



GRAND HOTEL TREMEZZO
LAGO DI COMO

T Spa
menu

The TSpa is situated on the 1st floor of the Palace.
Admission and treatments are reserved for Guests.

Opening hours:
Monday through Sunday 10 am – 8 pm

You may book treatments with our beauticians and therapists
by dialling TSpa Reception directly (541)
or calling the Concierge (531)

Children are not admitted even when accompanied.

We recommend you arrive around 30 minutes before your appointment.
In this way you can begin your wellness session
with various types of hydromassage in our infinity pool,
followed by a few moments' quiet relaxation overlooking the lake.

After your treatment, why not prolong the energizing effect by dropping
into our lounge for a glass of fresh fruit juice or simply to enjoy the view.
The entire TSpa is at your complete disposal.



TSpa signature WELLNESS DAY

A personal package to help you regain strength and vitality. Our TSpa staff will attend to you throughout the day in a course of activities and treatments tailored specifically to your exact needs. Depending on your physical condition and fitness, as well as your personal needs and preferences, the duration of the various activities and treatments will be adapted in accordance with our TSpa therapist's best advice.

<i>Made-to-measure fitness session with personal trainer</i>	<i>45 min*</i>
<i>Sauna</i>	<i>15 min*</i>
<i>Stretching or yoga session</i>	<i>60 min*</i>
<i>TSpa Relaxation: infinity pool and relaxation lounge</i>	<i>30 min*</i>
<i>Antistress massage or any massage as you choose</i>	<i>60 min*</i>
<i>Facial treatment of your choice</i>	<i>60 min*</i>

** Times given are purely indicative*

Starting from € 250.00



LAKE COMO INDULGENCE

*A collection of massages and activities designed by TSpa staff
to relax, rejuvenate and to make your stay even more enjoyable.
Moments of wellness to enhance your vacation on Lake Como
with a range of relaxing, rebalancing or energizing ideas.
Close your eyes, unwind, and let your spirit take flight. . .*



ANTISTRESS MASSAGE

€ 100.00

Ideal for those who lead a busy stressful life and who have little time to look after themselves

Room occupancy 60 min – Massage 50 min

A super body massage: the focus is on releasing the energy to flow freely in the body and on easing stress in the heart and mind. The massage involves rhythmic and fluid movements to harmoniously rebalance body, mind and soul. Helps to relieve accumulated physical and mental stress, recharge your batteries and return to the fray with renewed energy and optimism.

THAI MASSAGE

€ 100.00

A deep traditional massage involving rhythmic pressing and stretching of the entire body

Room occupancy 60 min – Massage 50 min

Known in Thailand as “nuat phaen boran”, literally, the ancient-manner massage, the Thai massage follows the Sen lines on the body for a rejuvenating experience. The T Spa therapist, graduated at the Wat Po School in Bangkok, skillfully manipulates muscles to release blockages, let energy to flow freely in the body and soothe away aches and pains. No oils are used and you are suggested to wear comfortable clothes that allow for movement. The massage may take place either in the T Spa treatment room, in the relaxation area or in the privacy of your room.

HOT STONE MASSAGE

€ 100.00

Energizing treatment with warm basalt stone

Room occupancy 60 min – Massage 50 min

Smooth basalt stones of different shapes and sizes, heated in water and skilfully applied to the body using traditional South American and Indian techniques. A surprising and highly effective treatment that blends the benefits of warm stone with a soothing massage. The slow, enfolding manipulation unlocks the tensions of mind and body, relaxes the nerves, improving muscle tone. The invigorating result is an extraordinary sensation of wellbeing.

COMPLETE TRADITIONAL RELAXING MASSAGE

Fantastic anytime, ideal before sunning

Room occupancy 60 min – Massage 50 min € 100.00

Room occupancy 90 min – Massage 80 min € 140.00

This relaxing massage involves a smooth sequence of gentle manipulations, touches, pressure and expert movements to restore your optimal mental and physical balance. Carotene-rich Roucou oil, a tropical plant extract available exclusively at the TSpa, makes this the ideal treatment before exposure to the sun, to prolong your tan and prevent potentially harmful effects of radiation.

PARTIAL TRADITIONAL RELAXING MASSAGE € 60.00

Let our staff TSpa help you choose the ideal massage for you

Room occupancy 30 min – Massage 25 min

The partial classic massage is designed for guests who suffer from local tensions in a specific part of the body, or who simply want a personalised relaxing massage.

You can chose between:

- Foot massage
- Neck and shoulders massage
- Back massage

DEEP TISSUE MASSAGE

€ 100.00

A mix of Swedish, sportive and connective tissue massage
Room occupancy 60 min – Massage 50 min

High impact therapeutic massage combining slow, deep movements specially designed to unlock stiffness and tensions in the muscles. Designed to relieve severe tension in the muscles and the connective tissue, this type of massage focuses on the muscles located below the surface of the top muscles and it is recommended for those who experience consistent pain or are involved in heavy physical activity.

