

Wellness



HOTEL CIPRIANI

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Wellness in Venice

OUR SPA PHILOSOPHY

Nourish your mind, body and spirit in the heart of Venice. Discover our intimate spa in the lush gardens, enjoy mindful movement with our alfresco yoga and tai chi classes or pedal off to explore the serene islands of the lagoon.

Our haven on Giudecca Island is your holistic sanctuary, a place to unwind by the magnificent pool, play a leisurely game of tennis with friends, and refuel with the finest Venetian specialities, sourced from land and sea. Slow down and reconnect with yourself, your friends and the wonders of nature at our legendary retreat.

We invite you to unwind in our romantic spa, set within the fragrant gardens of blooming wisteria and pomegranate trees where Casanova once wooed his lovers. Within this intimate and serene sanctuary, enjoy an extensive array of massages, facials and body treatments, ranging from signature treatments rooted in Ayurvedic philosophy to anti-ageing facials using the latest rejuvenating technology.





*Cortex: High-Tech
Skin Analysis*

Discover the high-definition benefits of Cortex, a state-of-the-art device for comprehensive analysis.

It allows our wellness experts to obtain ultra-detailed results on a variety of skin factors, such as:

- Hydration**
- Elasticity**
- PH**
- Sebum**
- Collagen levels**

Using this foundation, combining the power of hands with high technology, every facial can be customised to your specific and individual needs.

Feel free to book this in-depth diagnosis either before a facial or on its own.

Transformative Technology

Our approach to skincare combines scientific expertise with manual methods and state-of-the-art technologies. This knowledge results in highly transformative treatments that offer the pinnacle of wellbeing and beauty without compromising on sensorial experience. Take the opportunity to benefit from the most advanced technologies to repair and restore skin affected by urban living

Mechanical Action

MICROSTIMULATION

By energising every inch of the skin, this technology eases muscular tension and increases oxygen for enhanced regeneration. Blood circulation is boosted, improving tone and texture and leaving you with a radiant glow.

HYDRA-DERMABRASION

Through Vortex technology, the skin is infused with active ingredients that cleanse, exfoliate and restore health, while reducing blemishes.



Biotechnology

OXYGEN & NEGATIVE ION THERAPY

A high-pressure infusion of oxygen enhances skin cell respiration and maximises product penetration, giving the face and scalp an instant radiance boost.

Light Waves

LED TECHNOLOGY

Skin cells possess the extraordinary ability to absorb light and convert it into energy. An LED mask uses low-level light therapy to boost cellular respiration, which in turn stimulates the production of elastin and collagen. The result is plumper, repaired skin with refined texture and resculpted contours.

MICROCURRENT

Low-level electrical currents mimic natural signals to gently stimulate facial muscles, improving elastin and collagen production and diminishing the appearance of ageing and fine lines.

ULTRASOUND

High-frequency sound waves are employed to penetrate facial tissue, targeting deep layers of the skin without harming the surface. Stimulating blood circulation and enhancing cellular regeneration, the process leads to improved skin texture and elasticity, reduced signs of ageing and a toned, refreshed appearance.



Signature Treatments

FOUR HANDS MASSAGE

BODY - 90 MIN

BENEFITS

Emotional Grounding | Energetic Rebalance |
Structural Alignment

Inspired by Ayurvedic philosophy, this four-hands massage sees precision meet intuition as two wellness experts work together in perfect harmony. A shared rhythm and intention allows them to take you on a journey that restores balance, reconnects mind and body, and enhances inner peace.

Start with a rosewood polish to delicately smooth the skin and ground the spirit. Warm, woody notes revive the senses, still the mind and guide you towards a sense of acquiescence.

In this performance, you are not merely a passive onlooker. Instead, you participate through guided breath and silent grace, letting your energy pathways open and reconnecting your body's rhythm to a profound serenity.

The ritual continues with the application of warm aromachological oils. A perfect synchrony of enveloping yet weightless textures, they dissolve tension, revive flow and awaken vitality from within.

Next comes a deep fascia release, a choreography of movements that reunite and strengthen interconnected muscle systems and restore the body's natural balance. A realignment of structure and energy is achieved.

