

THE LONGEVITY SPA AT
THE LAKE COMO

EDITION®

MENU OF SERVICES

INTRODUCTION

At The Longevity SPA At The Lake Como EDITION, wellbeing is a journey that begins with science, embraces tradition, and arrives at transformation. Our unique approach blends advanced anti-aging expertise with rituals that transcend the ordinary—drawing wisdom from ancient cultures and the most innovative beauty and biohacking technologies. Each experience is masterfully curated to awaken the senses and elevate the spirit. From the five longest-living places on Earth, we've drawn inspiration to craft a pathway toward a more vibrant, conscious, and joyful you. Here, high-tech meets high-touch. Every protocol, every gesture, every element is designed to restore harmony, enhance natural beauty, and recharge mental energy — guiding you toward the best version of yourself. The Longevity SPA At The Lake Como EDITION is not just a destination. It's a state of being.

GUIDELINES

We invite you to arrive 30 minutes before your treatment to enjoy our serene wet areas, including the indoor heated pool and relaxation lounge, and to complete a brief consultation form. Cancellations or modifications may be made up to 24 hours in advance to avoid a fee equal to the full cost of the reserved service. Guests must be 18 years or older to enjoy spa treatments and facilities, and 16 years or older to use the gym. We kindly ask that you respect the peaceful atmosphere by speaking softly, silencing mobile devices, and refraining from photography. A complete guide to our spa etiquette can be found at the end of this menu.

CONTACT

For a personalized and curated Spa experience, please email us at spa.como@editionhotels.com or call us at +39 0344 490588

SIGNATURE RITUALS FROM THE BLUE ZONES

TheSignature Rituals areinspired bythe world’slongest-living regions. Designed to reconnect body and mind, each treatmentblends expert touchwith music, aroma,andmovement toevoke the spirit of place. Rooted in tradition and refined through modern technique, these immersive journeys promote vitality, deep relaxation, and lasting renewal.

JET LAG BLESSING RITUAL110 MIN | 320€

Slowdown, Loma Linda’s Longevity secret
A restorative experience to combat jet lag and reset natural sleep rhythms. It begins with dry floating to rebalance circadian rhythms, followed by a tension-relieving back massage and head acupressure The ritual ends with a multisensory session—LED Therapy, binaural sounds, and aromatic inhalation—to promote deep calm and inner reset.

PURA VIDA RITUAL110 MIN | 320€

Love, Nicoya’s Longevity secret
A deep detox inspired by Costa Rica’s philosophy—an ode to essential, authentic, and generous living. The journey begins with a cocoa-based exfoliation, followed by volcanic mud cleansing and reflex point stimulation. A rejuvenating facial and a flowing bamboo massage bring deep well-being, inviting you to slow down, reconnect, and embrace life.

AÉRAS RITUAL110 MIN | 320€

Move naturally, Sardinia’s Longevity secret
A hydrating and revitalizing ritual inspired by thalassotherapy, evoking the natural magic of Sardinia. Features sea salt foot ritual, body exfoliation with Mediterranean herbs, and a deep cork ball massage to release tension and restore postural balance. The ritual ends with a stimulating scalp treatment for mental clarity and renewed energy.

AION RITUAL110 MIN | 320€

Reconnect, Ikaria’s Longevity secret
A draining and oxygenating ritual designed to reconnect with the body’s natural rhythm and restore vital energy. The beneficial contrast of hot and cold—through alternating CryoSpheres and warm aromatic butters—reactivates microcirculation and supports fluid drainage. Red vine leg wraps and a rhythmic massage enhance the contouring effect, bringing lightness and renewed vitality. A lifting facial completes the experience.

IKI-SABI RITUAL110 MIN | 320€

Purpose, Okinawa’s longevity secret
A regenerative ritual inspired by two ancient Japanese philosophies: Ikigai and Wabi-Sabi. This treatment harmonizes body and spirit, restoring radiance and elasticity to the face. It begins with a deeply remineralizing seaweed wrap, followed by a precious blend of fermented rice water and silk powder. A gentle, enveloping body massage, paired with aromatic notes and silk cocoon touches on the face, guides you toward complete renewal.

LONGEVITY EXPERIENCE

Tailored journeys designed to reset body and mind. These experiences combine advanced technology with targeted treatments to deliver rapid recovery, deep renewal, and a moment entirely for you. All Longevity Experiences include access to the Wet Area.

MIND & BODY DETOX EXPERIENCE110 MIN | 380€

Relaxing the mind brings new beauty to the body. This experience uses targeted de-stress protocols to detox, release tension, and recharge mental energy—kickstarting a deep and lasting sense of well-being.

