

Body Treatments

Mins Price (MOP)

Time To Shine Scrub 30 330

Our dual action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil seaweed and ginger extracts. Our gentle but effective formula removes rough and listless looking skin, to reveal vividly refined softer, silky smooth skin.

Be Spoke Skin Polish 30 330

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

Bath Experience

Enhance your treatment with the benefits of hydrotherapy. Private and secluded in your own suite, create a true holistic journey. We can help you to select from:

Organic Seaweed Peat Bath 30 430

Aroma Bath Salts 30 330

Detox Seaweed 30 530

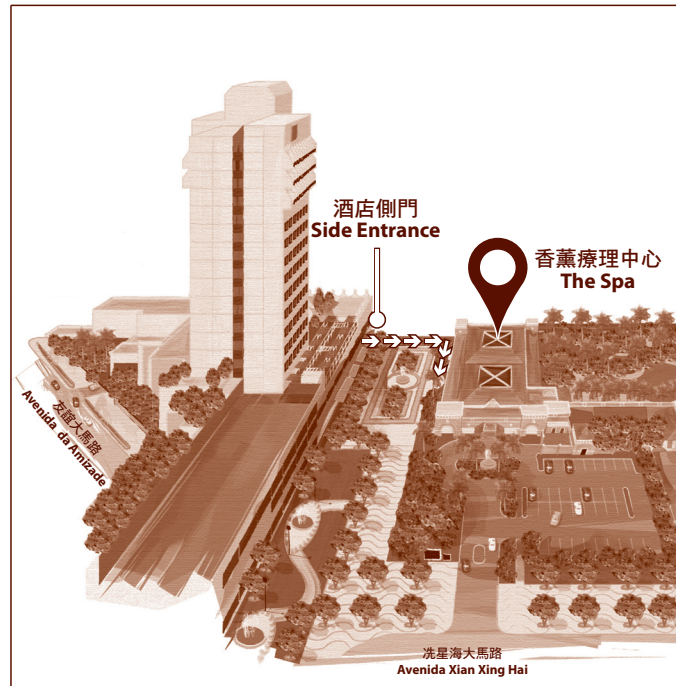
Men's Menu

Refinery Essential Facial 80 1,100

The Refinery Facial is a deeply cleansing and brightening facial, incorporating a deep cleanse, extraction (when necessary) and mask application, as well as a pressure point facial massage with specific lymphatic drainage around the eye area, helping to reduce puffiness. Skin is left looking clean and refreshed, excellent for the executive man!

Grand Lapa Man 80 1,100

Leave work stress behind and recharge. Begin with a hot stone massage to melt away tightly bound muscles in your neck, shoulders and lower back area, which are the key points of tension and can cause headaches, sore eyes and tiredness. End with an energising facial to invigorate the skin and reduce puffy eyes.



GRAND LAPA
MACAU

Spa Menu



Operating Hours:
Treatment: 10am-10pm
Resort Facilities: 6:30am-10pm

956 - 1110 Avenida da Amizade, Macau
Telephone: +853 8793 4824 Facsimile: +853 8590 0600
E-mail: spa@grandlapa.com Website: www.grandlapa.com

Signature Treatments

Mins Price (MOP)

Macanese Sangria Ritual 140 1,820
Especially created for Grand Lapa, this indulgent ritual begins with a fresh grape seed, rosemary and rice scrub. Then, immerse in a sangria bath to complete the skin softening. Whilst having a relaxing soak, enjoy freshly made sangria before completely unwinding with an 80-minute massage to ease muscle aches. Feel a sense of relaxation like you have never felt before!

Aromatherapy Massage 90 1,200
A holistic relaxing massage that combines the powerful effects of oriental meridian massage with the therapeutic benefits of 13 Aromatherapy Associates custom-blended essential oils to enhance overall well being.

Mindful Dreams 90 1,200
A very unique sleep inducing treatment giving you ultimate rest, glowing skin and positive energies. Commence with a foot ritual; deep breathing exercise whilst balancing body Chakras. Prior to facial, positioning of rose quartz crystals offers feeling of peace. Luxury VOYA organic seaweed-based facial products restore healthy looking skin. Special essential oils combine Hawaiian and Balinese flowing massage techniques over the entire body intended to aid deep sleep.

