



THE SPA
GRAND LISBOA PALACE
MACAU

*The Spa at Grand Lisboa Palace showcases the long tradition
of Sino-Western cultural exchanges in Macau by
incorporating traditional Chinese and Baroque design elements.
An aura of luxury is redefined with rich Chinoiserie interiors throughout
the Spas' facilities, creating a genuine sense of place.*

Signature Treatments

ESSENCE OF LISBOA

180 Minutes

Indulge in a full body massage that begins with a firm massage of the stomach, helping to ease knots and move excess waste from the body. This regenerating and lifting treatment is personalised to your specific needs by a world first in professional aesthetic care, featuring an electro spun face mask with 80% pharmaceutical-grade hyaluronic acid designed for altered Skin Instant©.

NIRVANA FOUR HANDS MASSAGE

60 / 90 Minutes

Experience a much deeper and more intense level of therapeutic relaxation with our four hands massage. During this intensely relaxing full body massage, our therapists work in sequential synchronised movements bringing the body to a state of pure relaxation. Perfect for those suffering from insomnia and heavily stressed lifestyles.

Massages

AROMATIC MASSAGE

60 / 90 Minutes

A wonderfully relaxing full body massage, following a brief consultation, our therapists focus on areas of stress and tension with beautiful aromatic oils. A Medium to light pressure full-body massage is designed to increase circulation, assist with lymphatic drainage and promote relaxation.

SOOTHING BACK MASSAGE

45 Minutes

Indulge in our signature soothing back, neck and shoulder massage, designed to release deep seated-tension and stress from tired and aching muscles. This massage is designed to leave you feeling lighter, more relaxed and refreshed.

DEEP TISSUE MASSAGE

60 / 90 Minutes

A full body deep tissue massage designed to ease tired muscles with a focus on the arms, legs and back. This treatment can also be adjusted to the specific needs of anyone involved in sports, fitness or strenuous physical activities.

SOIN DÉTENTE SUR MESURE

60 / 90 / 120 Minutes

To feel more comfortable in one's skin – A made to measure treatment

A treatment that begins with deep massage of the stomach and body, guaranteed to restore your balance, personalised to your specific needs. The succession of fluid and enveloping movements provides an appeasement conducive to a deep relaxation of body and mind.

Biologique Recherche is an award winning, highly results-driven brand, made in France, whose methodology is to treat each person's skin in a personally tailored and unique way.

"A Treatment Methodology Based on Customisation"

Diagnosis

An in-depth skin diagnosis is a key part of the Biologique Recherche protocol, so we can personalise the facial treatments according to each Skin Instant©.

*The Skin Instant©: Biologique Recherche "out-of-the-box" vision of the skin:
We have not only one, but several skins.*

Our skin's condition changes numerous times throughout the day and everyone's personal Skin Instant© evolves dramatically during the course of our lifetimes. Biologique Recherche professionals are trained to analyse all these variables and advise guests on the treatment that is best suited to their particular Skin Instants©

SKIN INSTANT© LAB

20 Minutes

The 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.



Facials

The synergy of natural botanicals with a high concentration of active ingredients and a personal skin analysis enables treatments to be customised to achieve visibly defined and glowing skin.

SOIN MC110

60 / 90 Minutes (with add on)

For minimising wrinkles

An intensive treatment for dull and wrinkled Skin Instants®. It helps reform the facial contour, smooth the surface of the epidermis and enhance the volume of your face.

SOIN MASQUE EXFOLIANT P50 VISAGE

60 / 90 Minutes (with add on)

For deeply purified skin, guaranteed to restore the natural glow of your face, neck and chest.

This extremely effective facial is recommended for uneven, devitalised complexions displaying signs of ageing such as pigmentation, fine lines and wrinkles. Modelled after the Biologique Recherche's iconic P50, this treatment optimises the natural exfoliation of the epidermis to promote cell regeneration, purify the pores, reduce pigmentation and skin irregularities, tone and firm, as well as calm and soften the skin.

*Biologique Recherche facials do not include steam and extractions.

SOIN BOOSTER VIP O2

60 / 90 Minutes (with add on)

For brighter skin

This luxurious and balancing oxygen facial features a perfect combination of micro-exfoliation, oxygenation, and bio-energy massage to leave your skin healthy, revitalised, and glowing. This is the best facial treatment for anyone looking to breathe beauty and life back into their skin.

*Biologique Recherche facials do not include steam and extractions.

