



mandalay

WELLNESS & SPA



LEAVE THE REAL
WORLD BEHIND
AND STEP INTO
MANDALAY SPA







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WELLNESS & SPA

Mandalay Spa takes its name from the last royal capital of Burma, founded in 1847 by King Mindon as a centre of Buddhism learning.

Inspired by traditions that date back centuries, the philosophy of Mandalay Spa is inherently rooted in Southeastern Asia healing wisdoms. We have created treatments that use the intuitive touch of our experienced therapists, based on Indian Ayurvedic Medicine and Royal Thai healing heritages.

Traditional remedies blended with a profoundly therapeutic touch provides authentic spa experiences to unwind, uplift your spirit and achieve emotional happiness.

We believe that balance is the key for a happy life, so at Mandalay Spa we are devoted to help you undertake the journey to reach inner peace.

Relax as you wish and find yourself.
Mingalabá.





SIGNATURE TREATMENTS

SWITCH-OFF (SLEEP THERAPY)

115min. | 160€

Unique and highly effective ritual to induce deep relaxation. It begins with a relaxing foot soak, followed by slow and deep movements that work in tune with hot and soothing Thai herbal poultice. Ideal to dissolve accumulated tension and relieve restless mind. As a finishing touch, the bed is carefully prepared with pillows and extra blankets, to create optimal conditions for a well deserved sleep. After 15 minutes, you will be woken to the sound of tingsha bells.

EXOTIC COCONUT RITUAL

115min. | 160€

Indulge with the amazing benefits of coconut. The ritual begins with an invigorating body polish using coconut scrub to cleanse the skin. A tailor made massage will follow, where a variety of techniques are applied to suit your body needs. A conditioning hair wrap is included to perfect this ritual.

HONEY MOON

55/ 85min. | 190/ 250€

The perfect combination for a couples delight. A full body massage, inspired by lomi-lomi technique, with long and flowing massage movements, like rolling waves travelling along the body. It will help the mind to disconnect and create a deep sense of relaxation. The ritual will end with an hydrating express facial.

Express Facial only available on 85min. option

HIMALAYAN DETOX TREATMENT

80min. | 120€

Due to its natural antibacterial properties, Himalayan Salt helps to detoxify and purify the body. The treatment starts with an Himalayan salt scrub and wrap to cleanse and encourage the body to detoxify. A scalp massage will be performed and a detox body oil will then be massaged into the skin to help eliminate toxins and boost circulation.

Option: Only the Detox Massage - 40min. | 75€

Note: All the treatments include a welcome foot ritual and Mandalay´s flowering tea ritual.
These rituals can be done in a room for two.



Recommended for pregnant or breastfeeding



Pressure Level (Soft, Medium and Strong)





SUNDĀRI



SUNDĀRI takes a holistic and earthly approach to beauty and well-being based on the ancient healing wisdom of Ayurveda.

We go back to nature and use traditional healing remedies to allow the mind, body and spirit to gain balance in a world of stress and challenges. SUNDĀRI enables you to reconnect with your inner self and encompass our core philosophy: 'being well inside, reads beautiful on the outside'.

Ayurveda is acknowledged as the oldest medical science, originating from India and is focussed on the balance of three doshas: Vata, Pitta and Kapha for optimum health. The philosophy of balance is woven through the entire SUNDĀRI experience.

Each ritual begins with an Ayurvedic consultation during which our therapists will adapt the treatment most suited to your Dosha.





A TASTE OF INDIA BY SUNDĀRI

ABHYANGA MASSAGE

55/ 80min. | 90/ 135€

Profound relaxation—using Abhyanga, or literally, “oil massage.” This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy using warm oils and varying amounts of pressure with a focus on restoring the flow of “prana,” the life force that stimulates your body’s vital energy.

SHIRODHARA RITUAL

55min. | 110€

Shirodhara is a powerful and peaceful experience—based on Ayurvedic healing therapy in use for thousands of years. The therapist directs a warm stream of oil onto the third eye into the hair and scalp, then perform an ayurvedic scalp massage to release accumulated tension. A facial marmassage follows, which uses steady and circular movements on specific points, to relax the facial muscles. Includes an abhyanga back massage to complete the experience.

AYURVEDIC MASSAGE

55min. | 100€

Ayurveda, the ancient science of healing body, mind and soul. This massage invites you to take a step into the knowledge of the Vedas and embrace your bodies natural healing powers. A vigorous massage to stimulate the flow of energy and liberates toxins and stiffness. It provides greater flexibility to the body and increases the mobility of joints. Specific oil to Vata, Kapha or Pitta Dosha.

