



Indulge in a few hours of pleasure dedicated to the exclusive care of yourself. The **Armani/SPA** team of professionals will prove you how one day can be enough to discover the pleasure of a renewed psycho-physical balance, releasing your mind and body from any tension.

The luxury SPA of the **Armani Hotel Milano** is the ideal place for moments of unforgettable peace and relax, an oasis of well-being in perfect harmony with the style and charm of the unique design of **Giorgio Armani**.

### MU

An exclusive collection of soft and delicate touch treatments designed to induce a deep relaxing sensation and give unique moments of well-being

#### MU FACIAL MASSAGE

Gentle touches that enfold the visage, giving relief to tired muscles, ideal for feeling fresher and relaxed thanks to special hydration techniques that nourish the skin giving it charm, suppleness and firmless. Recommended for dry and dehydrated skin, requiring hydration and moisture.

50 o 80 minutes - €150 / €210

#### MU BODY MASSAGE

The perfect treatment to enter in a state of deep relaxation thanks to the jasmine essential oil, with jasmine flower and ylang-ylang scent. A deep relaxing massage that, combining specific slow and enveloping movements, promotes restful sleep, relieving psychological tension.

50 o 80 minutes - €140 / €200

#### MU FACIAL SCRUB AND MASK

A delicate exfoliating scrub with grape polyphenols removes dead skin cells and promotes their renewal, leaving a smooth, nourished and luminous skin. The exfoliation smoothes the skin preparing it for a luxurious mask-balm with fragrant oils and nourishing serums.

25 minutes starting from € 100

#### MU BODY SCRUB, MUD OR WRAP

An exfoliating body scrub with grape polyphenols removes dead skin cells promoting their renewal, leaving a smooth, nourished and luminous skin. A clay wrap to nourish, soften and deeply moisturize the skin. Jasmine essential oil, with jasmine flower and ylang-ylang scent and its highly nutritive properties, gives a pleasant sensation of relaxation and softness.

50 or 80 minutes - €150 / €210



## FLUIDITÀ

A collection of purifying treatments to promote mind and body wellness, improving water out and toxins, reinvigorating essential functions from the inside.



#### FLUIDITÀ FACIAL MASSAGE

A specifically gentle facial treatment for hyper-stimulated and sensitive skins prone to puffiness. Lymphatic drainage eliminates puffiness and encourages nutrients absorption, while soothing, de-sensitizing natural plant extracts purify, rebalance and illuminate the skin.

50 or 80 minutes - €150 / €210

### FLUIDITÀ BODY MASSAGE

An uplifting and revitalizing body massage with specific draining techniques to help reducing excessive water retention and localized puffiness, flushing out unwanted toxins. Carefully selected Jade body oil, thanks to lemon and musk purifying properties, improves the lymphatic circulation and promotes recovery from small internal imbalances caused by travels and intensive working programs.

50 or 80 minutes - €140 / €200

#### FLUIDITÀ FACIAL SCRUB AND MASK

A gentle detoxifying scrub to revitalize and improve skin brightness, drain impurities and promote skin cell renewal. The exfoliation smoothes the skin preparing it for a luxury mask-balm with reactivating serums and lemon and white musk perfumed oils.

25 minutes starting from € 100

### FLUIDITÀ BODY SCRUB, MUD OR TEXTURE WRAP

Exclusive brushing techniques to activate lymphatic circulation. A sea salt lipogel scrub and a combination of natural mineral mud and Jade oil flushes out toxins, reduce water retention and give a revitalizing effect on body and mind. The texture wrap treatment, with criolipogel cold localized bandages, reduces lymphatic puffiness due to stress and small internal imbalances.

50 o 80 minutes - €150 / €210



### LIBERTÀ

A unique specific treatments collection designed to release mind and body from deep physical stress and to sooth aching muscles, dissolving tensions and alleviating pressure on tired joints.

#### LIBERTÀ FACIAL MASSAGE

A revitalizing and bracing treatment that enlivens facial contours enhancing skin elasticity. This massage is particularly recommended for improving skin natural firmness and texture.

