

Wellness



HOTEL CIPRIANI

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Welcome

Nourish your mind, body and spirit in the heart of Venice. Discover our intimate Casanova 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.





*Wellness
Experiences*

Wellness Experiences

At Hotel Cipriani, wellness takes many forms. We invite you to sample new experiences from breathwork to sound healing that bring benefits such as boosting energy, improving sleep and deepening your connection to your inner self.

Or treat yourself to a private spa experience, including a sauna, Turkish bath and Venetian tapas aperitivo for a truly magical evening of slow luxury.

YOGA CRISTAL FLOW

60 MINUTES

Discover the healing energy of crystals in this unique practice that combines traditional yoga, breathwork and meditation. Crystals are placed on your body or around the space to enhance the flow of energy. Prepare for a transformative experience that balances the mind, body and spirit, promoting relaxation, clarity and emotional healing.

MORNING BREATHWORK MINDFULNESS

60 MINUTES

Start your day with an expertly guided breathwork session. Practice breath manipulation techniques that help manage stress, promote relaxation and build resilience against anxiety and daily pressures. Breathwork can strengthen the immune system, increase energy levels and cultivate mental balance. It has also been known to improve mood and sleep quality, and address issues such as snoring and sleep apnea.

SUNSET SOUND HEALING

60 MINUTES

Experience a serene and transformative sound healing session in the tranquil setting of our gardens. As the sun sets, you'll be immersed in the calming vibrations of soothing instruments, such as Tibetan bowls. Feel your mind relax under the Venetian sky, as tension is released and balance is restored to your body and mind.

PRIVATE SPA EXPERIENCE

120 MINUTES

For the ultimate indulgence and privacy, enjoy exclusive evening access to Casanova Spa. Make the most of the beautiful spaces – have a sauna, a Turkish bath and spread out in the entire relaxation area. A Venetian tapas aperitivo, created by our Chef, adds an extra touch of magic.

From 19:30 to 21:00 by prior reservation only.
Maximum two people.

SKIN CARE MASTERCLASS

90 MINUTES

Enjoy a masterclass with Italian skincare experts HöbePergh, who will go through every product, from makeup removers to moisturisers, explaining which are essential for healthy skin. Learn how to use them effectively for your skin type and create a personalised, step-by-step routine. Whether you're looking to address specific concerns or enhance your daily regime, you'll leave knowing how to give your skin the care it deserves.

Where: Spa Beauty Salon
Maximum two people.



Spa

Locally Inspired

We invite you to unwind in our romantic Casanova 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 locally inspired signature treatments, such as the peachy Bellini Ritual, to Thai and Balinese massages, anti-ageing facials and cryo-slimming therapies.

Mums-to-be can be soothed and pampered while couples have a choice of sense-igniting rituals to savour à deux.

ESSENCE OF CITRUS FRUITS

90 MINUTES

Embark on an Italian aromatherapy journey, from the alpine herbs of the Dolomites to the sweet almonds and citrus fruits of the Mediterranean coast. This sensory body and facial treatment is designed to renew and nourish your skin, leaving it smooth and radiant. Suitable for all skin types.

Includes: Light body exfoliation, Facial, Body cream application.

BELLINI RITUAL

120 MINUTES

Sink into peach-scented bliss with this soothing body ritual. A rejuvenating treatment for hands, head and feet, it includes a relaxing all-over body massage and ends with a luscious Bellini mocktail.

Includes: Dry body brushing exfoliation, Hand and feet exfoliation and mask, Scalp massage, Body massage, non-alcoholic Bellini drink (according to the season).

Wellness Treatments

PINDA SWEDA AROMATIC HERB RITUAL

90 MINUTES

Experience soothing relief with this tension-releasing body massage that restores microcirculation and reduces heaviness and swelling. Precious medicinal herbs, combined with stimulation through targeted brushing, work to promote healing at a muscular level. The ritual is enhanced by warm, aromatic herbal compresses, which, when gently pressed over the body, help release muscular tension and soothe the senses.

THAI MASSAGE WITH OIL

90 MINUTES

Using gentle to firm pressure and stretching techniques, your therapist will help you to relax, destress and loosen up your entire body.

LOMI LOMI HAWAIIAN MASSAGE

90 MINUTES

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

BALINESE MASSAGE

60-90 MINUTES

Treat yourself to this full-body, deep-tissue, holistic massage to achieve a sense of wellbeing, calm and absolute relaxation. A combination of gentle stretches, acupressure, reflexology and aromatherapy stimulates the flow of blood, oxygen and “qi” (energy) around your body.

