

Lake Como Family Nudist Resort



An Introduction to Naturism

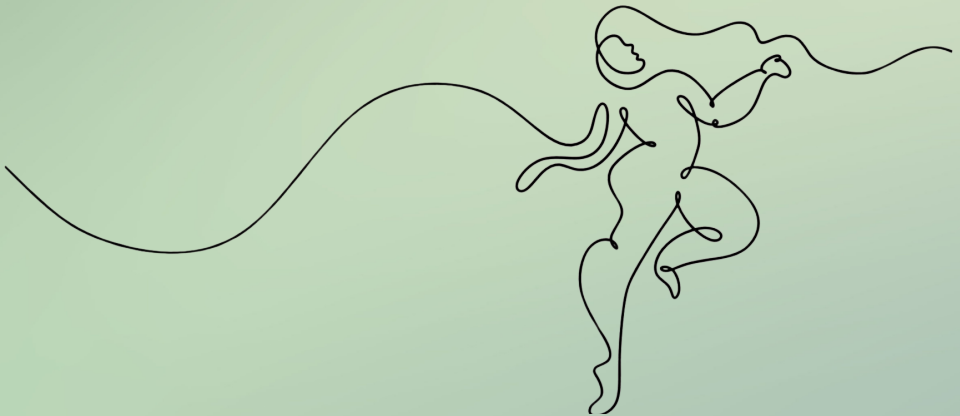
Welcome

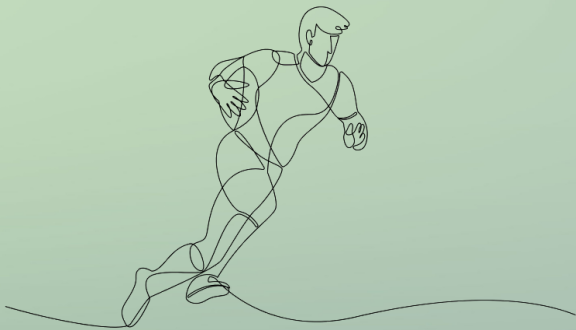
You're not strange for having questions.

If this is your first time learning about naturism, you may be feeling curious, cautious, or unsure. That's completely normal. Nearly everyone who visits Lake Como for the first time arrives with questions-about their body, about other people, about rules, comfort, and expectations.

Naturism is simply the practice of enjoying life without clothes in appropriate social settings. It's not extreme, rebellious, or performative. For most people, it's surprisingly ordinary. Swimming, walking, reading, talking, laughing-just without clothing.

At Lake Como, you are never rushed, judged, or pressured. This is a place to slow down, observe, and decide what feels right for you.





What Social Nudity Means Here

At Lake Como, social nudity is approached in a non-sexual, respectful, and relaxed way.

Being nude is not a performance or a form of attention. It is simply how guests participate in shared spaces and activities. Conversations, social interactions, and recreation remain friendly, appropriate, and ordinary.

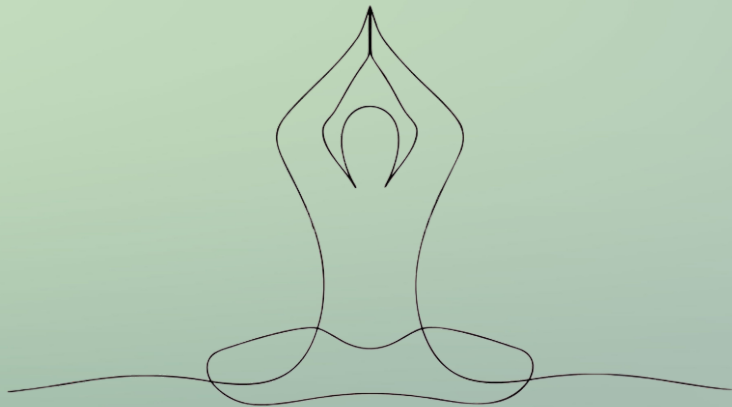
Guests come from a wide range of backgrounds, ages, and comfort levels. While the environment may feel unfamiliar at first, most people find that nudity quickly becomes unremarkable once they settle in.

