BANYAN TREE
SPA
ESTORIL

Sanctuary for the Senses

Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality.

Our massages are based on evolving techniques that passed through the hands of many generations. Our health and beauty remedies combine the use of aromatic oils, herbs and spices with ancient healing powers.

Under the intuitive touch of our therapists, simple sensory pleasures are reawakened to define the award-winning Banyan Tree Spa experience.

Sense of Tranquillity: Calm your mind and draw in the tranquillity of your surroundings. Sit back and relax as our therapist welcomes you with a soothing Foot Bath. Leave the cares of the world behind as you enjoy an herbal drink and refreshments. All Banyan Tree Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation, except hand and foot treatments. Enjoy the difference.

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BANYAN SIGNATURES

The ultimate pampering experience, Banyan Signatures features holistic treatments for your complete physical, mental and spiritual renewal.

Royal Banyan

150-minute treatment — Euro 290

A well-loved treatment, Royal Banyan delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle aches. Featuring a warm herbal pouch dipped in Sesame Oil, this signature treatment presents the quintessential Banyan Tree Spa experience like no other.

Coriander Cucumber Cleanser • Royal Banyan Herbal Pouch Massage • Jade Face Massage • Therapeutic Herbal Bath

Sense of Place - Portuguese Romance

150-minute treatment — Euro 290

Soak in the classical charm of Portugal and indulge in a complete range of beauty treats. The combination of avocado and honey used in a hydrating body scrub refines the pores and lightens the skin. Pamper your face with a refreshing facial for a revitalised complexion.

Avocado Honey Purifier • Choice of Body Massages • Banyan Cleansing Facial

Tropical Rainmist

120-minute treatment — Euro 250

Widely known as Banyan Tree Spa's innovation, unwind in the sensory pleasures of the trickling Rain Shower. An invigorating body scrub purifies before the skin is boosted with extra moisture. This experience brings you perfect tranquility as tension is kneaded away by the therapeutic touch of the therapist.

Choice of Massages • Bath Soak • Steam Bath •Rain Shower • Cleansing Mitt Scrub • Rain Shower • Honey Milk Nourisher • Rain Shower with Hair Wash

Master Therapist Experience

90-minute treatment — Euro 210

Restore energy that was thought to be long gone. Drawn from the expertise of the Master Therapist, indulge in a specially tailored treatment using a repertoire of massage techniques and tools. Therapist will first take time to understand the profile of each individual guest before customising a package best suited to meet his or her needs.

All prices are quoted in Euro and are inclusive of taxes. Prices are subject to change without prior notice.

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TIME-HONOURED TRADITION

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.

Chinese Traditions

90-minute treatment — Euro 225

A massage technique used for centuries to heal the body, *Tui Na* improves mobility and circulatory health by correcting the flow of *Qi* in the body. Restore harmony and balance through this powerful healing technique and enjoy complete physical relaxation.

Oriental Massage • Oriental Head Massage

Indian Traditions

90-minute treatment — Euro 245

This beautifying regime features Ayurvedic traditions with aromas that bathed the grounds of Indian palaces. Allow the therapist to restore vitality to your energy channels and strengthen your immune system. The Shirodhara effectively relieves anxiety as a soothing stream of warm oils flows onto your forehead.

Ayurvedic Massage • Chakra Head Massage • Shirodhara • Lepanam • Hair Mask • Steam Bath

Indonesian Traditions

120-minute treatment — Euro 280

Practised in the palaces of Central Java, you can now indulge in bliss fit for royalty. The deep tissue Balinese massage using strong, firm strokes dissolves all muscle tension. The divine treatment adopts century-old beauty recipes which include healing ingredients and their renowned herbal bath to harmonise the senses.

Balinese Massage • Lulur Purifier • Yoghurt Body Splash • Fresh Milk Nourisher • Jamu Bath

Thai Traditions

120-minute treatment — Euro 280

The therapeutic stretching of the massage alleviates internal tension and enhances flexibility of the body. Feel the soothing heat on your muscles and be wrapped in a healing remedy of Thai herbs. Soak in the goodness of an uplifting Ginger Bath as you step out with glowing skin.