- Includes / Include:
- Multisensory LED (30 min)
 - Re-Balance massage (50 min)
 - Face Detox (30 min)

SKIN GLOW EXPERIENCE135 MIN | 300€

A skin-focused experience to restore radiance and slow signs of aging. Starts with a Longevity Skin Check to tailor the treatment, followed by a full-body detox and targeted facial for radiant, revitalized skin.

- Includes / Include:
- Longevity Skin Check (15 min)
 - Body Detox (60 min)
 - Face Treatment (60 min)

FITNESS EXPERIENCE140 MIN | 380€

A performance-driven program combining a session with a personal trainer, The Ultimate Biohacking and a deep muscle recovery massage. Designed to support recovery, reduce inflammation, and restore energy.

- Includes / Include:
- Personal Training session (60 min)
 - Intensive Recovery massage (50 min)
 - The Ultimate Biohacking (30 min)

YOUR PERFECT BODY EXPERIENCE120 MIN | 300€

A full-body reset designed to stimulate oxygenation and reactivation of the tissues. Targets long-term tone, texture, and visible balance with advanced sculpting treatments.

- Includes / Include:
- Cool Dren & Toning (60 min)
 - Cryofacial Hydrashine (60 min)

LONGEVITY BIOHACKING

A targeted system to reset the body at a cellular level. The Longevity Suite's biohacking protocol focuses on four pillars: cold exposure, photobiomodulation, intermittent fasting, and mindfulness. Each is designed to reduce inflammation, slow biological aging, and optimize physical and mental performance.

LOCAL CRYO10 MIN | 50€

This localized -32°C dry air treatment boosts microcirculation and oxygenation in targeted areas. It enhances recovery and delivers focused, revitalizing benefits.

THE ULTIMATE BIOHACKING30 MIN | 170€

A regenerative treatment combining Dry Float Therapy, Near Infra-Red (NIR) technology, and Hydrogen-Oxygen Therapy. Designed to support sleep, boost immunity, reduce inflammation, and improve collagen production and elasticity.

LED THERAPY

A high-performance facial protocol using 130 LED lights, combining photobiomodulation with manual techniques, cosmeceutical skincare, binaural sound frequencies, and inhalation aromatherapy.

MULTISENSORY LED 30 MIN | 150€

A de-stress treatment combining LED Therapy, aromatherapy, and manual techniques to support circulation and restore balance.

HYDRA COLLAGEN BOOST60 MIN | 180€

Red light therapy stimulates fibroblasts to boost collagen and elastin production. Improves density and skin tone.

FACE TREATMENTS

FacetreatmentsdesignedbyTheLongevitySPA, combining high-performance actives with advanced manualtechniquestoenhancebalance,radiance, andskin health.

FACE DETOX60 MIN | 200€

A detox facial that purifies and restores skin balance using antioxidant serums and oxygenating masks. Microstimulation boosts energy, improves elasticity, and revives radiance and vitality.

RITUAL PHYTO DETOX90 MIN | 260€

A deep detox treatment featuring a triple facial, visceral, and plantar Phyto Massage. Uses a blend of pure oils to activate internal detox pathways, delivering well-being and energy.

CRYOFACIAL HYDRASHINE60 MIN | 200€

A hydrating, glow-boosting facial using Local Cryo and an oxygenating mask to deliver actives that stimulate collagen and elastin production, enhancing skin tone, firmness, and radiance.

LUXURY CRYOLIFT60 MIN | 200€

An intensive anti-aging facial using CryoSphere, an ultra-tightening mask, and exclusive Longevity Sculpting Lift massage. Designed to redefine facial contours, improve skin tone and deliver instant lifting effects.

BODY TREATMENTS

Developedthrough meticulous research,these bodytreatments combine advanced technology and high-performanceactives todeliver visiblereultsin minimaltime.

ULTRA SHAPE60 MIN | 210€ 90 MIN | 260€

Body contouring treatment using infrared light, radiofrequency, and vacuum. Targets areas like abdomen, legs, glutes, and arms to tone, sculpt, and enhance lymphatic flow.

CRYODRAINING60 MIN | 210€

Reduces venous and lymphatic stasis in the legs, minimizes water retention and cellulite. Combines osmotic wraps, pressotherapy, and targeted massage to boost circulation and refine skin imperfections.

COOL DREN & TONING60 MIN | 210€

A draining and toning treatment that blends Local Cryo and Skin Icing Massage to boost microcirculation, reduce swelling, eliminate toxins, and stimulate collagen—enhancing tone, firmness, and vitality in legs and glutes.

THERMODREN SCULPT90 MIN | 260€ 110 MIN | 320€

A cryothermo treatment using mineral cast and deep massage to drain, tone, and reduce. Enriched with essential oils and phyto extracts to detox and sculpt the body in a single session.

MASSAGE THERAPIES

An exclusive selection of massages, designed to offer a unique and unforgettable experience. Each treatment has been carefully crafted to provide maximum comfort and the best benefit for both body and mind.

