

enchanting LISBON

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Bathing in sumptuous sun, sea and history, it's impossible not to be seduced by the old world charm of Portugal's coastal capital, Lisboa and the surrounding region. The Arab castles, historic churches, fortresses and palaces attest to the area's rich past and continue to thrive through regional festivals and traditional handicrafts, music, dance, and gastronomy.

There is an undeniable romance in meandering the narrow medieval streets and lingering in the boutiques and cafés of Baixa and Marquês do Pomba by day and Chiado and Bairro Alto by night. Whether you are seeking sun and surf or quintessential Portuguese cultural experiences, this beautiful region offers an elixir for both the senses and the soul in world-class spa and wellness experiences.



DIVINE SPA

In a region known for its historic castles and vineyards, the DiVine Spa is just 38km north of Lisbon in central Oeste. Where the love of golf and wellness marry, the DiVine spa offers rejuvenating and anti-ageing treatments from eight treatment rooms that reflect a simple elegance in warm wood and vineyard tones.

As the spa's name suggests, there are many wine-inspired treatments including the 30-minute Chardonnay Scrub and signature 60-minute RedVine Body Wrap. With a view of the golf course and outdoor pool, the inner sanctuary offers a hydrotherapy pool, dry sauna, and Turkish Hammam with a choice of essential essences while you steam under chromotherapy lights. From The Clubhouse restaurant and poolside, enjoy a leisurely glass of local wine as you watch the golfers on their rounds.

www.camporeal.pt

THE SPA AT AREIAS DO SEIXO CHARM HOTEL

The intimate Areias do Seixo boutique hotel is designed in celebration of the organic beauty of nature with an eclectic twist and is an easy 35-minute drive north of Lisboa. As you step inside, you are greeted by a whimsical and wooden walkway over water that leads to wooden swings at the reception and an expansive vista of trees, dunes and ocean beyond. Each of the 10 charming hotel suites tell a different story and are truly a spa experience unto themselves with exquisite interiors, fireplace, sunken jacuzzi and open rain showers to ensure you relax and flow with the nature that surrounds you. Stepping through the large wooden doors into the Spa, starry lights dancing on the floor and walls from a jeweled Moroccan lamp hint at the sensory experiences that await you inside.

Comprised of two treatment rooms, the spa has a dry sauna, Turkish bath, Vichy shower, heated outdoor pool and relaxation

room. The scent of incense infuses the spa and carries you to the shores of India while the skillful and long strokes of the Abhyanga Massage balances the earth, fire and air energies of the body. The Shirodhara that follows is nothing short of nirvana as warm oil flows in a continuous and rhythmic stream across your forehead for 90 minutes and induces a state of tranquil bliss in mind and body.

www.areasdoseixo.com

BSPA BY KAREN HERZOG

Situated on the Tagus River in Belém, Lisboa's cultural and historic quarter, is the modern European BSpa by Karin Herzog at the trendy Altis Belém Hotel. Consistent with the Swiss brand, the white marble and red accented interior of the 500 square-metre BSpa offers a spacious, chic European feel despite its subterranean location. BSpa has eight treatment rooms, a large indoor pool, dry sauna, two Hammams and a large relaxation area. The pool roof deck also offers a private space for massage with a spectacular view of the famous Monument to the Discoveries where Portugal's navigators set sail for the New World.

The extensive spa menu aims to bring health, beauty and wellbeing through a combination of advanced oxygen technology and ancient oriental relaxing traditions for both body and face treatments. The Holistic Rituals are based on nature's four elements (fire, water, earth and wind) and promise to align your physical, mental and spiritual energy. The elements come to life using Vichy showers, bamboo massage sticks, breathing techniques, precious stones and aromatherapy massage. Don't mistake the Choco Body and Face ritual for simple novelty; this special programme is

two hours of therapeutic indulgence that starts with a mild body exfoliation with fruit enzymes and is followed by an oxygen and chocolate body wrap and completes with a chocolate facial that oozes decadence while offering deep nourishment to the skin.

