



# THE SPA

by Corinthia Lisbon

ACHIEVE A SENSE OF BALANCE



THE SPA

Welcome to THE SPA by Corinthia Lisbon the ultimate destination to unwind.  
Where the day's agenda is yours to create, and blissful rest is the top priority.

Each experience has been carefully crafted and exclusively developed using the world's most luxurious products to leave you utterly indulged.

Located on the 2nd floor, our haven of beauty and relaxation embraces a melting pot of traditions while bringing new heights of luxury and wellbeing for an intimate getaway or a boost of energy after a long day.

A team of wellness specialists deliver our renowned spa treatments which combine ancient knowledge, contemporary techniques, the world's best beauty products and cutting-edge technology.

For those seeking a more active schedule, the gym awaits for you. Where you can improve your immune system with personalised training in your state-of-the-art fitness centre.

Our heated pool, hydromassage pool, sensory showers, sauna and steam room vye for your attention, while our enticing treatment menu encourages further relaxation. We think you deserve it.

# FACIAL EXPERIENCES

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant, and inner calm is blissfully restored.



## INSTANT BRIGHTENING FACIAL TREATMENT

80 MIN

€180

Brighten and revitalize your skin with this deep-cleansing facial that delivers immediate results. Our innovative formulas activate the power of nature to transform a dull, tired complexion. Skin looks fresh, toned and radiant, restoring its natural glow.

Skin analysis with Skin Vision™ lamp - triple cleanse (including deep brush cleanse) - exfoliation - Tri-Active™ regenerating resurface & brighten mask - age-defying rose quartz crystal massage - professional lifting & smoothing mask - scalp massage.

## INNER BEAUTY FACIAL

50 MIN

€140

Deeply cleanse, hydrate, and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Skin analysis with Skin Vision™ lamp - double cleanse - Japanese kobido inspired facial massage - stimulating jade rollers - sculpting & lifting massage techniques - lifting & smoothing mask - scalp massage.

## NATURAL FACE LIFT

80 MIN

€180

Transform your skin to look visibly more resilient, healthy and youthful. This unique facial is a comprehensive approach to skin health, using the latest pre- and probiotic technology combined with the same benefits of exercise to detoxify, invigorate, sculpt and relax. Powerful anti-ageing techniques inspired by Japanese Kobido massage, combined with energising jade rollers, deliver immediate results, leaving skin firm, lifted and radiant.

Skin analysis with Skin Vision™ lamp - double cleanse - Japanese kobido inspired facial massage - stimulating jade rollers - sculpting & lifting massage techniques - lifting & smoothing mask - scalp massage

## ULTIMATE PURE DETOX FACIAL

50 MIN

€150

Detox Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, and energised, while inner calm is restored.

Skin analysis with Skin Vision™ lamp - triple cleanse - exfoliation - steam and extraction (if required) - facial massage - personalised mask - scalp massage



# BODY TREATMENTS

Feel like you are floating on air as you choose from our wide range of individualised body treatments

## RENAISSANCE DETOX

120 MIN

€250

Indulge in a detoxifying ritual and experience a profound therapeutic transformation. This signature wellness treatment from THE SPA by Corinthia Lisbon involves a detoxifying infrared sauna and a lymphatic massage. In addition to activating your metabolism, it stimulates blood flow and helps achieve a flawless anti-aging result.

Detox and revitalise with a salt and oil exfoliating scrub - algae infrared sauna - scalp massage and moisturiser - 40min of anti-cellulite contouring massage.

## ANTI-CELLULITE CONTOURING

50 MIN

€130

This revolutionary massage treatment helps reduce fat and the size of the precursors of fat cells known as pre-adipocytes. Furthermore, it activates collagen, fibroblast cells and elastin, tightening and softening the Skin.

50 min of anti-cellulite contouring massage

## DETOX BODY TREATMENT

110 MIN

€235

A favourite treatment among restless travellers. Through the healing hands of the spa wellness practitioners. This massage treatment flushes out toxins, and detoxifies the body. A boosted circulation allows cells to obtain the nutrients they need to rebalance the body.

