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# LARIO LOTELS

UNEXPECTED ITALY.

VISTA PALAZZO

VILLA FLORI

TERMINUS \*\*\*\* POSTA DESIGN

LARIOHOTELS.COM

Our partner Wellness Como has a team of qualified local professionals with many years of experience. They strongly believe in their work as a sincere mission which they pursue with high professionalism and care, pure joy and utmost discretion.

Lario Hotels will make your stay on Lake Como an unforgettable and unique experience.





### **MASSAGES**

#### AROMA MASSAGE

A soothing, relaxing massage with gentle and embracing manual techniques. It includes hand blended essential oils and calming breathing techniques to equilibrate both body and soul. The essential oils used reach beneath the skin.

They revitalise and soothe, relax and promote well-being.

#### **DEEP TISSUE MASSAGE**

Allow our therapists to work their magic and ease tension in your muscles with this deeply penetrating results oriented massage. The use of an officinal plant balm will further support the decrease of muscle discomfort for a less tense body condition.

#### SPORT MASSAGE

A vigorous massage using medium to firm pressure, friction and tension relieving techniques which are recommended post-workout.

#### MOTHER TO BE MASSAGE

Expectant Mothers. Give yourself a moment to appreciate the joys of motherhood and allow the stresses and tension to melt away. A safely formulated oil will be used to nourish and care for your skin. The massage will relieve and ease the heavy feeling that comes with pregnancy, alleviating aching back and shoulders and heavy legs.

#### SHIATSU

An antique Japanese technique, delivered on a futon, through effective pressure, manual stimulation and stretching. Thumbs, palms or elbows are used to exercise gentle or strong pressure on the acupuncture meridians. Pressure is applied to particular focus points in order to maintain physical and mental well-being. No oil used, comfortable clothes necessary.

#### TIBETAN BOWLS

Individual or group sessions for up to 5 people. A new powerful treatment based on sound and vibrations that promotes deep relaxation and muscle regeneration. It eases and releases physical or emotional tension, thus favoring inner calm and balancing body, mind and soul. No oil used, wear comfortable clothing..

#### CRANIOSACRAL TREATMENT

It is a light touch therapy. It works all the body and helps releasing the nervous system, promoting a deep peacefull state. No cream used, wear comfortable clothing.



### BEAUTY

#### FACE AND BODY TREATMENTS

#### LUXURY SILK KOBIDO FACE TREATMENT

Duration of treatment: 75 min.
Benefit: smoothing, toning, firming, anti-aging

A real anti-age treatment for a brighter and more refined skin.

The Kobido Japanese facial massage is an effective method that was used by women in Asia to regenerate and lift their face contour in a natural way. With its sweep-knock-pick techniques, Kobido is very different from other massage treatments and includes meridian acupressure on head and face.

With this massage you can easily slip into a state of inner peace.

Wellness Como recommends this facial treatment which includes several manual techniques: Kobido face massage, skin cleansing, gentle exfoliation with a silk glove and application of unique potion blends manufactured in Como.

Their active ingredient is a natural silk protein which can restore the complexion by 230% in 72 hours..

At the end of this pampering experience your skin will feel like silk. The local company producing these extraordinary products is owner of the only plant in the whole world capable of extracting – from silk threads of choice only – the best Integral Sericin, and this product is entirely manufactured in Italy (Sericina Integra M).

#### **02 LIFT FACIAL**

Duration of treatment: 60 min.
Benefit: cleanse, lift, oxygenate, reinvigorate

This luxurious skincare treatment will leave your facial skin glowing, refreshed and rejuvenated. The treatment begins with a cleansing followed by an enzymatic peel that thoroughly and gently exfoliates the skin. A revolutionary O2 lift effervesce oxygenating facial mask is then applied, which will create illuminated skin in minutes. The treatment concludes with an O2 lift stem cell enhancer serum, a blend of plant-derived stem cells that instantly plumps the skin's appearance.