Adjusting to a social nudity environment looks different for everyone.

Many guests begin by taking a tour of the grounds, spending time in quieter areas, or engaging in familiar activities. As people become more relaxed, comfort typically develops naturally.

Lake Como is a community built around shared participation and respect. Guests are encouraged to move toward full participation in a way that feels appropriate and considerate of others, while honoring the norms of the environment.

Staff are always available to answer questions and help make that transition easier.



What Naturism Is - and What It Isn't

Naturism is not about sex, exhibitionism, or being watched.

It is not a lifestyle centered on appearance, performance, or attention.

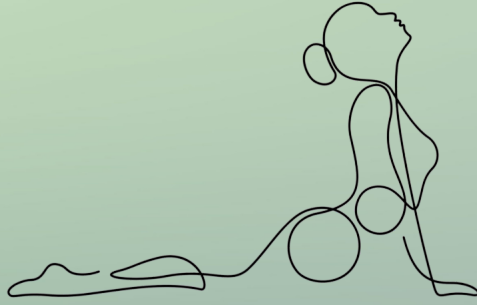
Naturism is about removing clothing as a social barrier. When clothing is no longer a focus, conversations change. People relax. Interactions become simpler and more genuine.

At Lake Como, you'll see people of all ages, body types, and backgrounds. There is no "naturist look." There is no expectation to appear a certain way or behave a certain way beyond basic respect and courtesy.

Once nudity becomes ordinary, it quickly fades into the background. What remains is simply people enjoying their day.



"But Won't I Feel Awkward?"



Almost everyone feels awkward at first.

That initial moment—stepping out of clothes in a social setting—can feel vulnerable. Most first-time visitors worry about how they look or how they'll be perceived. What surprises many people is how quickly that concern fades.

Within a short time, nudity stops feeling like the main event.

People aren't staring. They're chatting, walking dogs, reading books, floating in the pool, or watching the sunset.

You're allowed to move at your own pace. You're allowed a brief period to observe, ask questions, and become familiar with the environment before fully participating.

Some people start with a towel, a sarong, or partial coverage. Comfort is personal, and there is no timeline.



Body Image & Self-Acceptance

Many visitors-especially women and teens-arrive carrying years of pressure about how their bodies "should" look.

In a naturist environment, those pressures often soften. Seeing a wide range of real, unfiltered bodies can be quietly freeing. There is no single standard. No perfection to live up to.

Over time, many people report a shift: less comparison, less self-criticism, and a greater sense of comfort in their own skin

Naturism doesn't ask you to love your body overnight. It simply invites you to stop fighting it.





A Family-Friendly Environment

Families sometimes wonder whether a naturist environment is appropriate for children. These questions are understandable and welcomed.

At Lake Como, social nudity is presented in a non-sexual, respectful way. Children learn that bodies are normal, personal boundaries are important, and respectful behavior is expected.

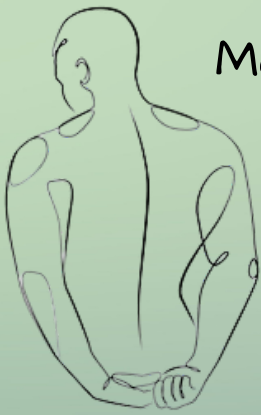
Families often discover that naturism fosters healthy body awareness and respect. Children grow up understanding that bodies come in many shapes, sizes, and abilities-and that none are something to be ashamed of.

Naturism helps separate nudity from sexuality. Children learn that bodies are simply bodies, and that respect, boundaries, and consent matter more than appearance.

Parents often share that their children become comfortable quickly and take cues from the calm, matter-of-fact attitudes around them. Safety, privacy, and supervision are core values at Lake Como, and staff are present to support a family-friendly environment.

Families frequently tell us they feel more at ease here than in many public recreational spaces.





Men's Concerns & Common Questions

It's common for men to have questions or concerns before visiting a social nudity environment, even if they don't always feel comfortable voicing them. These concerns are normal and understood.