The ritual comes to a gentle close with mindful stretches to revive the limbs and reactivate circulation. Gradually you return to the present,

TECHNIQUES EMPLOYED

Guided Breathing | Rose Body Scrub |
Aromachology Oils | Four Hands Massage |
Fascia Therapy | Stretching



VENETIAN UNMASKING

FACE - 90 MIN

BENEFITS

Skin Renewal | Radiance | Lifting | Sculpting |
Reoxygenation

Embark on a sensory journey where technology and touch join forces to unveil your true visage – like a Venetian masquerade. Moment by moment, you will witness a new radiance unfold as a luminosity emerges from behind the mask.

Begin with a gut-brain axis induction to gently stimulate the abdomen, restoring inner balance and releasing long-held tension. Next, the skin is targeted with LED light that rejuvenates cellular activity, improves microcirculation and prepares the complexion for the treatment ahead.

Using microdermabrasion technology, the face is gently cleansed and all impurities removed before you enjoy a myofascial release. This is a soothing manual therapy that supports and envelops the muscles, releasing stored-up tension, repairing tissue elasticity and revealing a clearly lifted, glowing complexion.

Next, the application of a luxurious mask, enhanced by Biosonix technology, gives your skin the dual-action benefit of ultrasound and LED to firm, tone and increase radiance.

A deep and expansive massage around the jawline, face, neck and shoulders follows. Expert hands and microcurrent stimulation work in tandem to revive muscles, streamline contours and boost vitality.

To end the ritual, a refreshing mask is activated with oxygen spray to deliver immediate hydration. Any puffiness is reduced with targeted cryo-therapy, which tightens the complexion and seals in the radiance. Finally, cryo stones are used to create a glowing freshness.

The treatment paves the way for effortless makeup, leaving skin radiant and polished for your next glamorous ritual.

TECHNIQUES EMPLOYED

Abdominal Stimulation | Ultrasound |
Microdermabrasion | Microcurrent | LED Mask |
Cryotherapy | Oxygen Mask | Muscular Massage

YOU SHALL GO TO THE BALL

SCALP, FACE, HANDS AND/OR FEET, HAIR - FROM 120 MIN

WELLBEING BENEFITS

Healthy Scalp | Instant Glow | Makeup-ready Skin |
Hand and/or Feet Care

BOOSTS TO GLAMOUR

Impeccable Hair | Long-lasting Makeup |
Pristine Nail Polish

Prepare for a special occasion with this bespoke treatment, a harmonious blend of expert artistry and sensory rituals. Designed to be flexible, the ritual may be enjoyed in one uninterrupted flow or across two separate moments, according to your wishes.

Start with a stimulating scalp treatment that combines hydra-dermabrasion with a follicle-awakening massage. With scalp and mind both deeply nurtured and restored, it paves the way for your hair styling in the salon.

Next you enjoy a refining and purifying facial, which produces an instant glow while ensuring your makeup will last. A gentle exfoliation cleanses impurities, while your hands and/or feet are simultaneously exfoliated and massaged, followed up by a nail shaping and polish change.

Proceed to the salon for the pampering to continue. Select your preferred hair treatment, from a wash and blow-dry to a fully personalised finish tailored to the occasion and your preferences. Afterwards, a professional makeup session is again customised to your tastes, whether you desire effortless elegance or showstopping glamour.

The ritual ends with a delicate application of perfume, ensuring you leave a subtle yet unforgettable trail.

With up to three wellness experts coordinating the ritual, you can be sure of a flawless result, carried out with your optimum comfort and indulgence in mind. Seamlessly fusing makeup, hair styling and hand care, the ritual ensures you shine brightly whatever the occasion.

TECHNIQUES EMPLOYED

Keravive Scalp Treatment | Gentle Facial Cleanse and Massage | Complete Manicure and/or Pedicure | Expert Hair Styling of Choice | Flawless Makeup



The Face

Our choice selection of facial treatments is designed to target and revive all complexion types. With the skilled movements of our wellness experts, anticipate immediate results and radiant rejuvenation.

