



Sanctuary for the Senses

Banyan Tree Spa takes a holistic approach to physical and spiritual well-being, providing a sanctuary for the senses. Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality. The architecture of our intimate spa suites draws upon local inspiration to blend seamlessly with the beauty of the natural environment. Our massage treatments 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, completing the experience that defines Banyan Tree Spa.

Sense of Serenity: Calm your mind and draw in the peacefulness of your surroundings. Allow our therapist to offer you a soothing footbath, herbal drink with refreshments and a few minutes to leave the cares of the world behind. All Banyan Tree Spa sessions are inclusive of 30 minutes Calm Time. Enjoy the difference.

THE BANYAN INDULGENCES

Banyan Tree Spa presents the ultimate spa experience with The Banyan Indulgences featuring holistic signature treatments for complete physical, mental and spiritual renewal.

Royal Banyan 150-minute treatment & 30-minute refreshments and relaxation Euro 260

This signature therapy features the Royal Banyan Herbal Pouch Massage where herbal pouches dipped in warm Sesame Oil, complement the East-meets-West massage techniques to improve blood circulation and muscular tension. The Jade Face Massage improves skin condition and firms up facial muscles, leaving behind a glowing complexion.

150-minute treatment includes:

Lemongrass & Cucumber Scrub • Royal Banyan Herbal Pouch Massage • Jade Face Massage • Therapeutic Herbal Bath

Harmony Banyan 150-minute treatment & 30-minute refreshments and relaxation Euro 350

The highlight of this treatment is a massage conducted by two therapists who complement each other in physique, working in unison on each side of the body to bring about a harmonious sense of well-being. This indulging experience will leave you radiant and in a state of deep relaxation.

150-minute treatment includes:

Pineapple & Coconut Scrub • Harmony Massage • Head & Foot Massage • Apple Green Tea Bath

ASIAN TRADITIONS

Inspired by ancient healing traditions passed down from generation to generation, Asian Traditions features a selection of classic Asian therapies specially tailored for the ladies and the gentlemen.

For Her

Javanese Lulur 150-minute treatment & 30-minute refreshments and relaxation Euro 250

Feel like a queen with the Javanese Lulur regime. Practised in the palaces of Central Java since the 17th century, this imperial treatment is used by Javanese brides as a purifying ritual before marriage. Radiate a blissful glow from top to toe.

150-minute treatment includes:

Balinese Massage • Turmeric & Ginger Scrub • Yoghurt Splash • Creamy Honey Conditioner • Flower Bath

Thai Beauty 150-minute treatment & 30-minute refreshments and relaxation Euro 250

Specially created from a Thai recipe, using a blend of herbs and spices and Thai perfume, the Thai Herbal Compress uses a warm herbal pouch to improve circulation and stimulate blood flow. Achieve full body balance with the Essence of Earth Massage which engages long strokes with thumb pressure on the body's pressure points, before a Facial to restore the glow to your complexion.

150-minute treatment includes:

Thai Herbal Compress • Essence of Earth Massage • Choice of Facials

For Him

Thai Ginger Healer 150-minute treatment & 30-minute refreshments and relaxation Euro 250

Aching muscles are soothed and skin restored to its natural balance and radiance with healing

Ayurvedic Retreat 150-minute treatment & 30-minute refreshments and relaxation Euro 250

Thai treatments. The therapist guides you through the Yoga Massage, where the gentle and therapeutic stretching will improve circulation and flexibility.

150-minute treatment includes:

Ginger Scrub • Thai Herbal Heat Treatment • Herbal Enhancer • Yoga Massage • Aromatic Ginger Bath

Experience the healing touch of Ayurveda with the Kati Basti treatment. Feel the tension and ache melt away as the warm soothing Ayurvedic Oil is poured onto your lower back. This is followed by an Ayurvedic Massage which helps to improve circulation and the Shirodhara treatment, long known for its rejuvenation effects, brings about a sense of calm and relaxation to the body and mind.