At Lake Como, social nudity is intentionally non-sexual. The atmosphere is relaxed, respectful, and focused on everyday activities. Guests are here to enjoy the environment, not to observe or evaluate one another. Once people settle in, most find that nudity quickly becomes unremarkable.

Occasionally, the body may respond in ways that are natural and involuntary, particularly during moments of stress or adjustment. When this happens, discretion and common courtesy are expected. Situations are handled calmly, without attention or embarrassment.

Clear expectations for behavior help create an environment where everyone feels comfortable. Respect for others, personal space, and appropriate conduct are taken seriously, and inappropriate behavior is not tolerated.

Many men leave surprised by how quickly initial worries fade and how normal the experience feels. What often remains is a sense of ease they didn't expect.

Naturism is about learning that nudity and sexuality are not the same thing.

Women's Questions & Common Concerns

It's very common for women to feel nervous before visiting a social nudity environment

Many women carry years of messaging about how their bodies should look or how they may be perceived by others. Entering a new environment without clothing can naturally bring those feelings to the surface



At Lake Como, guests quickly discover that the atmosphere is calm, respectful, and intentionally non-sexual. People are focused on enjoying their day-not watching or judging others.

Women often worry about how their bodies compare to others. In reality, Lake Como guests represent a wide range of ages, shapes, and abilities.

Seeing real, unfiltered bodies in a relaxed setting often helps reduce self-criticism over time. There is no expectation to look a certain way or to feel confident immediately. Many women find comfort in realizing that perfection is neither expected nor present.

Guest comfort and safety are taken very seriously at Lake Como. Clear standards for behavior are enforced throughout the resort, and inappropriate behavior is not tolerated.

If at any time something makes you uncomfortable, report it immediately to the office or to a staff member. No woman should ever feel uneasy, pressured, or unsure about speaking up. Your comfort and safety always come first.

Will I Feel Out of Place?

It's common to imagine that naturist spaces are filled with a specific "type" of person. In reality, Lake Como guests come from a wide range of backgrounds, ages, and life experiences.

There is no single body type, age group, or personality that defines who belongs here. Guests include individuals, couples, families, and retirees. Some are lifelong naturists; others are visiting for the first time.

Most people find that once clothing is no longer the focus, social differences feel less important. Conversations tend to be relaxed and ordinary, and people quickly blend into the environment.



Understanding Pool & Hot Tub Areas

Certain areas of Lake Como, including the pool and hot tub, are designated nude-only spaces. This is important for maintaining cleanliness, comfort, and a shared experience for all guests.

First-time guests are welcome to arrive clothed, ask questions, and become familiar with the resort during their initial tour.

Once guests choose to enter the pool or hot tub area, nudity is required. Clothing is not permitted in these spaces, and this expectation applies to all guests equally.

Clear guidelines help ensure that everyone using these facilities feels relaxed, respected, and on equal footing.

Respect, Etiquette & Community Standards

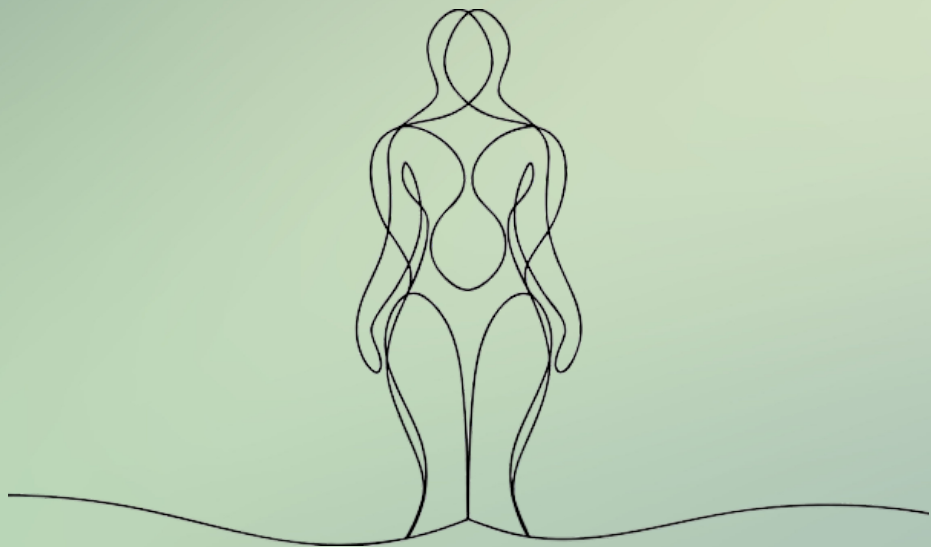
Naturism depends on shared respect.