SOIN SECONDE PEAU

60 Minutes

For regenerated and lifted skin

This revolutionary facial utilises a form of electro-spun hyaluronic acid, known for its incredible ability to plump and hydrate the skin, to visibly treat wrinkles and to provide a genuine alternative to conventional fillers. Sterile electro-spun hyaluronic acid patches are customised to fit the face and applied to the target areas while Seconde Peau Serum is then massaged into the patches until fully absorbed. This specific application allows for intense regeneration to occur with instantly visible results for radiant and plumped skin.

*Biologique Recherche facials do not include steam and extractions.

Customised Facial Treatments

For even more visible results, enhance your treatment with the application of a mask pre-infused with active ingredients, which molds itself to the shape of your face for an individualised intensive treatment.

MODULE MASQUE PIGM

90 Minutes

For a brightened complexion

The ultimate facial for brighter, more even skin tone. The PIGM400 series from Biologique Recherche utilises a high concentration of brightening active ingredients and pollution-protecting antioxidants for a facial that delivers unparalleled radiance. After cleansing and a double peel, the PIGM400 Masque is applied, adapting to the shape of the face for optimal diffusion. This specialised facial is ideal for those looking to perfect and brighten skin tone.

*Biologique Recherche facials do not include steam and extractions.

MODULE COLD MASK

90 Minutes

For an immediate cooling effect

The cold mask together with Cryo-Sticks gently soothes, moisturises and purifies sensitive and seborrheic Skin Instant to rebalance skin and restore radiance to the complexion.

*Biologique Recherche facials do not include steam and extractions.

MODULE EYE CONTOUR

30 Minutes

For a youthful appearance of the eye contour

This specific eye contour treatment will instantly illuminate and soothe the eye contour area, with radiant results targeting wrinkles and dark circles.

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Advanced Bio-electronic Treatments for Tailored Skin Care

Combining the power of the **Biologique Recherche Remodelling Face Machine** with the efficacy of **Biologique Recherche** products, which, when applied during treatment, reinvigorates and stimulates epidermal skin cells.

BOOSTER REMODELLING FACE

30 Minutes

Wider looking eyes, more pronounced cheekbones, less visible wrinkles and a more defined facial contour. These are just some benefits of the Remodelling Face bio-electro stimulation that combines the power of four currents for immediate and long lasting results.

BOOSTER RF CHINSTRAP

30 Minutes

A stimulating and firming treatment for the chin and facial contour using chin straps to help remodel the face and neck. Their powerful smoothing and toning effects deliver immediate and lasting lifting results.

ELECTROPORATION AND COCKTAIL OF REGENERATIVE ACTIVES

30 Minutes

A high frequency impulse current is used to deliver this super serum packed with 58 ingredients, to reduce and prevent the appearance of fine lines and wrinkles. Ideal for mature and devitalised skin.



Customised Body Treatments

SOIN P50 PEAU NEUVE

45 / 60 Minutes (with add on)

For smoother, more hydrated skin

New skin in less than an hour! This treatment is great for dry and dehydrated skin. It is a deeply exfoliating treatment that combines fruit acids and essential oils with a stimulating exfoliation glove. This treatment frees the skin of dead cells and impurities, helps to prevent visible ageing and balances the skin. The treatment concludes with the application of a hydrating moisturiser that protects the skin from external aggressions.

SOIN LIFT CORPS

90 Minutes

For a toned and sculpted body

A firming, tightening, toning treatment for your body. This body treatment begins with a gentle exfoliation followed by a sequence of toning and sculpting movements that refine the skin's texture. One of our skilled spa specialists will apply a series of customised products to stimulate blood circulation throughout the body and moisturise the skin's upper layers.

SOIN BOOSTER MINCEUR

60 / 90 Minutes

For a redefined contour

Target areas of concern with this specific and results-focused treatment. Promote softer, firmer and healthier skin while at the same time improving micro-circulation, reducing cellulite and toning your shape. This treatment targets the fat and cellulite-concentrated areas with dynamic massages to activate cellulite tissues and help break down the adipose cells. Select an area of concern over several sessions for outstanding results.

SOIN MINCEUR AUX ALGUES

90 Minutes

To detoxify your body

This treatment naturally eliminates toxins and excess water in your body's tissue. This algae and seaweed body wrap also helps dissolve localised unwanted fat. The thermal effect utilised in this treatment releases active marine ingredients that remineralise, tone, and purify your body, leaving your body smooth, relaxed, and with a noticeably slimmer and toned physique.

SPA RESERVATIONS

Contact our Spa Concierge Team on (853) 8881 9500, to schedule your desired spa treatment and time.

HEALTH CONDITIONS

The health and safety of our guests and staff is of our greatest concern, please advise us of any health conditions, concerns, allergies or injuries which may affect your service.

