



GOCO

SPA
VENICE



WELLNESS
MEETS WANDERLUST

GOCO SPA VENICE

GOCO Spa Venice inspires and guides guests towards a healthier lifestyle through the promotion of self-discovery. Our concepts merge holistic treatments and the healing attributes of water with comprehensive fitness facilities. With our roots in Thailand, we blend Asian treatment modalities with local Venetian service values and hospitality, always expressing a strong local sense of place.

GOCO Spa Venice specialises in evidence-based, results-focused treatments. We promote both physical and mental health through a wide variety of wellness experiences inspired by the merging of eastern and western traditions as well as the latest research, technology and techniques.

HEAT & WATER EXPERIENCES

Enjoy breathtaking views of the historic Venetian skyline while floating effortlessly in our stunning vitality pool that stimulates the senses and allows your mind to wander.

Set within an expansive pitched-roof structure and bathed in natural light, our heat and water facilities allow a truly bespoke thermal experience either as part of a treatment journey or as a treatment experience in itself.

Complemented by elegant design, our facilities incorporate a vitality pool with air and water massage stations, experiential showers, a bio-sauna, a hammam with private scrub room, a Finnish sauna with salt therapy and loungers for indoor and outdoor relaxation.

HEAT AND WATER FACILITIES ACCESS

180/240 MINUTES

Experience our world-class heat and water facilities, which will leave you feeling invigorated, restored and relaxed.

Complimentary access with any 50-minute treatment or more.

EXPRESS TREATMENTS

The following treatments are only available when combined with our heat and water facilities access.

HAMMAM RITUAL

25 MINUTES

This traditional cleansing experience consists of a black soap wash and a rough loofah body scrub to leave the body cleansed and invigorated.

INDIAN HEAD MASSAGE

25 MINUTES

This massage involves pressure point stimulation on the scalp and face. It helps to relieve headaches, improve facial tone and promote a deep sense of wellbeing and relaxation.

MINI CUSTOMISED FACIAL

25 MINUTES

An express facial treatment to cleanse, exfoliate and provide personalised care according to the condition of your skin.

BACK & SHOULDER MASSAGE

25 MINUTES

Dissolve aches and strains. Medium-to-gentle pressing movements allied with the properties of our selected oils release all tensions in back and shoulders.

FOOT BLISS

25 MINUTES

Relax tired feet. Focusing specifically on the feet, this treatment involves the manipulation of specific reflex points, which stimulates the body's self-healing process while promoting relaxation and reducing muscular stress.

LUXURY SPA SUITE

Retreat into our luxury spa suite – your haven of private tranquility. The suite is designed as a luxury ‘spa in spa’ and includes a lounge area, double treatment beds, an outdoor shower and a private waterside terrace.

All of our treatments can be booked in the spa suite, upon availability.

PURE RELAXATION

30 MINUTES

Extend your luxurious experience by adding an extra 30 minutes of relaxation in the privacy of the suite.

ABSOLUTE RELAXATION

60 MINUTES

For the ultimate bliss, extend your luxury spa suite experience by 60 minutes and enjoy a healthy aperitif prepared by the team of the Michelin-starred Dopolavoro Dining Room.

SIGNATURE TREATMENTS

MEDITERRANEAN BLISS

50/80 MINUTES

Specifically designed to allow our guests to enjoy the benefits of olive oil, this exfoliating treatment is made from our very own olive oil, extracted from the olive grove of Isola delle Rose. While sea salt is used to gently exfoliate the skin by removing dead cells, olive oil nourishes it deeply for a radiant and uplifted result. In addition, the treatment is enhanced by the choice of fragrances extracted from herbs grown in the gardens of the island, thus ensuring a personalised sensory journey.

LA SERENISSIMA FACIAL

80 MINUTES

Designed by IQMS Medicosmetics for GOCO Spa Venice

Restore serenity to your skin with this specially designed facial treatment inspired by the beautiful Venetian Lagoon. The exclusive combination of exceptional skin cell regeneration of Cellular Marine with the energising power of Pure Oxygen leaves the skin revitalised, the texture refined and smoothed, whilst moisture and elastin levels are boosted to reveal a more toned, youthful complexion.