#### MURUMURU FACE TREATMENT

Duration of treatment: 50 min. Benefit: nourishing, moisturizing, soothing

Unique treatment based on highly nourishing and pleasantly moisturizing oils and butters, suitable for all skin types. The revitalizing action is characterized by an avocado-based deep cleansing. The exfoliation phase is enhanced by the innovative Amazonian quartz exfoliant that promotes collagen formation and increases tissue elasticity without irritating the tissues, giving immediate radiance and softness to the complexion. The treatment is completed by a massage that enhances the natural power and preciousness of babassu and murumuru butters.



### **BEAUTY**

#### VITIS ELISIR FACE AND BODY TREATMENT

Duration of treatment: 60 min.
Benefit: oxygenating, invigorating, regenerating.

A treatment particularly dedicated to delicate, dull, sensitive and mature skin. The holistic approach introduces the treatment with a scrub and mud on the soles of the feet, to detoxify and eliminate fatigue. It is a path enriched by innovative formulations that combine natural and organic active ingredients with the most advanced biotechnology, in particular the presence of resveratrol strengthens the elasticity of capillaries and reactivates the microcirculation, protecting the skin from free radicals and oxygenating the tissues. It is a treatment that leaves a surprising and enveloping sense of well-being to those who receive it.

#### LUX SOLIS BODY RITUAL

Duration: 80 min.
Benefit: relaxing, detox, cleanse, and dissolves psychophysical tensions.

Particularly affectionate and invigorating treatment, which dissolves all the tensions generated by the daily rhythm and envelops with softness and lightness. The ritual is introduced by body massage with silk gloves to reactive circulation then a gentle exfoliation with bamboo powder which improves the elasticity and brightness of the skin. Finally a massage with warm cotton oil, remove the psychophysical tensions of those who receive it and leave a wonderful and profound feeling of well-being and relaxation.

#### DETOX AQUA MARIS RITUAL

Duration of treatment: 80 min.
Benefit: draining, purifying, remineralizing.

The ritual is introduced by brushing the body with a natural bristle brush, the body is then scrubbed with a warm handpiece. A warm detox mud made from Dead Sea silt is applied to the body and a purifying clay mask is applied to the face. The ritual concludes with an enveloping and draining massage.



### BEAUTY

#### FINISHING TOUCHES

#### MANICURE OR PEDICURE

This service includes nail cleansing and filing, cuticle work, hand cream and nail polish

#### LUXURY MANICURE OR PEDICURE

An exclusive manicure or pedicure that begins with a scrub followed by nail and cuticle care.

A hydrating massage and the application of nail polish of your choice to complete the treatment.

#### GEL POLISH

Basic manicure and pedicure which includes nail filing and shaping, cuticle work and application of semi-permanent nail polish of your choice.

#### HAIR SALOON

#### LADIES

Our stylists perform with a blow dryer or customize updos for special events.

#### GENTLEMAN'S GROOMING

Beard shaving Italian style performed by a professional barber. This service includes hot tissue wrapping before shaving and is followed by cold tissue wrapping. It ends with a facial massage and soothing balm.

#### HAIR STYLIST AND MAKE-UP ARTIST

An all inclusive luxury hair styling and makeup service provided by industry professionals. Wellness Como provides everything necessary to achieve a personalized look from start to finish for an important event or simply for a romantic dinner. The client should sit back, relax and leave the rest to the stylists at Wellness Como.



### **BABY-SITTING**

Lario Hotels is able to offer daytime and evening babysitting services as well as specialist childcare for weddings and events.

Our carefully selected team include career nannies, university graduates and much more. They have been highly trained and come with a wealth of experience and glowing references, all of them speak an advanced level of English.

#### **DAYTIME BABYSITTING**

Any ages and anytimes of day - we can provide a babysitter for your family.

#### **EVENING BABYSITTING**

Want to head out and enjoy a relaxed evening? Book one of our babysitters and stay out as long as you want.