Kindly also inform us if you have displayed any symptoms of aches and pains, cough, fever, breathlessness, sore throat and headaches within the past 14 days.

Our Spa Team is on-hand to assist you in completing your consultation form prior to your treatment.

PREGNANCY

We have a selection of treatments especially for expectant mothers. Please allow our Spa Concierge Team and Therapists to guide you in selecting which treatments and services are most suitable for you during this special time.

ARRIVAL TIME

We encourage you to arrive up to 30 minutes prior to your scheduled appointment time. This allows us to have a better understanding of the desired treatment results and sufficient time for you to visit our heat and water facilities, to release the tension and promote a feeling of wellbeing. Or if you prefer, your journey may begin in the serenity of our relaxation room.

LATE ARRIVALS AND CANCELLATION POLICY

Please understand that late arrivals would result in a reduction of treatment time, as a courtesy to the next guest. Kindly provide us with four hours' notice should you wish to change or cancel your booking. Cancellation, no-show, or rescheduling outside of the notice period will incur a charge. A credit card number or gift certificate number is required at the time of the booking for non-residents of the Hotel.

For Spa bookings or packages of 4 or more guests in the same party, we respectfully request 24 hours cancellation.

Should you feel unwell or develop a cough or flu-like symptoms within 24 hours of your appointment, the cancellation charge will be waived, the well-being of our staff and guests is of our utmost concern. If you are unsure whether to attend your appointment, please call the Spa.

AGE REQUIREMENTS

The Spa welcomes both hotel residents and guests holding a day-pass. The minimum age requirement for access to the Spa and Health Club is 18 years.

ETIQUETTE

Our Spa and Health Club is one of relaxation and tranquillity. Refrain from the use of mobile phones and please respect all spa guests' right to privacy and serenity by talking softly. Filming and photography with the presence of other guests is strictly prohibited.

During your time at the Spa, we happily provide you with a locker, disposable underwear, bathrobe, towels and slippers. We recommend that you leave jewellery and other valuables in your guest room safe, or in the locker provided for your use during your spa visit. Grand Lisboa Palace will not assume liability for personal property or losses.

After your treatment, take a little extra time to yourself and reflect with our Grand Lisboa Palace inspired colouring book. Colouring induces the same state as meditating by reducing the thoughts of a restless mind, generating mindfulness and quietness, allowing your mind to rest and create an overall sense of calm.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our treatment rooms are sanitised after every treatment and equipment is sterilised after each use.

The lockers are disinfected after each guest and the fitness equipment is sanitised after each guest use.

SMOKING AND ALCOHOL

Smoking and the consumption of alcohol within the Spa and Health Club is strictly prohibited.

LOSS OR DAMAGE

The Spa at Grand Lisboa Palace will not accept any responsibility for any loss or damage of personal articles.

ACCIDENTS OR INJURIES

The Spa at Grand Lisboa Palace shall not be liable for any accidents or injury suffered by any guests.

PRICES

All prices are quoted in MOP and are subject to 10% Service Charge and 5% Government Tax. Pricing is subject to change without prior notice.

CONFIDENTIALITY

Grand Lisboa Palace shall not disclose any information or personal data to any third party related to you as a customer. Customer information is used only for sales transactions purposes.

GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasions. Our Spa Concierge will be delighted to assist you with your gift giving needs, whether it is to treat a friend or loved one.

The Health Club

at The Grand Lisboa Palace

Exclusive to The Guests of Grand Lisboa Palace

The Grand Lisboa Palace Health Club offers our guests extensive heat and water experiences, such as a Crystal Steam Room, Finnish Sauna, Vitality Pools, Showers and Lockers. All which can be accessed by hotel residents.

To ensure your safety, guests are reminded to read each of the facilities rules and regulations carefully before use, and approach our team members should you need any assistance.

We provide lockers and towels for your use during your Health Club visit. We request your support in our initiatives to reduce waste and protect the environment. Please use amenities, towels and water sparingly.

Swimming Pools

A truly exceptional and unique setting, one of the only integrated resorts in Macau to feature both indoor and outdoor Swimming Pools.

Our 25 metre, temperature controlled Indoor Swimming Pool at the Grand Lisboa Palace is adorned with stunning Macanese and Baroque designs. Relax on poolside loungers and sofas whilst listening to bespoke chilled out beats where poolside butlers are on hand to assist you with your food and beverage requirements.

During the summer months, the Outdoor Swimming Pool opens with chilled out beats, and surrounded by lush French gardens for that ultimate summer experience.

Poolside loungers are available on a first come, first served basis.

Gym

The Gym at Grand Lisboa Palace is the most spacious workout facility within our resort.