Detox and revive with a salt and oil exfoliating scrub - mud wrap - scalp massage and moisturiser

## PERFECT LEGS RE-SHAPING

40 MIN

€100

This deep and comprehensive massage enhances blood and lymphatic circulation, effectively reducing the inflammation often associated with prolonged periods of sitting during a flight. It's a must-have treatment post check-in for travellers.

Includes lower leg and foot and massage







# A JOURNEY OF WELLNESS

Unwind from your busy day and immerse yourself into a world of tranquillity. Enjoy the ultimate Spa experience with tailored full day and half day therapies, including heat and water treatments and rituals for single and couple experiences.

## SOOTHING RETREAT FOR TWO

140 MIN

€500

Embrace quality time together with an exclusive experience in a serene atmosphere and reignite your inner glow.

The experience begins with a relaxing bubble bath in a private Hydromassage pool. This is followed by a soothing full body massage and a customized facial treatment designed to achieve the best results for your specific skin type.

Private Jacuzzi Like - Two Inner calm massages - Two personalised facial treatments.

## VITALITY BREAK

150 MIN

€270

Indulge in a revitalising experience that encompasses mind, body, and spirit through a 30-minute water therapy circuit. This oasis of tranquility features sensory showers, a dynamic pool, Hydromassage pool, sauna, steam room, bucket shower, cold plunge, ice fountain, and a cooling walk. Following this, immerse yourself in stress relief and relaxation with a deep muscle massage, applying sustained pressure to target the inner layers of muscles and connective tissues.

Conclude your journey with a rejuvenating facial tailored to your skin's precise needs, featuring Tri-Active™ formulas that work instantly to transform your complexion. Pure aromatherapeutic oils enhance the experience, leaving your skin clear, quenched, and naturally beautiful, while promoting inner calm and blissful restoration.

Access to the water therapy circuit - 50 min deep muscle massage – 50 min deep cleansing facial.

## RECOVERY TRAVELLER

150 MIN

€250

Recharge your energy and find balance with the luxurious traveller's ritual. Start with a sensory indulgence in the water therapy circuit, preparing you for the ensuing 50-minute aromatherapy massage that pampers the senses. Conclude with an express facial tailored to your needs, using natural formulas to cleanse, rebalance, and hydrate the skin. Aromatic essential oils enhance the experience, leaving you with a relaxed and radiant look and feel.

50 min water therapy circuit - 50 min full body aromatherapy massage - 50 min double cleanse - exfoliation – facial massage.

## CORINTHIA SPA ESCAPE - HALF DAY SPA EXPERIENCE

190 MIN

€300

Restore calm to mind and body with a pampering experience that begins with breakfast/brunch in our Sky Lounge on the 24th floor, with unparalleled views of Lisbon. Relax in our water therapy circuit, preparing your skin for treatments.

Experience holistic restoration that quiets the mind, releases tension, and nourishes the skin. Personalised to your needs, aromatherapy blends relax, cleanse, or energise, while advanced massage alleviates muscular pressure, soothes anxiety, and induces profound relaxation. Achieve balance, renewed energy, and inner calm.

Conclude your escape with a deep cleanse, hydrate, and renew facial. Tailored to your skin's needs, Tri-Active™ formulas instantly transform your complexion, accompanied by aromatherapeutic oils for a clear, quenched, naturally beautiful look, and blissful inner calm.

60 min access to the exclusive Sky Lounge - 30 min access to water therapy circuit - 50 min inner calm massage - 50 min inner beauty facial

## CORINTHIA PREMIUM ESCAPE - FULL DAY SPA RETREAT

340 MIN

€380

Indulge in the ultimate full day spa experience, restoring calm to your mind and body. Start with a delightful breakfast/brunch at our Sky Lounge on the 24th Floor, boasting unparalleled views of Lisbon. Relax in our water therapy circuit to prepare for treatments.

Revive your skin's softness and glow with an intense exfoliating treatment using a natural blend of sea salt and pure oils. This paves the way for personalized holistic restoration, quieting your mind, releasing tension, and nourishing your skin. Advanced massage techniques bring balance, renewed energy, and inner calm.

Conclude your escape with a deep cleanse, hydrate, and renew facial using Tri-Active™ formulas. Your skin will look clear, quenched, and naturally beautiful, while inner calm is blissfully restored. Treat yourself to an organic 3-course meal at our Soul Garden Restaurant & Bar in the new interior area, leaving you feeling relaxed and ready to take on the world.