INDIAN HEAD MASSAGE

30 MINUTES

Improve circulation around your head and scalp while soothing your neck and shoulders. Indian head massage, also known as champissage, is a wonderfully relaxing therapy involving massage of acupressure points around the head and upper body. Circular strokes are used to boost circulation while restoring the wellbeing of body and soul.

DEEP MUSCLE
60-90 MINUTES

Target muscle tension and knots with this deep muscle massage, designed to release tightness and improve mobility. Focused pressure techniques are applied to ease discomfort and encourage deep relaxation.

RELAXING MASSAGE
60-90 MINUTES

Gentle techniques are employed to ease tension, promote relaxation and improve overall wellbeing, helping you feel calm and revitalised.

SWEDISH MASSAGE - TONIFYING AND ENERGISING
60-90 MINUTES

Prepare to feel refreshed and reinvigorated with this toning and energising Swedish massage. Rhythmic strokes are used to stimulate circulation, release tension and boost energy.

DRAINING MASSAGE
60-90 MINUTES

Techniques to boost lymphatic circulation, help eliminate toxins and reduce fluid retention leave you with refreshed skin and a feeling of lightness.

Massage

MUM TO BE
60-90 MINUTES

Comfort and relief for expectant mothers is promised with this prenatal massage, starting after the end of the third month of pregnancy. It helps alleviate muscle tension, reduce swelling and improve circulation, promoting relaxation and overall wellness throughout pregnancy.

FOOT MASSAGE - REFLEXOLOGY
60 MINUTES

Your practitioner will target specific pressure points on your feet to focus on problems elsewhere in the body, reduce stress and improve your general wellbeing.

FIRMING, NOURISHING ANTI-AGEING TREATMENT

90 MINUTES

The protective properties of natural mountain herbs inspired the creation of this HöbePergh treatment for mature skin. Helping restore the physiological functions of the hydrolipidic barrier, it leaves the complexion firm, toned and nourished.

Includes: Double cleanse, Exfoliation, Dry brushing, Pinda Aromatic facial massage, Double Lifting and Illuminating mask, Hand and scalp massage.

LIFTING BOOST ANTI-AGEING TREATMENT

60 MINUTES

Benefit from an instant lifting effect with this relaxing facial massage that uses active, nutrient-rich ingredients, such as organic sprouted brown rice, to give a natural botox effect. Regenerating and revitalising the skin, it relaxes the facial features while redefining the contours.

Includes: Double cleanse, Exfoliation, Facial massage, Lifting and Illuminating mask, Scalp massage.

SENSITIVE SKIN FACIAL

60 MINUTES

Perfect for the increasing number of people who suffer from skin sensitivity, especially due to exposure to pollution, stress and chemicals, this ritual works to reduce inflammation, counteract sensitivity, soothe irritation and diminish redness.

Includes: Double cleanse, Exfoliation, Facial massage, Calming mask, Scalp massage.

All products by: HöbePergh skincare.

DEEP MOISTURISING FACIAL

60 MINUTES

Suitable for all skin types, this facial rebalances hydration of the epidermis to revive dull and tired skin while stimulating collagen production to improve elasticity. Ideal after long travels, exposure to the sun or a day outdoors.

Includes: Double cleanse, Exfoliation, Facial massage, Hydrating mask, Scalp massage.

PURIFYING AND REBALANCING FACIAL

60 MINUTES

For those with combination or blemished skin, this facial employs a deep cleansing action that purifies without depriving the skin of hydration or natural protection. The result is smooth pores and a visibly fresh, oxygenated and uniform complexion.

Includes: Double cleanse, Exfoliation, Facial massage, Purifying mask, Scalp massage.

IMMEDIATE ILLUMINATING EFFECT TREATMENT

60 MINUTES

Treat your face to instant radiance and firmness with patented active ingredients that work on the microcirculation and regeneration of the skin. Actives such as antioxidant Camelina and Purple Carrot improve tone, while Rosehip Extract minimises pores and evens out the complexion. BioSuRice (sprouted brown rice) molecules restore the skin's water reserves, leaving it visibly plumped.

Includes: Double cleanse, Exfoliation, Facial massage, Illuminating mask, Scalp massage.

All products by: HöbePergh skincare.

ANTI-STRESS DEEP BACK HERBAL RITUAL

60 MINUTES

Gain immediate relief from muscle fatigue with this treatment dedicated to the back and neck in combination with a warm pillow of alpine herbs. Boosting circulation, it relieves pressure caused by daily stress. Medicinal alpine herbs in combination with rhythmic movements work on the body at a muscular level, encouraging deep relaxation and a sensation of wellbeing.

ABDOMINAL TREATMENT - HERB AND HAY PILLOW

60 MINUTES

This treatment provides relief and wellbeing to the core of the body. Gentle stimulation of the abdominal area, in combination with warm alpine herbal pillows, releases bloating and tension, improves skin tone and has a relaxing, decongestant effect on the torso and waistline.