Journeys

Organic Experience 140 1,620
Your journey begins with peppermint leaves, seaweeds and sugar to slough off dead skin cells. Afterwards, indulge in an organic sea salt bath to relax your mind and body, followed by a personalised full-body massage for ultimate relaxation.

Indulgence 170 2,180
This organic spa-journey revitalises skin, relaxes tired and lethargic muscles, and relieves stress and fatigue. Start with an indulgent full-body wrap to help you relax, followed by soothing seaweed bath. Feel completely revived with a full-body hot stone massage and a mini-facial, a perfect treatment after a long journey.

Harmony for Two 180 3,980
A soothing ritual begins with a full-body exfoliation using certified organic seaweed oil. Your body is then wrapped in finely ground wet seaweed and muslin sheeting. Immerse in a bath of organic seaweed, hand-harvested from the unspoilt Atlantic coast of Ireland, followed by an hour of essential body massage and a mini-facial. This ritual will relax tired aching muscles, deeply moisturises and detoxifies your body, and improves blood circulation.

Massage

Mins Price (MOP)

Traditional Thai 50 890
80 1,050
Concentrates on major energy meridians in the body and combines stretching and pressing techniques to increase flexibility, and harmonises the body

Sports 50 930
80 1,050
Manipulates soft tissues by using deep-penetrating techniques. The treatment is best suited for guests who are used to getting a massage.

Swedish 80 1,050
A deeply therapeutic treatment using oil blends to aid in relaxation and stimulate the body and mind. This massage releases knots and tension in the body using firm or gentle pressure, effectively easing tired, aching muscles.

Hot Stone 80 1,250
A different deep-tissue treatment that uses organic essential oils and heated stones. The heat soothes muscles whilst releasing the precious extracts underneath.

Thai Herbal Compress 80 1,050
A truly exceptional experience that is a combination of Thai and Swedish massage. Helps ease muscle tension and energises the body. The experience ends with a localised shoulder and spinal herbal compress containing lemongrass, turmeric and plai.

Chinese Acupressure 80 1,050
A deep pressure-point massage is performed over clothing to stimulate reflex points throughout the body. Balances energy meridians and releases energy blocks to aid healing.

Reflexology 50 860
Gentle stimulations of these acupressure points on the feet encourage the body's own natural healing process and can have an overall balancing effect.

Ultimate Rose Pregnancy Massage 50 880
Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you. A selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin.

Facial Therapy

Mins Price (MOP)

Self Discovery Radiance Facial 60 930
A tailor-made facial specifically to your skin's unique needs. This incredible skin specific organic facial is deeply detoxifying, revitalizing and increase clarity. This facial incorporates a relaxing facial massage that releases any build-ups of toxins, to improve radiance and restore a glowing complexion.
Choose from : Purifying Facial (Oily/Combination Skin)
Ultra Calming Facial (Sensitive Skin)
Intensive Hydra Veil Facial (Dry Skin)

Marine Eye Treatment 30 330
A firming and hydrating eye treatment uses specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongest the eye area. Combining both relaxing and lymphatic massage movements to banish puffiness and dark shadows.

Age Repair Facial 80 1,100
An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results. Includes instant eye repair specialized massage techniques.

Body Treatments

Organic Seaweed Leaf Body Wrap 80 1,800
Detoxifies firms and softens the skin and is excellent in conjunction with a weight loss programme. Completed with an application of body moisturiser to nourish and soften the skin.

Organic Warm Spiced Mud Wrap 80 1,080
Refresh and revitalise your skin with an organic body buff and seaweed infused mud wrap. This is a serious detoxifier, metabolism stimulator and natural anti-ageing boost.

Olive Pits Scrub 30 330
Finely ground olive pits to polish and soften your skin in combination with your favorite. Aromatherapy Associates body wash for an invigorating exfoliation.

