

## **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 120

**90-minute treatment**

Euro 160

### **Balinese**

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**

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**

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**

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**

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**

## **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**

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**

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**

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**

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.

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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.

**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 10am 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.