50 or 80 minutes - €150 / €210

#### LIBERTÀ BODY MASSAGE

A deep-acting treatment that, thanks to the combination of specific deep tissue techniques and acupressure, relieves tensions and frees movements. Carefully selected Bois body oil with Cedar wood, vetiver and pink pepper essential oil, coaxes muscles into releasing tensions, leaving a soft and supple skin.

50 o 80 minuti - €140 / €200

#### LIBERTÀ FACIAL SCRUB AND MASK

An exfoliating peeling that promotes cell renewal, restoring facial skin tone and texture.

The exfoliation smoothes the skin preparing it for a luxurious mask-balm, with invigorating serums and perfumed vetiver and pink pepper oils.

25 minutes starting from € 100





A rebalancing exfoliation with hazelnut seeds, enriched with aromatic vetiver and pink pepper oil, promotes cell renewal, while its manipulation sooths muscle tensions caused by stress and wrong movements. An anti-fatigue clay mud enriched with arnica and Bois body oil helps to sooth muscles, leaving a toned and supple skin. The texture wrap treatment, thanks to localized arnica bandages, further alleviates pressure on tired joints.

50 or 80 minutes - €150 / €210







### **BEAUTY EXPERIENCES**

Focused packages to indulge in an intensive daily treatments program, or to carve out a moment of well-being and relaxation away from the daily frenzy. The Armani / SPA has designed, in its exclusive envroiments, a combination of Day Spas tailored to all needs, with the aim of purifying, relaxing and regenerating body in its entirety, without waiving beauty care.

#### **BEAUTY TIME**

Luxury Manicure 50 min, Luxury Pedicure 50 min, Minifacial 25 min, body massage 50 min, relaxation area entrance;

3.5 hours € 410

A sequence of personalized treatments designed for moments of pleasure, to nourish body and mind in high stress periods.

#### HALF DAY

Luxury Manicure 50 min, Luxury Pedicure 50 min, Facial mixology 50 min, body scrub and massage 80 min, relaxation area entrance

4 hours € 520

4 hours of tailored treatments as moments of pure wellness and relaxation in an oasis of peace.

#### **FULL DAY**

Luxury Manicure 50 min, Luxury Pedicure 50 min, Facial mixology 80 min, body scrub and massage 80 min, personal trainer / yoga lesson, light lunch at Armani / Bamboo Bar, relaxation area entrance.

8 hours € 690

Escape from daily commitments to dive into the exclusive atmosphere of a luxury spa, recharge energies and dedicate a whole day to yourself.

#### PRE POST- NATAL

Facial mixology 50 min, body Essential touches 50 min, Manicure 30 min free, relaxation area entrance

4.5 hours € 325

Personalized treatment for moments of relaxation and wellbeing to experience in the strong bond between mother and baby, or post birth to treat yourself to a cuddle and recharge your energy together with your baby.

Two excellent packages to combine with treatments, to celebrate a special occasion with a unique experience in a universe of fleeting moments:

#### ROMANTIC PACKAGE

Couple room for two people with strawberries and champagne, a romantic getaway from the daily frenzy, to revitalize the couple and the desire to share a special moment in the name of well-being.

