



beauty
e SPA

retreat



beauty
e SPA

PRICE LIST

- ✦ MASSAGES
- ✦ FACIAL TREATMENTS
- ✦ BODY TREATMENTS
- ✦ PRIVATE SPA
- ✦ COLD THERAPY



retreat

MASSAGGES

The power of touch to restore balance and harmony

RELAXING MASSAGE

SLOW, FLUID AND ENVELOPING MASSAGE TECHNIQUES TO RELEASE TENSION, CALM THE NERVOUS SYSTEM AND RESTORE A DEEP STATE OF RELAXATION.	50 MIN	€ 80
---	--------	------

DEEP TISSUE MASSAGE

A DEEP AND INTENSIVE MASSAGE FOCUSED ON THE MUSCLES TO RELEASE TENSION AND PROMOTE MOBILITY, RECOVERY AND A SENSE OF LIGHTNESS.	50 MIN	€ 110
---	--------	-------

LYMPHATIC DRAINAGE

GENTLE, RHYTHMIC MASSAGE TECHNIQUES THAT PROMOTE FLUID DRAINAGE, REDUCE SWELLING AND HEAVINESS, AND LEAVE THE BODY FEELING PLEASANTLY LIGHT.	50 MIN	€ 90
--	--------	------

COUPLE MASSAGE

AN EXPERIENCE TO BE ENJOYED TOGETHER, WITH TREATMENTS PERSONALIZED TO INDIVIDUAL NEEDS, TO SHARE A MOMENT OF PROFOUND WELL-BEING.	50 MIN	€ 180
---	--------	-------

TAILOR MADE

A FULLY PERSONALIZED MASSAGE, WITH TECHNIQUES AND MASSAGE MOVEMENTS SELECTED ACCORDING TO THE BODY'S NEEDS AND THE DESIRED OUTCOME.	30 MIN	€ 60
	50 MIN	€ 100

PRIVATE SPA ADD-ON	+€ 40
ALL TREATMENTS CAN BE COMBINED WITH ACCESS TO THE PRIVATE SPA*	

*combined service cannot be purchased separately





TREATMENTS FACE & BODY

The evolution of beauty
through the most advanced
aesthetic technologies.

retreat

ADVANCED FACIAL TREATMENTS

Targeted rituals for radiant, renewed skin

HYDRAMETHOD

DEEP CLEANSING AND HYDRATION TO UNCLOG PORES, PROMOTE SKIN RENEWAL, AND RESTORE FRESHNESS, RADIANCE AND COMFORT TO THE SKIN.

30 MIN € 80

+ COMPLETE THE EXPERIENCE WITH A TARGETED MASK

45 MIN € 120

+ COMPLETE PROTOCOL WITH TARGETED TREATMENT

60 MIN € 140

REPLUMP COLLAGEN TECHNIQUE

AN INTENSIVE PLUMPING AND DENSIFYING TREATMENT THAT IMPROVES HYDRATION, FIRMNESS AND TONE, VISIBLY REDUCING THE SIGNS OF AGING.

60 MIN € 140

NANONEEDLING

A NON-INVASIVE ACTIVE INGREDIENT DELIVERY TECHNIQUE THAT IMPROVES RADIANCE, EVENNESS AND OVERALL SKIN QUALITY, WITH SPECIFIC PROTOCOLS FOR PIGMENTATION, IMPERFECTIONS AND THE DÉCOLLETÉ.

45 MIN € 130

SKINTREAT + RADIOFREQUENCY

PROFESSIONAL CLEANSING AND RADIOFREQUENCY TO IMPROVE TONE, ELASTICITY AND FIRMNESS, DELIVERING AN IMMEDIATE LIFTING EFFECT AND RENEWED RADIANCE.

30 MIN € 90

SPECIFIC FACIAL TREATMENTS

A PERSONALIZED TREATMENT PRECEDED BY A SKIN ANALYSIS, WITH TARGETED PROTOCOLS DESIGNED TO ADDRESS THE SPECIFIC NEEDS OF THE COMPLEXION.