BODY DETOX

60 MIN | 190€

Blue salt exfoliation and thermal mud detoxify the body, restoring vitality and relieving inflammation.

DEEP REJUVENATING DETOX

90 MIN | 250€

A deep renewal ritual using pumice exfoliation, multisensory Deep Infinity Touch massage and Infinity Luxury Care oil to detox, drain, and leave skin velvety smooth.

RE-BALANCE

50 MIN | 190€ 80 MIN | 250€

A flowing, enveloping massage designed to clear the mind and restore deep physical relaxation.

INTENSIVE RECOVERY

50 MIN | 190€ 80 MIN | 250€

Targeted, deep muscle work tailored to individual needs. Ideal for tension relief and recovery.

ENERGIZE

50 MIN | 190€ 80 MIN | 250€

Stimulating massage with body brushing to oxygenate skin, support circulation, and tone the body.

DREN

50 MIN | 190€ 80 MIN | 250€

A draining massage focused on relieving heaviness and swelling in the legs by boosting lymphatic flow.

REMODELING

50 MIN | 190€ 80 MIN | 250€

Firming massage with deep, sculpting strokes to reshape contours and stimulate circulation. Extended version includes exfoliation and lifting cream mask.

DEEP BLUE

50 MIN | 190€ 80 MIN | 250€

A sleep-focused ritual combining back massage and head acupressure. Supports rest, reduces stress, and combats jet lag.

EDITION SIGNATURE

EDITION SIGNATURE MASSAGE

50 MIN | 190€

Melt into an authentic experience with a focused intention on your body's needs. This massage uses a nourishing blend of oils featuring the EDITION brand's signature Black Tea scent by Le Labo, a rich and complex aroma designed to tap into your feelings of wellbeing and comfort. This exclusive massage experience is featured at our hotel spas worldwide and will leave you feeling calm, relaxed, and rejuvenated.

ADD ON TREATMENTS

Customizable treatments bookable in addition to another treatment.

ADD ON MASSAGE

30 MIN | 90€

Targeted body massage to enhance your primary treatment.

ADD ON BODY SCRUB

30 MIN | 100€

Brown sugar scrub with almond and jojoba oils, blended with peppermint and lemongrass for a smooth, radiant finish.

ADD ON FACIAL

30 MIN | 110€

Personalized facial to elevate the benefits of your treatment.

ADD ON HYDROGEN-OXYGEN THERAPY

30 MIN | 100€

The alternating inhalation of molecular hydrogen and oxygen helps alleviate fatigue, improve mental clarity, combat inflammation, strengthen the immune defenses, and exert a powerful anti-aging action.

LONGEVITY CHECK-UP

Diagnostic tests designed to assess overall health and identify individual needs, forming the basis for a personalized prevention and care plan.	
DNA TEST – INFLAMMAGING Evaluates predisposition to chronic inflammation and cellular damage. Helps define strategies to slow aging and support long-term health.	450€
DNA TEST – NUTRITION Analyzes how the body processes proteins, fats, and carbohydrates. Identifies intolerances or deficiencies to guide personalized nutrition.	450€
DNA TEST – HORMONE BALANCE Designed to support menopause. Offers insight into bone health, estrogen management, and thyroid function.	450€
DNA TEST – PREVENTION Recommended after age 50. Helps prevent cardiovascular and neurodegenerative issues and optimize medication response.	450€
DNA TEST – SPORT Identifies genetic predisposition for power or endurance sports. Assesses risk of tendon, cartilage, and ligament strain. Includes dietary insights related to performance.	350€
DNA TEST – SKIN Analyzes genetic markers to determine your skin's needs. Helps prevent blemishes, reduce photo-aging sensitivity, and maintain youthful skin.	250€
CORTISOL BIORHYTHM TEST Epigenetic analysis of circadian rhythms and inflammatory status, based on cortisol and melatonin levels, aimed at restoring balance and improving daily well-being.	350€
MICROBIOTA ANALYSIS Uses DNA sequencing to map gut microbiota. Evaluates digestive health and supports personalized strategies to improve gut balance and overall wellness.	300€

LONGEVITY FITNESS

A stimulating and innovative environment in which to enhance physical and mental performance. A revolution in strength training through BioStrength's exclusive circuit that adapts to the person's needs and which, thanks to patented technology, guarantees 30% more results in the same amount of time. A digital experience, linked to specific training programs, which allows you to customize your session according to your goals.	
PERSONAL TRAINING A comprehensive and tailored workout where strength, endurance and flexibility integrate in perfect balance.	60 MIN SINGLE 120€ COUPLE 150€

LONGEVITY PROGRAMS

Custom-designed protocols based on the needs and goals of the guest, allowing them to achieve the optimal balance between physical fitness and mental well-being through advanced biohacking techniques. Each program includes an initial consultation, during which the most functional products, a training and mindfulness program and advanced face and body treatments are defined.