150-minute treatment includes:

Kati Basti • Ayurvedic Massage • Shirodhara • Herbal Powder Scrub

TROPICAL RAINMIST

A signature Banyan Tree Spa innovation, the Rainmist experience is an indulging combination of Rainmist Steam Bath to prepare the body for the invigorating body scrub. A cascading Rain Shower uplifts your senses and is an ideal prelude to the body treatment that follows. Enjoy the pampering as you unwind and relax on the comfort of your treatment bed.

For Her

Refreshing Sprinkle 120-minute treatment & 30-minute refreshments and relaxation Euro 220

Luxuriate in an invigorating body scrub to slough away dead skin cells, leaving your skin soft and silky smooth. Unwind to the sensory pleasure of the trickling Rain Shower that embraces you with indulgent comfort. This session brings you perfect tranquility as tension is massaged away by the therapeutic touch of your therapist.

120-minute treatment includes:

Choice of Massages • Bath Soak • Rainmist Steam Bath • Cleansing Mitt Scrub • Rain Shower • Soya Milk Splash • Rain Shower with Hair Wash

For Him

Rainmist Delight 120-minute treatment & 30-minute refreshments and relaxation Euro 220

Indulge in this divine treat for the senses, with pampering body treats of Herbal Fresher Scrub to brighten and freshen the skin and a Fresh Milk Body Splash to nourish and prepare your body for a rejuvenating body massage. This, apart from having your senses tickled by the Rain Shower, is the perfect prelude to a Hair Wash treat, leaving you with uplifted senses and a silky crown.

120-minute treatment includes:

Rainmist Steam Bath • Herbal Fresher Scrub • Rain Shower • Fresh Milk Body Splash • Rainmist Steam Bath • Rain Shower with Hair Wash • Choice of Massages

CLASSIC REJUVENATION

For a complete rejuvenating wellness experience, Banyan Tree Spa presents a selection of popular therapies combined to pamper you from top to toe.

For Her & Him 90-minute treatment & 30-minute refreshments and relaxation Euro 180 per person

Select from a Choice of Body Scrubs, carefully concocted and freshly prepared, harnessing the natural benefits of locally sourced ingredients. Each scrub presents unique benefits to suit different skin types. Emerge with smoother skin after the scrub and choose from a selection of Body Massages to complete the rejuvenating experience.

90-minute treatment includes:

Choice of Body Scrubs • Choice of Body Massages

Choice of Body Scrubs For Her

Orange Carrot Scrub – *For All Skin Types*

Packed with beta-carotene, carrots are rich in anti-oxidants and minerals, this scrub nourishes and moisturizes with carrots which are rich in anti-oxidants, minerals and beta-carotene. Orange is also used in this concoction to improve skin moisture.

Mint & Apple Scrub – *For All Skin Types*

Fresh mint leaves combine with apple, in this fragrant scrub to cleanse the skin, leaving it smooth and refreshed.

Fruit & Barley Scrub – *For Normal/Dry Skin*

A delightful scrub of pear, strawberry, papaya, cantaloupe and barley. The exfoliating properties of barley combines with mild acids from the fruits to remove impurities and increase moisture level of the skin.

Choice of Body Scrubs For Him

Ginger Lemongrass Scrub – *For Normal/Oily Skin*

The warming effect of ginger paired with lemongrass makes this body scrub a perfect cleanser that helps to stimulate blood circulation.

Apple Sesame Scrub – *For All Skin Types*

Sesame seed acts as an exfoliant to smoothen the skin while citric acid from the green apple effectively cleanses the skin.

Herbal Salt Scrub – *For Oily Skin*

Natural sea salt combines with anti-oxidising green tea powder to exfoliate and absorb excess oil from the skin. The skin will be completely cleansed and refreshed after this invigorating scrub.



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.

Todas as sessões de Spa (à excepção dos tratamentos de beleza) incluem 30 minutos de repouso, incluindo um banho de relaxamento para os seus pés, uma bebida à base de ervas e pequeno lanche.