60 min access to the exclusive Sky Lounge - 60 min access to the water therapy circuit - 30 min salt & oil scrub - inner calm massage - inner beauty facial - 90 min experience at Soul Garden Restaurant & Bar.

A close-up, low-angle shot of a woman lying on her back, receiving a facial treatment. Her eyes are closed, and her expression is relaxed. A therapist's hands are visible, gently holding her forehead. The background is softly blurred, showing other people in a spa or treatment room. The lighting is warm and natural, creating a serene atmosphere. The text "SIGNATURE TREATMENTS" is overlaid in the upper right corner in a gold, serif font.

# SIGNATURE TREATMENTS

## PORTUGUESE DISCOVERY JOURNEY

80 MIN

€180

Drawing inspiration from the Portuguese discoveries, this treatment begins with a full body exfoliation using flor de sal (fleur de sel) from the Portuguese coast, enriched with clove buds and cinnamon – exquisite spices introduced to Europe by the Portuguese navigator Vasco da Gama in 1498. Followed by a soothing full body massage, the treatment uses a moisturising oil infused with the warming effects of clove buds and Indian bay to relax tired muscles and ease the mind.

Full body exfoliation - full body massage

## THE FUSION OF THE SEVEN HILLS OF LISBON WITH CLAUS PORTO 65 MIN

€150

Experience a lavish full body treatment inspired by the traditional hammam, blending healing and purifying benefits. Begin your transformative journey with 15 minutes in the steam room as part of our water therapy circuit. In an elegant private room, indulge in a unique hot stone bed, followed by a gentle scrub, bubble bath, and a soothing body hydration treatment. The use of exquisite Claus Porto products adds a distinctly Portuguese touch, providing a taste of both Lisbon and Porto in a singular and remarkable spa experience.

15 min access to steam room - gentle scrub - bubble bath - body massage

## BACK, FACE & SCALP TREATMENT

80 / 110 MIN

€180 / €220

Unravel tension, instantly boost your complexion, and restore inner calm with ESPA most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, destressed and beautifully radiant.

Back exfoliation - back massage with or without hot stones (110 and 80 minutes version respectively) - inner beauty facial - scalp massage



# MASSAGES

Rediscover inner calm and physical well-being. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specifically applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul is soothed, and you emerge energised with renewed focus and lasting positivity.



ESPA



## CORINTHIA MASSAGE

50 / 80 MIN €120 / €160

Experience this unique massage, specially created for Corinthia Lisbon. The indulgent head-to-toe treatment will leave your mind, body and spirit in a state of pure relaxation.

Full body massage

## INNER CALM MASSAGE

50 / 80 MIN €110 / €150

Quieten your mind, release tension, and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse, or energise, while advanced massage alleviates muscular pressure, soothes anxiety, and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Full body aromatherapy massage - scalp massage

## HOT STONE MASSAGE

50 / 80MIN €140 / €180

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Full body aromatherapy massage with hot stones - scalp massage

## DEEP MUSCLE MASSAGE

50 / 80 MIN €150 / €190

Restore comfort, suppleness, and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Targeted massage, focussing on areas of concern - scalp massage

## ANTI-CELLULITE CONTOURING

50 MIN

€130

This revolutionary massage treatment helps reduce fat and the size of the precursors of fat cells known as pre-adipocytes. Furthermore, it activates collagen, fibroblast cells and elastin, tightening and softening the Skin.

50 min of anti-cellulite contouring massage

## MOM TO BE

50 / 80 MIN

€120 / €160

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Focused body massage - scalp massage

## UPGRADE YOUR TREATMENT

To enhance your experience further, you have the option to choose from these additional offerings to complement your selected treatment.

Hot Stones €30

Multi-Sensory Experience With Aromatherapy €20

Muscle Rescue Balm €25

Red Light Therapy Pads €70



## RESILIENCE

Created to bolster our skin, muscles and mind, each fortifying treatment begins with breathwork and visualisation to empower you with an overall sense of wellbeing.

