emerge brighter
eforea spa and health club at Hilton Lake Como is a place like no other, where you will reconnect with yourself and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa and health club are the Journey Enhancements... powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for our spas and introduce guests to special, rarely experienced techniques from the most fabled spa cultures around the world.
head & face
Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

shoulder, neck & scalp
Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

feet
Ground yourself. This experience for the feet and legs combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

Enjoy true serenity with a 30-minute enhancement for €50, or book all three for €125. Spa day guests can upgrade their experience with an enhancement for just €35.
The Pro-Collagen Marine Cream has been a bestselling Elemis product for 10 years. Its much loved fragrance of mimosa and rose with its signature soft after-feel also delivers a beautiful base for makeup. Clinically proven to reduce the appearance of wrinkles by up to 78% and increase hydration in the skin by up to 45% in just 14 days. One is sold every minute around the world!
## BIOTEC Line Eraser
**60/90 MIN**  
**£125/€155**
Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating, clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

## BIOTEC Sensitive Skin Soother
**60/90 MIN**  
**£115/€140**
This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin’s ability to repair itself. The result is calm and soothed skin.

## BIOTEC Firm-a-Lift
**60/90 MIN**  
**£125/€155**
Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

## BIOTEC Neck & Bust Treatment
**30 MIN**  
**£60**
Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

## Garden of England Rose Restore Hand Treatment
**30 MIN**  
**£45**
This is the ultimate conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

## Anti-Blemish Mattify & Calm
**30 MIN**  
**£110**
Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comforted and calm.

## Dynamic Resurfacing Precision Peel
**60 MIN**  
**£110**
Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful results.

## Thermal Pore Refiner
**60 MIN**  
**£50**
Blackheads and pores are visibly refined with a bi-phase system delivering hot and cold microcurrents. Skin is left radiant and ready for the next treatment.

## Intensely Cleansing Salt Scrub
**30 MIN**  
**£60**
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## Hot Mineral Body Boost
**90 MIN**  
**£145**
This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin-conditioning, metabolic-balancing and energising wellness.

## Targeted Toning Tightener
**Arms £60**  
**Abdomen £60**  
**Hips & Thighs £65**  
**Full £160**
A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment. Choose a localised treatment: Arms, Hips & Thighs, or Abdomen.

## Deep Tissue Massage
**30/60/90 MIN**  
**£60/€100/€145**
Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

## Freestyle Custom Massage
**30/60/90 MIN**  
**£55/€90/€140**
Designed by you and your professional therapist, this massage uses a variety of techniques to relieve muscular tension while promoting relaxation.
Ultimate Silk Bliss

A powerfully rejuvenating facial treatment to effectively iron out wrinkles and energise the skin towards optimum performance using microcurrent pulses and red and blue light therapy. Specific attention to the eye and jaw area. A deeply relaxing hand treatment is the last word in conditioning, restorative and anti-ageing for hands.

Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

Thousand Flower Detox Wrap

This nutrient-rich detox wrap uses the deeply nourishing green tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Body Nectar Nourishing Wrap

Sweet Orchid or Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm, while the mood-balancing aromatics and skin conditioning oils do their work.

Silk Touch

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour’s stretching, but so much more nurturing.

Poultice Powered Muscle Release

Sore, aching muscles are worked away with this invigorating treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial.

*Independent Clinical Trial.

Silk Head To Toe

A deeply relaxing back massage to relieve tired aching muscles combined with a nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Incorporated with the Signature Silk Stretching Massage.
Defined by Nature, led by science... something which Elemis take very seriously and always formulate their products with this in mind. Elemis always take the purest extract, highest concentrate and then develop in the lab to push the science to the limit.
CANCELLATION POLICY
It is our aim to meet our guests’ needs wherever possible by offering a flexible appointment and booking system. To achieve this, we need to be able to maximise the availability of our treatment rooms, which are sometimes reserved by a guest who fails to make their scheduled appointment. To alleviate this and instigate an even more effective diary management, we have the following policy on cancellation or no-show.

Less than 24-hours’ notice, 100% of the retail price of the beauty/spa service or spa package.

SPA ATTIRE & ETIQUETTE
Day spa guests will be provided with a robe, towel and slippers. Swimwear is compulsory within the pool and thermal area. To preserve the serenity of eforea spa and health club, we kindly ask that our guests please either silence or switch off all mobile devices.

ARRIVAL & SPA FACILITIES
We recommend you arrive at eforea spa and health club reception at least 15 minutes prior to your scheduled appointment. If you are running late, we ask that you contact us as soon as you can. Every effort will be made to honour your treatment time, however this may not always be possible.

MINIMUM AGE
The minimum age is 18 for all spa treatments. Guests under 18 years of age are welcome to receive Salon Services under the direct supervision of a parent or legal guardian for the entire duration of the service provided.

GIFT CERTIFICATES
Our team will be delighted to help you select the perfect gift. Spa Gift Certificates can be purchased by telephone, in person or via our website.

YOUR HEALTH
We advise that thermal and hydrotherapy experiences are not to be used by guests under 16, during pregnancy or under medical supervision of any kind. For all treatments, if you are undergoing medical treatment or think you may be pregnant, please advise at the time of booking as some of the treatments that are offered are not suitable for guests with certain medical conditions.

SCHEDULING AN APPOINTMENT
It’s easy to schedule an appointment. Simply contact us at the spa reception and our staff will guide you on your treatment selection. To ensure your preferred time and service is available, we recommend to book in advance.

Pricing and services are subject to change and availability.