

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

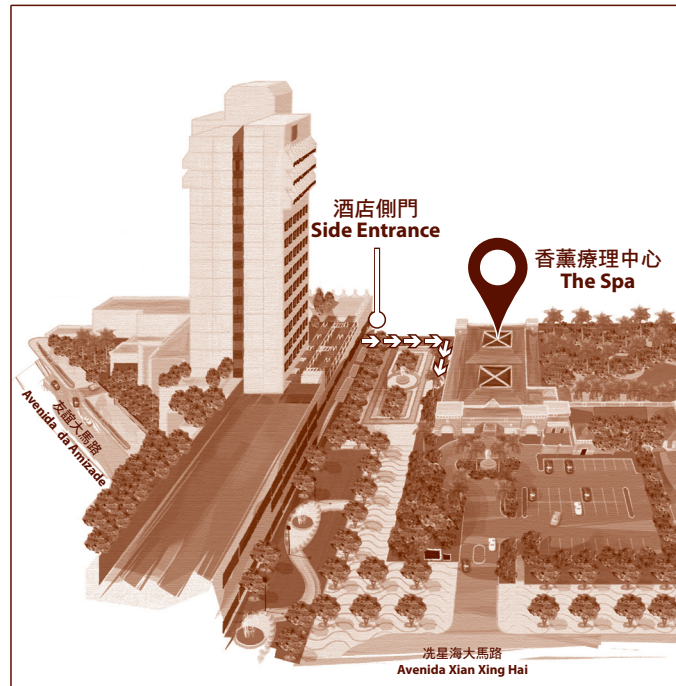
Men's Menu

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

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E-mail: spa@grandlapa.com Website: www.grandlapa.com

Signature Treatments

	Mins	Price (MOP)
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Macanese Sangria Ritual	140	1,820
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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
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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
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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
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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
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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
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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)
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Traditional Thai	50	890
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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
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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
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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
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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
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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
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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
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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
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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)
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Self Discovery Radiance Facial	60	930
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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
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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
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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
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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
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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
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Finely ground olive pits to polish and soften your skin in combination with your favorite. Aromatherapy Associates body wash for an invigorating exfoliation.