LIFT AND SCULPT

FACE – 60 MIN OR 90 MIN

BENEFITS

Lifts | Plumps | Sculpts | Reduces Wrinkles |
Contours | Firms | Drains

Lift, plump and ease tension from your face, neck and upper back with this high-performance sculpting treatment. Begin with a two-step detox protocol, comprising dry brushing and microstimulation, to activate lymph nodes and drain excess fluids. Your skin is now ready for a sculpting facial massage inspired by the Japanese Kobido technique.

A series of rhythmic movements and acupressure work to reshape the face's muscular structure. Further enhancing the massage is the targeted use of microstimulation technology and cryo stones, which combine with the therapist's intuitive touch to achieve outstanding results. Fine lines are reduced and the face is glowing and tension-free.

TECHNIQUES EMPLOYED

Manual Drainage | Icoone Therapy | Dry Brushing |
Sculptural Massage | Firming and Hydrating Mask |
Cryo Acupressure

**Only the 90-minute treatment is performed with Icoone Therapy*

CLEANSE AND GLOW

FACE - 90 MIN

BENEFITS

Radiance | Circulation Boost | Oxygenation | Revitalisation | Glow

Redefine your facial glow with this reviving treatment that softly stimulates the skin, boosts blood circulation and decreases water retention.

The treatment begins with a deep cleansing and exfoliation of the skin, enhanced by diffusing negative ions and dry brushing to improve lymphatic flow. A warming, sculpting muscle massage follows to ease the tissue. Using rhythmic movements and a warm Gua Sha stone, tension is released and toxins eliminated.

Next, a mask is applied and oxygen diffused to increase cellular respiration and maximise the penetration of actives. The result: a naturally luminous, youthfully radiant face.

TECHNIQUES EMPLOYED

Dry Brushing | Warming Muscle Massage | Hot Gua Sha Draining Techniques | Oxygenating Mask | Oxygen & Negative Ion Therapy

HYDRA-DERMABRASION

FACE - 60-90 MINUTES

BENEFITS

Exfoliation | Purification | Hydration | Deoxidation | Cell Renewal | Dark Spot Reduction | Sebum Control

Floral science meets the latest hydra-dermabrasion technology in this purifying ritual. You begin with a two-step detoxification to aid lymph node drainage, before enjoying a reviving massage to soften tissue, oxygenate cells and boost microcirculation.

Your skin is now ready for cleansing and exfoliation, a process that deeply purifies the epidermis with the aid of a floral peeling lotion. For a final flourish, LED light is used to restore, tone, diminish wrinkles and calm any redness. At the end of the treatment, your skin is deoxidised, moisturised and brimming with health.

TECHNIQUES EMPLOYED

Detox Prelude | Face Sculpting | Hydra-Dermabrasion | AHA Peeling | Regenerating Mask | LED



The Body

It's time to treat your body like a temple. These meticulously choreographed massages, enhanced by the skills of our wellness experts, deliver sublime results. Prepare for your body and mind to be pampered in bespoke style.

THAI MASSAGE WITH OIL

BODY - 60 MIN OR 90 MIN

BENEFITS

Relax | Energise | Improves | Boost

Using gentle to firm pressure and stretching techniques, your therapist will help you to relax, destress and loosen up your entire body. This massage is particularly perfect for those who need to unwind and be pampered after a hard week.

LOMI LOMI HAWAIIAN MASSAGE

BODY - 60 MIN OR 90 MIN

BENEFITS

Relax | Balance | Revitalise | Soothe

Restore your energy and soothe your body with this traditional Hawaiian massage, which blends massage techniques, aromatic oils, and sometimes elements of prayer, breathing and dance to work its rejuvenative magic.

BODY CONTOUR

BODY - 60 MIN OR 90 MIN

BENEFITS

Tones | Sculpts | Detoxifies | Firms | Drains

An exclusive body-contouring treatment designed to support slimming and enhance skin firmness through advanced microstimulation. Combining dynamic, revitalising techniques with effective drainage methods, this ritual helps to refine the figure and promote detoxification.