30 min € 60

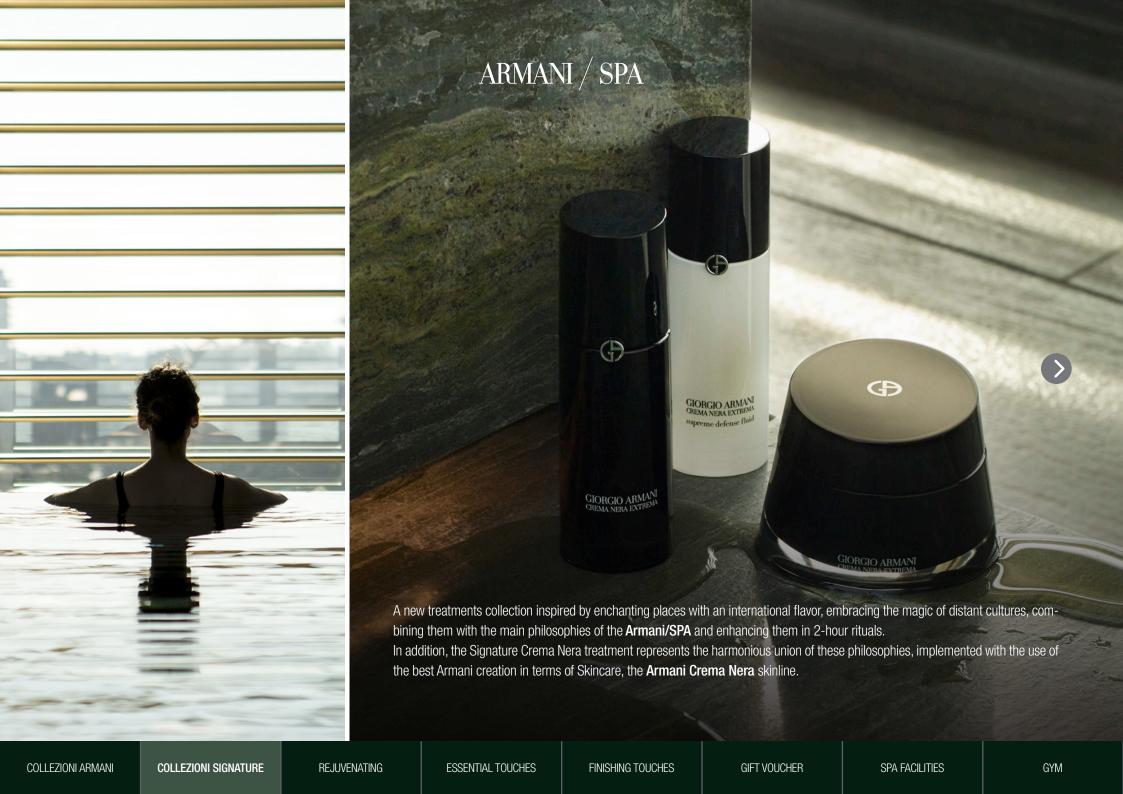
#### SPECIAL OCCASION

Couple room for two people with champagne and personalized cake.

30 min € 110







### SIGNATURE MU

### SIGNATURE FLUIDITÀ

### SIGNATURE LIBERTÀ

With this treatment comes the ritual of slowness and vital awakening, growth from a need to take care of body and soul. Each single detail, with Orient inspired sounds, and rhythmic, deep slow movements, will accompany you on an interior journey, aimed at showing up your beauty even more. Delicate and enveloping brushing manipulations of body and scalp will be followed by an oleation that prepares both body and mind for the zen massage.

A gentle total body stretching with silk sheets sooths skin-deep tensions, opening a delicate massage that will treats your body back into harmony and balance with your natural energies, breaking down both physical and emotional blocks and giving you an incredible feeling of harmony.

A thousand and One Night ritual dedicated to purification, with different phases that alternate like a dance, accompanied by a sweet background melody. Fast and enveloping manipulations that have an exfoliating and purifying action will be followed by a cleansing with savon noir, the typical Arabic soap used in the hamman ritual, to prepare skin to the precious Berber gold mask.

In a pleasant natural heat that recalls the hot desert winds, the body reaches the correct body temperature. The optimal state of purification and regeneration culminates in an enveloping massage with the precious argan oil. Each treatment phase is marked by the tasting of a green tea drink that accentuates its draining power.

A journey through the famous "Silk Road" of the Far East, in a perfect combination between the Traditional Thai massage, strongly influenced by Ayurvedic Indian medicine, and yoga practice. This ritual, with a strong relaxing effect on both body and soul, involves each part of the body starting from the feet, with the typical Thai foot bath with rose water.

Flowing and natural joints traction manipulations improves elasticity, while body postural restoration, through yoga typical figures, helps to correct articular movements, rebalancing neurovegetative system and eliminating the main cause of physical and mental fatigue, stress. A unique experience through the energetic lines of the body, to improve mobility and promote inner well-being.





## SIGNATURE ARMANI/CREMA NERA



rates from the deep back massage.