At Lake Como:

- Everyone carries a towel to sit on
- Personal space is honored
- Follow photography and privacy guidelines
- Staring, commentary on bodies, or inappropriate behavior is not acceptable
- Behave in a courteous and considerate manner

These guidelines aren't restrictive-they're what make the environment feel safe, relaxed, and welcoming.

If something ever makes you uncomfortable, staff are available and responsive.



What to Expect on Your First Visit

When you arrive, you'll be greeted by staff who can answer questions and help orient you. After that, the day is yours.

Some guests start in quieter areas. Others head straight to the pool or walking paths. There is no "right" way to begin.

People often share that they expected to feel self-conscious for much longer than they did. Others say they were surprised by how welcoming and relaxed the atmosphere felt. For many, the biggest takeaway is a sense of ease they didn't anticipate.

You'll likely notice friendly smiles, casual greetings, and a relaxed pace. People are here to enjoy themselves—not to evaluate anyone else.

Most first-time visitors leave feeling calmer than when they arrived.



What If Someone Makes Me Uncomfortable?

Your comfort and safety are a top priority at Lake Como. The environment here is built on mutual respect, clear expectations, and shared responsibility for one another's well-being.

If at any time something makes you feel uncomfortable - whether it's behavior, comments, or a situation that doesn't feel right - report it immediately to the office or to a staff member.

You do not need to address the situation yourself, explain it to anyone else, or worry about handling it on your own.

Guests sometimes hesitate to speak up because they don't want to cause a problem or feel like they're "getting someone in trouble." Please know that reporting a concern is never viewed that way. Bringing something to our attention helps us maintain the respectful, safe environment that everyone expects.

All concerns are handled promptly, discreetly, and professionally by staff. Your privacy is respected, and situations are addressed in a way that prioritizes comfort and safety.

No guest should ever feel uneasy, pressured, or unsure about saying something. If something doesn't feel right, trust that feeling and let us know. You deserve to feel relaxed and secure during your visit, and we are here to support you.

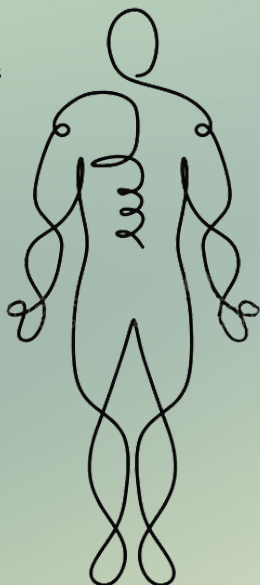


A Final Note

Visiting a place like Lake Como can bring up questions, curiosity, and sometimes uncertainty. That's natural. Everyone arrives with their own experiences, comfort levels, and boundaries, and all of those are respected here.

There is no single way to experience Lake Como, but shared respect and participation are part of what make the environment comfortable for everyone. Some guests prefer to observe and take things in slowly.

Others feel at ease right away. Both approaches-and everything in between-are welcome.



Our community is guided by simple principles: courtesy, respect, and consideration for others. These shared values help create an environment that feels calm, safe, and welcoming for individuals and families alike.

Whether your visit is short or you choose to return again in the future, our hope is that you leave feeling relaxed, respected, and confident in the choices that felt right for you.

We're glad you're here, and we're happy to help in any way that makes your experience a positive one.

