

# Spa & Wellness Menu



**CASA CIPRIANI**  
SPA & WELLNESS MILANO

Discover a sanctuary of refined self-care, where elegance meets sophistication, seamlessly blending beauty and comfort to achieve holistic harmony of mind and body.

Enhance your well-being with our curated selection of massages and beauty treatments, merging advanced technologies with traditional techniques.

Guided by seasoned experts and backed by Cipriani's ninety-year legacy of impeccable service and attention to detail, every visit promises an unparalleled experience in the realm of wellness.

# Facials

THE Express | 25' 90€

*Best for illuminating and oxygenating the complexion*

Infused with pure vitamin C powder activated in liquid glutathione, this express facial ensures immediate skin rejuvenation and a luminous glow.

Perfect Eyes | 25' 100€

*Best for reducing under-eye puffiness and diminishing dark circles*

Uses BAKEL® Jalu 3D for a brighter, fresher look and a toned, hydrated eye contour.

Milano Cipriani Signature | 80' 250€

*Best for those seeking a unique ritual that guarantees rejuvenating effects*

The ritual starts with a carefully selected essential oil, followed by a combination of techniques, including acupressure and buccal massage, to release deep-seated tensions in the face and neck. It finishes with the application of patented Italian products for beautiful luminosity, an even skin tone and an oxygenating and contoured effect.

THE Workout | 80' 250€

*Best for achieving a more toned, lifted and defined facial contour*

By utilising BAKEL® Jalu 3D patches alongside Vitamin C, this treatment enhances elasticity and luminosity, while swiftly refining skin texture and visibly diminishing expression lines. Acting as a workout for the face, it yields rejuvenated and densified skin.

Pore Refiner | 50' 120€

*Ideal for refining congested skin and addressing blocked pores*

Achieve ultimate skin purification with our treatment which combines an enzymatic peeling mask, traditional face steaming and manual extractions.

Glass Skin | 50' 150€

*Best for reducing redness and combatting the effects of daily environmental stressors*

With a skin-icing product and gentle lymphatic massage, this calming facial swiftly clears congestion for a radiant complexion.

Detox | 50' 150€

*Best for detoxifying, redefining and improving skin hydration and texture*

Manual massage provides instant sculpting, lifting and detoxification, fostering cellular respiration while revitalising tired skin for a fresh and radiant appearance.

Revive & Repair | 50' 150€

*Best for frequent travellers whose skin becomes dehydrated and sensitive due to constant environmental changes*

Using aloe vera gel, Elastin, and biotechnological proteins, this treatment hydrates and nourishes the skin, thus restoring vitality and enhancing facial radiance.

THE Lift | 80' 230€

*Ideal for mature and lacklustre skin*

This exclusive anti-ageing facial ritual, which includes a signature serum and cream to reduce wrinkles paired with an alginate mask, works deeply into the skin to provide instant firming and lifting effects.

# Advanced Facials

LED Express | 25' 90€

*Best for reducing redness, diminishing hyperpigmentation and minimising breakouts*

Harnessing the power of targeted LED light, this facial quickly addresses multiple skin concerns for a refreshed complexion.

## Hydrafacial

*Ideal for restoring skin balance and rejuvenation through deep cleansing, resulting in an illuminating effect*

Signature | 30' 170€

This meticulous hydrodermabrasion treatment gently purifies the skin, complemented by the application of deeply hydrating products for a revitalised glow.

Deluxe | 45' 210€

The Deluxe treatment goes beyond deep purification, incorporating a specialised booster chosen according to the skin's needs and LED light therapy: blue for purifying effects and red for soothing and stimulating microcirculation.

Platinum | 60' 250€

This comprehensive facial protocol combines elements from our Signature and Deluxe treatments, elevated by the inclusion of facial lymphatic drainage using a glass bell.

Scalp Facial | 60' 350€

*Best for purifying and nourishing scalp while promoting hair growth*

HydraFacial Keravive™ offers a distinctive and soothing therapy crafted to purify, invigorate and nourish your scalp and hair follicles, promoting the appearance of fuller, thicker and healthier hair.

