

CXII

CENTOUNDICISPA





CXI
SPA



The innovative path of wellness and beauty of CXI Spa uses outstanding cosmeceutical products in synergy with the most prestigious organic products. Selected from the best international proposals, they help restore inner and outer balance. Luxury, Beauty, Nature, here and now.

NIANCE® Prestigious anti-aging treatments from Switzerland

CXI SPA and NIANCE® are innovative anti-aging treatments for face and body, characterized by their exclusive active ingredients and massage techniques. The senses relax, while these pioneering products use the fruits of their research for remodelling, slimming and firming the body, offering softness, luminosity and freshness to the skin.

SKINCEUTICALS All about the skin

CXI Spa and Skinceuticals, an internationally known brand, offer exclusive anti-aging treatments that combine these famous fast-absorbing products in specific medical aesthetic treatments. A recent discovery, with high percentages of pure, active ingredients, and a formulation without fragrance, this product outperforms the moisturizing and anti-wrinkle creams on the market today. Their antioxidant action, fully compatible with all skin types, is much more complex and active in protecting, preventing and correcting signs of aging.

CXI Luxury from nature

The know-how that combines the scientific expertise of the properties of plants with a thorough understanding of the vital energy meridians of the body, has been acquired in over 35 years of aromatic rituals. This is a unique treatment derived from a rigorous selection of natural ingredients, dosages and exclusive blends of active ingredients; treatments for daily use that take your relaxation to the next level. These active essential oils, a real energy concentrate, are especially formulated for optimal compatibility with the skin. The concept of beauty is inseparable from the concept of nature, respectful of its balance and its regeneration.

OXY - O2 innovative 99% pure oxygen

Non-invasive method that stimulates and regenerates the skin, conveying the active ingredients into the deeper layers of the epidermis in a natural and painless manner. It is the perfect ally for timeless beauty.





spa programmes

For those who want to be pampered in a course of treatments, we have created wellness proposals aimed at achieving deep regeneration and relaxation.



DAY PAMPERING

185 €

Exfoliation Body
on Spa table
25 MINUTES

NIANCE Eye deluxe
25 MINUTES

Cocoon Massage
50 MINUTES

Relaxing Terra herbal tea

BEAUTY PROGRAMME

240 €

CXI manicure
50 MINUTES

CXI pedicure
50 MINUTES

NIANCE® Intensive
facial treatment
50 MINUTES

Nail polish application
for hands and feet

Skinscope Skin Analysis
with personal consultation

SPORTIV PROGRAMME

390 €

Focus massage
for your back / legs
25 MINUTES

SPORT
Performance massage
50 MINUTES

Ceremony II: Talingo
80 MINUTES

Energizing fresh fruit extract

Post- workout
de-contracting cream

ANTI-AGE PROGRAMME

430 €

Skinceuticals Deep
cleansing facial
50 MINUTES

NIANCE recover:
body massage
50 MINUTES

OXY skin up by NIANCE®
80 MINUTES

Skinscope Skin Analysis
with personal consultation

Anti-aging fresh fruit extract

DETOX PROGRAMME

440 €

Water ritual
50 MINUTES

NIANCE body retreat
80 MINUTES

Ceremony I: Ofuro
80 MINUTES

Detoxifying fresh fruit
extract





**SKINCEUTICALS OXYGEN
ANTI-AGE**

80 MINUTES
220 €

Plumping treatment that uses active oxygen with the latest technology to convey the hyaluronic acid deep into the skin, enhancing its anti-aging properties. The epidermis becomes silky and rejuvenated and is also ideal for sensitive skin.

**SKINCEUTICALS OXYGEN
PIGMENT CORRECTOR**

80 MINUTES
230 €

The efficiency of 99% pure oxygen helps combat hyperpigmentation, and is ideal for stained and lined skins, helping to restore balance to the complexion. The result is a fresh and rosy complexion that is naturally hydrated. The skin will be renewed in a gentle yet effective way.

face

**OXY SKIN UP
NIANCE®**

80 MINUTES
240 €

Instant lifting effect for skin of all ages. The precious NIANCE® products penetrate into the deeper layers of the skin via hyperbaric oxygen, significantly improving the appearance of the epidermis and smoothing fine lines for an immediate anti-aging effect.