KANSA RITUAL

80min. | 135€

This unique experience uses a Kansa wand made of sacred bronze recognized in India as a healing metal. It warms as it is massaged on the skin creating many benefits, such as stress relieve, increase energy, improves blood and lymph circulation. It includes a facial massage to relax the facial muscles and alleviate tensions.





Drawing on centuries of Asian wisdom, Ytsara (meaning 'freedom' in Thai) believes that we need to train the mind and body to relax in order to identify the need to disengage from fast life. It's once we slow down, breathe and live in the moment that we find the answers to balance, connection and care.

Ytsara uses 100% natural products and Thai therapies to cleanse the energetic channels of the body and deliver total well-being. Ancient wisdom from Chiang Mai is used to unlock the energy flow and is the perfect add-on to more known and traditional Thai massage techniques, to deliver an effective therapeutic effect.





A TASTE OF THAILAND BY YTSARA

ULTIMATE DEEP PRESSURE 📏

80min. | 150€

Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. The ancient 'Tok Sen' technique is used specifically on the back allowing vibrations to work deep in the muscles.

Allow yourself to surrender to the expertise of our therapists.

TRANQUIL JOURNEY 📏

80min. | 140€

Slow, deep movements work in tune with your breathing whilst a warm and calming, Thai herbal poultice works to oxygenate the muscles melting away any accumulated tension. Ideal to improve blood circulation, alleviate pain and fatigue to the muscles. Everything around you slows down.

PRANA VITAL ENERGY 📏

55min. | 95€

The perfect massage to start your day. A combination of energizing massage techniques and a heated poultice, work with Ytsara's Vital Energy Body Oil to inspire self-connection and renewal. The mind and body are uplifted and energized.

SIAM HEALING BACK MASSAGE 📏

45min. | 80€

Experience the healing effects of the ancestral technique - "Tok Sen" that delivers vibrations to the deeper muscles. When combined with Western massage movements on the back, shoulders & neck the results are amazing on relieving accumulated tensions and aches.

Tip: For more beneficial results, add-on to your experience with a 30min. body scrub. for only 55€.
These rituals can be done in a room for two.



MANDALAY SPA FACIALS



Thinking about the aggressions to which the skin of your face is subjected daily, Mandalay Spa presents you the innovative and highly effective treatments.

The **Linda Meredith** treats the problem, not the skin type, and all of the products can be overlapped to deal with various issues arising on the skin. However, the main aim of the range is hydration and anti-ageing.

Karin Herzog, swiss brand lider in active oxygen with two worldwide patents. Recognized for its effectiveness and speed in the treatment of skin.





MANDALAY SPA FACIALS

HAUTE COUTURE

55/70min. | 130/150€

Haute Couture meaning individually designed for each client. A deep cleansing is carried out by a senior therapist, which will assess any skin problem and adapt the treatment to the specific needs of the face and neck. This luxurious facial will regenerate, firm and smooth fine lines, while feeding the skin with encapsulated vitamins and essential nutrients to a fresh and flawless look. *Optional extraction.*

V-TOX FACIAL*

30min. | 65€

The alternative to BOTOX! The V-TOX uses algae derivatives to relax the skin. This natural alternative solution uses the added benefit of a botanical cream designed specifically to relax and soften fine lines and wrinkled areas.

COLLAGEN BOOST *

30min. | 65€

A quick collagen boost. Collagen is essential to skin regeneration. A refreshing experience with a fine sheet impregnated with freeze dried collagen is moistened into the contours of the face and deeply delivered to the lower layers.

HYALURONIC MASK*

30min. | 65€

Naturally found in the body, hyaluronic acid secures moisture and creates fullness — the skin is naturally youthful. This powerful treatment plumps fine lines and wrinkles due to increased moisture levels that in turn lift and tighten the skin.

**Available as add-on to Haute Couture Facial 15min. | 30€*

DEEP CLEANSING FACIAL

85min. | 100€

A deep cleansing facial ritual, that combines the extraction of impurities, the oxygenation and detoxification of any skin type. For a luminous, toned and cleansed skin.

PURIFYING FACIAL

70min. | 95€

Targeting skin problems such as acne, this ritual ensures efficiency with no equal. This treatment deeply cleanses and detoxifies the skin relieving it of impurities and bacteria, rebalancing its oil production.

