



SEASON 2024

Sporting Club & Beauty Center



SPORTING CLUB VILLA D'ESTE

Nestled within the elegance of Villa d'Este, our Sporting Club invites you to embrace the enchantment of Lake Como.

With a range of activities to captivate your spirit, from tranquil moments by the pool to exhilarating adventures on the water, every moment here is infused with inspiration.

Whether you seek relaxation or seek to explore, our club provides a sanctuary where dreams take flight against the backdrop of Italy's most iconic lake.



SPORTING CLUB VILLA D'ESTE

General information

CONTACTS

phone: +39 031 348 780

e-mail: sportingclub@villadeste.it

RECEPTION

Open every day from 7.00 am to 8.00 pm

CANCELLATION POLICY

Services delivered by the Sporting Club have a four hours advanced notice cancellation policy.

AGE RESTRICTIONS

- Gym: minimum 14 years (unless accompanied by an adult)
- Floating pool: minimum 12 years
- Jacuzzi: minimum 13 years (unless accompanied by an adult)



SPORTING CLUB VILLA D'ESTE

Opening hours

- **Indoor pool:** from 7.00 am to 8.00 pm
- **Sauna & Turkish bath:** from 8.00 am to 8.00 pm
- **Gym:** from 7.00 am to 8.00 pm
- **Personal trainer:** available upon request, € 140 / 1 hour
- **Squash:** from 7.00 am to 8.00 pm
- **Floating pool:** from 9.30 am to 7.00 pm
- **Jacuzzi:** from 9.30 am to 7.00 pm
- **Putting green:** from 8.00 am to 8.00 pm
- **Golf clubs:** available at the main gate
- **Golf courses:** please ask the Concierge
- **Canoes:** from 9.30 am to 6.30 pm
- **SUP:** from 9.30 am to 6.30 pm
- **Water skiing:** from 11.30 am to 6.30 pm, € 80 / 10 min



SPORTING CLUB VILLA D'ESTE

Opening hours

- **Riva Motorboat (self-drive, 40 HP):** from 9.30 am to 6.30 pm, € 230 / 1 hour. For any cancellations, please inform us at least 4 hours before the start of the service. For cancellations received less than 4 hours before the start of the service, 100% of the due amount will be charged.
- **Tennis:** from 8.00 am to 8.00 pm
- **Tennis lessons:** from 8.00 am to 8.00 pm, € 115 / 1 hour. For any cancellations, please inform us at least 4 hours before the start of the service. For cancellations received less than 4 hours before the start of the service, 100% of the due amount will be charged.
- **Boat mooring:** € 450 per night



BEAUTY CENTER

Connected to the Sporting Club by an underground passage, our Beauty Center awaits on the first floor of the Cardinal Building.

A refined haven adorned with green marbles, soft lighting, and the soothing sound of bubbling water, it evokes a sense of tranquil luxury reminiscent of oriental atmospheres, perfect for those yearning to rediscover balance. Our expert physiotherapists and beauticians offer personalized treatments enhanced by sophisticated technologies, ensuring a rejuvenating experience like no other.



BEAUTY CENTER

General information

CONTACTS

phone: +39 031 348 813

e-mail: beautycenter@villadeste.it

OPENING HOURS

Open every day from 10.00 am to 7.00 pm

CHECK-IN

We are glad to welcome you a few minutes before your appointment at the Beauty Center reception. We invite you to wear your bathrobe if you wish: your comfort is our pleasure.

CANCELLATION POLICY

For any cancellations received up to the end of the working day before the appointment there will be no penalty. For late cancellations, the full amount of the booked services will be charged.



BEAUTY CENTER

General information

AGE RESTRICTIONS

Beauty Center is accessible by guests of minimum 16 years old.

APPOINTMENTS

Arriving late to an appointment will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next client will not be delayed. The full value of your scheduled treatment will be applied.

Facial treatments

ILLUMINATING

An illuminating and clarifying treatment, counteracts sun damages and oxidative stress. A combination of the active exfoliating and depigmenting ingredients makes the complexion uniform and the skin more radiant.