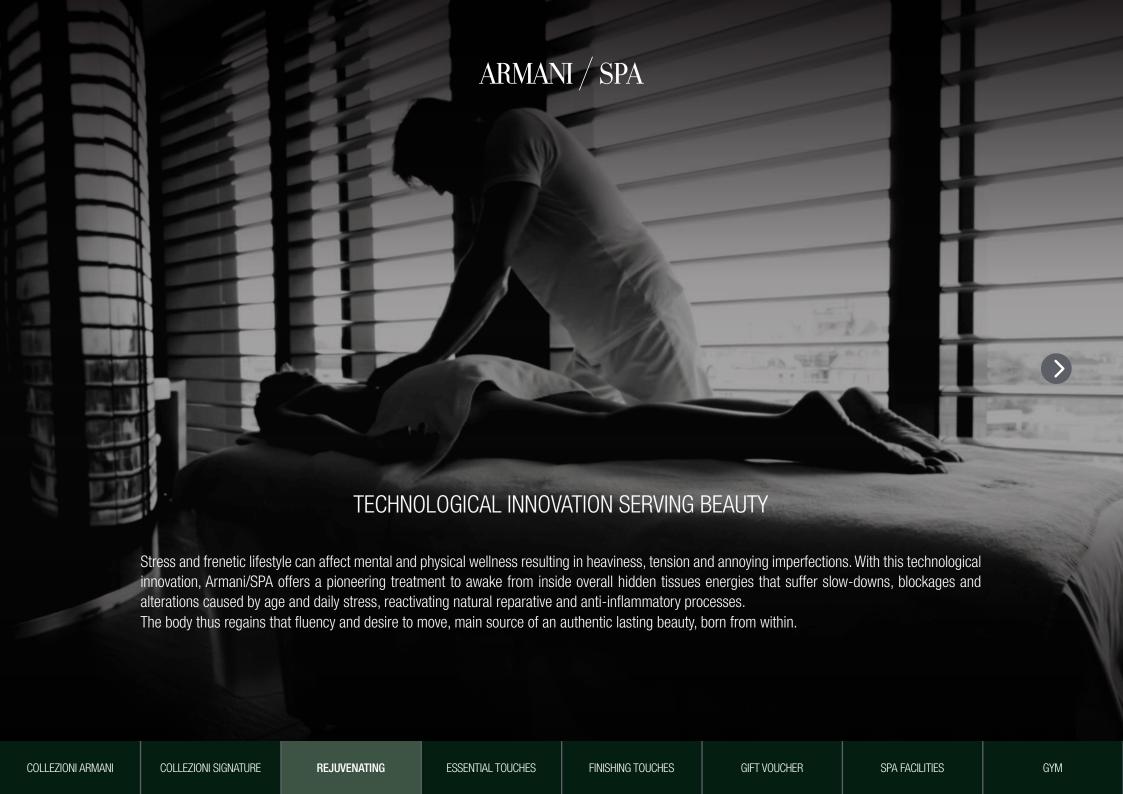
The exfoliating mask, with natural products strongly sought in the loved lands of the Maestro and reminiscent of the meticulous Asian culture precepts of inner purification, refines and helps detoxify the skin from within.

A draining massage with mineral gloves, strengthened by manual and energetic gestures, stimulates the reflex zones: the skin therefore transforms and recovers its natural splendor.

The ritual culminates with a last phase dedicated to the whole body energetic restart, through the application of moisturizing and regenerating active ingredients enhanced by a massage with fusion stones.

A path that embodies the three philosophies on which the **Armani/SPA** is founded: MU, FLUIDITÀ and LIBERTÀ.

A unique and inimitable treatment of its kind, like the whole **GIORGIO ARMANI** style.



## REJUVENATING FACIAL ANTI-AGING

### REJUVENATING HEALTHY AND LIGHTER LEGS

## ENERGY AND REVITALIZING BODY TREATMENT

Our visage is our business card as it immediately reveals our age as well as our inner psycho-physical state. The special moisturizing treatment has a smoothing effect giving elasticity and energy to both cells and tissues, for a vital and fresh visage. The rejuvenating anti-aging method is the first treatment that combines manual techniques with specific technological tools for a simultaneous stimulation of body tissues and joints, releasing energy blocks and recreating internal natural balance shown by a young, health and bright skin.