NATURALLY SLIM 3 DAYS | 850€ 6 DAYS | 1500€

This program, utilizing the best techniques and the latest clinical studies, offers a multidisciplinary approach for effective and lasting weight loss.

Includes / Include:

- Body Shaping Treatments 3/6 sessions
- Longevity Fitness Program (with Personal Trainer) 3/6 sessions

SLEEP BETTER PROGRAM 3 DAYS | 1600€ 6 DAYS | 3000€

The perfect day begins after a perfect night of sleep.

Includes / Include:

- The Ultimate Biohacking 3/6 treatments
- Deep Blue massage 1/2 treatments
- Re-Balance massage 1/2 treatments
- Intensive Recovery massage 1/2 treatments
- Longevity Fitness Program (with Personal Trainer) 3/6 sessions

INTENSIVE MIND & BODY DETOX PROGRAM 3 DAYS | 900€ 6 DAYS | 1700€

A special journey to restore the balance between mind and body, eliminate toxins and kickstart a healthier lifestyle.

Includes / Include:

- Ritual Phyto Detox 1/2 treatments
- Multisensory LED 2/4 treatments
- Deep Rejuvenating Detox 1/2 treatments
- The Ultimate Biohacking 1/2 treatments
- Mindfulness 1/2 sessions

ENERGIZE PROGRAM 3 DAYS | 1100€ 6 DAYS | 2000€

This program aims to generate rapid recovery in case of fatigue and physical and mental exhaustion.

Includes / Include:

- Cool Dren & Toning 2/4 treatments
- Energize massage 3/6 treatments
- Longevity Fitness Program (with Personal Trainer) 3/6 sessions

SPA ETIQUETTE

To ensure a relaxing and enjoyable experience for all guests, please observe the following guidelines.

BOOKING

For inquiries or reservations, please contact the spa front desk. Advance booking is recommended to ensure availability of desired day and time.

PAYMENTS

For hotel guests, services will be charged to the room and can be settled at the time of check-out. Non-resident guests are required to prepay 100% of the service cost within 24 hours. Failure to make the payment will result in the treatment not being confirmed.

CHECK-IN

Please arrive 30 minutes before the treatment. Upon arrival, you will be asked to fill out a form to define specific needs and allow us to design a treatment experience or a more comprehensive and personalized spa program. It is recommended to leave any valuables in the room or in the lockers provided in the changing rooms. The Longevity SPA At The Lake Como EDITION is not responsible for theft or losses.

DELAYS

In case of delay, every effort will be made to ensure the full duration of the booked treatment. However, if not possible, the duration of the experience will be shortened, and the full price will be charged.

CANCELLATION POLICY

Reservations can be canceled or modified up to 24 hours in advance to avoid penalties. In case of shorter notice or no-show, the full cost of the experience will be charged.

AGE REQUIREMENTS

For health and safety reasons, the spa facilities and treatments are available to guests 18 years old and over.

DRESS CODE

Hotel guests are advised to reach the spa directly in a bathrobe. During the treatment, wearing the disposable underwear provided is required.

SPA THERAPISTS

Highly qualified and specialized male and female spa therapists are part of our team. You are asked to indicate any preferences in advance; the staff will endeavor to accommodate requests.

SPA FACILITIES

The wet area is the perfect place to relax, including an indoor heated pool, a relaxation area with healthy snacks and herbal teas. It is advisable to use the spa facilities before any treatment to stimulate the circulatory and lymphatic systems and enhance the benefits of the treatments. Hotel guests are welcome to enjoy complimentary access to the spa's wet areas during opening hours.

FITNESS POLICIES

The gym is equipped with state-of-the-art Technogym equipment. Please wear clean shoes and appropriate sportswear and sanitize equipment after use. The gym is open 24 hours a day, and the facilities are available to guests 16 years old and over.

SPA AREA

The Longevity SPA At The Lake Como EDITION is a place of relaxation. Therefore, please respect the right to privacy and tranquility of other guests. Keep your voice low, refrain from smoking and silence your mobile phone. Taking photos and videos in the presence of other guests is prohibited.

SPA SHOP

To extend the benefits of the spa experience at home, a variety of products are available for purchase at the reception or on The Longevity Suite website.

GIFT CARD

Physical gift cards are available for purchase. Gift cards are non-refundable, valid for one year from the date of issue and must be presented at the time of treatment.

NON-RESIDENT GUESTS

Non-resident guests are allowed access to the wet area by booking a minimum of 60 minutes spa experiences. Access to the gym is restricted to hotel guests.

THE LONGEVITY SPA AT
THE LAKE COMO
EDITION®

VIA REGINA, 41, 22011 CADENABBIA CO, ITALY