



THERMAL SPA

Spa Menu

BOOK YOUR TREATMENT
OR CREATE YOUR OWN PERSONAL
WELLNESS PROGRAMME
WITH THE SPA MANAGERS.



WELLNESS CENTRE: **TEL. 521**



WELLNESS BEGINS HERE

MASSAGE

ALPINE, THERAPEUTIC, EXPERIENTIAL, RITUAL, FIRMING AND DRAINING, FACE MASSAGE

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THERMAL BEAUTY SPA: AQUA+TECH SOLUTION

FACE, BODY

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TERME DI COMANO AT GRAND HOTEL

FITNESS AND NATURAL WELLNESS

15



Massages

ALPINE

THERAPEUTIC

EXPERIENTIAL

RITUAL

FIRMING
AND DRAINING

FACE

In Trentino, nature creates wonders. Alpine, Therapeutic, Firming, Draining, Experiential and face massages help to relieve tension and stress to leave mind and body feeling great.

Alpine

Sensory massages for deep regeneration, where special manual techniques are enhanced with precious essential oils from the mountains, to relieve tension, anxiety and stress and let you rediscover a brand new feeling of wellness.

RELAX - INTENSE RELAXATION WITH LARCH NEW!	50'	€ 80
LIGHTNESS - REVITALISING WITH MOUNTAIN PINE	50'	€ 80
ENERGY - SPORTS MASSAGE WITH SILVER FIR	50'	€ 80
REBALANCE - RELAXING WITH SWISS PINE	50'	€ 80
REBALANCE - RELAXING COUPLES MASSAGE WITH SPRUCE	50'	€ 140

Therapeutic

THERAPEUTIC	20'	€ 50
	50'	€ 80
STRESS-RELIEVING WITH HOT ROLLER NEW!	20'	€ 50

Hydrotherapy treatment to relieve stress from muscles, taking away tension with hot rollers soaked in thermal water or perfumed oil.

FOOT REFLEXOLOGY	50'	€ 80
PI.MA.TE (<i>feet, hands, head</i>)	50'	€ 80
INTENSE RELIEF	50'	€ 80

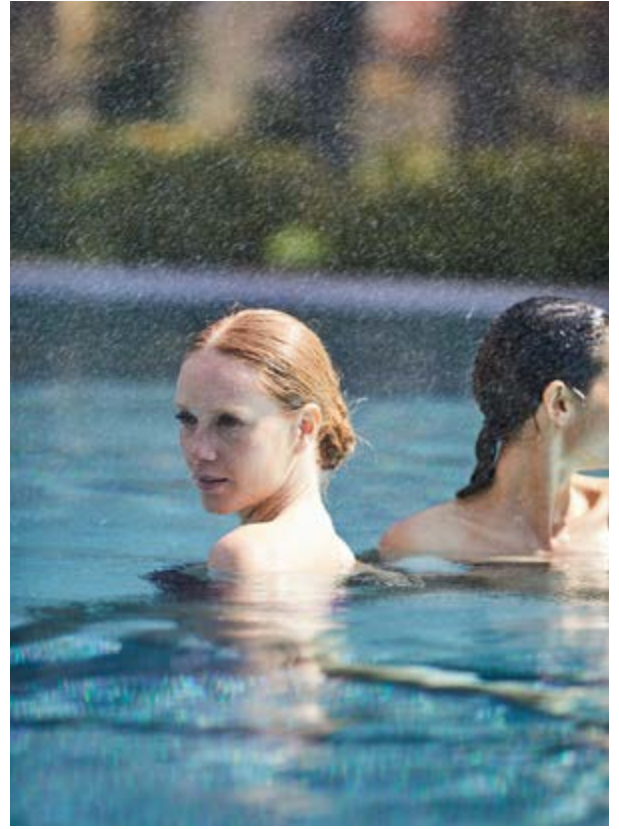
Relaxing, replenishing massage specific for sensitive skin types or skin subject to dermatitis or psoriasis.

MYOFASCIAL	50'	€ 80
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A connective tissue massage to relieve tension and help with recovery of movement. A highly effective treatment for muscle and joint pain, rigidity and contractures.