REJUVENATING FACIAL

55min. | 90€

Using fresh and natural fruit enzymes and extracts, this facial resurfaces the skin, accelerates cell regeneration and creates a more balanced skin tone. 3% oxygen will be directly applied on localized areas to help reduce hyperpigmentation, acne marks, fine lines and minimise open pores.

Tip: Add-on to your facial with a relaxing massage 30min, for only 55€.
These rituals can be done in a room for two.



The Refinery



The Refinery is the name of the famous exclusive spa for men in London. Created in 2000, provides an atmosphere of "Gentlemen's Club" in a luxurious and refined, typical SPA Mayfair, Harrods or Knightsbridge environment. Recently they created the brand of men's care with the same name and which is now available in Mandalay Spa.





THE REFINERY SPECIALS FOR MEN

ULTIMATE FACE AND BODY TREATMENT

80min. | 140€

Begin your experience with a refreshing back cleansing, exfoliation and massage. Continue on with an anti-stress ayurvedic scalp massage that will relieve muscle aches. Then enjoy a facial treatment using an exotic mixture of the best essential and natural vegetable oils exclusive to the refinery range. The result is a soft, regenerated and rebalanced skin.

REVITALIZING FACIAL

55min. | 90€

Complete facial with active and potent ingredients that stimulates the skin at the deepest level. A firmer skin comes to life, moisturised, with fine lines and wrinkles smoothed away. Includes a massage using pressure points in the cleavage, neck and shoulder areas to promote relaxation.

ESSENTIAL FACIAL

55/70min. | 90/100€

When time is short and you need to be at your best, then this ritual is ideal. Deep skin cleansing, exfoliation and mask with moisturising and detoxifying properties. For a clean and glowing skin.

Option: With extraction.

Tip: Add-on to your ritual with an ayurvedic scalp massage 30min, for only 55€.
These rituals can be done in a room for two.







MOMS & BABIES

MOTHER-TO-BE

70min. | 105€

Carefully designed for pregnant and nursing mothers, uses safe relaxation techniques to help you relief backaches, while lymphatic drainage techniques are used to relieve fluid retention and weight of your legs.

SHANTALA

55min. | 75€

Working especially the mother/baby relationship (which can also be father/baby). Our therapist will teach the Shantala massage - an ancient Indian massage, defined by its simplicity, enchanting rhythmic movements and positive benefits for babies and children till 6 years old. It relaxes and balances the entire nervous, energetic and emotional system. Brings security and self-esteem to the child, making him feel involved in love.

MOMMY & ME

50min. | 155€

Spas aren't just for grown-ups! Ideal for restless children, with lack of focus and insomnias. This massage uses Thai techniques of gentle pressure on the scalp, legs and feet, followed by an ayurvedic oil massage on the back and arms. This treatment improves children's quality of sleep, and strengthens the immune system. Perfect for parents and children. Ages 6 and over.







DAY SPA PROGRAMS

MANDALAY ROYAL

240min. | 400€

Feel like a royal member and completely indulge and immerse with the best rituals of Mandalay Spa.

Your day will include:

- Full use of our spa facilities
- Welcome drink
- Body Polish
- Tranquil Journey
- Light meal with Lemon grass infusion
- Shirodhara Ritual (30min.) - Sundāri
- Facial to your choice + Specific Eyes Treatment
- Royal Flowering Tea

DETOX PROGRAM

195min. | 280€

A complete detoxifying experience for mind and body. This program was designed to heal and cleanse while purifying the skin.

Your day will include:

- Full use of spa facilities
- Welcome drink
- Himalayan Salt Bath or Himalayan Salt Scrub
- Detox Massage
- Light Detox Lunch
- Purifying Facial
- Detox Flowering Tea

MANDALAY HEALING EXPERIENCE

145min. | 230€

A day of self-indulgent treatments to reconnect with your mind and soul and treat your body to some well-deserved pamper time.

Your day will include:

- Full use of spa facilities
- Welcome drink
- Ytsara Exfoliation
- Mini Facial to your choice
- Abhyanga Massage
- Indian Head Massage
- Flowering Tea to your choice





DAY SPA PROGRAMS

TIME FOR YOU

115min. | 180€

A totally personalized program designed to meet each client's needs or preferences. Please choose 3 treatments, one from each category:

Abhyanga Massage
Prana Vital Energy Massage
Deep Tissue Massage
Relax Massage

Hydration Express Facial
Purifying Express Facial
Oxygen Express Facial
Specific Eyes Treatment

Energising Exfoliation
Relax Exfoliation
Relaxing Bath
Foot & Leg Revival

Tip: These day spa programs can be done in a room for two. Contact the spa reception for more information.

