



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

## ESSENCE OF GRAND LISBOA PALACE

150 Minutes

*Deep relaxation, Detox, Luminous*

Experience an ultimate relaxation with a body massage that starts with a firm massage of the stomach, helping to dredge veins and eliminate toxins from the body. Afterward, treat yourself to our signature facial treatment, which incorporates luxurious skincare products. This exceptional experience not only enhances your understanding of your skin but also delivers remarkable results, achieving a flawless, even skin tone and a luminous, well-hydrated complexion.

## BIOLOGIQUE RECHERCHE TREATMENT

90 / 120 Minutes

*Soothing, Comforting, Serene*

### **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.

## SERENE SLEEP RITUAL

90 / 120 Minutes

*Bathe in the Hush of Restful Slumber*

Start your restoration with our in-depth consultation to decode your sleep patterns and lifestyle, crafting a personalised sleep enhancement regimen for peaceful slumber. Our skilled therapists transport you to bliss with a classic Balinese and Swedish massage, accompanied by therapeutic aromas and soothing playlists, restoring your inner calm and gifting you with restorative nights.

## HEALING SOUND THERAPY

90 / 120 Minutes

*Harmonising, Healing, Meditative*

This soothing sound of singing bowls will calm your tired body and soothe your soul. Our skilled therapist will apply focused pressure to your muscle pain points, alleviating your fatigue and improve your overall well-being. Perfectly suited for individuals leading fast-paced and high-stress, this experience not only improves sleep quality but also enhances liver and spleen function. Say goodbye to jet lag, nervous tension, anxiety, impatience and other imbalanced states as your indulge in this transformative journey.

## SPA ESCAPE FOR COUPLES

90 / 120 Minutes

*Romantic, Exquisite, Rejuvenating*

Embark on a romantic getaway with your loved one at our exclusive private steam suite for two. Enjoy a pampering couple's body scrub, massage and hydrating treatment by our skilled therapists for profound relaxation and rejuvenation together. Guests can also toast to their loved one with two complimentary glasses of champagne to celebrate the special time together.

# Massage Treatment

*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.*

## **RESCUE**

60 / 90 Minutes

*Restorative, Muscle relaxation, Combat fatigue*

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.

## **SOOTHE**

60 / 90 Minutes

*Stress relief, Relaxing, Wellbeing*

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.

## **DREAM**

60 / 90 Minutes

*Relieves tension, Relaxing, Improve sleep quality*

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.

## **DETOX**

60 / 90 Minutes

*Boost circulation, Stimulate metabolism, Vitality*

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.

## DEEP TISSUE MASSAGE

60 / 90 Minutes

*Relieving, Vigorousness, Restorative*

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.

## THAI FUSION MASSAGE

60 / 90 / 120 minutes

*Ease joint, Improving flexibility, Revitalising*

Our skilled therapists utilises techniques like acupressure, passive stretching, and kneading to ease joint discomfort and muscle fatigue, improving your posture and flexibility. Choose from a revitalising dry massage or a luxurious oil massage for a truly immersive experience that will bring you to a haven of relaxation and rejuvenation.

## FOOT MASSAGE BY BASTIEN GONZALEZ

35 / 60 Minutes

*Boost Circulation, Relaxing, Invigorating*

A treatment designed for the total wellbeing of the feet and legs. Ideal for relieving heavy legs, tired after long flights, this truly relaxing toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will facilitate the absorption of the cream used during the massage, optimising the effects of its active ingredients.



*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 Treatment

*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)

*Contouring, Anti-wrinkle, Glowing*

### ***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)

*Luxurious, Revitalising, Illuminating*

### ***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.

## **MODULE COLD MASK**

90 Minutes

*Refreshing, Hydrating, Radiant*

### ***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

*Restorative, Soothing, Brightening*

### ***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.

# Body Care Treatments

## **P50 NEW SKIN BODY TREATMENT**

45 / 60 Minutes (with add on)

*Revitalising, Hydrating, Brightening*

### ***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.

## **DETOX BODY WRAP**

45 Minutes

*Improve circulation, Contouring, Detox*

Immerse yourself in the ultimate in purification and detoxification with our revitalizing body wrap treatment. Specifically designed to help eliminate toxins and improves micro-circulation, this luxurious treatment will leave you feeling refreshed and rejuvenated.

## **HYDRA REVIVAL BODY SCRUB**

30 Minutes

*Exfoliating, Moisturising, Smoothing*

Experience our innovative treatment that includes gentle exfoliation and moisture replenishment to the skin, resulting in smoother and more hydrated complexion that radiates softness and health.

## **ENHANCEMENT TREATMENT**

***Soothe Back Massage***

45 mins

***Bath ritual***

30 mins

***Face mask***

20 mins

***Eye mask***

20 mins

# Wellness Treatments

## **CLEANSE LIFE – TWO DAYS**

*Purifying, Nourishing, Refreshing*

**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**

*Body sculpting, Skin tightening , Contouring*

**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**

*Anti-aging, Rejuvenating, Empowering*

**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.

## **INDULGE – ONE OR TWO DAYS**

*Luxurious, Relieve stress, Restorative*

**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.



## **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

## **SOUND THERAPY EXPERIENCE**

*60 Minutes*

Indulge in a profoundly relaxing and rejuvenating session that leverages the power of sound and vibration to promote healing, relaxation, and overall well-being.

***Individual***

***For Couple***

***For Families (4 maximum)***

## **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.

## WORKOUT 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 Grand Lisboa Palace	150	2,550
Biologique Recherche Treatment	90 / 120	1,550 / 2,200
Serene Sleep Ritual	90 / 120	1,850 / 2,350
Healing Sound Therapy	90 / 120	1,850 / 2,350
Spa Escape for Couples	90 / 120	1,950 / 2,450

## **MASSAGE TREATMENT**

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
Deep Tissue Massage	60 / 90	1,250 / 1,650
Thai Fusion Massage	60 / 90 / 120	1,750 / 1,850 / 2,350
Foot Massage by Bastien Gonzalez	35 / 60	760 / 950

## **FACIALS TREATMENT**

MC 110	60 / 90	1,600 / 2,100
Skin Booster VIP O2	60 / 90	1,600 / 2,100
Module Cold Mask	90	2,200
Module Eye Contour	30	600

## **BODY CARE TREATMENTS**

P50 New Skin Body Treatment	45 / 60	950 / 1,200
Detox Body Wrap	45	780
Hydra Revival Body Scrub	30	680

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# Price List

Duration  
(Minutes)

Price

## ENHANCEMENT TREATMENT

Soothe Back Massage	45	750
Bath Ritual	30	480
Face Mask	20	480
Eye Mask	20	480

## WELLNESS TREATMENTS

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

## WELLNESS CLASSES

### Sound Therapy Experience

Individual	60	800
For Couple	60	1,800
For Families (4 maximum)	60	2,000
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
Workout With A Personal Trainer	45	800
Circuit Training	30	600

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