#### WEDDING AND EVENTS BABYSITTING

This is a luxury childcare service for weddings, family parties and corporate events. If you are wondering whether to include children at your event or looking for a solution to having children looked after while you enjoy your wedding, you need not look any further.

#### **EVENTS BABYSITTING FOR A FULL DAY**

We look forward to working with you to plan your special day or event. We will ensure maximum enjoyment perfectly fitted in with the day's schedule.

Wellness Como will arrive an hour in advance to set up. When caring for children during a wedding ceremony, we start an hour before the event so as to give family members time to settle the children, allowing them peace of mind regarding their children's safety and fun.

#### **EVENTS BABYSITTING FOR THE EVENING**

Babysitters take the child or children back to their rooms for supper and a bath and put them to bed, staying with them until their parents come back at the end of their evening out.

#### DOG WALKING

Do you always travel with your whole family? Need a walker or sitter for your furry friends?

We can also offer help with pets.



### FITNESS

#### **FUNCTIONAL TRAINING**

A complete training with focus on the CORE. Using gear, through training circuit, you have an increase of effort and intensity.

#### ATHLETIC TRAINING

A high intensity training, that combines conditioning to techniques and clean movements.

#### MOBILITY TRAINING

A low intensity training but basic to stretch muscle chains and work on movements control to obtain a postural rebalancing

### HOLISTIC ACTIVITIES & RECREATION

#### YOGA

Yoga brings body and mind together three main ways: exercise, breathing and meditation. It promotes harmony fluidity, improves posture, mobility, balance and respiratory capacity.

#### PILATES

Pilates lengthens and stretches all the major muscle groups in the body in a balance fashion.

It improves flexibility, strength and balance.

#### YOGA AND TIBETAN HARMONIC BOWLS

Sounds and vibrations from Singing Bowls add another dimension to your yoga practice and help achieve inner peace of both body and mind.

#### DO-IN

An ancient, very simple Chinese self-massage technique that stimulates your energy flow.

It can also be performed on couples.



### LUXURY EXPERIENCES

Lake Como offers a wide range of possibilities to turn your vacation into a wonderful experience. Lario Hotels with Wellness Como offers experiences planned with meticulous organization, an experience that will remain in the memory of those who choose it, as it has an extraordinary scenery and one of the most fascinating and magical places in the world: Lake Como

#### PERSONAL SHOPPER

For those who are looking to enhance their vacation with a little shopping, there will be a personal shopper to help you select among Como's great array of Italian clothing stores.

#### PHOTO OR VIDEO SHOOT

Wellness Como offers its customers the opportunity to create a wonderful memory of their stay on Lake Como, with a professional photographer. Our expert will be able to bring photography to life in a simple and natural way, whether it's a personal portrait, a family portrait, an outdoor activity, a video or an interview. The services offered are portraits, family portraits, weddings, events, animal photos and prints.

#### A VISIT "BEHIND THE SCENES" OF A LONG HISTORY.

The visit to an Italian tailor's shop will not be a simple guided tour ....the public will participate as in a theatrical performance: dreams, passions and curiosities will be told exactly as in a show and the actors will be the owners themselves while the visitor will quietly travel through the atelier. Sartoria Orefice, founded in 1856, preserves stories and curiosities of royalty, entrepreneurs, artists, politicians, actors and sportsmen that it has dressed during their stay in Italy.A visit/show between past, future and culture where you can also discover your own style: during the visit will be revealed small practical tips of sewing and custom dress codes to conform to any occasion.