www.altishotels.com

CITY SPA

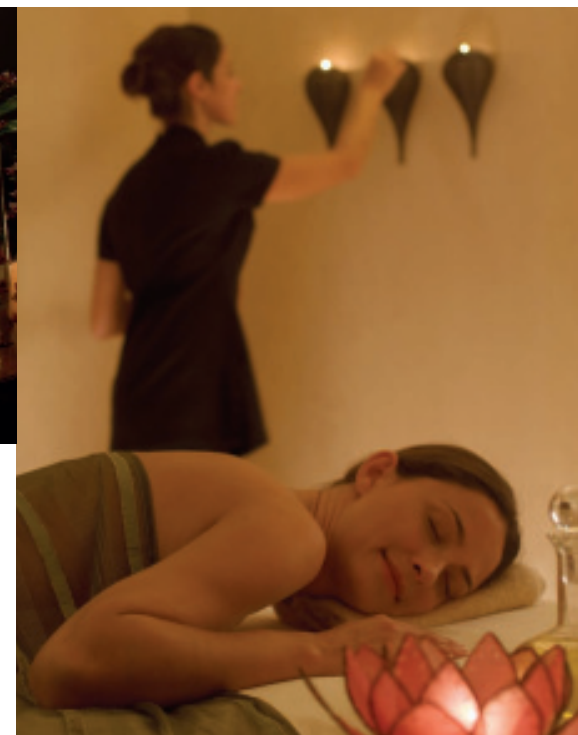
Located up the hill from the confeitaria famous for the delectable custard tart, "Pasteis de Belém", and offering an equally indulgent experience is the small, but intimate, City Spa. The five treatment rooms, Hammam, and relaxation room are beautifully designed with warm wood interior, quiet ambience and experienced therapists who will help you switch off and relax on your spa journey.

Bringing the world to you are the World Rituals - ancient therapies from Arabia, India, Indonesia, Australia and the Mediterranean, to name a few. The heavenly 90-minute signature Exotic Ritual starts with a ginger and lime salt body exfoliation followed by a hydrating facial exfoliation and therapeutic hot stone massage. The 75-minute Pro-Collagen Quartz Lift from British brand Elemis uses precious quartz, tourmaline, rhodochrosite, malachite and red coral to optimise cellular regeneration, reduce the appearance of fine lines and improve skin firmness.

www.cityspa.com.pt

THIS PAGE: Areis do Seixo, Terra. OPPOSITE PAGE: (top to bottom) Divine Spa; altis belem. OPENING PAGE: Alfama - the oldest district of Lisbon at dusk, Portugal.





PESTANA SPA BY MALO CLINIC

Classified as a national Monument, the Pestana Palace was built in 1904 under the guiding hand of Italian architect, Nicola Bigaglia and houses exquisite frescos, paintings, stained glass and art including that of Portugal's greatest 19th century painter, Carlos Reis. With four luxurious palace suites and additional suites in the adjacent buildings, the palace grounds are positively regal with colourful and lush landscaped gardens, Chinese-style garden pavilion, and panoramic views of the Tagus River.

Situated at the foot of the palace gardens, the small Pestana Spa by Malo Clinic is inspired by its natural surroundings with grounding décor. Cozy and private with professional and friendly staff trained in various modalities, enjoy the view from the relaxation lounge overlooking the outdoor pool and gardens. The facility has an indoor health club, heated indoor pool, Jacuzzi, and dry and wet saunas. The 70-minute Hydrating Balsam Treatment will have your skin sighing "obrigado" (Portuguese for "thank you"). Starting with a body exfoliation ritual to invigorate and revitalise, this lush ritual includes a nourishing body mask followed by a mini-facial. Ultra-hydrating body milk is then applied to leave your skin vibrant and glowing.

www.pestana.com

THE OITAVOS SPA

A leisurely 20-minute drive from Lisboa lies the Atlantic coast where you can bask in a landscape of deep blue waters, sand dunes and green pines. Opening in 2010, the sleek and spacious Oitavos Hotel is home to the Oitavos Spa – a sleek sanctuary replete with spacious interiors, floor-to-ceiling windows, heated massage tables and an ocean-inspired treatment menu. Spread over ten treatment rooms (all adorned with provocative portraits from Portuguese artist Pedro Baptista), the spa has a hammam, dry sauna, indoor seawater pool, Jacuzzi and relaxation room.

Signature treatments come from VOYA and blend certified organic and wild-harvested seaweed from Ireland's Atlantic coast with the finest organic ingredients. Don't miss the signature 80-minute Organic Seaweed Firming Wrap that uses wide strands of seaweed to detoxify, firm and soften the body. Daydream after your treatment by the outdoor seawater pool that extends towards the Atlantic shores or enjoy a cocktail and Portuguese-inspired delicacies at the Ipsylon Lounge.

www.theoitavos.com



THIS PAGE: (top to bottom) Corinthia Malo; Ritz SPA; Malo Corinthia Hotel Lisboa. OPPOSITE PAGE: Oitavos.

MALO SPA AT THE CORINTHIA HOTEL

In the urban centre of Lisboa, the elegant Corinthia Lisbon Hotel is home to Malo Spa, a unique medical and wellness spa founded by internationally-renowned Portuguese physician Dr Paulo Malo. The impressive 3000 square-metre spa is beautifully appointed with Italian tiles, dark wood and tranquil lighting throughout the 13 treatment suites and acqua area hosting hydrotherapy, Jacuzzi, Japanese water walkway, hammam, sauna, sensations shower, and relaxation room.