# Body Treatments

## B Strong Plus | 50'

100€

*Yields optimal results when complemented with regular physical exercise*

This advanced device offers two treatment modes: high-power infrared LEDs to reduce fat accumulation and EMS Electro Myo Stimulation to tone and strengthen muscles enhancing your physique. It allows for personalised body sculpting to achieve your desired results.

## Sculpting Mud Treatment Cool or Classic effect | 50'

150€

*Optimal for targeted body shaping and promoting circulation stimulation*

Our treatment combines natural clay with eucalyptus essential oil for a cooling effect to stimulate leg microcirculation or jojoba oil for heating action on specific body parts. This treatment shapes the body while reducing swelling and minimises skin imperfections.

## Energising Detox Scrub | 50'

150€

*Best for removing skin impurities and stimulating microcirculation*

Commencing with a sea salt scrub infused with mint and eucalyptus essential oils, this body scrub swiftly leaves the skin smooth and purified due to its detoxifying properties. Following this, a specialised massage stimulates microcirculation and enhances skin oxygenation.

## Nourishing Scrub | 50'

150€

*Ideal for maintaining optimal skin health and hydration - akin to a comforting embrace*

Our nourishing butter scrub, rich in vitamins and precious mineral salts, provides year-round skin nourishment, especially before and after sun exposure. Experience unparalleled softness and deep moisture with this indulgent formula.

### Saline Exfoliation | 50'

150€

*Ideal for restoring energy and vitality, while alleviating the discomfort of heavy legs*

The essence of this treatment is embodied in its dynamic combination of active ingredients. Utilising a blend of sea salt and caffeine gel, applied with natural bristle brushes, it provides deep cleansing and invigoration. Enhanced with essential oils and extracts of citrus fruits, this exfoliating treatment infuses the body with a refreshing burst of energy while ensuring thorough purification.

### After Sun | 50'

150€

*Ideal for treating skin damaged by prolonged sun exposure, relieving symptoms of dermatitis and soothing redness-prone skin.*

Enhanced by a unique blend of aloe vera juice, apricot oil, murumuru and tucuma butter, this treatment intensifies skin elasticity. Perfectly soothing and refreshing, it's an ideal choice post sun exposure.

## Massages

### Omeoenergetica | 25'/50'/80'

80/150/210€

*Best for improving circulation, relieving muscle tension and enhancing tissue oxygenation.*

Experience exceptional results with Omeoenergetica® Italian technology, combining manual massage with advanced electrodes to promote vasodilation, boost microcirculation, and enhance tissue oxygenation. Our 25-minute treatment optimises results and enhances your experience before any massage or facial.

### THE Massage | 50'/80'

140/190€

Before commencing the massage, the therapist carefully considers your expectations and preferences to tailor the experience, selecting the most appropriate techniques for a fully personalised session.

### CelluLight | 50'/80'

140/190€

*Best for those seeking to detoxify and reduce the appearance of cellulite*

By combining specific movements, this technique stimulates and assists in the elimination of excess fluids and toxins from the body. It also targets the connective tissue, aiding in its manipulation and promoting overall well-being.

Manual Lymphatic Drainage (MLD) | 80' 230€

*Best for detoxification, reduced swelling and improved overall circulation*

Experience the detoxifying benefits of the Vodder technique. This lymphatic massage promotes toxin elimination, reduces swelling, and enhances overall well-being through gentle, rhythmic movements.

Deep Tissue | 50'/80' 140/190€

*Best for those seeking relief from muscle tension*

Proficient techniques are employed to target the deep muscle layers, effectively alleviating tension.

Relax Body & Mind | 50'/80' 140/190€

*Best for alleviating stress, tension and promoting overall well-being*

Sink into profound relaxation as gentle, flowing strokes envelop your body and mind, ushering you into a state of tranquillity. Simultaneously, these soothing motions promote circulation and enhance oxygen flow, revitalising your entire being.

Focus Massage | 25' 80€

*Best for targeting stubborn aches and pains or simply looking to unwind*

This express targeted massage focuses on a specific part of the body, which can include the back and neck, feet and legs, face, and scalp.