Targeted actions focus on areas prone to localised fat, delivering visible smoothing and a noticeable anti-cellulite benefit. Working deeply to improve skin texture and elasticity, it helps even out irregularities and restore a more toned appearance. The body feels lighter, contours look more defined, and a renewed sense of vitality is achieved.

TECHNIQUES EMPLOYED:

Icoone Therapy* | Manual Lymphatic Techniques | Gut Detoxification

**Only the 90 min treatment is performed with Icoone Therapy*

DEEP TISSUE

BODY - 60-90 MINUTES

BENEFITS

Oxygenation | Muscle Recovery | Restoration

Release tension and reoxygenate your muscles with this slow, deep massage. The body is set free with meticulous, expert movements that meld strength with gentleness. Helping eliminate toxins and ease sore muscles, this high-performance treatment is perfect for post-sport and -workout recovery - or simply a wonderful way to relax.

MULTI-SENSORY

BODY - 60-90 MINUTES

BENEFITS

Relaxes | Unwinds | Releases | Rebalances

Discover an intense and complete sense of letting go with this multi-sensory ritual. Enjoy a holistic massage, with slow and expansive movements releasing muscular tension across your whole body. Unwind into your new corporeal haven of inner peace.

PRE-NATAL

BODY - 60 MINUTES

BENEFITS

Soothing | Lightness | Comfort | Nurturing

Enhance your pregnancy journey with this nurturing ritual for body and mind. Treating you with the utmost care, your therapist will perform deep and delicate movements, one after the other, to target the muscles used most during pregnancy: your back to aid posture and your legs to provide a sense of lightness and comfort.

Furthermore, you can expect tension to be released, circulation to be stimulated, and a lasting sensation of wellbeing as more space is given back to the body and the baby.

The ritual is recommended after the first trimester of pregnancy.



Wellness Add-Ons

Wellness add-ons can be booked to complement a full-length treatment. Regrettably, they cannot be booked independently.

CORTEX ANALYSIS*

FACE - 30 MINUTES

The state-of-the-art Cortex device allows our wellness experts to conduct extensive analysis into your skin, obtaining ultra-precise results on factors such as: elasticity, pH, hydration and collagen levels. Armed with this information, they can adapt a facial to your specific needs, combining expert hand movements with high technology.

**Please note, this in-depth diagnosis can be booked before a facial or on its own*

BACK RELIEF MASSAGE

BACK - 30 MINUTES

Feel great in an instant with a tailor-made back massage, perfect for soothing away any aches and pains or to simply wind down at the end of the day.

REVITALISING FOOT THERAPY

FEET- 30 MINUTES

Add an energising foot massage to the body treatment of your choice. It improves circulation and imparts a blissful feeling of weightlessness to the legs and feet.

THE LIGHT FANTASTIC

FACE - NO ADDED TIME

Red LED light gives a powerful boost to any facial or body treatment. You'll find your skin feels relaxed and rebalanced. Extra benefits of LED include a soothing of the mind and a restoring of harmony.

SCALP

HEAD AND SHOULDERS - 15 MINUTES

Treat yourself to a scalp and shoulder massage that releases all tension from head to toe. Your therapist will target specific tension points on the scalp to leave you feeling wonderfully relaxed.

OXYGEN INFUSION

FACE - NO ADDED TIME

Benefit from a revitalising infusion of oxygen that hydrates, boosts cellular renewal and softens signs of ageing. Skin appears fresher, fine lines are reduced and the skin glows with newfound luminosity.

TARGETED WELLBEING

FACE - NO ADDED TIME

Enhance your exceptional moment of wellbeing with targeted concentrates (firming - radiance - soothing), to be added to any facial treatment.

PRECIOUS ENERGY

FACE - NO ADDED TIME

Let yourself be carried away by the energies of semi-precious stones, applied to the face or body according to your treatment.

ILLUMINATING EYE MASK

FACE - NO ADDED TIME

Enjoy the application of an ultra-fresh decongesting mask to open up the eyes and illuminate the face

REGENERATING HAND GLOVES

BODY - NO ADDED TIME

For deep regeneration and incomparable radiance, LED gloves are applied to stimulate skin vitality, combating pigmentation spots and the first signs of ageing.