Ginger Refresher • Thai Herbal Heat Treatment • Herbal Enhancer • Thai classic Massage • Aromatic Ginger Bath

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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 200

Package 2

120-minute treatment — Euro 245

Package 3

150-minute treatment — Euro 280

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.*

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FULL BODY MASSAGES

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists.

60-minute treatment Euro 135

90-minute treatment Euro 180

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.

PALÁCIO ESTORIL HOTEL GUESTS ENJOY A 10% DISCOUNT ON FULL BODY MASSAGE

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FUSION FOCUS

Designed for guests who are on-the-go, these massages begin with a gentle foot wipe and end with light refreshments.

30-minute treatment	Euro 85
45-minute treatment	Euro 95

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.

PALÁCIO ESTORIL HOTEL GUESTS ENJOY A 10% DISCOUNT ON FUSION FOCUS MASSAGE

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BODY SCRUBS

30-minute treatment

Euro 90

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.

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BODY CONDITIONERS

30-minute treatment

Euro 90

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*

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CALMING BATHS

30-minute treatment

Euro 55

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.

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FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

60-minute treatment

Anti Ageing *For All Skin Types* Eur 180

For a firmer, visibly younger-looking appearance, this facial is a welcome change to reverse the signs of fatigue, wrinkles and fine lines. The therapist will use a firming technique on your face followed by a cream facial mask with skin-tightening effects to pump up the volume to achieve absolute radiance.

Purification *For Oily Skin Types* Eur 145

This revitalising facial treatment helps to regulate sebum production and absorb excess facial oil generated by over-active sebum glands. The skin is remineralised and rebalanced, revealing a fresh and shine-free face.

Hydrate *For Dry Skin Types* Eur 145

Dry skin is deeply re-hydrated with this nourishing facial treatment. The skin barrier function is strengthened during the treatment, reducing fine lines and increasing skin suppleness.

Rejuvenation *For Normal/Combination Skin* Eur 145

Let this facial help to regulate sebum production while hydrating and nourishing the skin. Your complexion will be radiant and healthy after this rejuvenating facial treatment.

Soothe *For Sensitive Skin* Eur 145

A calming treat for sensitive skin, this facial soothes and reduces skin irritations. Its decongesting effect refreshes and boosts the micro-circulation of the face, leaving the skin feeling soft and luminous.

Express **30-minute treatment** Eur 115

Create a blissful treat for your face; select the combination which works best for your skin type. This facial begins with cleansing to remove impurities and ends with a moisturiser to restore radiance. Choose from scrub, mask or massage to give a clearer and brightened complexion.

Cleansing • Scrub • Mask • Moisturise OR Cleansing • Massage • Mask • Moisturise OR Cleansing • Scrub • Massage • Moisturise

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PLEASE TAKE A MOMENT TO READ THIS

Spa 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.

Spa Dynamic Pool: Minimum age for use of the Dynamic Pool is 16 years old, or 12 when accompanied by an adult. We are committed to maintaining the tranquil ambience of the spa and, as capacity is limited, availability cannot be guaranteed. During busy periods, we reserve the right to restrict access if the area is at full capacity. Palácio Estoril Hotel guests are required to sign in and agree to all house rules and safety guidelines.
For everyone's comfort and safety, please shower before entering, wear appropriate swimwear and footwear, maintain silence, jumping or diving is strictly prohibited, do not use body oils or creams, and note that lounger availability is not guaranteed.

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.

Spa Treatment Hours: The Spa opens from 8am to 8:30pm, Treatments starting at 11am and last treatment finishes at 7pm.

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. Palácio Estoril Hotel Guests enjoy a 10% discount on Full Body and Fusion Focus Massages. This discount cannot be enjoyed in conjunction with other discounts, privileges or promotions.

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 "noshow".

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, s, 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.