



mandalay

WELLNESS & SPA

SPA MENU

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

Inspired by traditions that date back centuries, the philosophy of Mandalay Spa is inherently rooted in Southeastern Asia healing wisdom. 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

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### HONEY MOON

50/ 80\*min | 200/ 300€ (2PAX)

The perfect combination for a couple's 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 a hydrating express facial.

\*Express Facial only available on 80min. option

### HIMALAYAN DETOX TREATMENT

80min | 170€

Due to its natural antibacterial properties, Himalayan Salt helps detoxify and purify the body. The treatment starts with a Himalayan salt scrub and wrap, followed by scalp massage and a detox body massage done with our special detox body oil to boost circulation.

### MANDALAY SPA - THE JOURNEY

80min | 170€

A massage that combines the best ancient techniques from Southeast Asia – Tui Na, Shiatsu, Ayurvedic and Thai. Relaxation, muscle tension relief, energy rebalancing and disconnection in one sensory journey!

Note: All the treatments include a welcome foot ritual and tea ritual.





## TASTE OF INDIA

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### ABHYANGA MASSAGE

50/ 80min | 110/ 140€

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

50min | 135€

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 marma massage 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

50min | 140€

Ayurveda, the ancient science for healing the body, mind and soul. This massage invites you to take a step into the knowledge of the Vedas and embrace your body’s natural healing powers. A vigorous massage that stimulates the energy flow, the detoxing process and releases muscular 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 | 140€

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 relieve tension.

Tip: Enhance your experience with a facial treatment.



## TASTE OF THAILAND

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### THERAPEUTIC THAI MASSAGE

50/ 80min | 125/ 165€

Relieve stiff and sore muscles with a deep muscular treatment, using therapeutic herbal poultice with essential oils. The ancient 'Tok Sen' technique is used specifically on the back, allowing vibrations to work deep in the muscles.

### CALMING THAI MASSAGE

50/ 80min | 120/ 160€

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 decrease muscular pain and fatigue. Everything around you slows down.

### ENERGIZING THAI MASSAGE

50/ 80min | 115/ 155€

The perfect massage to start your day. A combination of energizing massage techniques, a heated poultice and our energy body oil, work to inspire self-connection and renewal. The mind and body are uplifted and energized.

### SIAM HEALING BACK MASSAGE

40min | 90€

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 the muscular tension and pain.

Tip: For more beneficial results, complete your experience with a body scrub.



## MANDALAY SPA FACIALS

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### LINDA MEREDITH

Non-invasive anti-aging treatments, highly personalized to your individual needs, focusing on hydration, cellular regeneration, firmness, and rejuvenation.

#### HAUTE COUTURE

50min | 130€

Luxurious anti-aging treatment customized to meet each client's needs and expectations. Cleansing and exfoliation prepare the skin for an indulgent facial massage with serums rich in vitamins and essential nutrients to smooth fine lines and wrinkles.

#### V-TOX BOOST

40min | 80€

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

40min | 80€

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 BOOST

40min | 80€

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.

### KARIN HERZOG

A Swiss brand and world leader in active oxygen with two global patents, recognized for its efficacy and speed in skin treatment.

#### DEEP CLEANSING FACIAL WITH OXYGEN

80min. | 115€

An effective ritual that combines impurity extraction, detoxification, and oxygenation, ideal for all skin types, leaving it clean, toned, and radiant.

#### CUSTOMIZED O2 FACIAL

50min. | 95€

This ritual begins with a facial analysis of your skin's condition, which will determine the best products to address your concerns, whether it be dehydration, malnutrition, pigmentation, rosacea, or even acne.



## MOMS & BABIES

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### MOTHER-TO-BE

50/ 80min | 115/ 155€

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

### MOMMY/ DADDY & ME

50min | 170€ (2PAX)

SPA is not just for grown-ups! Perfect for restless children who have difficulty concentrating and falling asleep. This massage uses gentle Thai pressure techniques on the scalp, legs, and feet, followed by an Ayurvedic oil massage on the back and arms. The treatment improves sleep quality and strengthens the immune system. Ideal for parents and children aged 6 to 16.

Tip: Enhance your experience with an express facial.





## DAY SPA PROGRAMS

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### MANDALAY HEALING EXPERIENCE

145min | 260€

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
- Body Exfoliation
- Mini facial of your choice
- Abhyanga Massage
- Indian Head Massage
- Tea Ritual

### TIME FOR YOU

10% Discount

Choose 3 treatments from our list.

### 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/](https://topspa.pt/wellness/) or by e-mail: [wellness@topspa.pt](mailto:wellness@topspa.pt)





## SPA EXPRESS

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### QUICK & BEAUTIFUL

40min | 75€

Express facial treatment, perfect for quickly restoring glow, oxygenation, and elasticity to tired and devitalized skin. Using facial acupressure techniques and an effective combination of rose essential oil, glycolic acid, and oxygen, it leaves the skin instantly clean and revitalized.

### SCRUB FOR YOU

40min | 70€

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

### RELAX MASSAGE

25min | 60€

Targeted massage customized to each client's specific needs.

### AYURVEDIC SCALP MASSAGE

25min | 60€

Our Indian head massage to relieve stress, with coconut oil.



## HOW TO SPA

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### OPENING TIMES

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

### CHOOSE AND BOOK A RITUAL

Only a few treatments cannot be done for couples. 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 or by e-mail: [liberdade@mandalay-spa.com](mailto: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. Late arrivals at the spa will limit your experience.

### SPA FACILITIES

The access to the spa and its facilities are reserved for people over 16 years and free for hotel guests. You can use the facilities complementary by booking a ritual: relaxation area, vitality swimming pool, amethyst steam room, steam room and outside jacuzzi.

### ZEN ATMOSPHERE

We ask you to switch off your mobile phone and keep your tone of conversation to a minimum. Please respect the right to privacy and serenity of all spa clients and guests in all spa areas.

### 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

### LOST AND FOUND

The spa is not responsible for lost valuables or jewelry on its premises. All found items will be delivered to the hotel reception.

### CHANGING ROOMS

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

## 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 most appropriate treatment for this special time.

## 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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