



Clockwise from left: the *Piscina dei Fiori* (the pool among the flowers); the spa's ornate recovery suite; the all-marble hammam; details of the old-Hollywood-style Mosaico Studio, used exclusively for manicures and pedicures.



TRIED & TRUE

There are two different luxury vibrations going on at Lake Como's Grand Hotel Tremezzo. First, you'll be assaulted by the storied elegance of this 1910-opened historic hotel — it's every Lake Como Instagram opp happening at once. The Art Nouveau interiors, gilt-edged balconies with lake views, ornate bathrooms that leave you neck-deep in marble — it's a heady whirl of opulence. The good-looking staff also has that certain Italian snappiness, with a truly decadent bent. I mean, they serve a breakfast martini here, for God's sake.

The other vibes you'll pick up is what's happening at the spa at Grand Tremezzo. T Spa sits parallel to all of this old-school elegance and is just as luxurious, but in a modern way. It's a new construction built within the existing 18th-century Villa Emilia, which adjoins the main building of the Tremezzo, so day-booking guests (and T Spa members) can access the spa, gardens, pool and gym directly.

I robe up and shuffle through the fragrant gardens to the villa next door. A vine-covered archway at the foot of some ancient stone stairs reveals robust and rosy-cheeked therapists who instantly fill me with confidence. After a flight from Sydney and the one-hour drive from Milan Malpensa airport, I need to get some of that good Italian stuff.

The heated infinity pool is a great spot to start. Sinking into the view from the deep end feels just like forest bathing; taking in the calm of the lake is good medicine in itself. There are treatments here to curl your toes, but in my jet-lagged state I am leaning towards anything soothing, and there's a big focus on heat here. The spa features lots of marble and mosaic, and three treatment rooms. A beautiful all-marble hammam is a highlight, with a full-body plinth for easy-access body scrubbing, and the *Espa* products replicate the floral garden, stacked with neroli, lavender and rose geranium. The Back, Face & Scalp treatment is the hero remedy

GRAND HOTEL TREMEZZO Lake Como, Italy

I'm looking for, and after 80 minutes of exfoliation, hot stone massage, facial and scalp massage, I'm done in.

My treatment was superb, but the after-treatment makes it for me. Retiring to the dreamy recovery suite, with its lofty baroque ceilings, a Venetian mosaic floor and overstuffed pale linen couches facing French doors open to the lake, gives me a wash of physical and mental relief. It's a perfect place to take tiny sips of tea and citrus water and just be. I feel clean and cosseted and snug wrapped in towelling, but the truly memorable thing about T Spa is being with the lake itself. — *Eliza O'Hare*
grandhoteltremezzo.com

PRICES APPROXIMATE. GRAND HOTEL TREMEZZO: ROBERTO BONARDI; TOMMY PICONE