VODDER MASSAGE

€ 140.00

A light manual technique to encourage lymphatic drainage
Room occupancy 90 min – Massage 80 min

A special technique by Doctor Vodder: a scientific combination of slow, rhythmic movements of different speeds and gentle pressure of fingers and wrist, improves lymph circulation and drives excess liquids out of the skin tissues for a real sense of lightness and wellbeing.

DREAM FOR TWO MASSAGE

€ 190.00

A harmonious relaxing massage for two, in the same treatment room
Room occupancy 60 min – Massage 45 min

Dedicated to the couple, this treatment allows you to share the beneficial effects of a traditional relaxing massage, in a completely new experience. Two therapists work in parallel in the same room, with a sequence of enfolding movements specially created to help you unwind and leave your cares behind. Choose any of the TSpa treatments and your favourite essential oils.

ESPECIALLY FOR GENTLEMEN

€ 100.00

Anti-aging body & facial massage designed specifically for men
Room occupancy 60 min – Massage 50 min

Vigorous massage that focuses on the tension points typical of the male body with high pressure and maneuvers performed with hands, forearm and elbows. After muscles manipulation, a specific mask restores the face skin, particularly sensitive because of sun and light exposure, razor burn and time, accompanied by a relaxing massage to the scalp and ears.

SWEET EXPECTATIONS

€ 140.00

Special massage for expectant mothers
Room occupancy 60 min – Massage 50 min

A relaxing massage focusing on specific points of tension with gentle movements tailored specifically to your state of pregnancy. A real treat for expecting mums (and for baby too...) that guarantees immediate physical and mental relaxation. Developed to give maximum benefit in complete safety.

YOGA

Breathing and relaxation exercises to enliven the spirit, stimulate body tone and put you in a good mood.

Session 60 min

1 – 2 Guests	€ 100.00
3 – 7 Guests	€ 250.00

Yoga refers to traditional physical and mental disciplines originating in India. Practicing yoga helps you achieve mental and physical equilibrium, greater awareness of your vital processes and your whole body in general.

Hata-yoga consists of a complex set of physical/gymnastic exercises (âsana) and exercises to control the breathing, more precisely the prâna, the “breath of life” (prânâyâma), developed over the course of centuries by generations of yogis. Ashtanga Yoga is characterized by a greater focus on the dynamic connecting posture (viñyâs), that creates a flow between the âsanas and the linking of the movement to the breath, following eight spiritual practices. The session is performed with a professional yoga teacher and may take place either in the relaxation area of the sporting or outdoors in the beautiful gardens, as you choose.

BODY BALANCE

A perfect mix of Yoga, stretching and Pilates workout

Session 60 min

1 – 2 Guests	€ 100.00
3 – 7 Guests	€ 250.00

An hour’s exercise devoted to strengthening and toning your key muscle groups, building flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance. Recommended in the morning, to gently reawaken the body for the new day. The treatment is performed with a personal trainer and may take place either in relaxation area of the sporting or outdoors in the beautiful gardens, as you choose.

LIGNE ST BARTH

*A series of treatments and massages for body and face,
to pamper the body and excite the senses,
using Ligne St Barth cosmetic products and techniques:
a delicious and exclusive range of personal care oils,
lotions and natural fragrances.
A delightful combination of the intensity of a Caribbean paradise
with the discreet elegance of Lake Como.*

The Ligne St Barth products can be purchased at the T Spa Reception.
Please ask our beauticians and therapists for a personalized advice.



BODY TREATMENTS

ST BARTH SOFTNESS € 95.00

Purify and soften: body peeling with fresh papaya

Room occupancy 60 min – Treatment 50 min, Massage 20 min

An initial relaxing peeling to remove dead skin cells through the action of fresh papaya fruit enzymes, natural yoghurt and a special sea-sand polish complex enriched with minerals. After a shower in the room, a massage with pure coconut or avocado oil completes the treatment leaving the skin velvety, smooth and fragrant. The ideal preparation for a long-lasting tan.

ST BARTH ELASTICITY € 95.00

Tone and freshen: body mask with clay and fresh fruits

Room occupancy 60 min – Treatment 50 min, Massage 25 min

An invigorating and nourishing body mask with the combined action of precious minerals (in the clay) and vitamins (extract of pineapple and cucumber mousse). After 15 minutes action and a shower in the room, the treatment continues with a delicate massage: ivy, menthol and camphor activate the tissues, while the dry-pressed avocado oil renders the skin visibly soft and firm, elastic and moist.

ST BARTH SENSATION € 95.00

Moisturising and nourishing: body mask based on precious natural oils

Room occupancy 60 min – Treatment 50 min, Massage 25 min

A silky mask rich in nutrients and lipids derived from high quality plant oils is delicately applied to the whole body. After 15 minutes action, a light massage with your favourite Caribbean fragrance helps to fully absorb the mask and its natural ingredients. Deep moisturisation gives your skin a visibly softer, velvety look.

BODY MESSAGES

ST BARTH HARMONY € 100.00
Relaxing massage with tropical oils and lotions
Room occupancy 60 min – Massage 50 min

Pamper yourself with precious oils containing the natural intensity of the Caribbean, with beneficial effects for the entire body. Choose from pure coconut oil, recommended for dry skin, or cold-pressed avocado oil to rebalance delicate skin. An enchanting experience, completed with your personal choice of favourite fragrance: bourbon vanilla, tiaré flower, the super-feminine lily or a scented lotion specially for men.