The latest Technogym cardiovascular equipment overlooks lush French inspired gardens with breath-taking views of the resort. Strength training stations, free weight areas and skill equipment are available for those looking to take their workouts to a higher level.

An extensive selection of free-weights, skipping ropes, fitness balls and yoga mats are available, with access to the outdoor garden during the cooler months.

Personalise your smart-training experiences with targeted routines by an integrated Technogym® Coach, providing motivation and guidance to help improve your training and make the most of your workouts. Connect to the MyWellness® app and track your workout, thanks to training programme and video tutorials which guide you on how to perform exercises with the correct form.

Personal Trainers are available by appointment.

Wellness Classes

INNER ENGINEERING (YOGA)

60 Minutes

Through yoga poses, fine tune your inner engineering and correct your body posture. One hour yogic session will help you to fine tune your body needs and will provide you energy.

FOOD FOR SOUL (FULL MOON MEDITATION)

60 Minutes

The time on and around the new moon offers a powerful opportunity for you to align with a clear vision of your path, to set intentions, and to step into positive new beginnings.

POWER STRETCH

30 Minutes

Stretching is a form of physical exercise, in which a specific muscle or tendon is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone.

Fitness Classes

HIIT (HIGH-INTENSITY INTERVAL TRAINING)

30 Minutes

Can be performed indoor and outdoor

High-Intensity Interval Training, also called **HIIT** workouts, boost your metabolism and is proven to burn more fat than conventional cardio. In a nutshell, **HIIT** is a type of workout that features quick, intense bursts of exercise meant to raise your heart rate.

WORK OUT WITH A PERSONAL TRAINER

45 Minutes

Our qualified Personal Trainer will help you to get closer to achieving your personal goals, and prepare your personal training schedule.

CIRCUIT TRAINING

30 Minutes

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

Price List

	Duration (Minutes)	Price
SIGNATURE TREATMENTS		
Essence of Lisboa	180	4,850
Nirvana Four Hands Massage	60 / 90	2,400 / 3,200
MASSAGE		
Aromatic Massage	60 / 90	1,100 / 1,550
Soothing Back Massage	45	750
Deep Tissue	60 / 90	1,100 / 1,550
Soin Détente Sur Mesure	60 / 90 / 120	1,100 / 1,550 / 2,200
FACIALS		
Soin MC110	60 / 90	1,600 / 2,100
Soin Masque Exfoliant P50 Visage	60 / 90	1,600 / 2,100
Soin Booster VIP O2	60 / 90	1,600 / 2,100
Soin Seconde Peau	60	3,500
CUSTOMISED FACIAL TREATMENTS		
Module Masque PIGM	90	2,800
Module Cold Mask	90	2,200
Module Eye Contour	30	600

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Price List

	Duration (Minutes)	Price
ADVANCED BIO-ELECTRONIC TREATMENTS FOR TAILORED SKIN CARE		
Booster Remodelling Face	30	1,100
Booster RF Chinstrap	30	1,100
Electroporation and Cocktail of Regenerative Actives	30	1,600
CUSTOMISED BODY TREATMENTS		
Soin P50 Peau Neuve	45 / 60	950 / 1,200
Soin Lift Corps	90	2,600
Soin Booster Minceur	60 / 90	1,200 / 2,200
Soin Minceur Aux Algues	90	2,200
WELLNESS CLASSES		
Inner Engineering (Yoga)	60	1,200
Food For The Soul (Full Moon Meditation)	60	1,200
Power Stretch	30	800
FITNESS CLASSES		
HIIT (High-Intensity Interval Training)	30	600
Work With a Personal Training	45	1,200
Circuit Training	30	800

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Wellness Treatments

CLEANSE LIFE – TWO DAYS

Day One – 105 Minutes

Day Two – 150 Minutes

A cleanse is the perfect reset towards healthier ways of living.
Your two days cleanse life starts with a full skin analysis.

Day One: The skin is oxygenated and your body is exfoliated with
Epidermal Preparation Body Treatment.

Day Two: A Booster VIP O2 Facial and a Lymphatic Drainage Body Treatment.

SLIM LIFE – THREE DAYS

Day One – 90 Minutes

Day Two – 90 Minutes

Day Three – 90 Minutes

Start your first day by a full skin and body analysis,
followed by one and a half hour Slimming Treatment.

Day Two: One and a half hour Personalised Booster Remodelling Face Chinstrap.

Day Three: One and half hour Slimming with Booster Minceur.

HEALTHY AGEING – THREE DAYS

Day One – 105 Minutes

Day Two – 90 Minutes

Day Three – 90 Minutes

The Healthy Ageing experience is a unique combination of facials and
body treatments to strengthen and reveal greater skin texture and tone.