The circulation stimulation, together with oxygen supply, speeds up cellular turnover with an immediate spontaneous tissues regeneration. Right after the first treatment, the skin visage appears radiant, smoothed and relaxed while the skin gains back that natural vitality which is the secret of authentic beauty.

Duration: Starting from 50 minutes

Price: Starting from € 160

Legs wellness is based on lymphatic and blood system proper functioning: these systems flow through the subcutaneous adipose tissue, bringing oxygen and eliminating waste, and keeping body healthy and vital. However, when they stop working properly, we feel an annoying sense of heaviness, hands and feet become frequently cold and we experience that anesthetic cellulite layer.

The Rejuvenating anti-aging treatment for healthy and lighter legs quickly and effectively fights against this process, stimulating oxygen supply through tissues and eliminating liquids stagnation in capillaries, cause of puffiness and fatigue. Furthermore, it dissolves accumulated fat by restoring normal functionality, giving tissues more elasticity and consistence. For legs much lighter, healthy and beautiful.

Body energy system works in complete synergy and each part reflects its well-being. The innovation of Rejuvenating anti-aging method is based on this principle: a global effectiveness that gives balance back to whole body thanks to a combination of manual techniques, technological innovation and aromatherapy quintessences, with a beneficial and deep influence on the entire organism.

A specific massage that helps removing energetic blockages staring from joints tensions, allowing vital energy to freely flow, restoring an optimal psycho-physical condition and a lightness feeling for the whole body main points of muscular tension. The treatments results are: better articular mobility, muscle flexibility, night rest improvement and stress level reduction, giving an immediate and evident biological tissue quality rising.

Duration: Starting from 50 minutes

Price: Starting from € 160

Duration: Starting from 50 minutes

Price: Starting from € 160







**Armani/SPA** has designed a special selection of advanced and latest generation treatments that offers effective responses to specific wellness facial and body needs. These treatments promote detoxification and energy renewal and vitality after a particular psycho-physical stress period. They can also be useful to prevent and mitigate the damage of time thanks to a real shock therapy.

### ESSENTIAL FACIAL TREATMENT

#### MINIFACIAL 25 'MU FREEDOM FLUIDITY

Mini treatments born from the need to dedicate precious time to themselves even during a busy day. Indicated to fit for a special evening or an important event.

#### FITOMELATONINE EYE CONTOUR

Phytomelatonin is a plants extracted ingredient that stimulates skin regenerative processes and repairs the damages caused by smog and UV rays, relaxing facial features.

The Armani/SPA offers a treatment for eye contour, which exploits the power of phytomelatonin to penetrate very deeply.

Even the most mature and tired skin gets benefits from this ingredient thanks to a soft mask that reduces dark circles, smoothes small wrinkles, moisturizes and strengthens the eyes contours, restoring the look natural brightness.

25 min € 100 / 50 min € 165 / 80 min € 225

#### FACIAL MIXOLOGY MU LIBERTÀ FLUIDITÀ

This treatment provides a multi-functional approach: a combination of products to treat different skin needs simultaneously, thus giving an immediate visible result.

#### MU REHYDRATING

Specific treatment recommended for dehydrated and sensitized skins. Visage regeneration is stimulated by the use of ingredients and serums aimed at activating cell renewal and deep rehydration.

#### FLUIDITÀ NORMALIZING

Multi-functional treatment to help handle complex conditions such as oily, acne-prone skin or acne. It has a sebum-normalizing, exfoliating, anti-inflammatory, anti-stain and purifying action.

#### • LIBERTÀ ANTI-AGING TONING

Recommended treatment to prevent and reduce ravages of time, such as wrinkles, fine lines, loss of face, neck and décolleté skin tone, and also to correct photo-aging signs.