INTENSIVE NIANCE®

50 MINUTES
130 €

Intensive treatment with revitalizing action for skin in need of special attention. This specific treatment hydrates the skin with nutrients and vitamins. Small wrinkles and expression lines are smoothed, the face feels refreshed and the eye area looks more radiant.

NIANCE® DELUXE

80 MINUTES
190 €

Treatment of choice for demanding skin: it stimulates the rejuvenation and the natural restructuring of the skin, enriching it with essential micronutrients. The result is toned, smooth, rosy and younger-looking skin. It includes specific action for the eye by removing traces of excess fatigue.

**NIANCE®
MAN POWER**

80 MINUTES
190 €

Premium treatment for men that brightens, tones and strengthens the skin with enriching micronutrients and moisturisers. The appearance of the epidermis becomes fresh and revitalized. This special treatment makes the eye visibly smoother and brighter.

**SKINCEUTICALS
DEEP CLEANSING**

50 MINUTES
140 €

Deep cleansing treatment with Skinceuticals cosmeceutical products, combined with the elimination of impurities, leaves the skin smooth, purified, with an amazing fresh feeling. It also serves as a preparatory step before other treatments.

**SKINCEUTICALS
PIGMENT CORRECTOR**

80 MINUTES
180 €

Targeted treatment specific for hyperpigmentation, which effectively improves melanin spots and renews the skin. Your face will regain a new brightness and a more even skin tone.

**SKINCEUTICALS
BRIGHTENING**

50 MINUTES
130 €

Ideal regenerating treatment for all skin types. Thanks to the high concentration of antioxidants and pure active ingredients, it restructures the skin, offers brightness, corrects the signs of aging and evens out skin tone.

**SKINCEUTICALS
REDNESS NEUTRALIZER**

50 MINUTES
130 €

Fresh treatment designed for sensitive skin, which concentrates on micro-circulation, calming redness and restoring the skin barrier to maintain a naturally protected, reinforced, clear and radiant skin.

**NIANCE®
EYE DELUXE**

25 MINUTES
75 €

Premium treatment dedicated to the eye area that focuses on the look, relaxing the tissues that normally reveal the advancement of aging. A brightness and glow recapture the face, offering immediate freshness.

**CXI FACIAL
REMODELLING**

50 MINUTES
100 €

Firming face ritual, reshapes the facial features with a long and relaxing massage. Offers new vitality and compactness using natural products with nourishing and antioxidant properties.





body

EXFOLIATING BODY TREATMENT

25 MINUTES
55 €

Exfoliating spa on the warm Corian bench. A moment of well-being aimed at softening the skin in preparation for other treatments. With natural products.

WATER AND FIRE RITUAL

50 MINUTES / 120 €
80 MINUTES / 175 €

Floral waters and essential oils act on the liquids of the metabolism to reactivate the micro-circulation and stimulate for a deep detoxification. This treatment, using specific products through massage, targets the circulation for a slimming result and a deep detoxification of the tissues, offering lightness and vitality.

NIANCE® RECOVER LUXURY ANTI-AGING FULL BODY MASSAGE

50 MINUTES
125 €

Exclusive NIANCE® massage that nourishes and regenerates the skin in depth using precious, natural anti-aging substances. The manual draining is enhanced by innovative formulations of oils working on diverse layers, to detoxify and tone the tissues.

NIANCE® BODY RETREAT

80 MINUTES
190 €

Luxurious treatment that works on the body with a multifaceted and innovative effect to offer lightness and relaxation. A specific exfoliation with both mechanical and enzymatic movements gently cleanses the skin in depth, while the extraordinary NIANCE® massage, performed with the most precious anti-aging oils, concludes the treatment with a pleasant feeling of wellbeing.





massage

CXI MASSAGE

50 MINUTES / 90 €
80 MINUTES / 135 €

Classic massage we have created to customize your spa experience. This is a Western-style de-contracting massage with warm oil that stimulates the circulation and works on the major muscle groups to relax them.