SPECIAL LEGS

ST BARTH SLIMNESS € 95.00
Relaxing draining massage for tired legs
Room occupancy 60 min – Treatment 50 min, Massage 25 min

Recommended after a long flight or car journey, or after sitting or standing for hours, to relieve tired and heavy legs. The ivy gel releases and drains excess water, strengthens the veins and stimulates the lymphatic system. Menthol and camphor boost the micro-circulation and give a refreshing and revitalising sensation. For a harmonious end to the treatment, choose your favourite St Barth body lotion fragrance: bourbon vanilla, tiaré flower, the super-feminine lily or a scented lotion specially for men.

FACE TREATMENTS

ST BARTH PURENESS € 95.00
Pure velvet effect with luxurious treatment for face and décolleté
Room occupancy 60 min – Treatment 50 min

A gentle treatment for face, neck and décolleté that combines an intensive cleansing action with the rich nutritional effects of natural vitamins and minerals in the mask to reactivate and stimulate the skin's natural functions. Complete the treatment with a deep relaxation massage that reactivates the microcirculation, leaving the skin clear, soft and fresh. For a truly optimal result, we suggest you combine this treatment with a full-body St Barth Harmony massage.

ST BARTH FRESHNESS € 130.00
The fresh, natural action of tropical fruits in a special treatment for face and décolleté
Room occupancy 90 min – Treatment 80 min

The action of vitamins and natural minerals contained in high quality Ligne St Barth products, enhanced by freshly prepared fruit. The peeling is enriched with enzymes of fresh papaya, while the clay mask is combined with pineapple or cucumber mousse, depending on your skin type. The natural freshness of the products and the delicate seduction of Caribbean fragrances turn this treatment into an authentic experience of exotic beauty, leaving your skin clear, smooth and fresh.

AYURVEDA

*One of oldest and most sophisticated schools of therapy
for enhancing bodily health and wellbeing,
which the Ayurveda sees as inextricably linked to the mind and spirit.
Ayurvedic medicine, originating in the Indian sub-continent,
is grounded in a metaphysic of the “five great elements”
(earth, water, fire, air, ether) which together make up the macrocosm,
the microcosm and the human body itself.
Ayurvedic treatments are particularly effective in promoting natural sleep
and an overall sense of wellbeing.
Indian massage is based on sophisticated manual techniques
using natural aromatic oils to improve the flow of energy through the body,
eliminate toxins and reactivate the circulation.*



BODY TREATMENTS

AYURVEDIC PEELING

€ 95.00

Natural peeling with triphala powder and ayurvedic oil

Room occupancy 60 min – Treatment 50 min

Triphala powder is made from a blend of three Indian fruits which are fundamental in Ayurveda for the care and maintenance of healthy skin, thanks to their invigorating, cleansing and rejuvenating effect. Coupled with a final warm ayurvedic oil massage, the treatment softens and moisturizes the skin, leaving it silky smooth.

BODY MESSAGES

SHIROABHYANGA € 60.00
Head, neck and shoulder massage
Room occupancy 30 min – Massage 25 min

Focused on the upper body, this massage begins with the scalp, using fresh oil to amplify positive energy and mood and relieve tension. Warm oil is then spread over the neck and shoulders, stimulating the *marma* (vital points in the body's energy flows), for overall physical benefit. Ideal for promoting natural healthy sleep, eliminating stress and relaxing muscles and nerves.

PADABHYANGA € 60.00
Special foot massage
Room occupancy 30 min – Massage 25 min

A real treat for tired and aching feet. This sophisticated technique coupled with pressure on the *marma* (vital points in the body's energy flows) is more than a simple massage. The fluid movements and focused pressure promote a deep sense of relaxation from the feet throughout the whole body.

ABHYANGA € 140.00
Ayurvedic body massage
Room occupancy 90 min – Massage 75 min

The best known and most widely practiced Indian massage in the West, it is actually so complex that it represents a complete experience and much more than just a massage. Performed on the whole body, abhyanga involves deep manipulation techniques using rare warm oils, aimed at rebalancing the energetic points. The fluid, enfolding movements help to relax and stimulate the flow of positive energy through the body, balance the doshas and produce a state of perfect wellbeing.

FACE TREATMENTS

Three different wellness treatments that balance the doshas (elemental humours), eliminating physical and mental toxins, creating a positive emotional flow and raising the spirit. Let our TSpa staff advise you on the treatment that best suits your needs.

Room occupancy 60 min – Treatment 50 min

€ 100.00

VATA

Reduces wrinkles and expression lines

PITTA

Calms and gently soothes even the most reactive skin

KAPHA

Purifies and restores radiance to the face

EYE CONTOUR

€ 60.00

In combination with a facial care treatment:

€ 30.00

Room occupancy 30 min – Treatment 25 min

KERALA (anti-age)

Toning and elastic action for time lines around the eyes.

VIDYA

Soothing and refreshing action, to reduce swelling around the eyes.