

## TAILORED FOR YOUR SENSES

Create your very own spa experience with favourites from a curated list of components.

Select your desired duration then mix and match with the body treats of your choice.

### Package 1

90-minute treatment

Euro 180

### Package 2

120-minute treatment

Euro 220

### Package 3

150-minute treatment

Euro 250

### For The Ladies

- 60-minute Body Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 60-minute Facial
- 30-minute Calming Bath

### For The Gentlemen

- 60-minute Body Massage
- 30-minute Back Massage OR 30-minute Foot Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 30-minute Express Facial
- 30-minute Calming Bath

*\*For optimal relaxation and benefit, the duration of combined massages would be 90 minutes.*

**PALÁCIO ESTORIL HOTEL GUESTS ENJOY A 15% DISCOUNT ON TAILORED FOR YOUR SENSES PACKAGES**

## **FULL BODY MASSAGES**

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists. Choose from *Touch of Love* or *Touch of Peace* massage oil to complement your state of mind and achieve desired effects.

### **60-minute treatment**

Euro 120

### **90-minute treatment**

Euro 160

### **Balinese**

60/90-minute treatment

A medium to strong massage where the therapist applies deep thumb and palm pressure with slow, firm, rhythmic strokes. These techniques uplift the senses and ease muscle tension, leaving you fully invigorated.

### **Deep Tissue**

60/90-minute treatment

A medium to strong deep pressure massage which minimises recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.

### **Gentle Touch**

60/90-minute treatment

Be pampered by this soft to medium massage where soothing, long strokes and thumb pressure are applied in tandem to relax the body. Ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly.

### **Thai Classic**

60/90-minute treatment

A perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow. This classic massage uses traditional Thai techniques to apply deep palm strokes on the back with delicate stretching.

### **Thai Essence**

60/90-minute treatment

A medium to strong massage adapted from traditional Thai massage techniques which improves overall flexibility from top to toe. Palms and thumbs are applied to pressure points to relieve tired muscles and to boost energy. No oil is used and a two-piece outfit is worn.

## **FUSION FOCUS**

Designed for guests who are on-the-go, these massages begin with a gentle foot wipe and end with light refreshments. Warm Clarity Oil is used in all massages to soothe nerves and moisturise skin.

**30-minute treatment**

Euro 75

**45-minute treatment**

Euro 85

### **Back Reviver**

30/45-minute treatment

For the backaches resulting from long hours spent at the desk, this massage serves as a perfect relief to iron out tension and pain.

### **Foot Release**

30/45-minute treatment

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

### **Hand Relax**

30/45-minute treatment

Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility.

### **Head & Shoulders Reliever**

30/45-minute treatment

Let your therapist knead your stress and headaches away with this simple but effective massage to improve flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.

## **BODY SCRUBS**

### **30-minute treatment**

Euro 80

#### **Apple Green Tea Polisher**

*For All Skin Types & Sensitive Skin*

Natural acids from the apple acts as a gentle cleanser while the green tea powder nourishes the skin with its anti-oxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.

#### **Ginger Lemon Cleanser**

*For Oily Skin*

The warming effect of fresh ginger paired with the citric fruit acid from lemon makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

#### **Kieffer Lime Refresher**

*For Normal & Oily Skin*

Fresh lime peels gives a delightful scent and acts as an antiseptic. The wheat germ included in the scrub smoothen fine lines with its rich Vitamin E content while the honey nourishes the skin.

#### **Turmeric Honey Cleanser**

*For All Skin Types*

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seeds forms this refreshing scrub. The oil from the crushed sesame seeds ensures that the skin is not stripped dry by the scrub.

## BODY CONDITIONERS

### 30-minute treatment

Euro 80

#### **Aloe Lavender Healer**

*For Dry Skin Types and Sunburn Skin Types*

Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation.

#### **Chrysanthemum Enhancer**

*For All Skin Types*

A nutritious mix of dried chrysanthemum, honey and yoghurt provides a moisturising treatment to revitalise the skin. These ingredients are blended with wheat flour for extra soothing benefits.

#### **Honey Avocado Healer**

*For Dry Skin and Sensitive Skin Types*

The highly moisturising honey and creamy Avocado make up this body conditioner which improves skin condition and restore softness to the skin. Its delightful fragrance leaves you feeling refreshed.

#### **Kieffer Lime Mask**

*For Oily Skin Types*

Uplift your senses with the zesty lime as you are wrapped in this invigorating and fragrant body mask. The ingredients are quickly absorbed, leaving the skin feeling soft and radiant.

*\*Only valid as a complement of a Banyan Tree Spa treatment*

## CALMING BATHS

### 30-minute treatment

Euro 45

#### **Detoxing Bath**

Relax your senses with a salt bath, an all-time favourite for centuries. Citrus fruits are added for extra zest.

#### **Purifying Bath**

Get pampered like royalty and unveil radiant, youthful skin after this moisturising bath.

#### **Relaxing Bath**

Infused with indigenous flower from the destination, feel your mood lighten up with this fragrant bath.

#### **Rejuvenating Bath**

Uplift your senses and brighten up dull skin with herbs such as cucumber and ginger, which are rich in Vitamin C and anti-oxidants.

*\*Only valid as a complement of a Banyan Tree Spa treatment*



## **PLEASE TAKE A MOMENT TO READ THIS**

### **Etiquette**

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Please switch your cellular phones and electronic devices off or to silent mode.

### **Calm Time**

Guests will be accorded a 30-minute Calm Time of refreshments and relaxation per visit, except hand and foot treatments.

### **Check-in**

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### **Reservations**

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. We require a credit card number to reserve all spa appointments.

### **Valuables**

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### **Smoking and Alcohol**

Smoking and the consumption of alcohol within the spa are prohibited.

### **Cancellation Policy**

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

### **Refund Policy**

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

### **Gift Certificates**

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

### **Disclaimer**

The spa treatments, services and/or facilities received or utilised at Banyan Tree Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Banyan Tree Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.