ORIENTAL MASSAGE

50/80 MINUTES

Harmonious combinations of eastern and western massage techniques. The therapist performs a pressure point release ritual along the body, coupled with gentle Thai massage stretches. These techniques open the meridians, allowing energy to flow freely, releasing tension and restoring vitality.

BODY BLISS

80 MINUTES

This combination treatment starts with a revitalising, peptide-rich exfoliation body mask coupled with a mini brightening facial. A tranquil body massage using a blend of orange, grapefruit and frangipani oil energises your body and replenishes the skin.

MASSAGES

CLASSICAL MASSAGE

50/80 MINUTES

A personalised massage that focuses on relieving aching muscles, relaxing tightened joints and releasing stress. Techniques are drawn from Swedish massage modalities combined with gentle stretching and joint release bodywork for an effective massage that will relax and revive.

AROMATHERAPY MASSAGE

50/80 MINUTES

An ancient holistic treatment that draws on the power of essential oils to balance your body and mind, whilst restoring your wellbeing. Pressure points on the face are stimulated, and light and extended massage strokes are used to induce a state of deep physical relaxation.

HOT STONE MASSAGE

50/80 MINUTES

A powerful combination of the healing properties of hot stones used on major muscle groups, together with deep tissue massage restoring physical balance and wellbeing. Heat from the stones relaxes sore muscles, allowing the therapist to focus on relieving deep-seated tension through isolated bodywork.

DEEP TISSUE MASSAGE

50/80 MINUTES

An intense, restorative treatment specifically designed for tight, stressed and aching muscles. Deep tissue and cross muscle fibre techniques are combined with stretching and drainage movements actively engaging the deeper layers of the muscular tissue.

ABOUT AMALA

Amala seeks out high potency organic plants and custom-distills them to ensure all ingredients retain their full therapeutic value.

Each advanced product formula is crafted in Germany to the highest standards for efficacy, quality and purity. Amala is the only luxury skin care brand whose face and body treatments are NATRUE certified as 100% natural.

ORGANIC FACIALS BY AMALA

NATURE'S MOST PURE FACIAL

80 MINUTES

This balancing, clarifying and restorative facial incorporates Vedic Marma Cleansing Techniques to naturally purify the skin. Ingredients with natural deep-cleansing properties such as sundried Indian rhassoul clay, cocoa bean and blue lotus flower are expertly combined.

REJUVENATING ADVANCED FIRMING FACIAL

80 MINUTES

Experience luxurious rejuvenation and visible results with this specialised anti-ageing treatment. Amala's highly effective aroma point stimulation technique uses lightweight, absorbent discs infused with therapeutic essential oils while a relaxing scalp massage targets specific Marma points.

MINERALISE FACIAL

50 MINUTES

Regenerate, oxygenate, smooth and balance the skin with a facial experience using unrefined white and pink clay with French spirulina. Recommended for mature or sun-damaged skin.

INTENSIVE BRIGHTEN FACIAL

50/80 MINUTES

Nature's most powerful skin-brightening facial designed to leave the complexion visibly radiant and even-toned. This ultra-revitalising treatment combines a peptide-rich gel mask to boost circulation and fight the appearance of fine lines, coupled with high potency plant extracts and Ayurvedic acupressure. Completed with a facial massage, nourishing mask and the application of skin brightening serums.

COOL DOWN YOUR SKIN - HYDRATING & SOOTHING FACIAL

50 MINUTES

Experience perfectly calmed and cooled skin through the antioxidising power of organic jasmine, algae, soothing desert fig oil and Moroccan argan seed oil. Deeply infuse your skin with moisture and relax your senses with the application of a calming massage elixir, concentrate, mask and cooling eye treatment. Let these natural botanicals leave your skin smoother, brighter and restored - for exceedingly beautiful and youthful skin.

PERSONALISED RITUALS BY AMALA

Specially designed for GOCO Spa Venice and supported by our product partner Amala, our rituals include exfoliation, body wrap and varied facial techniques that provide the ultimate spa experience.

You may choose to either enjoy our rituals by yourself or with a special someone.