25 min € 100 / 50 min € 165 / 80 min € 225

#### FACIAL THALASSO EXPERIENCE MU LIBERTÀ FLUIDITÀ

Sea water has always been an inexhaustible source of hydration and beauty. Based on skin type and desired effect, you can choose between:

- MU FACIAL THALASSO
   Particularly suitable for dry and dehydrated skin
- FLUIDITÀ FACIAL THALASSO
   Specific treatment for oily skin with a dull complexion
- LIBERTÀ FACIAL THALASSO Intensive moisturizing and anti-aging treatment

25 min € 100 / 50 min € 165 / 80 min € 225



### ESSENTIAL BODY TREATMENT

#### SPECIFIC FOR METHODS

A wide selection of massages and treatments focusing on the therapeutic properties of both traditional medicine and modern techniques.

Thai massage
Vodder massage for lymphatic drainage
Hot and cold stones massage
Four hands massage
Massophysiotherapy massage
Ayurveda massage
Shiatsu massage
Foot reflexology
Sport massage

#### PRE - POST NATAL

Specific treatment that offers moments of relaxation and well-being to be shared in the deep bond between mother and baby, or post-partum to treat yourself to a cuddle and recharge your energy to spend with your child. A moment dedicated to yourself and to your won-derful changing body.

50 min € 160 / 80 min € 230

#### JET LAG WITH FITOMELATONIN

For a quick recovery from physical and mental fatigue caused by exhausting journeys. Jet leg treatments are recommended in the late afternoon for maximum benefits.

#### THALASSO EXPERIENCE

Based on skin type and desired effect, you can choose between:

#### • MU BODY THALASSO

Intensive program that moisturizes, tones and firms tissues maintaining beauty and softness in 3 phases: peeling, marine collagen wrap, relaxing emulsion.

#### • FLUIDITÀ BODY THALASSO

Vasoactive treatment that promotes a strong draining action through water out elimination.

### • LIBERTÀ BODY THALASSO

Exclusive thalasso cosmesis treatment to stimulate muscle tonicity and relieve rheumatic pain due to stress.