## ESPA DEEP CLEANSING FACIAL

50 MIN

130€

Deeply cleanse, hydrate and renew with this instant results' facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Skin analysis with Skin Vision™ lamp - triple cleanse - exfoliation - facial massage - personalised mask - scalp massage

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Targeted massage - focussing on areas of concern - scalp massage

## MUSCLE REVIVER

30 MIN

€100

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Back massage - facial massage - scalp massage



## EXPRESS EXPERIENCES

Escape from your busy day with treatments specially made for when you are short on time and seeking relaxation.

## EXPRESS FACIAL

25 MIN

€75

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Double cleanse - exfoliation - facial massage.

## PERSONALISED MASSAGE

25 MIN

€70

Release tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Back massage - neck and shoulders OR legs OR foot OR head - neck and scalp

## SALT AND OIL SCRUB

25 MIN

€80

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Skin brush - salt & oil full body exfoliation

## JETLAG RELIEF

25 MIN

€80

Relieve pressure on tired legs and feet, focusing on reflex points and reducing fluid retention.



PEDICURE & MANICURE

### DELUXE MANICURE

60 MIN

€75

Enjoy gentle exfoliation in this classic manicure, before your nails and cuticles are treated, and your hands massaged. Finally, nails are painted with a polish of your choice.

Soak - exfoliation - cut and file - cuticle work - massage with application of hand cream - polish or buff.

### DELUXE PEDICURE

60 MIN

€95

This luxurious foot treatment comprises soothing exfoliation, nail and cuticle treatment and a relaxing feet massage. Finally, a nail polish of your preference is applied.

Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff.

### COLOUR TOUCH

30 MIN

€30









## WATER THERAPY CIRCUIT

The experience combining the best of European spa and hydrothermal therapy with the essence of Asian wellness philosophy to create a haven of serenity, warmth, and comfort.

With a series of distinct hydrothermal experiences, each thoughtfully designed to soothe and revitalize different parts of your body, the spa offers a truly holistic and rejuvenating wellness experience.

Sensory showers, hydrodynamic pool, Jacuzzi, sauna, steam bath, bucket shower, cold plunge, ice fountain, cooling walk

1 hour per person / 1 hour per couple (Hotel guest only) €40 / €70

2 hours per person / 2 hours per couple (Hotel guest only) €60 / €90



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by Corinthia Lisbon

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## GIFT VOUCHER

A spa gift voucher is the ideal gift for that special someone. Browse through our treatment menu to make your selection. Spa gift voucher may be purchased from our spa concierge team or through our website.

## SPA ETIQUETTE

The Spa Aims to help each of your guests to reach the highest levels of relaxation. In this tranquil environment we ask that all our guests respect the privacy and tranquillity of the SPA. Our services have been designed to ease what ails you, guiding you to a state of wellbeing.

## HOURS OF OPERATION

The SPA is open from 09:00 to 21:00. In-house guests may enjoy our complementary spa facilities including indoor swimming pools and gym.

## YOUR APPOINTMENT

For maximum convenience and flexibility, we recommend that you schedule your spa treatments in advance. All appointments from the hotel guests can be guaranteed with a room number. For local guests, a pre-payment link request will be emailed to you to guarantee your booking.

We reserve your spa appointment time especially for you. Therefore, we ask that you give us 12 hours' notice if you need to change or cancel your appointment. No shows and cancellations made fewer than 12 hours before scheduled time will be charged at the full treatment rate.

Bookings can be scheduled between 09:00 to 21:00, with the last booking accepted at 20:00.

## SPA ARRIVAL

We encourage you to arrive at the spa one hour prior to your schedule appointment. Providing you with a sufficient time to change; robes, slippers, disposable underwear and a locker will be provided upon your arrival. Feel free to dress down to your comfort level for any spa service, as our team of professionals are skilled in proper draping techniques to ensure your complete comfort and privacy.

## YOUR HEALTH

Please advise us of any health conditions, allergies or injuries. If in doubt, please discuss it with our SPA professionals as some treatments will not be suitable for certain medical conditions.

## PERSONAL BELONGINGS

Remove any jewellery and other valuables prior to your spa visit. You can secure them in the security box located in your suite.