60 MIN € 140

retreat

ADVANCED BODY TREATMENTS

Rituals dedicated to body contouring, toning and well-being

TOTAL BODY TREATMENTS

REACTIVE SHOCK

THE MOST COMPREHENSIVE BODY TREATMENT, COMBINING EXFOLIATION, PRESSOTHERAPY AND THERMOTHERAPY TO PROMOTE DRAINAGE, DETOXIFICATION AND BODY CONTOURING.

90 MIN

€ 150

DRAIN THERAPY

A DRAINING TREATMENT COMBINING EXFOLIATION, BODY WRAPS AND PRESSOTHERAPY TO REDUCE SWELLING AND WATER RETENTION AND RESTORE A FEELING OF LIGHTNESS.

60 MIN

€ 130

DETOX SHOCK

A DETOXIFYING TREATMENT WITH MUD WRAPS AND THERMOTHERAPY TO PROMOTE THE ELIMINATION OF TOXINS AND IMPROVE THE APPEARANCE AND VITALITY OF THE SKIN.

60 MIN

€ 130

MANUAL DETOX PROTOCOL

A FULLY MANUAL DRAINING TREATMENT USING SPECIFIC MASSAGE TECHNIQUES, BODY WRAPS AND PROFESSIONAL SKINCARE PRODUCTS TO PROMOTE FLUID DRAINAGE AND RELIEVE FEELINGS OF HEAVINESS.

60 MIN

€ 120

MANUAL SLIMMING PROTOCOL

A MANUAL BODY-CONTOURING TREATMENT COMBINING MASSAGE, MUD WRAPS AND TARGETED SKINCARE PRODUCTS, DESIGNED TO REFINE THE SILHOUETTE AND REDEFINE THE BODY'S CONTOURS.

60 MIN

€ 120

MANUAL TONING PROTOCOL

A MANUAL TONING TREATMENT DESIGNED TO IMPROVE FIRMNESS, ELASTICITY AND TISSUE SUPPORT, WITHOUT THE USE OF EQUIPMENT.

60 MIN

€ 120

retreat

ADVANCED BODY TREATMENTS

Rituals dedicated to body contouring, toning and well-being

TRATTAMENTI FOCUS BODY

SLIMMING

A TARGETED TREATMENT DESIGNED TO ADDRESS LOCALIZED AREAS OF EXCESS FAT AND REFINE THE SILHOUETTE, WITH SPECIFIC PROTOCOLS FOR AREAS REQUIRING FOCUSED ATTENTION.	30 MIN	€ 90
	60 MIN	€ 130

BODY CONTOURING

A TREATMENT DEDICATED TO REDEFINING THE BODY'S CONTOURS, DESIGNED TO IMPROVE SHAPE AND FIRMNESS IN TARGETED AREAS.	60 MIN	€ 130
--	--------	-------

TONING

A TARGETED TREATMENT DESIGNED TO IMPROVE TONE, ELASTICITY AND FIRMNESS, USING PERSONALIZED MANUAL OR TECHNOLOGY-BASED PROTOCOLS.	30 MIN	€ 90
	60 MIN	€ 130

OTHER BEAUTY SERVICES

Waxing & Manicure services are available upon request.

retreat



retreat

PRIVATE SPA

An exclusive sanctuary, entirely dedicated to your well-being

SPA ACCESS

A WELLNESS EXPERIENCE CENTERED AROUND ACCESS TO THE SPA FACILITIES, OFFERING A MOMENT OF RELAXATION, RENEWAL AND COMPLETE DISCONNECTION.

60 MIN	€ 60
120 MIN	€ 100

SPA ACCESS ADD-ON

ENHANCE YOUR SPA EXPERIENCE WITH A PERSONALIZED TREATMENT, CHOOSING FROM MASSAGES AND RITUALS DEDICATED TO YOUR WELL-BEING.

60 MIN	€ 40
--------	------

COUPLES' SPA ACCESS

AN EXPERIENCE TO SHARE TOGETHER, SURROUNDED BY RELAXATION, HARMONY AND WELL-BEING, ENJOYING THE SPA IN AN INTIMATE AND PRIVATE ATMOSPHERE.