Massages consisting of different specific manoeuvres that have beneficial effects on tender spots, to relax muscles, tone tissue, and restore vitality.



Experiential

Massages to relax the mind and open energy channels to reduce tension, boost positivity and enhance your mood. The result is a profound, lasting feeling of physical and mental wellness.

AYURVEDIC / OTHADAM	50'	€ 95
Essential oils and hot pads with mountain herbs, combined with massage techniques for relaxation and decontraction.		
ANGA ABYANGAM	20'	€ 65
Localised massage for back, neck and head, to relax muscles, improve circulation and aid sleep		
YOGA THAI	50'	€ 95
Yoga techniques and Thai massage for therapeutic effects that aid posture.		
BAMBOO NEW!	50'	€ 95
A traditional oriental massage with draining and toning effects, performed using bamboo canes.		

Ritual

RITUAL WITH STONES FROM THE RIVER SARCA	50'	€ 95
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The warmth of stones together with decontraction techniques to release stress.

RITUAL WITH CANDLES	50'	€ 95
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A charming massage to relax the muscles and soften the skin with hot plant-based butter.

Firming and Draining

MANUAL LYMPH DRAINAGE	50'	€ 80
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Improves lymph circulation.

DRAINING WITH THE RENATA FRANÇA METHOD	50'	€ 90
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A famous, revolutionary, high-impact treatment to boost circulation, relieve swelling and define tummy, buttocks and legs for immediately visible and effective results.

CELLULITE MODELLING NEW!	20'	€ 50
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Stimulates and improves circulation with its toning, sculpting action.





Face

ANTIAGE WITH KOBIDO METHOD NEW!	20'	€ 55
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Massage to preserve youth, inspired by Japanese techniques that aim to preserve strength and beauty over time. Kobido, which literally means the massage of eternal youth, is an ancient ritual that acts on specific areas to create a natural lifting effect. For a renewed energy boost that relieves stress and aids rest. Facial contours are toned and redefined for a lasting, visibly firm effect.

DESTRESS CONNECTIVE	20'	€ 50
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Revitalises skin to restore radiance and relieve symptoms of sinusitis and migraine.

ICE GLOBES TONING MASSAGE	20'	€ 50
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Combines the benefits of cryotherapy with a relaxing, toning massage. The use of ice globes has a firming action and stimulates microcirculation as well as revitalising the face and area around the eyes, for a surprising lifting effect.



Thermal Beauty Spa

Aqua+Tech Solution

FACE

BODY

A combination of research and technology, active ingredients and thermal water, a range of dedicated innovative treatments to achieve specific beauty goals with immediately visible, lasting results.

Face



PURIFYING FACIAL SPA CLEANSE	80'	€ 100
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Removes impurities and boosts cell renewal for pleasingly radiant results. Includes massage, face mask, specific treatment for the area around the eyes, facial hair removal, and brow shaping.

ANTIOXIDANT URBAN DETOX	50'	€ 80
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Intensive treatment combined with destressing, connective massage techniques to aid toxin elimination and leave the skin feeling softer, more hydrated and with a healthy glow.
Also suitable for sensitive skin and men.

GLOBAL ANTIAGE	80'	€ 100
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An excellent anti-age treatment with plumping action. The filling action of the collagen mask with thermal water reduces the signs of ageing as well as leaving skin looking young and full of life.

BIO FILLER LIFT WITH COLLAGEN THREADS NEW!	80'	€ 110
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Lift-effect treatment with collagen and silk threads, and Plant Stem Cell mask to define the contours of face and neck. Leaves skin looking toned and radiant, smoothing away the signs of ageing, for firmer, plumped skin.

INTENSE COMFORT FOR SENSITIVE SKINS NEW!	50'	€ 80
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Treatment for very delicate skin with a tendency for redness. The soothing, hydrating properties of thermal water, used as a pack, together with the active biotech ingredients of SOS comfort cream have a soothing, anti-redness action.
Suitable to minimise unsightly problems of couperose or dermatitis.

