



mandalay

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 bath, 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 creating optimal conditions for a well deserved sleep. After 15 minutes, you will be woken to the sound of tingsha bells.

### EXOTIC COCONUT RITUAL

115min. | 140€

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

### HONEY MOON

85min. | 250€

The perfect combination for a couples delight. A full body massage will begin, with long and flowing massage techniques, 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.

Note: All the treatments include a welcome foot ritual and Mandalay's flowering tea ritual.



Recommended for pregnant or breastfeeding



Couples Treatments



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

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### ABHYANGA MASSAGE 🏠 👤 👤

55/ 80min. | 90/ 130€

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

### 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. Performed in a tatami on the floor, it is 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 FULL BODY MASSAGE 🏠

55/ 80min. | 100/ 130€

This unique massage 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.

Tip: Complement any experience with an ayurvedic bath of 30min. for only 50€.





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

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### 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 📊 👤👤

55/80min. | 95/ 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

### 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. | 70€

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, complete your experience with a 30min. body scrub. for only 50€.





## SPA BODY TREATMENTS

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### SACRED LOTUS CELLULITE TREATMENT 📄

55min. | 85€

Our anti-cellulite treatment begins with a localized body polish to smooth the skin. A green tea body wrap will follow as foot massage is performed to encourage the elimination of toxins. An anti-cellulite massage will continue to activate the circulation. The treatment concludes with a Sacred Lotus oil application that has a high impact on fighting build up cellulite.

Option: Only the Anti-Cellulite massage - 30min. | 60€

### HIMALAYAN DETOX TREATMENT 📄

80min. | 95€

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. | 70€

### GOTU KOLA CONTOURING 📄

80min. | 95€

Gotu kola has a strong anti-inflammatory effect, preventing damage to the skin tissue process. The ritual includes a body polish and wrap, a contouring body massage with cold stones and Gotu Kola ayurvedic oil application. This anti-aging body repair treatment is ideal for a slimmer figure and a more defined shape.

Option: Only the Contouring Massage – 40min. | 70€

### DRAINING & TONING 📄👤

30/ 55min. | 60/ 95€

A draining & toning massage with green tea and vitamin B12 to increase lymph flow and tone the body. Excellent to ease swollen legs and fluid retention. Ideal for muscular toning and getting your figure back.





# LINDA MEREDITH

KNIGHTS BRIDGE



Advanced skincare formulations and legendary facials have earned Linda Meredith an enviable list of celebrity clients from the worlds of film, music and fashion.

The Linda Meredith range 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.

The Linda Meredith outstanding beauty facials are an exclusive of Mandalay Spa.





## FACIALS BY LINDA MEREDITH

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### 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 includes extraction, 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.

*Available as add-on to Haute-couture Facial (15min).*

### 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.

*Available as add-on to Haute-couture Facial (15min).*

### 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).*





# MANDALAY FACIALS

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## THE SUNDĀRI HEALING FACIAL

55min. | 95€

Enjoying the benefits of Neem, known in India as the “pharmacy tree” this facial is ideal for any skin type. Organic active ingredients are custom-blended, based on a personal dosha assessment. The selected oils will heal, hydrate and firm the skin. The facial will include our signature marmassage that includes steady and circular pressure points to improve lymphatic circulation, and a scalp massage.

## BEAUTIFUL EYES

30min. | 40€

Hydrate and firm delicate eye areas with this luxurious treatment. Signature massage techniques gently apply an anti-ageing formula by Sundāri —to soothe, hydrate and release stress.

## HYALU-LIFT FACIAL

70min. | 115€

A fantastic combination of hyaluronic acid with active oxygen for a firm and toned skin! The results are clinically proven to reduce deep wrinkles, increase elasticity, firmness and smoothness of the skin.

## DEEP CLEANSING FACIAL

85min. | 95€

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. | 90€

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.

## REGENERATING FACIAL

55min. | 80€

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: The back abhyanga massage (30min.) will be a perfect extra to any facial treatment. For only 50€.



# *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 and exfoliation. Continue on with an anti-stress ayurvedic back and 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. | 80/ 90€

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.*









## MOMS & BABIES

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### BABYMOON EXPERIENCE

80min. | 210€

A special treatment to help relax couples before the arrival of their baby. It begins with a foot ritual for both, followed by a mother-to-be massage while a Thai style massage is performed to future dad. At the end, the couple will enjoy a flowering tea ritual together.

### MOMMY & ME

85min. | 180€

Spas aren't just for grown-ups! Enjoy each other's company and spend a special moment together. Hydrating express facial with botanical products, to cleanse, exfoliate and moisturize, aromatic foot ritual and healing Thai style massage, to relax and of course pampering. For over 10 years old, accompanied by family.

### 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.

### ANGEL BLISS

45min. | 75€

Ideal for restless children, with lack of focus and insomnias. Gentle pressure is applied to the scalp, legs and feet while a grounding oil massage is performed on the back and the arms. This treatment improves children's quality of sleep, and strengthens the immune system. Recommended for children aged between 6 and 12 years old, accompanied by family.







## DAY SPA PROGRAMS

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### 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
- Ofuro Bath or Body Polish
- Prana Vital Energy Massage
- Thai Light meal with Lemon grass infusion
- Shirodhara Ritual - Sundāri
- Hyalu Lift Facial + Beautiful 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
- Ayurvedic Detox Massage
- Light Detox Lunch
- Oxygen Facial
- Detox Flowering Tea

### MANDALAY HEALING EXPERIENCE

145min. | 220€

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
- Sundāri Body Wrap
- Abhyanga Massage
- Hydrating Mini-Facial
- Flowering Tea to your choice





## DAY SPA PROGRAMS

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### 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  
Tranquil Journey Massage  
Deep Tissue Massage  
Relax Massage

Hydration Express Facial  
Purifying Express Facial  
Oxygen Express Facial  
Beautiful Eyes

Energising Exfoliation  
Relax Exfoliation  
Relaxing Bath  
Foot & Leg Revival

### PROGRAMAS WELLNESS & SPA

We have programs that are focused on wellness, making you more conscious of your health, happy and healthy. For more information: [topspa.pt/wellness/](https://topspa.pt/wellness/) or by email: [wellness@topspa.pt](mailto:wellness@topspa.pt)





# SPA EXPRESS

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

## REVITALIZING OR HYDRATING MINI-FACIAL

30min. | 50€

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

## SCRUB 4 YOU

30min. | 50€

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

## RELAX MASSAGE

30min. | 50€

A rhythmic and relaxing massage, tailor made to the most important needs.

## AYURVEDIC SCALP MASSAGE

30min. | 50€

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

## FOOT & LEG RITUAL

30min. | 50€

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





## HOW TO SPA

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### OPENING TIMES

Monday to Friday - 10:00 am. to 9:00 pm.

Saturdays, Sundays and Public Holidays - 10:00 am to 8:00 pm.

### 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, a 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 or by e-mail: [liberdade@mandalay-spa.com](mailto:liberdade@mandalay-spa.com)

### CHECK IN

We advise that 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

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### 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.

### HEMOCARE

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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