50 min. € 145

RETINOL

Intensive treatment which visibly reduces thin and deep wrinkles, tones and levels the complexion giving the skin a younger and brighter look.

50 min. € 145

POWER PEEL (MICRODERM ABRASION)

This peel is formulated for your individual skin type. It offers exfoliation and powerful anti-oxidant delivery to protect, correct, and stimulate cell renewal. It is a good treatment for those with sun damage, acne, wrinkles or hyper-pigmentation.

80 min. € 195

VITALFA

The alpha-hydroxy acids in this peel leave skin luminous and elastic. This treatment utilizes the A, C and E Vitamins that are essential in slowing skin aging and its effects. It leaves skin purified, anti-oxidized and revitalized.

80 min. € 195

REVITALIZING ANTI-AGING

This treatment is ideal for those wishing to exfoliate away from the superficial layer of the skin all of the free radicals found in the environment that cause premature skin aging and damage.

80 min. € 195

VITAMIN C

Combat the effects of environmental agents on your skin with this normalizing and soothing facial treatment. Using creams rich in Vitamin C, this treatment takes direct aim at wrinkles, sun damage, pollutants and time by improving the elasticity of the skin.

50 min. € 145

Facial treatments

INTENSIVE RESURFACING PEEL

This delicate and light peel, adequate for any skin type, eliminates dead cells by gently exfoliating the external skin layer. It reactivates microcirculation, oxygenates and stimulates cellular regeneration, resulting in a luminous and taut complexion.

50 min. € 145

ENZYMES

A special enzyme treatment that encourages cellular turnover. A combination of papaw and pineapple extracts is used to eliminate dead skin cells. Your skin will be more elastic and luminous after this treatment.

50 min. € 145

SENSITIVE SKIN

Restorative treatment specific for sensitive, intolerant or allergic skin. It hydrates and soothes the skin, totally devoid of nickel, fragrances and preservatives.

50 min. € 145

ACQUA

A treatment that guarantees optimal hydration of the skin. It promotes cell renewal while protecting the skin from oxidative stress and inflammation.

50 min. € 145

INTENSIVE PEEL "IP5"

A new intensive peeling treatment that guarantees 5 results: smoothes, relaxes, tones, stimulates and moisturizes. Created specifically to defeat medium or deep wrinkles, dehydration, loss of muscle tone and dry, thin and dull skin. Suitable for all skin types and even before exposure to the sun. Perfect in combination with radiofrequency.

50 min. € 145

With radio frequency: 80 min. € 225

RADIOFREQUENCY

Revisystem is a tool that utilizes radiofrequency to stimulate facial and neck rejuvenation. This treatment is especially suited for those whose skin is sensitive, dehydrated or showing signs of aging.

50 min. € 145

HYDRASILK

Hydrates and restores the epidermal cell turgor. It is an ideal treatment to prevent and repair sun damage and atmospheric pollution. It's ideal to restore elasticity and smoothness to the face, neck and décolleté.

50 min. € 145

For other personalized treatments, please ask our therapists.

Body treatments

PEELING

This revitalizing treatment is a gentle body scrub done with a combination of exfoliating and detoxifying agents which rid the body of dead cells and leave your skin feeling soft and hydrated. It is an ideal cleansing prior to any other body treatment.

80 min. € 200

FACIAL & BACK

A revitalizing and toning treatment for the face, neck and décolleté. In addition to hydrating the skin, the massage technique aids in relieving tension in this area.

80 min. € 200

FACE & BODY

A complete treatment that hydrates and stimulates skin renewal with precious ingredients and manual massages. Prevents and reduces the signs of aging.

80 min. € 260

GREEN CAVIAR MUD MASK

This body treatment prevents and reduces the most common blemishes: cellulite and sagging skin. A special application of thermal mud enriched by a localized bandage.

Full-body treatment: 75 min. € 200

WRAPS

This wrap focuses on areas of the body prone to cellulite and/or to skin that needs toning. Compresses containing a mixture of essential oils and minerals are applied to the body to promote circulation and to tone the skin.