DEEP TISSUE MASSAGE

50 MINUTES / 110 €
80 MINUTES / 170 €

It relaxes the deep and superficial muscles, improves blood circulation and restores vital energy by optimizing the body's response to stress. This deep massage technique relaxes the major muscle groups, with specific focus on the most difficult points of the body.



SPORTS PERFORMANCE MESSAGE

50 MINUTES
135 €

Invigorating deep muscle massage of the major muscle groups, ideal for eliminating fatigue, stretching and relaxing the muscles of the body to prevent trauma. With dynamic techniques and passive stretching, it helps to reduce and relax muscle tension, perfect for the sports-minded who perform frequent physical activity.

LUMEN MASSAGE

50 MINUTES / 130 €
80 MINUTES / 190 €

A treat for the body characterized by slow, gentle movements that recall the techniques of massage. Discover a multi-sensorial world with this signature massage that quenches the skin drop by drop with a vegetable oil that releases tension. Free your mind and regenerate your body by recharging your energy.

COCOON MASSAGE

50 MINUTES / 100 €
80 MINUTES / 145 €

The gentle warmth of organic Shea butter, which melts onto the skin in this unique personalized massage, nourishes and offers a wonderful feeling of relaxation. The specific techniques during the massage, relaxes tense muscles from head to toe.

ESSENTIAL OF REFLEXOLOGY

45 MINUTES
100 €

As the reflector and fundamental support of our body, the foot is stressed daily. It is frequently filled with tensions that we are not aware of. With skill and precision, this technique loosens its joints, offering a sensation of lightness and well-being that pervades the whole body.

SHORT COLLECTION

Take a brief and intense wellness break between one commitment and another, with this exclusive selection of short treatments.

Regenerating foot massage
25 MINUTES / 55 €

Relaxing head
and shoulder massage
25 MINUTES / 50 €

Focus massage legs or back
25 MINUTES / 55 €



The exclusive setting and the high professionalism of the CXI SPA at the service of those little features in order to emphasize details to be perceived as a sign of love and respect for one's body.

SHORT MANICURE

filing - enamel Nail Polish
20 MINUTES / 40 €

CXI MANICURE

cut - filing - cuticle - polishing - massage
45 MINUTES / 55 €
Supplement for OPI nail polish application: 20 €

SHORT PEDICURE

foot bath - cutting nails - cuticles - polishing -
without nail polish
25 MINUTES / 45 €

CXI PEDICURE

foot bath - cutting-cuticles - polishing -
callus shaving - cream
45 MINUTES / 75 €
Supplement for OPI nail polish application: 20 €

OPI GEL COLOR MANICURE

50 MINUTES
95 €

The signature OPI complete manicure is for manicured hands that will last a long time. A semi-permanent nail polish with a 100% gel formula that is worn like a glaze but holds up like a gel and lasts for weeks. OPI is recognized worldwide for its unbeatable speed of application, durability and gloss.

OPI GEL COLOR PEDICURE

50 MINUTES
115 €

Complete pedicure with specific professional products and OPI professional Gel colour as a finishing touch. For pretty feet and polished nails in bold, bright colours, thanks to the formulation of semi-permanent OPI nail polish.

beauty room mani-pedi service





waxing services

Face	20 €
Half leg	40 €
Entire leg	50 €
Arms	30 €
Underarms	20 €
Bikini areas	25 MINUTES / 45 €
Full-body	50-80 MINUTES / 85-110 €
Complete for men	50-80 MINUTES / 90-115 €
Eyelash or eyebrow tinting	20 MINUTES / 30 €



the seven ceremonies

The CXI Seven Ceremonies redefine the concept of luxury, letting waves wash over the wellness area, where the focus is on the senses, nurtured and enhanced by precious and exclusive organic ingredients.

