

Chakra Balancing Sound therapy

60 minutes

Immerse yourself in the transformative journey of our singing bowl sound therapy, where you can rejuvenate your body, calm your mind, and nourish your soul.

This thoughtfully designed experience allows you to maintain mindfulness even amidst the chaos of everyday life, explore your inner self, and achieve profound relaxation, ultimately leading to an extraordinary state of well-being.



THE SPA

GRAND LISBOA PALACE
MACAU