BRIGHTEN

120 MINUTES

Feel rejuvenated after a gentle exfoliation followed by a comforting body wrap and harmonising scalp massage. Botanical ingredients include peptide-rich argan seed and powerful Atlantic algae that deliver a pure, radiant clarity to the skin working from the inside out. Organic myrtle body butter completes this deeply cleansing, purifying and toning ritual.

DETOXIFY

120 MINUTES

Begin with a gentle, mineral-rich sea salt and crushed olive stone body polish to exfoliate, stimulate and cleanse the skin. Wrapped in a detoxifying clay body mask cocoon, you will enjoy a complete scalp massage while jojoba, avocado and organic Mediterranean myrtle with juniper detoxifies your skin and body, restoring healthy tone and texture.

REJUVENATE

120 MINUTES

After a stimulating full-body polish, you will feel completely pampered as your body is cocooned in a warm clay body wrap drawing out toxins and repairing the skin. An anti-oxidant rich facial with specialised neck and eye treatments completes the experience, ensuring you look and feel your absolute best.

ADVANCED BEAUTY BY !QMS

Every !QMS Medicosmetics product is a powerful, intelligent skincare formulation based on scientific research, not miracles. !QMS is a complete beauty system, for men and women of all ages, that combines revolutionary techniques with the highest quality ingredients.

ACTIV-COLLAGEN WITH ROSE EYE REVIVER

80 MINUTES

An advanced, anti-ageing facial combining IQMS Medicosmetics' unique high-performance collagen system with an exclusive eye reviving treatment enhanced by the rejuvenating power of the Alpine rose. Your skin will be prepared through deep pore cleansing and exfoliation prior to the application of a pioneering treatment mask. Moisture levels will be boosted through the 70% natural, soluble collagen serums, which will intensely hydrate and restore your skin.

PURE OXYGEN

80 MINUTES

This is a highly rejuvenating facial that is designed to deliver a boost to your skin's energy and vitality. The ingredients are channeled more effectively and intensively into the skin through the use of IQMS' customised advanced beauty cosmetic Oxygen Concentrator. The improved oxygen supply will encourage skin circulation and stimulate a regenerative process, leaving you with immediately enhanced skin that feels firm, smooth and radiant.

SKIN CELL RENEWAL

50 MINUTES

An exceptionally restorative facial developed to support your skin's stem cells, enhance the stimulation of new skin cells and improve your overall skin metabolism. Featuring the revolutionary moisturiser, Ion Skin Equalizer, this high-impact treatment will help to repair your extracellular matrix, reduce pigmentation and leave your skin visibly smoother.

URBAN REPAIR

50 MINUTES

Designed to give the skin a complete detox from the damaging affects of daily pollutants, this skin-restoring facial combines a deep pore decongestion with an innovative and scientifically advanced treatment serum to accelerate the repair of skin cells and provide long-lasting defense from pollution. The skin is left visibly clear and revitalised.

LIFT & TONE

80 MINUTES

An intensely stimulating facial, using a unique thermal-active and revitalising mask that has been specially designed to stimulate microcirculation, will give your skin an instant boost, leaving it visibly smoother. Styled to combat the signs of ageing, this firming and toning treatment is especially beneficial for more mature skin.

ANTI-CELLULITE CONTOURING

50 MINUTES

This specialised lower body treatment is highly effective in targeting cellulite, improving circulation and hydrating your skin. The combination of expert products and techniques will help to eliminate toxins, smooth your skin's texture and refine your body's contours.

WELLNESS ACTIVITIES

Discover our selection of carefully crafted activities that genuinely enhance your wellness and allow you to leave inspired to continue the journey at home.

Complimentary access to our extensive heat and water facilities is offered when booking any of the activities.

SELF-MASSAGE CLASS

30 MINUTES

Learn self-massage techniques to relieve pain and induce relaxation.

HATHA YOGA

60 MINUTES

Hatha is a general category that includes most yoga styles. It is an ancient system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Suitable for beginners.

ASHTANGA YOGA

60 MINUTES

This class will lead you through one or more of the Ashtanga series. Each series is a set sequence of asanas, always in the same order. Ashtanga yoga is fast-paced, vigorous and physically challenging.

