

## MASSAGES

Banyan Tree Spa features an indulgent array of massages, each designed to soothe the body and release muscle tension through the healing touch of our professionally trained therapists. Emerge from each massage completely relaxed and rejuvenated.

**Asian Blend** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

A medium to strong 60- or 90-minute massage that is adapted from traditional Thai massage techniques. No oil is used and a two-piece outfit is worn. Palms and thumbs are applied to pressure points to relieve tired muscles and to improve blood circulation.

**Balancing** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

Balance your body, mind and soul with this soothing 60- or 90-minute massage that uses palm stroke with thumb circular movement to work on tired muscles, promoting a sense of deep relaxation and improving the body's mobility.

**Island Dew** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

A gentle 60- or 90-minute massage specifically devised for sensitive skin, where long palm strokes and thumb pressure are applied to relieve tired muscles. The Soothing Oil, a harmonious blend of rose, plai, chamomile and Vitamin E, is used for its skin renewal and repair properties. For best results, leave the oil on the skin after the massage.

**Balinese** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

A medium to strong, 60- or 90-minute deep tissue massage, where the therapist applies thumb and palm pressure and firm strokes, complemented with a unique blend of essential oils with warming qualities. The massage stimulates blood circulation, improves energy flow and relieves tension.

**Lomi Lomi** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

Originating from Hawaii, this is a deeply revitalising massage. Our therapist uses full body techniques, applied with rhythmic grace using thumbs, palms and elbows. The 60- or 90-minute massage eases and loosens stressed muscles leaving the entire body totally relaxed and refreshed.

**Swedish** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

A distinctly-European full body massage that stimulates blood circulation and soothes tense muscles. Medium in pressure, this 60- or 90-minute massage uses a combination of three basic strokes, comprising long firm strokes, kneading strokes and small circular strokes, to relieve stress.

**Tender Touch** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

When a gentle touch is called for, this 60- or 90-minute massage is the ideal choice for the care and attention it provides, without compromising on effectiveness and soothing results. Palm strokes are applied in tandem with a rice pouch dipped in warm oil, which has moisturising and softening properties to nurture the skin. Suitable for matured guests and expectant mothers.

**Thai Classic** 60-minute/90-minute treatment & 30-minute refreshments & relaxation Euro 120/160

This classic 60- or 90-minute massage blends subtle stretching with rhythmic massaging and compressions to balance energetic bodies and stimulate energy flow. The therapist uses traditional Thai techniques and oil, applying deep palm strokes on the back with delicate stretching - the perfect combination to promote deep relaxation while improving flexibility.

**Back Massage** 30-minute treatment & 30-minute refreshments and relaxation Euro 75

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect tension and ache relief to iron out the tension and pain.

**Indian Head Massage** 30-minute treatment & 30-minute refreshments and relaxation Euro 75

Suitable for those who need to relieve stress or feel heavy-headed, firm pressure is applied to the acupoints to unblock energy flow, providing overall relaxation and relief from tension.

**Senses Reviver** 60-minute treatment & 30-minute refreshments and relaxation Euro 100

A blissful treat for the feet, this 60-minute foot massage relieves sore and tired feet by improving the energy flow. Walk with a spring in your step after this soothing experience where warm Spirit Oil is used for the massage.

## **HOT STONES MASSAGE**

90-minute treatment & 30-minute refreshments and relaxation

Euro 160

A 90 – minute massage where heated river stones are soothingly massaged over your body, along with the use of Sesame Oil, to exert warmth and pressure on energy points. Its powers are beneficial for smoother flow of “qi” and discharge of toxins from your system.

Warmth stone massage. Create for increase the circulation and enhancer the entire body and mind. Flow and long stroke movement provide deep relaxing, while the shape of stone is able to concentrate deeply to lose the tension area.

## **BODY CONTOURING MASSAGE**

60-minute treatment & 30-minute refreshments and relaxation

Euro 140

Banyan Tree Spa lends a touch of luxury to your weight reduction plan with this essential 60-minute slimming massage. Using stimulating rapid strokes, the therapist applies just the right amount of pressure to intensify blood circulation, increasing metabolic rate to aid in calorie reduction. A synergistic blend of oils is used to enhance the stimulating effect on body cells, especially on problem areas such as thighs and stomach.

**PLEASE TAKE A MOMENT TO READ THIS**

**Etiquette:** To ensure that guests can enjoy the peaceful sanctuary of Banyan Tree Spa, we respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

**Gift Certificates:** Gift Certificates for our spa treatments are available. For more details, please contact our spa receptionist.

**Reservations:** Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking.

**Check In:** Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times.

**Spa Treatment Hours:** The Spa opens from 08am to 8:30pm and the last treatment finishes at 20:30pm.

**Special Consideration:** Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions.

**Dynamic Pool:** Minimum age for use of the Dynamic Pool: 16 years old, or 12 when accompanied by an adult.

**Smoking and Alcohol:** Smoking and consumption of alcohol within the Spa are prohibited.

**Valuables:** A box for valuables is provided in the treatment suites, but 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.

**Cancellation Policy:** A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

**Refund Policy:** Treatment packages and spa memberships are non-refundable, non-transferable or non-exchangeable.

**Payment:** We accept cash and all major credit cards. All prices are quoted in Euro and are inclusive of taxes. Prices are subject to change without prior notice.

**Spa Disclaimer:** The spa treatments, services and/or facilities received or utilised at Banyan Tree Spa Estoril 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 Estoril, 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.

*All Spa sessions (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome footbath and post-treatment refreshments & relaxation. Enjoy the difference.*