With an integrated approach to beauty and wellness, the menu offers an array of treatments ranging from advanced esthetic technology to relaxation and rejuvenation to suit your individual needs. Feeling lethargic? Let your cares and toxins melt away with the signature Detox Wrap and Massage that begins with a stimulating sea salt and almond oil scrub followed by a green tea and clay body masque. While you cocoon, a masterful facial will soothe and smooth the tensions. Your body will feel toned and silky with a final almond oil massage – a complete body experience.

www.corinthia.com

RITZ SPA

Bringing new meaning to putting on the ritz, the Ritz Four Season's Hotel is the epitome of Portugal's historic regal charm and is situated on one of Lisboa's seven hills affording spectacular vistas of Eduardo VII Park, St. George's Moorish castle, the Old Town and the Tagus River. Home to the 1500 square-metre Ritz Spa – a tranquil urban sanctuary for rejuvenation, wellness and beauty – the space flaunts modern Asian interiors of rich oak and polished marble along with an impressive collection of world art.

Lose yourself in spa treatments from ESPA, Sodashi and Sundari in luxurious spa facilities that include dry and wet saunas, crushed ice fountain, 18-metre indoor pool, and discrete relaxation room complete with music stations at every lounge bed. The Revitalise Day Programme starts with a foot ritual to clear accumulated negative energies followed by nearly two hours of body bliss that includes body brushing, exfoliation and a full-body hot stone massage using your chosen blend of ESPA scents to rejuvenate and rebalance the mind and senses. A sumptuous but light poolside lunch custom created by French Chef Pascal Meynard offers the perfect pause before your sensory experience continues with a luxurious Sundari facial that incorporates cleansing, exfoliation and the spa's signature marmamassage for refreshed and revitalised skin.

www.fourseasons.com/lisbon



SIX SENSES SPA

Nestled amid the mountain forest, historic palace buildings and beautifully landscaped garden, the earth energy of Sintra's Penha Longa is undeniable and a natural home for the eco-minded Six Senses Spa. Set in a 16th century building, the innovative spa blends ancient holistic world therapies with original spa journeys and the Six Sense's desire to inspire continued wellness. Taking full advantage of the spectacular natural surroundings, the outdoor garden has a Jacuzzi, plunge pool, and gazebos for meditation, Tai Chi and yoga.

Using 100 percent natural and local ingredients, the 220-minute Mystique Journey is devoted to your wellness beginning with an eucalyptus foot bath (the leaves for which are gathered from the surrounding forest), continues with a sublime body exfoliation using ground olive kernels and lemon rind, and finishes with a massage using locally pressed olive oil blended with rosemary, mandarin and neroli. This sensory experience is completed with a natural facial, chakra balancing and hot stone back massage. Continue to linger with nature's elements in the cedar steam sauna or sit by the lily pond in the oriental garden as you sip warming ginger tea. www.penalonga.com

THIS PAGE: Six Senses Spa. OPPOSITE PAGE: (top to bottom) Banyan Tree Body Massage; Longevity Spas Indoor and Outdoor Pools facing the Monchique Hills Night View.



BANYAN TREE SPA

Beaches, art, museums and casinos have long lured visitors to the coastal town of Estoril in the Bay of Cascais, and now added to that mix is the new Banyan Tree Spa from the Asian-inspired luxury resort group. Just 20 minutes from Lisboa, and set beside the five-star Palácio (circa 1831), this sophisticated spa houses a spacious hydrotherapy area that includes a heated 'dynamic' pool, Jacuzzi, sauna and Turkish bath with therapeutic chromatherapy lights.

Treatments celebrate time-honoured essential oils, salts, herbs and spices and are expertly delivered in 17 intimate and exquisitely designed treatment rooms by their exclusively trained Thai therapists. With a menu of signature massages inspired from all over Asia, each ritual begins with a cleansing herbal foot bath and a refreshing herbal drink as you choose a scent of incense to suit your mood. The signature Royal Banyan is pure body devotion in motion from the lemongrass and cucumber scrub to the hot herbal compress massage. Spanning 180 blissful minutes, the treatment also includes a jade face massage and a therapeutic herbal bath. www.palacioestorilhotel.com

LONGEVITY WELLNESS RESORT

Situated on the doorstep of the famous beach region of Algarve, Monchique mountain is home to Longevity – a new wellness resort that, well – oozes wellness. The organically shaped modern resort uses glass and rooftop garden spaces in its design and adaptation to the mountainside's protected natural reserve. Infused with natural light, Longevity aims to deliver a fully integrated approach to preventive medicine and ageing management from their Medical Spa, daily vitality programmes, and extensive facilities that include two outdoor pools, a heated indoor pool and a fitness centre.

Their professional therapists competently assess your health using biophysical, nutritional and biochemical evaluations to provide complete and holistic guidance to living well. Talented Chef Olivier creates healthy gourmet cuisine based on Dr Chauchard's Vitality Nutrition programmes and uses only the freshest local ingredients. Daily wellness activities include meditation, aqua classes, nature walks and much more. Monchique and its therapeutic thermal waters (pH 9.7) are very possibly the best-kept secret in this region. www.longevitywellnessresort.com