VINYASA FLOW YOGA

60 MINUTES

Vinyasa means movement synchronised with breath and is a vigorous style of yoga based on the continuous flow from one posture to the next. The intensity of the practice is similar to Ashtanga, but no two vinyasa classes are the same. If you dislike routine and love to test your physical limits, vinyasa may be just for you.

MINDFULNESS & THE ART OF LETTING GO

60 MINUTES

The basic method for practicing mindfulness is to focus on the breath. When one notices thoughts, the tendency is to follow, to get engaged in the content of the thought, even if this engagement brings pain and suffering. Noticing the inner activity of thinking and choosing not to get involved, but rather to reconnect with the breath, is an act of letting go. You allow yourself to let go of the thought.

PERSONAL TRAINING IN THE GYM

60 MINUTES

Our professional trainers are committed to helping you reach your maximum potential, teaching you the correct techniques in an indoor gym setting. Based on your current skill level and body composition, a personalised programme is put together that can involve anything from cardio training, free weights or functional exercise routines.

PERSONAL TRAINING OUTDOORS

60 MINUTES

Exercising in nature has a variety of proven benefits that span an improved immune system, an increased intake of vitamin D and oftentimes a higher calorie burn than working out indoors. Our skilled coaches will take your performance to the next level, guiding you on your path to working out on your own, all in a beautiful outdoor setting that will boost your motivation.

HEALTHY COOKING CLASS AT SAPORI COOKING ACADEMY

60 MINUTES

Learn how to quickly prepare healthy and delicious meals that help you to lose weight, increase your energy and make you feel great. Our healthy cooking classes are designed to teach simple recipes that are convenient to cook, and offer a variety of healthy yet delicious options to supplement your diet. More than just the recipes, we teach you the basics of nutrition, as well as practical tips such as food portioning that will help you successfully lead a healthy lifestyle.

FINISHING TOUCHES

CLASSIC MANICURE

60 MINUTES

DELUXE MANICURE BY !QMS

75 MINUTES

The treatment begins with the Exfoliant Fluid, a peel of fruit acids and enzymes which dissolves dead skin cells and stimulates new cell production. Nails and cuticles are groomed, and Collagen gel is applied to improve the skin's appearance by delivering long-lasting hydration. A relaxing hand and arm massage with the hydrating Hand Cream is then followed to nourish the skin while soothing sore muscles and joints.

CLASSIC PEDICURE

60 MINUTES

DELUXE PEDICURE BY !QMS

75 MINUTES

A perfect treat for your feet. Exfoliant Fluid, Collagen and Hydrating Cream are applied to your feet and lower legs, nurturing your skin and leaving your feet soft, velvety and more youthful. Includes soak, scrub, callous removal, cuticle care, foot and leg massage, nail trimming, filing and polish.

WAXING

We provide a wide range of waxing services in a quiet and comfortable environment that allows you to fully relax during your treatment. Our high-quality hard and soft waxes have been carefully selected by our expert team, ensuring that your skin is left feeling refreshed and renewed.

MAKE-UP AND HAIRDRESSING SERVICES

On-demand hair and make-up services, provided by an external professional.

SPA ETIQUETTE

SPA RESERVATIONS

We recommend booking your treatment in advance to avoid disappointment. Prices are subject to change without prior notification.

HEALTH CONDITIONS

When making your reservation and at the beginning of your treatment, please advise us of any health conditions, allergies or injuries that could affect your experience.

PREGNANCY

We have specially trained therapists for expectant mothers. Please allow our spa concierge to guide you in selecting which treatments are most suitable during this special time.

AGE REQUIREMENT

For guests under 16 years of age, please contact the spa for further information.

CANCELLATION

Cancellations and changes of scheduled treatments are accepted up to four hours prior to the appointment without incurring a charge. For cancellations within four hours, you will be charged 100% of the treatment price.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal articles. Please keep all valuables secure in the hotel room safe.

ACCIDENT OR INJURIES

GOCO Spa Venice will not be liable for any accident or injury suffered by any guest.

GIFT CARDS

An ideal gift for spa enthusiasts or a delightful way to introduce someone to the benefits of treatments – gift cards are available for purchase at our GOCO Spa reception.

RETAIL

To continue your experience at home, products used in the treatments and services are also available in our spa.

REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.