60 MIN	€ 100
120 MIN	€ 150

PRIVATE EVENT SPA ACCESS

AN EXCLUSIVE EXPERIENCE DESIGNED FOR INTIMATE PRIVATE EVENTS, WITH PRIVATE ACCESS TO THE SPA AND THE OPTION TO TAILOR THE EXPERIENCE TO SUIT THE OCCASION.

PRICE UPON REQUEST

retreat



retreat

COLD THERAPY

A revitalizing experience to awaken body and senses

CRYOTHERAPY

A REVITALIZING EXPERIENCE BASED ON CONTROLLED EXPOSURE TO COLD, DESIGNED TO AWAKEN ENERGY, TONE THE BODY AND CREATE A PROFOUND SENSE OF VITALITY.

1 PASS € 45

CONTRAST RITUAL

THE ALTERNATION BETWEEN INTENSE COLD AND ENVELOPING WARMTH CREATES A REVITALIZING EXPERIENCE THAT PROMOTES RECOVERY, STIMULATES VITALITY AND LEAVES THE BODY WITH A PLEASANT SENSE OF LIGHTNESS AND WELL-BEING.

1 PASS € 90

Where care becomes ritual.
Breathe, feel & begin again.

retreat

RETREAT METHOD & POLICY

RETREAT METHOD

Every single Retreat treatment relies on a holistic approach where well-being and regeneration blend into a tailored, conscious experience.

Before all treatments, **our beauty therapists will perform a preliminary analysis** to better understand our client's needs and offer the most suitable solution. Upon arrival, **you will be given an information form** to fill out so that we can safely deliver our service.

You are kindly invited to arrive 10–15 minutes before your appointment, so you can begin your journey without rushing thereby fully experiencing our Retreat philosophy: slow time, presence, attending to the body.

SPA ETIQUETTE

Our SPA is a private and reserved environment devoted to relaxation where you can share unique moments. **Our beauty therapists may access it anytime** to ensure assistance, safety, and quality of service. We kindly ask you to behave respectfully, in line with the atmosphere of tranquillity and well-being that defines Retreat.

BOOKING & CANCELLATION POLICY

Reservations are secured with a credit card or an active **Retreat card**.

Appointments may be changed or cancelled without any penalty **within 24 hours** of the scheduled time.

Cancellations made less than 24 hours in advance or no-shows will be charged 100% of the cost of the treatment booked.

If you hold an active subscription or a package, the session will be considered as **attended**.

ACCESS AND MINIMUM AGE

Access to Retreat services is permitted from **16 years of age**. Minors may only access our services **if accompanied by an adult**.

You may be asked to show your **ID** or **sign a waiver** for specific services at any time.

HEALTH AND CONTRAINDICATIONS

You are kindly asked to **inform us in advance** of any allergies, medical conditions, pregnancy, or ongoing treatments. Some services and technologies may require **prior consultation** or the **signing of a waiver**. Our staff is trained and will guide you in making the safest and most appropriate choices.

CRIO SUITE POLICY

Access to cryotherapy is only permitted **after due assessment and informed consent**. Main contraindications: **cardiovascular disease, uncontrolled hypertension, pregnancy, cryoglobulinemia, Raynaud's phenomenon**, or any other incompatible clinical condition. **Always wear the protective equipment provided** by our centre during your session.

GIFT CARD E PACKAGES

Giftcards are valid for **6 months** from the date of issue. They are **non-refundable** and **cannot be combined** with other promotions or services.

Packages are personal and **non-transferable**.

DELAYS

To ensure a punctual and harmonious experience for all guests, arriving **more than 10 minutes** late may result in **your treatment being shortened**. Full charges still apply.

PRIVACY AND DATA

All personal data are processed in full compliance with **current legislation (EU GDPR 2016/679)**.

Our complete privacy policy is available at reception and on the official Retreat Milan website.

RETREAT MILAN

Milan beauty and
wellness sanctuary

Isola S.R.L

Via Fieno 3 – 20123,Milano
P.IVA/C.F. 08558150960



READY TO BOOK?

Check availability directly with Retreat Milan

BOOK ON WHATSAPP

Dedicated guest rates for Milan Retreats guests

Tap the button and send the pre-filled message to check availability.

Via Carlo Giuseppe Merlo 1 – Milano
+39 02 09969947 info@retreatmilan.com retreatmilan.com