This exclusive selection of massages inspired by the world, immerses you in daily rituals of distant lands, rooted in the past and reinterpreted in an original way at the CXI spa to ensure a unique experience.

We offer experiences from the ancient ritual of the Japanese bath to the crossing of the South Seas to Malaysia, from the suggestions of a Garden of Earthly Delights in the Middle East to seeking the warmth of the stones of the Northern Gems, from the magic of ancient China to the realization of a Burma dream, then moving to the Andaman Sea, where this Indian land inspires the return to soul and body well-being, accompanied by personalized advice in choosing the right location where you can get swept away.



Ofuro

The ancient Japanese ritual for couples

Not only a journey through space, but also in time, to the island that is so far away in traditions and rhythms: Japan. A warm bath, a purifying and regenerating experience that recalls ancient customs, becomes an immersion into an experience dedicated to gentle touches and thoughtful gestures. The scent of lotus and neroli emanated on the body by the use of fine rice cream, relaxes and melts tension from head to toe.

80 MINUTES / 390 € PER COUPLE



Talingo

Journey to the South Seas

Talingo, the ancient ritual of relaxation and regeneration that is fast-paced and accompanies this journey in search of well-being. It starts from Thailand, where the body is greeted by intense movements of stretching and joint mobilization from the ancient tradition of Thai massage, which offers new energy and elasticity for the muscles. The hair and the head will then be wrapped by the sweet fragrance of carrot and prickly pear oil, while the flowing movements of the Malaysian full-body massage, accompanied by the scent of champaca flowers, will help you reach deep well-being.

80 MINUTES / 210 €



Loukum

The Garden of delights

This experience takes you to the Middle East in mysterious and lush exotic gardens, for an authentic and ancient sensation. Pistachios and almonds, the essential ingredients of the Turkish sweet "Loukum", play the leading role in an exfoliating and invigorating massage, which prepares the skin for a warm bath, topped off by delicious aromas of a typical Middle Eastern market. Next, an awakening of the senses begins softly with a light dripping of warm butter on the skin, in a relaxing massage that wraps the body in a delicate essence of lotus and plumeria.

140 MINUTES / 340 €



Baltic amber

Gems of the North

In the whiteness of the northern ice, like a jewel imprisoned in a cold glass case, amber embodies the secrets of the oceans and time. This ceremony chooses journey as an element, via butters and essential oils, to transmit a long amber embrace creating harmony throughout your body. A massage with warm amber stones and heated Baltic butter, keepers of the secret of the heat of the earth that surrounds and calms the senses. It melts away all the tensions of the body and restores well-being.

110 MINUTES / 280 €

V

The weaver

Ancient China

This delicate ceremony designed for the hands takes guests to ancient China, to discover the secret of the soft hands of the weaver, influenced by the delicacy of the precious fabrics woven for the empress, that his fingers touch and work with patience and meticulousness. A mask of honey, rose and ginger melts with the heat of the body, releasing all their nutrients and anti-aging properties. The intense aromatic notes of a massage that also involves the head and shoulders, bring to mind the scents of flowers gardens of the Far East, a memory which remains on your hands.

50 MINUTES / 90 €

VI

The equilibrist

Burma dreaming

As a journey through the Bay of Bengal and the northern mountains, the Balancing Act Ceremony is a course designed to gently smooth the bottom of the foot, that supports the weight of the body, giving them a feeling of lightness and softness, through treatments that draw from the tradition of Eastern dexterity and the use of products that recall lands and distant horizons. All tension is dissolved by this relaxing foot massage and aroma of the champaka flower, mentioned in ancient legends as the flower of the sunset in Southeast Asia.