WELLNESS & SPA RETREATS

Detox, De-Stress and Mindfulness...

The Mandalay Spa offers you tailor-made or turnkey programs based on ayurvedic medicine. Including spa treatments, nutrition, fitness/yoga and health coaching sessions, these are programs to focus on wellbeing lifestyle or just to make a deserved reset. Find out more: topspa.pt/wellness/ or by e-mail: wellness@topspa.pt





SPA EXPRESS

TAKE THE MOST OF YOUR TIME WITH RESULTS DRIVEN EXPRESS TREATMENTS.
ALSO AVAILABLE AS ADD-ON TREATMENTS (30MIN.)

REVITALIZING OR HYDRATING MINI-FACIAL

30min. | 55€

Skin cleansing, exfoliation and mask with oxygenating and moisturising properties.

SCRUB 4 YOU

30min. | 55€

Organic and natural scrubs with essential oils for an energizing or relaxing action.

BACK MASSAGE

30min. | 55€

A relaxing back massage.

AYURVEDIC SCALP MASSAGE

30min. | 55€

An ancient Indian head massage technique, to relieve tension to expel stress and reintegrate harmony.

AYURVEDIC BATH *

30min. | 55€

Hydro-massage bath with ayurvedic soak to detox or relax, giving a sense of wellbeing.

* Check Availability

FOOT & LEG RITUAL

30min. | 55€

A treatment that helps to soothe heavy and painful legs with a contrast of hot and cold to stimulate blood circulation.

TAILORMADE RITUAL

Each 30min. | 55€

Aromatherapy? Holistic massage? Strong or medium pressure? Talk to your therapist about your major needs and get an 100% customized experience.





HOW TO SPA

OPENING TIMES

From Monday to Sunday, including holidays - 10am to 8pm

ZEN ATMOSPHERE

Please respect the right to privacy and serenity of all spa clients and guests in all spa areas.

SPA FACILITIES

The access to the spa and its facilities are for people over 16 years and free for hotel guests.

You can use the facilities complementary by booking a ritual: a relaxation area, a vitality swimming pool, an amethyst steam room, a steam room and outside jacuzzi.

LOST AND FOUND

The spa is not responsible at any time for valuable objects or jewellery lost in the spa. All lost property should be handed in to the hotel reception.

CHOOSE AND BOOK A RITUAL

If you require help in choosing your treatment, contact the spa reception. All treatments are subject to prior booking at the spa reception, by phone 210 015 740 (call to national fixed network), by WhatsApp 966 020 755 (call to national mobile network) or by e-mail: liberdade@mandalay-spa.com

CHECK IN

We encourage you arrive at least 20 minutes before your booking so that you can enjoy the unique premises and fill in your lifestyle consultation. A late arrival at the spa will limit your experience.

CANCELLATION POLICY

Should you wish to cancel or reschedule your appointment, let us know with 8 hours in advance. Cancellations within 8 hours of the appointment time, a 100% charge will be applied.

SILENCE

We ask you to switch off your mobile phone and keep your tone of conversation to a minimum.

PHYSICAL CONDITION

Please inform us about any health conditions, allergies or injuries that could affect your choice of treatment when booking. Some treatments may not be suitable for clients with specific conditions.

PREGNANCY

We have specific treatments for mothers-to-be or breast-feeding mothers.

Please allow our spa team to help you choose the right treatment for you during this special time.





HOW TO SPA

CHANGING ROOMS

For your maximum comfort a locker with a robe and slippers is provided to use in spa treatments.

YOUR PREFERENCES

Level of light, music, room temperature or the pressure used in the massage can be personalized. The therapist will ensure your maximum Comfort, covering up all areas that are not being treated.

TREATMENT PACKAGES

Mandalay Spa has a discount system for treatment packages. There are packages of 6 sessions (with 10% discount) or 10 sessions (with a 15% discount). Failure to show or cancellations without 8 hours prior warning will mean the session will be debited.

HOMECARE

To continue the spa experience at home, the majority of our products used in the treatment, are available for sale at the spa reception.

GIFT VOUCHER

Choose the perfect gift for someone special. Please contact the spa reception for more information.

GRATUITY

If you enjoyed your ritual and your therapist exceeded your expectations, you can leave a tip at the spa reception.

PRICES

Prices are subject to change without prior warning.
VAT included at the current legal rate.

CORPORATE PROGRAMS/ MEMBERSHIP AND SPA CARD

The spa provides a number of benefits for company staff with an established agreement, or for special events. There are also various membership options available. For more information, please contact us.





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