完美身體護理系列

分鐘 價格 (澳門幣)

亮膚全身磨砂護理

30 330

療程提供雙重肌膚修護的款待，先以細緻磨碎的核桃果殼去除身體的死皮角質，再以混合的杏仁油海藻和鮮薑的萃取滋潤肌膚。溫和有效的配方，讓您暗啞粗糙無光的肌膚，脫變成嫩滑絲絨般的肌膚。

活膚柔膚磨砂浴護理

30 330

使用豐盈滋潤肌膚的美體產品去除老廢的角質，喚醒您的肌膚，讓您擁有嫩滑無暇的肌膚。

身體潔淨護理

進一步加強水療的好處，於私人幽靜的套房內享受為身心舒緩的戶外浸浴。

有機海藻泥炭浴

30 430

香薰浴鹽療程

30 330

悠閒排毒海藻浴

30 530

男士護理

活力緊緻面部護理

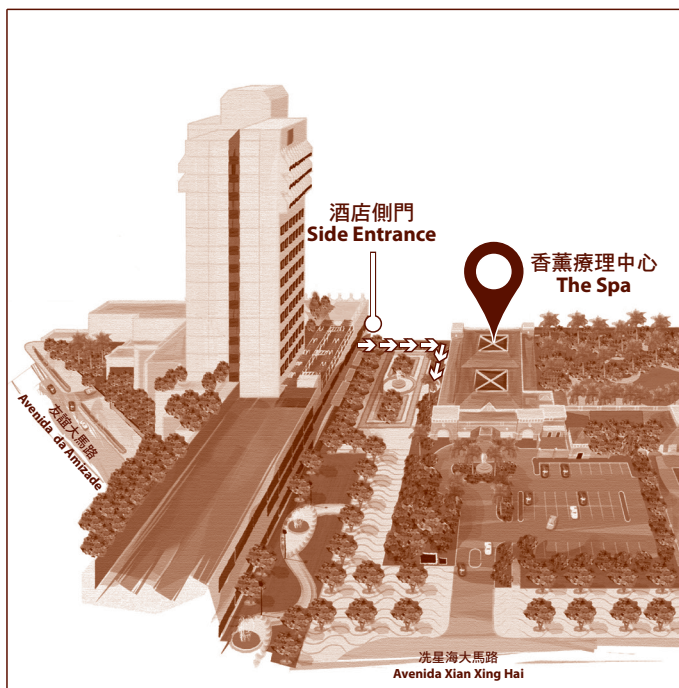
80 1,100

活力緊緻面部護理運用有機精油和植物精華為您提振精神，加上適度的面部按摩，改善淋巴循環及減少浮腫，能有效為您深層清潔及使面部肌膚乾淨明亮。

金麗華男士全身護理

80 1,100

此療程專為辦公室工作的男士而設，先以熱石按摩放鬆肩頸及腰部肌肉，然後進行簡單面部護理，使您煥然一新。



GRAND LAPA
MACAU

香薰療理中心 護理療程



營業時間：

香薰療理：上午 10 時至晚上 10 時

水療設施：上午 6 時 30 分至晚上 10 時

澳門友誼大馬路 956-1110 號

電話：+853 8793 4824 傳真：+853 8590 0600

電子郵件：spa@grandlapa.com 網址：www.grandlapa.com

經典推薦

分鐘 價格 (澳門幣)

澳葡式水果葡萄酒療程 140 1,820
香薰療理中心精心設計的「澳葡式水果葡萄酒療程」，以新鮮葡萄、碎米混和葡萄籽油、迷迭香及精華油，為賓客作全身磨砂。然後賓客可於私人水療園林的按摩池以紅酒及葡萄籽精華浸浴，同時品嚐一杯特製的葡式水果雞尾酒，最後，理療師將以葡萄籽油為賓客作 80 分鐘的全身按摩。

盛萃精油按摩 90 1,200
以特製精油配合東方經脈按摩，補充皮膚所需養分，另外可加上 13 種英國品牌 Aromatherapy Associates 混合精油來滋潤乾燥及疲倦肌膚。

酣睡水療療程 90 1,200
沉醉於酣睡水療療程 — VOYA 有機海草提煉精油能放鬆全身肌肉，達致促進香甜酣暢的睡眠效果。再配合臉部保濕療程，重拾健康水潤的肌膚。

完美體驗之旅

有機紓緩體驗 140 1,620
首先以有機薄荷葉、海藻及糖為賓客作全身磨砂。然後享受加入了有機海鹽的香薰浴，使身心達到終極鬆馳。最後理療師將為您作全身按摩。

關懷呵護體驗 170 2,180
這個有機水療療程能放鬆疲勞及緊張的肌肉，首先接受呵護全身的敷體療程，幫助身體排毒，然後享受寧神海藻浴，緩和全身壓力。最後體驗全身海藻熱石按摩及簡單的面部美容護理。這個療程特別適合風塵僕僕的長途旅客。