50 MINUTES / 100 €

VII

Andaman sea

Indian inspiration

The ceremony retraces the steps of the Indian tradition, the land of the search for harmony between mind and body. Immersed in the fragrance of coconut oil, sesame and the mysterious aromas of India that envelops the senses, this massage devotes its attention to the head, pausing to calm the mind. A rhythmic touch of Ayurveda herbs with sandalwood and patchouli covers the entire body, relieving tension and restoring the natural cadence of your breathing.

80 MINUTES / 220 €



The Ritual Suite is a private and sophisticated area, consisting of several rooms dedicated to treatments for couples and for those who want to have an unforgettable experience. Customizable rituals are focused on complete personal wellbeing. The various combinations using the Raxul bath, whirlpool and the spa bench offer relaxing poly-sensory experiences.

ritual suite

CXI EVASION

110 MINUTES
230 € PER PERSON

An imaginative sensory experience that will transport you to an island like no other: Madagascar. Slow, expert, and enveloping movements gently exfoliate the skin, in preparation for the hydro massage bath. A full body massage with active essential oils revitalizes the body, giving new strength and vitality, as a conclusion of this ritual.

PRIVATE SUITE SAHARA

110 MINUTES
350 € PER COUPLE

The couple travels to desert lands where the wellness oasis, like a mirage, offers evocative emotions. The steam bath, as the first stop, envelops the senses in a warm cloud. The second stop is a gentle body exfoliation with scrubs evoking aromas of the desert, to regenerate the skin and nourish it in the bath by candlelight. Finally, the couples massage with warm oil reveals the true spirit of the desert.

PRIVATE SUITE OF SULTAN

140 MINUTES
390 € PER COUPLE

Perfumes of the East and heady spices fire the imaginations to distant lands, in a palace where delicacies from around the world are gathered to impress guests. The exotic massage by candlelight stimulates the senses, Asian exfoliation for the body revitalizes the skin, dry heat of the private Roman bath relaxes muscles and a custom couple's massage concludes a timeless journey.



To enjoy a quiet and relaxing environment while within the spa and surrounding areas, we kindly ask you to turn off your mobile phones and lower your tone of voice.

The staff reserves the right to deny access to anyone whose attire or behaviour may disturb or endanger other guests in the spa and surrounding areas. All internal CXI areas are non-smoking. Our staff will show guests the dedicated smoking area outside the building.

In the sauna and steam baths, you are required to remove all clothing within each hot environment, covering only with the towel supplied. We recommend you bring bathing suits to use in the pool and whirlpool areas.

centoundici etiquette



APPOINTMENTS

In order to satisfy all needs and ensure availability, we kindly ask you to book your treatments when you confirm your stay. For Spa treatments, our staff will provide disposable undergarments for ladies and gentlemen.

CANCELLATION POLICY

If you fail to cancel a reservation at least 6 hours prior to the scheduled time, or in case of no-show, the total amount for the treatment will be charged.

CHILDREN

All guests under the age of 14 who wish to receive treatments or use the services of CXI SPA are considered minors and must be accompanied by a parent or adult guardian.

Access to CXI Degrees and Movements is prohibited to children under 14 years.

PRECAUTIONS

In case of allergies or health conditions (including circulatory or heart problems, or linked to high blood pressure) please advise at time of booking to receive the most appropriate treatment.

Pregnant women are requested to notify us and to make reservations after consultation with your doctor.

ARRIVAL

We kindly ask you to arrive 15 minutes before your appointment wearing bathrobes and slippers, having completed the medical questionnaire, which will allow our therapists to customize your treatments. The treatments begin and end within the time confirmed to allow the next guest a punctual appointment.

SPA PRODUCTS

The CXI spa reception is the place where you can buy exclusive products used during your treatment, in order to continue the experience at home and prolong the results.

LIDO
PALACE
1899





RIVA DEL GARDA

LIDO PALACE
VIALE CARDUCCI 10
38066 RIVA DEL GARDA (TN) - ITALIA


EST. 1928
THE LEADING HOTELS
OF THE WORLD®

TEL. +39 0464 02 1911
SPA@LIDO-PALACE.IT
LIDO-PALACE.IT