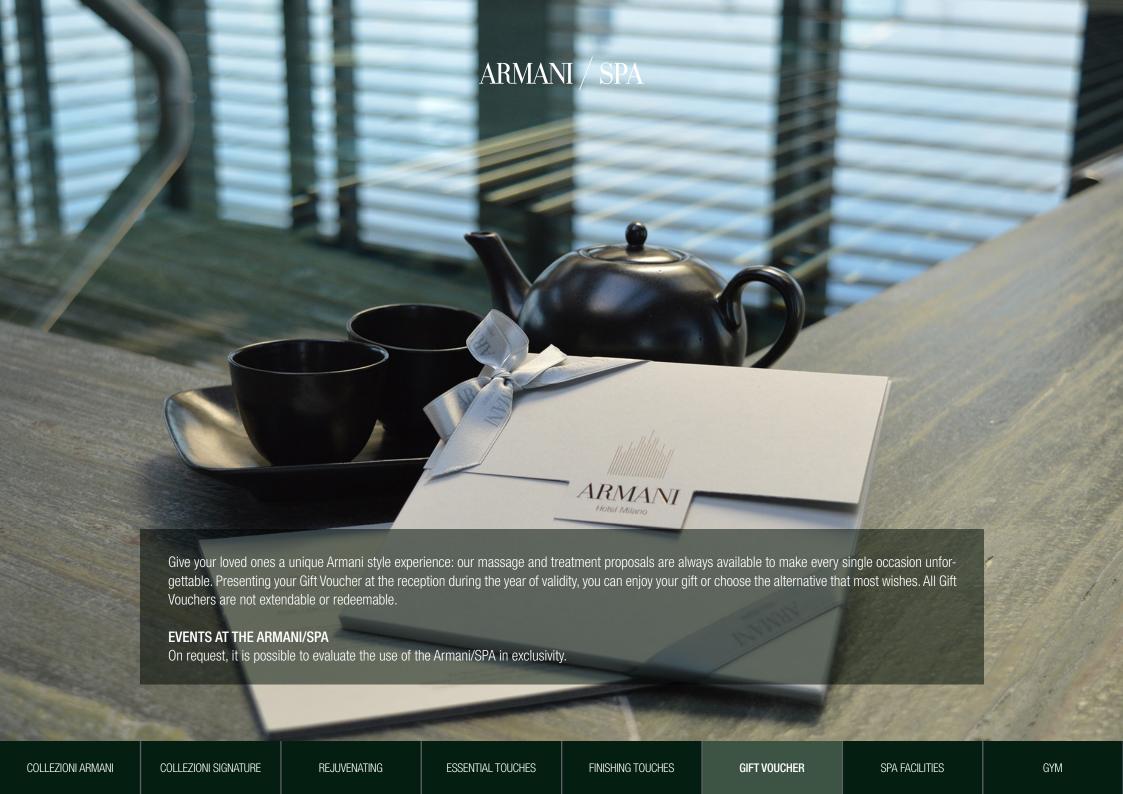
50 min € 160 / 80 min € 230





An essential moment to complete beauty care thanks to the attentive care of the Armani/SPA professionals.

- Waxing
- Manicure, Luxury manicure or Gel polish
- Pedicure, Luxury pedicure or Gel polish
- Make up by Giorgio Armani: All Day, Night Out or Special Occasion
- On request: Hairdresser services, eyelashes extention



#### **OPENING TIME**

SPA & Treatments: 9:00 - 21:00 (Monday-Sunday)

#### **GYM**

9:00 - 21:00 for our subscribers (with prior notice). 24 hours (Monday-Sunday) for hotel guests

#### TO SET AN APPOINTMENT

To ensure your desired time and service is available, we advise booking at least 48 hours in advance. All bookings must be confirmed or guaranteed by a credit card.

#### **ARRIVAL TIME**

We suggest to arrive at least 15 minutes prior to the appointment time, wearing the bathrobe and slippers provided. Please be aware that late arrivals will result in reduced treatment time.

#### **CANCELLATION**

In the event of cancellation, guests are required to notify the SPA by 8.00 pm on the day prior to their appointment. In the event of later notification or failure to show, we reserve the right to charge in full the treatment reserved. Special conditions will be applied in case of bookings during the day and/or with exclusive use of our SPA; these conditions will be stipulated upon confirmation of the booking.

#### SPA ETIQUETTE

Our SPA environment is one of relaxation and tranquility. Please respect all SPA guests' right of privacy and serenity. In light of this, guests are required to wear swimwear in common areas, including relaxation pool, sauna and steam bath. The SPA is a mobile phone and smoking free zone. Robes, towels, slippers and amenities will be provided by the SPA.

#### AGE RESTRICTIONS

To receive a massage or treatment it is required to be 18 years old or older. For health and security reasons in the relaxation area, children under 14 years old are not permitted, while for children between 14 and 16 years old liability waiver is required and they must be supervised by a parent (or by a personal trainer at the gym)

On the top floor of the hotel with a breath-taking view of the city, the SPA Gym of the Armani Hotel Milano offers a unique spaces, technologically advanced equipment and the expertise of Personal Trainers who design a personalized program for each guest.

Open 24/24 and free of charge for Hotel guests.

GYM - external guests		
Single gym entrance	€	110
Gym bag storage and single wash	€	10
Single lesson with Personal Trainer		
60 minutes	€	100
Package 10 + 1 lessons with Personal Trainer *	€ 1	1000
Extra hours before/after the opening hours	€	25

#### **SUBSCRIPTIONS**

A range of annual subscriptions and flexible quarterly wellness packages to help you achieve your goals

#### ANNUAL BUSINESS SUBSCRIPTIONS

Designed to meet the needs of those who can carve out little time during the week to dedicate to themselves and want to exploit it to the fullest.

#### ANNUAL OPEN SUBSCRIPTIONS

For all those who cannot do without sport, but who would like to dedicate time also to wellness and relaxation.

#### TANDEM PAC

Share the Armani experience! Bringing a second person to purchase the same membership / quarterly wellness package, you will receive a 10% discount on your membership / quarterly wellness package.

#### **GYM & WELLNESS PROGRAM**

Packages, designed for those who want effective and visible results in the short term, which combine fitness with body treatments to increase the result.

#### FITNESS PROGRAMS

An offer of fitness programs for individuals and small groups:

- Jogging In the Fashion District
- Tracked Training
- High Power Fitness Program
- Body Weight Training