FANGO THERAPY

90 MINUTES

Tone your silhouette, eliminate toxins and gain a sensation of lightness with this exceptional detoxifying treatment. Products containing HöbePergh Hays and Herbs are used in combination with brushing techniques and therapeutic mud to stimulate the circulation and eliminate excess fluid.

Includes: Dry body brushing exfoliation, Mud application, Scalp massage.

CRYO SLIMMING AND TONING TREATMENT

60 MINUTES

Stimulate your metabolism and break down localised fat deposits with this reactivating body treatment. Cold temperatures are gently but effectively used in combination with high-performance products to improve blood circulation and lymphatic drainage while targeting unwanted fat. Discover renewed energy, lightness and vitality.

Includes: Dry body brushing exfoliation, Mask application, Scalp massage.

BODY SCRUB

30 MINUTES

Nourish your skin and give your body an all-over silky feel with this renewing treatment that leaves you smooth, polished and delightfully scented.

Includes: Full body exfoliation, Moisturiser application.

WAVES OF LOVE

120 MINUTES

Lose yourself in a sublime face and body ritual, made extra special and authentic by the aromatic oil used in your personalised massage. An ultra-lifting face mask transports you to deep relaxation and leaves you glowing with health. To finish, sip a signature cocktail made with herbs and flowers from our garden as you soak in our romantic tub.

Includes: Body massage, face mask, bath with non-alcoholic cocktail.

JET LAG RECOVERY

90 MINUTES

Leave fatigue behind with this rejuvenating ritual, rich in the intense, all-enveloping scents of alpine herb extracts. The treatment combines the exfoliating action of sea salt with the detoxifying properties of micronized HöbePergh Herbs and Hays. The final touch, a relaxing massage with nourishing oil, leaves your skin velvety smooth, your muscles relaxed and your stress evaporated.

Includes: Body exfoliation, Full-body massage.

Couples

SPA ESCAPE

90 MINUTES

Prepare for a unique face and body experience. Let muscular tension melt away through the use of aromatherapy that works on physical, mental and emotional levels. Enjoy a decontracting massage to relieve muscle pain with specific oils that nourish dry skin. Turn back the years with an antioxidant facial that leaves your complexion toned, luminous and youthful. Then unwind in the wet room, where a sauna and Turkish bath will make the benefits of your treatments last longer.

Includes: Back neck and shoulder massage, Antioxidant facial, Fresh fruit juice.

CANDLE MASSAGE

90 MINUTES

Embark on a sense-igniting escape with this relaxing, rebalancing massage. A scented candle, packed with sweet-smelling essential oils and highly nourishing properties, is gently melted and the warm wax applied to the skin in soothing strokes.

FAMILY EXPERIENCE

45 MINUTES

Take the opportunity to enjoy some quality time with your young one. Our couple's suite is available for you and your child (aged 10 to 16) to relax and bond over a restorative massage.

MINI MANICURE / PEDICURE

30 MINUTES

Help keep your children's fingers and toes looking fabulous with a mini manicure or mini pedicure (aged 10 to 16).

Young Spa

KIDS' FACE AND BODY RITUAL

45 MINUTES

Designed for young spa fans (aged 10 to 16), this calming treatment begins with a gentle facial to cleanse and hydrate the skin and continues with a soothing body massage to release tension and promote relaxation.

JET LAG FACE MASK

Alleviate the effects of jet lag or daily tiredness with this face and eye mask rich in wild rose, calming peptide and hyaluronic acid. Prepare to feel instantly soothed and hydrated.

APPLICATION OF MUSCLE-RELAXING BODY SERUM

This serum made with extracts of St John's wort and arnica relieves muscle tension and gives a feeling of lightness and wellbeing. It can be applied to the body area of your choice.

FOOT OR HAND MASK

Hydrate and soften even the driest skin with this antioxidant-rich mask containing vitamin E, macadamia oil, shea butter and aloe.

FOOT SCRUB

Enjoy a relaxing foot exfoliation with sugar crystals that remove dead cells and polish the skin. Afterwards, cupuaçu butter is used to moisturise and soften.

EXPRESS HAIR TREATMENTS

Restore vitality, softness and radiance to your hair in no time. This express, customised treatment hydrates, strengthens and gives shine and volume according to your needs.

Enhance Your Treatment

SUBLIME SCULPT FACIAL

30 MINUTES

Feel toned and regenerated with this facial massage that combines deep and rhythmic movements to stimulate the skin, redefine the contours and give an immediate lifting effect.

