



THE SPA
GRAND LISBOA PALACE
MACAU

The Spa

*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 Massages

The signature massages at The Spa at Grand Lisboa Palace deliver high performance results from four results-based aromatherapy oils. The Rescue, Soothe, Dream, and Detox blends are founded on authentic Ayurveda principles, namely to empower one's physical, mental, and emotional wellbeing.

60 / 90 Minutes

RESCUE is blended for muscle recovery and immune support. Massage this potent oil to localised areas of muscle pain and fatigue for lasting relief and detoxification. This multipurpose massage oil has ingredients that are known to support a healthier immune response.

60 / 90 Minutes

SOOTHE is an aromatic journey of citrus and floral scents that will have you feeling relaxed, refreshed and completely zen. While Lavender is a powerful tool known as a sleep enhancer, Ylang Ylang is known to balance hormonal fluctuations and leave you feeling rebalanced.

60 / 90 Minutes

DREAM is designed to help you slip into a blissful slumber. Ingredients such as Rosewood, Pandan Flower as well as the potent and rare Chinese Emperor Jasmine are known to calm the senses, reduce stress and assist with anxiety, helping you to achieve better quality sleep.

60 / 90 Minutes

DETOX is ideal for full body detoxification, particularly for those concerned with cellulite and fluid retention. Detox also works to support the adrenals and contains ingredients that are known to flush out any toxins which may be causing adrenal fatigue, stress, pain and fluid retention.

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.

CUSTOMISED RELAXING TREATMENT

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.

MC 110 TREATMENT

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.

SKIN 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.

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 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.

*Biologique Recherche facials do not include steam and extractions.

Customised Body Treatments

P50 NEW SKIN TREATMENT

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.

SLIMMING BOOSTER TREATMENT

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.



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 60 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 MASSAGES		
Rescue	60 / 90	1,150 / 1,550
Soothe	60 / 90	1,150 / 1,550
Dream	60 / 90	1,150 / 1,550
Detox	60 / 90	1,150 / 1,550
Soothing Back Massage	45	750
Deep Tissue	60 / 90	1,100 / 1,550
Customised Relaxing	90 / 120	1,550 / 2,200
FACIALS		
MC 110	60 / 90	1,600 / 2,100
Skin Booster VIP O2	60 / 90	1,600 / 2,100
CUSTOMISED FACIAL TREATMENTS		
Module Cold Mask	90	2,200
Module Eye Contour	30	600

Price List

	Duration (Minutes)	Price
CUSTOMISED BODY TREATMENTS		
P50 New Skin	45 / 60	950 / 1,200
Slimming Booster	60 / 90	1,200 / 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

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