Day One: Soin Masque Exfoliant P50 Visage is performed along with
a Brightening Hand Treatment.

Day Two: A lift CVS Full Body Treatment

Day Three: Masque PIGM 400 + Elastine Serum and Booster Remodelling Face Chinstrap
is done to complete the healthy ageing treatment.



Wellness Treatments

INDULGE – ONE OR TWO DAYS

Day One – 240 Minutes

Day Two – 225 Minutes

Indulge yourself in the best of Grand Lisboa Palace Spa experience.
Choose between a one day or two day experience.

One day experience includes Soin Booster VIP O2 and Module Masque PIGM400 facial followed by a Heavy Legs Body Treatment.

Two days experience includes a Personalised Booster Facial and Masque Biologique Feerie Facial followed by a Brightening Hand Treatment.

		(Minutes) Duration	Price
Cleanse Life:	Two Days	255	4,950
Slim Life:	Three Days	270	5,300
Healthy Ageing:	Three Days	285	6,300
Indulge:	One Day	240	5,100
	Two Days	465	9,550

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Product Price List

Lait U 150ml	300	Dermopore Serum Authentique 30ml	1,350
Lait Vip O2 150ml	550	Dermopore Serum Authentique 8ml	535
Eau Micellaire Biosensible 100ml	380	Elastine Serum Authentique 30ml	840
Solution Demaquillante Pour Les Yeux 100ml	405	Elastine Serum Authentique 8ml	320
Lotion P50 150ml	580	Extraits Tissulaires Serum Authentique 30ml	840
Lotion P50v 150ml	605	Extraits Tissulaires Serum Authentique 8ml	305
Lotion P50w 150ml	605	Amniotique 30ml	1,295
Lotion P50 Pigm 400 150ml	695	Amniotique 8ml	515
L'eauxygenante 50ml	495	Serum Pigm 400 30ml	1,865
Masque Vivant 100ml	595	Serum Pigm 400 8ml	580
Masque Vip O2 100ml	1,180	Serum Erythros 30ml	1,130
Biomagic Mask 100ml	1,215	Serum Matriciel Visage 30ml	1,490
Patches Defatigants 3 Sachets 6ml	815	Creme Placenta 50ml	535
Masque Pigm 400 4 Sachets De 18ml	1,185	Creme Hydravit's 50ml	825
Vg Tensil Serum Authentique 30ml	1,340	Creme Splendide 50ml	985
Vg Tensil Serum Authentique 8ml	535	Creme Vip O2 50ml	1,501
Oligo-Proteines Marines Serum Authentique 30ml	870	Creme Msr-H 50ml	3,140
Oligo-Proteines Marines Serum Authentique 8ml	305	Creme Biofixine 50ml	2,185
Complexe Iribiol Serum Authentique 30ml	695	Gel Adn Silkgen 50ml	2,220
Complexe Iribiol Serum Authentique 8ml	305	Creme Dermo-RI 50ml	1,420

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Product Price List

La Grande Creme 50ml	5,355	Masque Gommage Mains 75ml	585
Emulsion Gel Biosensible 50ml	1,450	Serum Matriciel 100ml	1,255
Creme Dermopurifiante 50ml	730	Huile Dermotonique 100ml	860
Creme Pigm 400 50ml	1,765	Huile Detente 100ml	860
Creme Contour Des Yeux Vip O2 15ml	695	Huile Benefique 100ml	785
Creme Contour Des Yeux Biosensible 15ml	895	Lipogen Ac 500ml	3,450
Biokiss 15ml	500	Creme Amincissante Oxygenante Mc 110 200ml	1,050
Emulsion Gel Biosensible S.R. 50ml	1,450	Creme Anti-C 200ml	1,085
Creme Contour Yeux Et Levres Biofixine 15ml	985	Creme Reparatrice 200ml	1,505
Preparation U.V. 50ml	1,185	Creme Msr-H Corps 200ml	1,650
Protection U.V. 50ml	1,175	Creme Dermo-RI Corps 175ml	1,175
Reparation U.V. 50ml	1,240	Emulsion Renovatrice Mains 75ml	450
Serum Yall O2 30ml	3,460	Emulsion Corps Vip O2 150ml	860
Serum Yall O2 8ml	1,050	Emulsion Mains Pigm 400 75ml	520
Fluide Vip O2 30ml	2,455	Creme Adn Metamorphique 50ml	1,395
Fluide Vip O2 8ml	755		
Le Grand Serum 30ml	4,785		
Le Grand Serum 8ml	1,320		
Lotion P50 Corps 250ml	820		
Gommage P50 Corps 200ml	825		

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