



## COMPLIMENTARY WELLNESS ACTIVITIES

Day of week	Time	Activity	Location	Instructor / Expert
Mondays	10:30 a.m. to 11:15 a.m.	High-Intensity Interval Training (HIIT)	GLP Gym outdoor area (garden view)	Danny Wu
Tuesdays	10:30 a.m. to 11:15 a.m.	Sound Therapy	The Spa at Grand Lisboa Palace	Yan Liang
	3:00 p.m. to 4:00 p.m.	Stretching Exercises	GLP Gym outdoor area (garden view)	Danny Wu
Wednesdays	10:30 a.m. to 11:15 a.m.	Know Your Skin	The Spa at Grand Lisboa Palace	Marissa Wang
Thursdays	10:30 a.m. to 11:15 a.m.	Sound Therapy	The Spa at Grand Lisboa Palace	Cindy Chen
	3:00 p.m. to 4:00 p.m.	Functional Training	GLP Gym outdoor area (garden view)	Danny Wu
Fridays	3:00 p.m. to 4:00 p.m.	Know Your Skin	The Spa at Grand Lisboa Palace	Maggie Li
Saturdays	10:30 a.m. to 11:15 a.m.	Full Body Mobility Stretching	The Health Club at THE KARL LAGERFELD	Billy Ho
Sundays	10:30 a.m. to 11:15 a.m.	Full Body Mobility Stretching	The Health Club at THE KARL LAGERFELD	Billy Ho

Above schedule is valid until 31 December 2024.







## COMPLIMENTARY WELLNESS ACTIVITIES DETAILS

### HIGH-INTENSITY INTERVAL TRAINING (HIIT)

High-Intensity Interval Training (HIIT) consists of quick movements such as jumping jacks, high knees, spider jumps and burpee jumps. These exercises are designed to raise your heart rate and boost your metabolism. Notably, HIIT has been proven to be more effective in burning fat compared to traditional cardio exercises.

### STRETCHING EXERCISES

Stretching exercises, including stretching neck, shoulder and torso muscles, can effectively improve blood circulation to the muscles and joints. Promoting blood circulation brings multiple benefits to your body, as it not only delivers nutrients to cells but also eliminates waste products generated from metabolism.

### FUNCTIONAL TRAINING

Through muscle conditioning and joint movements, such as kettlebell push presses, medicine ball slams, bicep curls, and tricep brachii extensions, functional training enhances core strength, improves body stability, and promotes coordination, preparing your body for daily activities.

### FULL BODY MOBILITY STRETCHING

By performing a variety of dynamic stretching exercises within the joint range of motion, including movements that simulate various sports activities, full body mobility stretching warms up your muscles, provides vital blood and oxygen to your joints, and enhances both your body's vitality and flexibility.

### SOUND THERAPY

Combining meditation and deep breathing techniques, singing bowls provide a unique experience to alleviate stress, reduce anxiety and release negative emotions, enabling you to enjoy deep relaxation and tranquility. The soothing sounds of the singing bowl aim to improve the quality of your sleep and promote the wellbeing for both your mind and body.

### KNOW YOUR SKIN

Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software programme developed by Biologique Recherche. Based on expert dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab retrieves data from our knowledge bank to offer a selection of products and treatments perfectly matched to your Skin Instant© needs. A truly customised experience.





## COMPLIMENTARY WELLNESS ACTIVITIES DETAILS

### TERMS AND CONDITIONS:

1. By participating in any of the above-mentioned activities ("Activities"), the guest ("Participants") hereby confirms that he/ she agrees to all of the terms and conditions of the Activities.
2. The Activities are available for in-house guests only and guests must be at 18 years old or above to participate.
3. The venues for the Activities are The Spa and Health Club at The Grand Lisboa Palace or The Health Club at THE KARL LAGERFELD.
4. The Activities are valid from 1 June 2024 to 31 December 2024.
5. Participants must be in casual or sportswear when participating in the Activities.
6. Advance reservation is required and places are available on a first come first served basis.
7. Guests must ensure that they are in overall good physical condition to participate in the Activities, which may require active and passive exercises, and that their participation in the Activities will not adversely affect their health, well-being or physical condition.
8. Guests who are pregnant or think they could be pregnant should consult a physician prior to participating in the Activities.
9. Participants must understand that it is their sole responsibility to determine if they are physically capable of participating in the Activities and/or to consult with a physician before participating in the Activities.
10. Grand Lisboa Palace reserves the right to prevent guests who are deemed inadequate to participate in the Activities by Grand Lisboa Palace, such as those who are in a visibly drunken state, or suspected of being under the influence of alcohol, drugs, stimulants and/or sedatives, etc., to participate in the Activities.
11. Participants acknowledge that risks and dangers may arise from the Activities, including but not limited to physical injuries. Participants agree to assume all risks associated therewith and hold Grand Lisboa Palace harmless from any liabilities, claims, damages or losses.
12. To ensure the privacy of all Participants, filming or photography in the venues of the Activities is not permitted.
13. Participants are solely responsible for their own belongings, and Grand Lisboa Palace will not assume liability for any loss or damages incurred.
14. Participants shall indemnify and hold Grand Lisboa Palace harmless against all actions, claims, and demands by any person who suffers or sustains any injury, loss, damage, to property or person, or death arising from or as a result of the Participant's gross negligence or willful misconduct.
15. Grand Lisboa Palace reserves the right to revise, cancel or modify the Activities at its sole discretion.
16. Grand Lisboa Palace reserves the right to amend the Terms and Conditions without prior notice.
17. In the case of any dispute, the decision of Grand Lisboa Palace shall be final.
18. These Terms and Conditions are governed by and construed in accordance with the laws of Macau SAR. In the event of any discrepancy between the Chinese and English versions of Terms and Conditions, the Chinese version shall prevail.

\*Grand Lisboa Palace refers to SJM Resorts, Limited ("SJM"), GLP Hospitality Services Limited or other subsidiaries of SJM ("SJM Group") as the context requires.