RELAXING SENSORY EXPRESS FACIAL

30 MINUTES

Achieve immediate luminosity and an even skin tone with this ritual combining a delicate exfoliation with a vitamin booster rich in detoxifying and exfoliating active ingredients. Cell renewal is boosted, skin blemishes and discoloration minimised.

ENERG-EYES

30 MINUTES

Reduce signs of fatigue and improve skin elasticity with this targeted treatment for the eye contour, which uses lymphatic drainage and detoxifying techniques to restore you to your radiant best.

BATH RITUAL

30 MINUTES

Let your cares melt away in a restorative bath, surrounded by peace and tranquillity. As your body and brain relax and destress, any anxiety or worries are replaced by restful contemplation.

IN-ROOM MASSAGE

If you'd like to stay in the comfort of your room, we can bring a relaxing, personalised massage experience to your door.

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain a peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Appointments for minors (children under 18 years of age) must be made by a parent or guardian, who must also check them in. Minors between 10 to 16 years of age booked in for closed-door spa treatments must have a guardian in the room for the duration of the service.

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least 12 hours before your appointment to avoid being charged the full fee.

ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towel, slippers and other amenities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

Spa Guidelines

WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies, when booking your appointment, as certain treatments may not be advisable. In addition, before your treatment begins, please let your therapist or aesthetician know of any medical concerns.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment or exercise class. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

JEWELLERY AND VALUABLES

Most therapies flow more easily without the interference of jewellery. We recommend removing neck and wrist ornaments. Please leave all valuables in your room safe.



Movement

Movement

Work out in our state-of-the-art fitness centre with views overlooking the lush gardens – why not request a little extra help from our expert personal trainers? Play a casual or competitive game of tennis on our iconic red-clay courts or notch up some laps in our legendary swimming pool, the only one in central Venice.

Slow down into more mindful experiences, such as personalised yoga and Pilates, or practice graceful Tai Chi in the leafy outdoors.

YOGA AND SOUND HEALING

60 MINUTES

Restore balance to body and mind with our Yoga & Sound Healing session in the serene surroundings of our garden. Guided by our expert instructor, combine gentle yoga movements, breathwork and meditation with the soothing vibrations of Tibetan bowls.

YOGA

60 MINUTES

Includes: Hatha, Vinyasa, Ashtanga, Yin, Nidra, Pranayama

Experience a personalised yoga session tailored to your preferences, choosing from the gentle flow of Hatha, the dynamic sequences of Vinyasa, the discipline of Ashtanga, the deep relaxation of Yin or Nidra, and the breathwork of Pranayama.

PILATES

60 MINUTES

Enjoy a personalised Pilates session, guided one-on-one by our expert instructor. Focus on core strength, flexibility and posture, with tailored exercises to suit your needs and goals.

TECHNOGYM CASE — YOUR PERSONAL IN-ROOM & OUTDOOR FITNESS EXPERIENCE

Maintain your wellness ritual in your room or embrace a revitalising workout in our tranquil gardens with the Technogym Case — available complimentary, upon request.

The case includes:

- Exercise mat
- Resistance bands
- Weighted knuckles
- Foam roller
- Mobility ball
- Exercise guide

In addition, a dedicated QR code grants you instant access to your Virtual Trainer – a digital companion designed to inspire and guide you through tailored workout sessions, anytime, anywhere.

Simply request your Technogym Case at the Front Desk or at our Casanova Wellness Centre.

Subject to availability.

PRIVATE SWIMMING LESSON

60 MINUTES

Hone your techniques, strokes and breathing with this personalised swimming lesson. The instructor will tailor the session to your specific needs, boosting your overall confidence in the water.

FULL BODY FUNCTIONAL TRAINING

60 MINUTES

Challenge yourself to a dynamic workout focusing on strength, endurance and mobility. Combining bodyweight exercises, resistance training and high-intensity intervals, this practice improves overall fitness, coordination and core stability. Suitable for all levels.

TAI CHI

60 MINUTES

Discover this slow, graceful martial art that focuses on mind-body connection, balance and relaxation. Through a series of gentle, flowing movements and deep breathing, you can enhance your flexibility, strength and mental clarity.

TENNIS LESSON

60 MINUTES

Brush up your skills on the court, focusing on technique, footwork and game strategy. Whether you're a beginner or advanced player, the coach will guide you through everything from stroke techniques to tactics.



Contact

CASANOVA WELLNESS CENTRE CIPRIANI HOTEL

Telephone (from room) Call ext. 505 or press
the Spa button on your room phone.

Telephone (external line) +39 041 240 8529

Hairdresser: Available on-site at the Spa

Fitness Centre: Daily 24/7

Opening times treatments: Open daily 10:00-19:00

E-mail: wellnesscentre.cip@belmond.com

