

SWEET DREAMS 450 €

MIND RELAXING AROMA MASSAGE + USE OF THE PRIVATE SPA SUITE

120 min

Conscious massage movements that soothe body and soul. A relaxing massage that has a calming effect on body and mind. The scent of selected organic aromatic oils and gentle massage techniques reach you on all levels. A multi-sensory treatment that rebalances your muscles and caresses the soul. The "Sweet dreams" ritual includes a 50-min. relaxing aroma oil massage, followed by the exclusive use of the Private SPA Suite for 70 min.

FREE YOUR SOUL 650 €

AROMA SALT BODY SCRUB + INNER BALANCE CHAKRA TREATMENT + USE OF THE PRIVATE

130 min

An aroma experience for the senses with an activating and revitalising effect. We begin with an intensively cleansing full body scrub with aromatic massage oil and Dead Sea salt, which supports the renewal of the skin, and promotes the metabolism of the tissues. During the subsequent Inner Balance Chakra Treatment, you will rediscover inner balance. The stimulation of the four energy centres is a spiritual experience for body and soul. Subtly scented, pure chakra oils, energetic massage movements, and the targeted use of precious stones on your energy centres ensure deep relaxation.

The "Free Your Soul" ritual includes a 20-min. body scrub with Dead Sea salt and a 50-min. Inner Balance Chakra Treatment for 2 persons, followed by the exclusive use of the Private SPA Suite for 60 min.

Each additional hour of use of the Private SPA Suite following the rituals:

90 €



Time is a luxury. Giving yourselves the gift of time in our Private SPA Suite therefore not only demonstrates your profound connection, but is also a sign of good taste. Relax, regenerate, and indulge together in elegantly decorated rooms and with first-class treatments. Our Private SPA Suite was created to ensure complete privacy. Enjoy an unforgettable timeout and deep relaxation in this exclusive ambience

Our Private SPA Suite offers a sauna/sanarium, a Jacuzzi pool filled with salt water on its own terrace, two massage beds for treatments, a relaxation zone with waterbed and a refreshment bar with drinks and snacks.

All this is framed by a breathtaking view of the lake and the surrounding mountains thanks to large panoramic windows.

The Private SPA Suite can be used by you alone or together with your partner, friends, or family. We will be pleased to put together an unforgettable wellness programme tailored to your personal wishes.

USE OF THE PRIVATE SPA-SUITE Per additional hour

(2 persons for 2 hours) 290 € 90€

DAY SPA FOR OUR **EXTERNAL GUESTS**

Spend an unforgettable day at the ARIA Retreat & SPA and let us pamper you. 4 h /65€ 8 h /95 € **DAY-SPA** (Monday to Friday) DAY-SPA (Saturday, Sunday and public holidays) 4 h /95 € 8 h /130 € LADIES DAY include un trattamento di 50 minuti 200 € **GENTLEMANS DAY** includes a 50-minute treatment 200 € **DAY-SPA FOR TWO** includes a 25-minute massage 450 € and a three-course menu (lunch or dinner) with a glass of wine

MEMBERSHIP

10 ENTRANCES 4-HOUR DAY-SPA (working days only) 580€ 10 ENTRANCES 8-HOUR DAY -SPA (working days only) 850€

We will be pleased to inform you about further offers! We kindly ask you to book your Day-SPA in advance.

SPA REGULATION

Our SPA team is looking forward to welcoming and pampering you in the CEò SPA. In addition to the listed offers, the SPA reception will be pleased to advise you individually and create a tailor-made treatment program for you. You can contact us daily on +39 0344 629 899.

In order for you to fully enjoy your stay at SPA $CE\underline{\diamond}$, we would like to draw your attention to the following points:

Your appointment

We will be glad to take your wishes into consideration when scheduling your treatments. It is best to book in advance and discuss your preferred time with us.

Take your time

Please come to your treatment calmly and unhurriedly. We will be happy to wait for you beforehand for a cup of tea. Warm up, relax, look around and immerse yourself in the CEò_Relax Mood. Please note that the treatment time will be shortened if you arrive too late in order to respect the following appointments.

Peace and Contemplation

Our CEò SPA is a place of relaxation and tranquility. Therefore, we kindly ask you to refrain from using telephones or tablets. Smoking is prohibited in the entire SPA area.

Tailored to your health

Treatments can have very different effects. To ensure that your body is always positively supported, we ask that you to inform us in advance about any disorders, intolerances, diseases or allergies. Not all treatments are suitable for pregnant women, so we have special recommendations for expectant mothers. Our competent SPA team will be happy to advise you.

We would like to point out that the combination of various treatments with the sauna or steam bath may in individual cases improve or limit the results of the treatment.

Properly dressed

Please come to your treatment appointment in a bathrobe. We will be happy to provide you with a disposable brief and are always careful to respect your privacy. Please note that only the sauna area is a nudist area. There you will find additional towels for your personal comfort.

Realization of wishes

Before each treatment, we ask you about your individual treatment goals and desires. Competent consultation is an essential part of the treatment and is very important to us.

Products

So that you can also pamper yourself at home, we offer you the opportunity to purchase products from VITALIS Team Dr. Joseph, EBENHOLZ and PINO NATURAL SPA THERAPY, which were used during your treatment.

Gift Vouchers

Surprise your loved ones with a gift certificate from SPA CEò. Our SPA team will be pleased to advise you.

Cancellations

We kindly ask you to inform us of any cancellations at least 24 hours before the agreed date. Please note that in case of later cancellation or no-show the full amount will be charged.

Prices

Prices are in Euro, VAT included. Prices are subject to change.

Minimum Age

 $CE\underline{\diamond}$ is designed and intended for a public aged 16 years and over . As hotel guests, teenagers and children under 16 are welcome to use the FAMILY SPA at Parco San Marco free of charge.

Sun beds

We kindly ask our guests not to occupy or reserve the loungers with towels. In the interest of all our guests, our SPA team will ensure that unused loungers remain free during the day.

ARIA Retreat & SPA is a non-smoking Retreat.



LAGO DI COMO E LUGANO

VIA DEL CICLAMINO 5, 22018 CIMA DI PORLEZZA (CO) +39 0344 629 899 - WELCOME@ARIA-RETREAT.IT

A MEMBER OF