#### AN EXPERIENCE OF MADE IN ITALY: the double life of a silk thread.

The experience will begin with a tour of a historic silk company in Como, where every day is realized a wonderful example of circular economy. From the liquid waste of the processing of fine silk yarns is extracted the Sericin M, a precious powder, unique in the world because pure and intact, masterfully used as an active ingredient of the beauty cosmetic line Luxury Silk Style, products capable of regenerating the skin tissue of 250% in 72 hours. The compelling story of this company will be told directly by its owner, Giada Mieli, who is part of the third generation of entrepreneurs in the field of silk, who decided, in 1999, to investigate the ancient beauty benefits of silk, not worn as a garment, but as a new, second skin. After the story of this adventurous journey will be offered a treatment by the operators of Wellness Como that directly in the premises of the factory will set up a spa, where guests can experience the luxury of benefiting from a magical treatment and then try directly, on their skin, the effects of these products at the company where they are created.



### LUXURY EXPERIENCES

#### DIVING EXCURSIONS

Lake Como is the deepest lake in Italy and has always been considered one of the best places in Europe for diving, thanks to its clean waters and pleasant temperatures. Wellness Como organizes spectacular dives for both beginners and experienced divers, providing all the necessary equipment.

The lake is a real pearl to discover and appreciate... get inspired... put on wetsuit, mask and tank and discover this underwater world.

#### YOGA ON THE BOAT

Experience freedom and immersion into the nature of Lake Como. Breath the wind carezing your face.

Practice yoga in a breath taking island in the middle of the lake.

#### CANADIAN CANOE EXCURSIONS

Discover the most evocative places and attractions of Lake Como (Comacina Island, Nesso Ravine, Punta Spartivento....) sitting aboard an elegant and comfortable canoe, on which do not even get wet and also suitable for winter, to grasp what is impossible from land or from a motor boat: silence, peace, proximity to the water and the conquest of the goal by yourself (otherwise the guides are with you... they love paddling!!).

#### SUP (STAND UP PADDLE) LESSONS, TOURS AND EXCURSIONS.

Discover the lake from a unique point of view: standing on the table will be a goal of great satisfaction, and you have our absolute guarantee. Preliminary to windsurfing - of which is also offered lessons - Sup Activities are possible, with the right clothing, even outside the summer season.

What are you waiting to get on a safe vehicle, accessible to all, suitable for both relaxation and fun?



### MADE IN COMO

Lario Hotels has selected a number of local artisans who offer excellent handmade products such as custom jewelry, tailored clothing, or a unique line of silk swimwear and accessories inspired by our beautiful lake.

Fantastic artifacts to remember a very special vacation.

#### **BESPOKE TAILOR MAKER**

Como is known worldwide for its silk and fabric factories and for its sartorial dexterity. Expert artisans can tailor a suit for you in the traditional way. Each garment, even the most classic one, will be custom-made with the right choice of cut, fabric, color, seams and many other details. Sartorial clothing is "BESPOKE", where the customer is at the center of the project. Measurements are taken either traditionally, i.e. by hand with a measuring tape, or with a 3D-Body Scanner.

#### **CUSTOM JEWELLERY**

Craftsmasters create high-quality jewellery that combines traditional precious materials and innovative precision Italian geometry. Each creation has its own characteristics and an unmistakable style that reflects the patient craftsmanship behind it. These artisans will create custom jewellery taking the lead from an inspiration, an image, or upon request.

#### **BATHING SUITS**

Another top local artisan has designed and manufactured an exclusive collection of swimsuits and accessories inspired by the lake. These hand-crafted products are guaranteed that they are 100% made in Como. Particular importance is given to design and materials for best comfort.

#### SILK CHIMONO AND ACCESSORIES BY LAKE COMO COLLECTION

Inspired by the timeless beauty of the landscapes of Lake Como, this collection offers a world of SOPHISTICATED ELEGANCE, precious fabrics and soft and contemporary lines. The refinement of the designs and the materials makes these garments ideal for those who love beauty, the spirit of travel and the desire to stand out with unique, discreet and contemporary item. The uniqueness of the garments and the attention to detail is underlined by the unique and personalized illustrations. Lake Como Collection shares the values like quality, craftsmanship and great attention to sustainability.



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For information and reservations,

CONTACT THE RECEPTION OF THE HOTEL

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