Body

DRY BRUSHING EXFOLIATING AND DRAINING NEW!	20'	€ 60
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Dry brushing leaves skin looking radiant while the detox and draining action of this massage creates an immediate feeling of wellness. Suitable to prepare the skin for successive detox treatments. *Free Brush.*

COMANO EXFOLIANT	20'	€ 50
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Massage to regenerate the skin, leaving it looking radiant. Ideal for dry skin or skin with hyperkeratosis.

CELLULITE DRAINAGE	80'	€ 100
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Lymph drainage followed by a pack with NO CELL Saline Cream to eliminate excess fluid and combat unsightly cellulite.

Beauty services

HAIR REMOVAL	FROM € 10
MANICURE	€ 50
PEDICURE	€ 60





Terme di Comano at Grand Hotel. *Bathe, drink, breathe*

SPA
TREATMENTS

FITNESS

NATURAL
WELLNESS

The water from Terme di Comano, present in all its forms in the Thermal Spa, has important scientifically demonstrated anti-inflammatory, soothing and detox properties. Use it during your stay to take care of yourself naturally, purifying your breath and combating the effects of smog, as well as boosting your physiological exchange.

The Spa

THERMAL WATER THERAPY	INCLUDED FOR OUR GUESTS
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Thermal water with detox, anti inflammatory effect, to be drunk during the day at the the Thermal SPA.

INHALATION THERAPY	1 treatment € 16
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The anti inflammatory, antioxidant treatment using waters from Terme di Comano to prevent seasonal problems, reduce the effects of smog and boost the immune system.

HYDRO SPA MASSAGE WITH LYMPH DRAINAGE	50'	€ 80
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Stimulates the microcirculation, helps to eliminate excess fluid and toxins. Particularly recommended for reacquiring lightness and tone.

DRAINAGE SPA CIRCUIT	80'	€ 120
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Remineralising hydromassage in thermal water with mountain-fragrance salts for a detox action, application of Global Age patch mask around the eyes for an immediate lifting effect, wrap using thermal water and NO CELL saline cream, toning face massage with ice globes, and ultra effective leg-draining massage using the Renata França method.

THERMAL BATH	20'	€ 25
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The remineralising, soothing and regenerating properties of Comano thermal water for skin health and wellness.

THERMAL BATH WITH INTENSE RELIEF MASSAGE	50'	€ 80
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The healthy effects of Comano thermal water, combined with a massage using Intense Relief Moisturising Cream. Perfect to restore natural balance to delicate, sensitive skin types.

THERMAL BATH WITH HYDROMASSAGE	15'	€ 32
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Carried out in a modern tub, a treatment to gently stimulate microcirculation while combining the therapeutic action of hydromassage on muscles and joints with the remineralising effects of thermal water.





Fitness and Natural Wellness

NATURAL WELLNESS

INCLUDED FOR
OUR GUESTS

See the weekly programme of events in the Thermal Park.

PERSONAL TRAINER
FOR 1 TO 4 PEOPLE

50'

€ 60

PERSONAL YOGA
FOR 1 TO 4 PEOPLE

50'

€ 75

Aerial yoga, Yoga lessons in the gym and Thermal Park.

PERSONAL FOREST BATHING
FOR 1 TO 4 PEOPLE

50'

€ 75

A charming experience to connect with the Thermal Park, walking and breathing in the clean, fresh air while getting first-hand experience of the therapeutic benefits of nature on mind and body.

Wellness services at your disposal

9.30 a.m - 7.00 p.m

THERMAL SPA (3500 SQM)

PANORAMIC INDOOR AND OUTDOOR POOL
WITH CHLORINATED THERMAL WATER

INDOOR FRESHWATER POOL

MIST SHOWER WITH THERMAL WATER

SAUNA AREA AND STEAM BATHS

PRIVATE SPA

MASSAGES AND SPA TREATMENTS

14 HECTARE THERMAL PARK

FITNESS AND NATURAL WELLNESS ACTIVITIES

RESTAURANT BAR "TERRAZZA"

GOURMET RESTAURANT, IL PARCO, WITH SEASONAL,
LIGHT, AND LOCAL CUISINE

24H GYM

INDOOR AND OUTDOOR RELAXATION AREAS