Reflexology | 50'/80' 150/200€

*Best for those seeking a holistic approach to improve their overall well-being.*

Reflexology involves applying precise pressure to specific points on the feet, hands, and ears to stimulate energy flow throughout the body, promoting physical and mental well-being.

We offer specially curated treatments tailored to the needs of expectant and nursing mothers. Our dedicated Spa receptionist is available to assist you in selecting the most suitable pre- or post-natal options.



# Beauty Essentials

Classic Manicure   50'	60€
Semipermanent Manicure   80'	80€
Classic Pedicure   50'	75€
Semipermanent Pedicure   80'	90€
Semipermanent Removal   15'	from 20€
Waxing   25'/50'/80'	45/80/110€
Classic strip wax	

## Diode Laser Hair Removal

*Personalised programs on request*

MeDioStar Monolith, a market-leading technology, uses selective photothermolysis to target hair follicles without damaging the epidermis. This innovative approach makes epilation faster, safer and more effective for all body areas, phototypes and hair types.

Small area   25'	80€
Medium area   45'	120€
Large area   80'	160€

# Wellness

## The Chill, Cryotherapy Chamber

Experience 3 minutes in our full-body Cryotherapy chamber for a reprieve from daily stress. This cold therapy encourages endorphin release, bolsters the body's natural defences and accelerates post-workout recovery.

Single Session	65€
Five Sessions	300€
Ten Sessions	550€

# Fitness

At Casa Cipriani, our goal is to assist our guests and members in achieving their wellness objectives. Our foremost rule for success is to genuinely listen and understand each individual, ensuring a tailored and unique journey that perfectly aligns with their needs. Our Personal Trainers will guide you in crafting your program, adapting it as necessary and remain readily available for ongoing support and discussion.

*\*Exclusive to members and hotel guests.*

PT Single Session   60'	120€
Reformer Pilates Session   60'	120€

# Spa Guidelines

## Opening Hours:

Beauty Centre	9 AM to 9 PM
Spa	9 AM to 9 PM
Fitness	7 AM to 10 PM

## Exclusive Access:

Both our esteemed members and valued guests are granted access to the exquisite treatments available at our Beauty Centre, conveniently located in Corso Venezia. The wellness amenities, including the sauna, hammam, flotation pool and gym, are reserved exclusively for Casa Cipriani Members and hotel guests.

Casa Cipriani members enjoy special rates on Spa treatments, with the exception of beauty essentials and retail.

## Arrival Time:

We extend a heartfelt welcome to our guests and encourage their arrival fifteen minutes prior to the appointment start time. Please note that late arrival may result in a reduction of treatment time.

## Cancellation Policy:

For the convenience of all our guests, any modifications or cancellation requests must be communicated 24 hours before the scheduled booking to avoid a 100% penalty charge. Cancellations made less than 24 hours before the booking will result in full payment being processed.

## Gift Certificates:

Celebrate any occasion with our gift certificates, ideal for sharing cherished moments with your loved ones. To request these gift cards, simply reach out to us via email at: [wellness.milano@casacipriani.com](mailto:wellness.milano@casacipriani.com)

## Shop:

Take home the essence of your spa experience with our curated selection of beauty products and indulgent loungewear capsule available to buy at the Beauty Centre, to ensure relaxation continues long after your visit.

### Spa Etiquette for our Esteemed Members and Hotel Guests:

In our serene Spa environment, we prioritise tranquillity and relaxation. We kindly ask that you respect the privacy of other members by maintaining subdued conversations and refraining from using mobile phones. Smoking and consuming alcoholic beverages are strictly prohibited. Members are required to wear swimwear when utilising our facilities. Please note that individuals under the age of 18 cannot access the wellness and fitness area.

### Health Conditions:

To ensure your safety and well-being, please inform us of any health conditions, allergies, or injuries that may affect your treatment or utilisation of the Spa amenities.

### Reservations:

For appointments or further inquiries regarding our treatments, please feel free to contact us:

Tel: +39 0225564270 | Email: [wellness.milano@casacipriani.com](mailto:wellness.milano@casacipriani.com)

To serve is first to love.

*Angelo Cipriani*