Partial treatment: 50 min. € 100

HIMALAYAN SALT WRAP

Draining and detoxifying total body bandage technique based on Himalayan salt concentrate. With an intense osmotic draining action, it eliminates excess liquids.

Full-body treatment: 75 min. € 150

LIFT, SLIM & TONE

This full body treatment lifts, slims and tones by stimulating water draining and targeting areas that are prone to cellulite.

110 min. € 240

DERMOLIFT

An innovative radio frequency body treatment specifically designed to firm, drain and sculpt the body, according to individual needs.

50 min. € 135

Massages

RELAXING

Unplug with a massage that rids your body of tension with long and light strokes that stimulate circulation and total relaxation.

50 min. € 140

75 min. € 210

90 min. € 255

TAILOR-MADE

A combination of different techniques tailored by our therapists upon your personal body contest.

50 min. € 150

75 min. € 230

90 min. € 270

INTENSIVE

A traditional deep tissue massage that consists of slow, deep strokes to loosen muscle contractions.

50 min. € 160

75 min. € 245

90 min. € 280

DRAINING

Specific massage and techniques to improve blood circulation and stimulate the lymphatic system. It helps tone and it is particularly designed for targeting the legs. It is the perfect treatment after a long flight.

50 min. € 140

AROMATHERAPY

This aromatic massage is designed to lift your spirits, body and mind by stimulating all of your senses. Pure essential oils are combined with a relaxing massage to replenish the lack of nutrients in the body and to stimulate energy.

50 min. € 150

75 min. € 230

FOOT MASSAGE

Relieve muscular tension all over the body by stimulating specific reflexes on your feet. This treatment will leave you feeling good all over.

45 min. € 125

HEAD & NECK MASSAGE

This massage targets the head, neck and back for release of stress and offers a quick escape to wellbeing and relaxation.

50 min. € 150

Foot and hand health & beauty

FOOT CARE

Give swollen feet and ankles a rest with this relaxing treatment.

50 min. € 100

FINISHING TOUCHES

Manicure € 50

Pedicure € 60

Therapeutic pedicure € 75

Nail polish application € 20

Nail polish application french € 25

Long lasting nail polish € 50

Long lasting nail polish french € 55

Change of nail polish € 30

Change of nail polish french € 35

Hand paraffin € 35

Feet paraffin € 40

Eyebrow € 25

Long lasting nail polish removing € 30

HAND CARE

Restore a youthful appearance to your hands with a hydrating, skin-softening paraffin dip.

50 min. € 70

WAXING

Underarm € 30

Bikini € 45

Arm € 40

Lip € 25

Half leg € 50

Full leg € 90

Back € 60



ETIQUETTE

Health conditions

Please advise the reception of any allergies, skin infections, and/or surgeries before starting a treatment.

Our Beauty Treatments are allowed with written medical authorization for those with cardiac disorders, undergoing oncological therapies, or having other health conditions.

Pregnant women are invited to enjoy facial treatments, finishing touches, and foot/hand beauty treatments.

Don't forget

Mobile phones and other electronic devices are a disturbance to the centre's ambiance, therefore we kindly ask you to place them on silent mode or turn them off while in the Beauty Center.

We kindly remind you that smoking is not allowed.

The Hotel is not responsible for damage to, loss of, or forgotten personal belongings.

INFORMATION & RESERVATIONS

For further information or reservations, please contact:

Beauty Center:

phone: +39 031 348 813

e-mail: beautycenter@villadeste.it

Sporting Club:

phone: +39 031 348 780

e-mail: sportingclub@villadeste.it

Tennis:

phone: +39 031 348 778

e-mail: tennis@villadeste.it

Villa d'Este

Via Regina, 40 – 22012 Cernobbio (CO) – Lake Como – Italy

Phone +39 031 3481 – www.villadeste.com – info@villadeste.it

 [villadestelakecomo](https://www.instagram.com/villadestelakecomo)