## GIFT VOUCHER

A Spa gift voucher is the ideal gift for that special someone. Browse through our treatment menu to make your selection. Spa Gift Voucher may be purchased from our Spa Concierge Team or through our website.

## FITNESS FACILITIES

Our fitness facilities are available for our in-house guests 24/7, for members from 07:00 to 21:00 seven days a week. Please contact our spa to enquire about private training sessions. To use the facilities, visitors should be at least 16 years old. Proper athletic attire is required. If you would like to develop your personal training programme during your stay, a team of fitness professionals will be always on hand to assist.

## EATING IN THE SPA

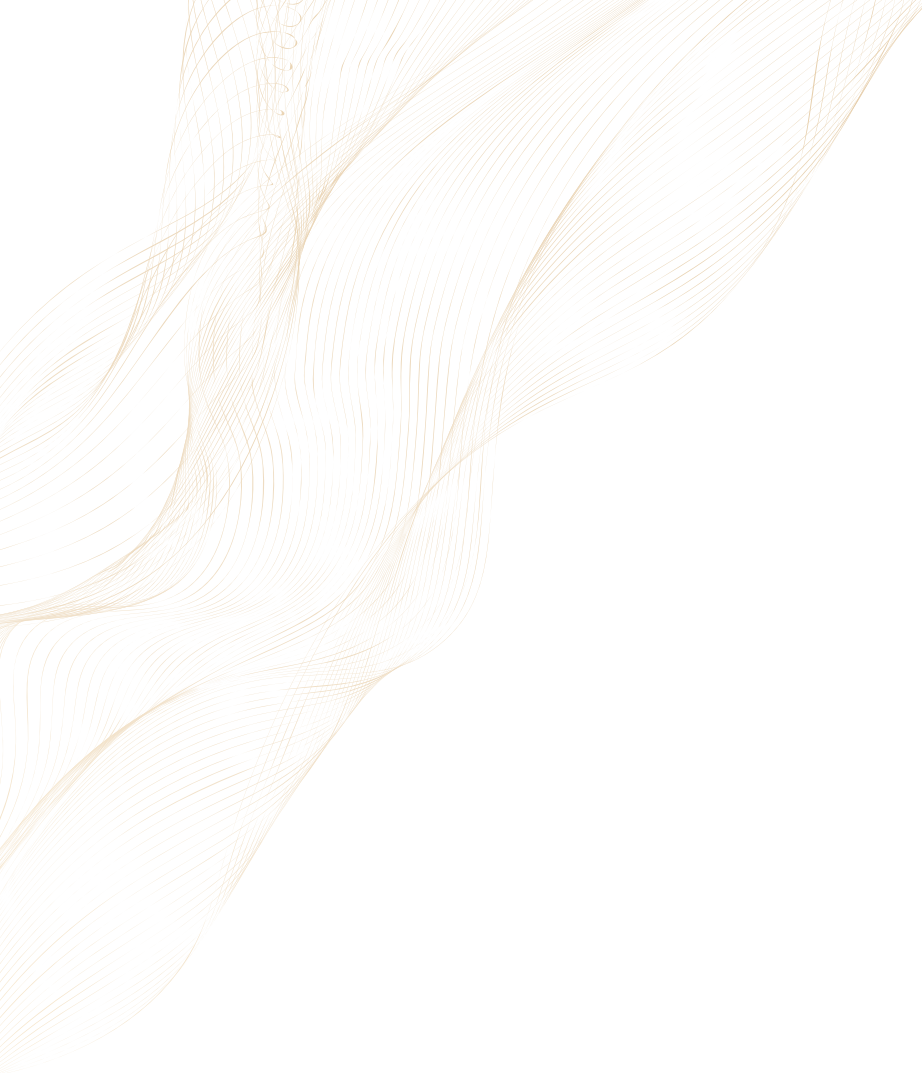
We do not allow eating in the Hydrotherapy area and locker rooms. Our The Spa menu follows the seasons, with some fresh, balanced dishes that are nutritious and joyful to the eyes and palate.

## CHILDREN'S POLICY

Age Requirements: Guests below the age of 16 are not permitted to use our wet are facilities (Steam, sauna, cold plunge, jacuzzi, spa swimming pool).







*All prices are inclusive of VAT at current rate*

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