雙人身心調和體驗 180 3,980
與摯愛好友在雙人手療套房內享受舒適療程。專業理療師以獲得認證的有機海藻油為您們作全身磨砂，再以磨碎的濕海藻和薄紗布覆蓋全身。然後進行愛爾蘭人手採集的有機海藻浸浴。最後進行一小時的重點全身按摩和簡單的面部美容護理。療程能鬆馳疲勞及疼痛的肌肉，深入滋潤肌膚，幫助身體排毒及促進血液循環。

以上價格需另加百分之十服務費及百分之五政府旅遊稅。

完美身體按摩

分鐘 價格 (澳門幣)

傳統泰式按摩 50 890
80 1,050
按摩技師運用傳統泰式伸展和按壓的技巧，增加肌肉的靈活性，使身體回復和諧。

全身肌肉減壓按摩 50 930
80 1,050
以混合式按摩手法和效果顯著的深層按壓技巧，專門針對身體的軟組織，有助減輕肌肉疲勞，適合經常按摩的您。

瑞典按摩 80 1,050
運用精油來深層激活及您的身心靈。瑞典療程解開使您身體的壓力枷鎖，釋放沈積的的疲累，有效舒緩您的緊繃且疲倦肌肉。

熱石按摩 80 1,250
專為皮膚深層組織而設的獨特療程。首先以有機香薰精華油混和海藻鋪於賓客的身體，然後再放上加熱的石塊。熱石有助舒緩肌肉，並釋放海藻和精華油所蘊含的珍貴滋養成份。

泰式草本按壓療法 80 1,050
結合泰國和瑞典按摩技巧的獨特療法，透過指壓和伸展動作，達到放鬆肌肉緊張，使身體回復生機的目的。最後理療師以檸檬草、黃薑和薑參為賓客進行針對肩膊和脊椎的草本按壓療程。

中式穴位按摩 80 1,050
以深層指壓按摩刺激全身的反射點，可平衡人體的主要經脈，釋放有助復元的能量。

穴位反射按摩 50 860
透過刺激足部的人體經脈，達到調理健康的作用。只須輕力按壓足部的穴位，便可促進身體自行修復，達致整體平衡和諧。

玫瑰妊娠按摩 50 880
安心挑選三種孕婦專用精油，使用傳統芳香指壓按摩，溫和紓緩因擴張而受壓的肌膚，盡情享受懷孕期間的愉悅。

專業面部護理

分鐘 價格 (澳門幣)

光采潤澤臉部療程 60 930
為您度身訂造的臉部護理療程，最能滿足不同的肌膚需要。這有機護理療程能為您的肌膚深層排毒、回復新生及提升輪廓，此外更包括臉部按摩讓人舒緩放鬆，釋放積累已久的毒素，從而達至豐盈亮麗、倍添光澤之效果。
可選擇： 深層淨化臉部護理 (油性 / 中性皮膚)
極致保濕臉部護理 (乾性皮膚)
加倍溫和臉部護理 (敏感性皮膚)

海洋精華眼部護理 30 330
這項療程能讓您的眼部肌膚緊緻及提升、滋潤補水。採用含有豐富海草粹取物、綠茶及維他命 C，以幫助減淡皺紋並解除眼部疲勞。本護理結合淋巴按摩，令您倍感放鬆，以去除眼部浮腫及黑眼圈。

肌齡逆轉面部護理 80 1,100
這個療程使用天然成份，促進肌膚膠原蛋白再生，有效淡化幼紋，回復晶瑩緊緻狀態。包括能專門讓眼部修復的按摩技巧。

完美身體護理系列

有機海藻敷體療程 80 1,800
為您的身體排毒、讓肌膚變得緊緻，這項療程尤其適合與瘦身訓練一起進行，於療程完結前以保濕乳液塗抹全身，深層滋潤肌膚。

有機香料熱泥膜護理 80 1,080
以 VOYA 身體磨砂去除角質層，接著以蘊含豐富礦物質和抗氧化成份的有機熱泥膜作敷體，能有效排毒，令肌膚光采再現。

橄欖粒全身磨砂護理 30 330
使用細緻磨碎的橄欖果核軟化及明亮肌膚，配上精心挑選的 Aromatherapy Associates 沐浴乳，讓肌膚重拾光采。