BODY POLISH

BODY - 30 MIN

Ideal prior to a body treatment, this express peeling scrub works with a dual mechanical and enzymatic action to give your skin a radiant glow. Your mind is energised and your skin left illuminated and remarkably soft.

BODY BRUSHING

BODY - 15 MINUTES

Dry brushing is a valued beauty and wellbeing ritual. The brush's fibres work to improve circulation, exfoliate the skin and firm the silhouette.



Beauty

PERSONALISED MAKEUP

FACE - FROM 45 MINUTES

Glean the secrets behind the chicest looks with an expert makeup artist. Choose a naturally elegant style, a radiant freshness or graphic eye makeup that echoes and enhances your personality.

NAILS

GROOMED TO PERFECTION

HANDS OR FEET - - FROM 45 MINUTES

Treat your hands or feet to simple and elegant beauty. This treatment will enhance and strengthen your nails, preparing them for a flawless finish that lasts. At the end, enjoy a polish application for visibly manicured and beautified hands or feet.

NOURISHING RITUAL

HANDS OR FEET - 90 MINUTES

Repair and restore your hands or feet with this expert treatment. After a meticulous nail preparation, you are treated to a shea butter wrap, known for its restorative properties. To deepen the regeneration further, LED gloves are applied to maximise penetration of active ingredients and stimulate skin vitality. Finally, a polish application leaves your hands/feet with an enduring glow.

HAIR STYLING

FROM 30 MINUTES

Discover expert hair artistry with our professional coiffeur. From an effortless blow-dry to soft waves or a sleek, polished finish, each look is crafted to enhance your natural beauty. Enjoy a personalised hairstyle that reflects your personality with elegance and ease.



Movement

PERSONAL TRAINER

60 MINUTES

Enjoy a fully personalised one-on-one training experience designed to meet your unique fitness goals and physical abilities. Each session combines targeted exercises, expert guidance and motivational support to help you build strength, improve endurance and enhance overall wellbeing – all in a safe and inspiring environment tailored entirely to you.

YOGA & SOUND HEALING

60 MINUTES

A customised yoga session created to help you reconnect with your breath, find physical alignment and cultivate inner peace. Whether you're seeking grounding, flexibility or mindful stillness, this practice invites you to slow down, move with intention and restore harmony between body and spirit.

BREATHWORK AND MINDFULNESS

60 MINUTES

A calming and introspective session designed to bring you back to the present moment through conscious breathing and guided awareness. By exploring the connection between breath, body and mind, you'll release accumulated stress, quieten mental chatter, and develop a deeper sense of clarity, balance and inner serenity.

PILATES

60 MINUTES

Reconnect with your body through an outdoor Pilates session guided by our personal trainer. Surrounded by the tranquillity of the garden, each movement promotes strength, balance and fluidity. A revitalising practice designed to realign posture, awaken energy and restore inner harmony.





Spa Etiquette

SPA TREATMENT TIME

To ensure you enjoy the best experience, we recommend that you arrive 15 minutes before your scheduled treatment time wearing your bathrobe, allowing you to begin your spa experience in complete comfort. Our wellness experts will provide you with a personalised consultation before you enjoy your treatment.

CANCELLATION POLICY

We understand that plans can change. If you need to cancel your appointment, please let us know at least 24 hours in advance to avoid being charged the full cost of your treatment.

In the case of late arrival, we'll do our best to offer the same service, but if not possible, your treatment will be shortened accordingly. Payment by check is not accepted in our establishment – thank you for your understanding.

SPA ETIQUETTE

To maintain the tranquil ambience of the spa and ensure our guests' enjoyment, we respectfully request that all guests turn off their mobile phones throughout your time at the spa.

Please be sure to inform our wellness experts of any health conditions or allergies that may affect your treatment.

Contact

HOTEL CIPRIANI SPA
Open daily 10:00-19:00

SPA RESERVATIONS

For reservations, please contact the Hotel Cipriani team by email or telephone:

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