

LE SPA

SPA TREATMENTS MENU

FACIAL TREATMENTS

THE ESSENCIALS

SKIN LAB

30 MIN | 50€

Expert Skin Diagnosis. Before any facial treatment, we recommend this personalized assessment to understand your skin's true needs.

*At the **Skin Lab**, our experts analyze your skin's hydration, texture, sensitivity, and signs of ageing to create a tailored protocol – both in-spa and at home.*

An essential first step to unlock your skin's full potential.

MADE TO MEASURE TREATMENT

60 MIN | 180€

Inspired by the savoir-faire of haute couture, this treatment is entirely tailored to the unique needs of your skin.

*Following the **Skin Instant Lab**® diagnosis, our expert therapist will create a bespoke ritual that combines advanced techniques with high-performance formulas, ensuring visible results and a sublime sensorial experience.*

Perfect for those seeking truly personalized care and a moment of absolute luxury.

ANTI-AGEING FACIALS BOOSTERS

RESTRUCTURING & SMOOTHING BOOSTER

90 MIN | 250€

For firmer, revitalised skin.

A reconditioning facial that tones, drains, and smooths the skin of the face, neck, and décolleté.

Ideal for tired or unbalanced skin textures.

AGE DEFEND MC110 BOOSTER

90 MIN | 250€

To visibly reduce wrinkles.

*A smoothing and toning facial for dull **Skin Instants**®.*

Softens fine lines and wrinkles while redefining facial contours.

Cancellation less than 8 hours before the scheduled time will result in the payment of 50% of the treatment or massage. In the case of no-show or cancellations less than 2 hours in advance, payment of the full amount of the scheduled treatment or massage will be required.

LIFT C.V.S BOOSTER

90 MIN | 250€

Lifting and sculpting.

A reparative, lifting, and exfoliating treatment for deep cellular renewal.

The Lift C.V.S. booster smoothes the epidermis, reducing pore size, while diminishing spots, scars, and deeper wrinkles, combined with massage techniques tailored for mature skin.

PEELING AHA BOOSTER

90 MIN | 280€

Resurfacing and radiance boost.

An exfoliating and revitalizing treatment for wrinkled, dull and thick skin.

The skin is left smoother and more radiant.

VIP O2 BOOSTER

90 MIN | 250€

The anti-pollution glow facial.

Luxurious oxygenating and anti-pollution facial for skin suffocated by urban pollution.

The complexion gains an incredible radiance, leaving the skin luminous and full of vitality.

CAVIAR VERT BOOSTER

90 MIN | 270€

Plumping & restructuring with Green Caviar Algae.

Anti-aging treatment with a plant-based caviar mask, featuring a biocellulose fabric rich in essential minerals.

In combination with collagen, it helps enhance the skin's structure, preventing and instantly filling fine lines and wrinkles.

SUBLIME ANTI-AGEING RITUALS

Powerful rituals for visibly youthful, lifted and redefined skin. Designed for those seeking advanced results, these rituals deliver firming, reidentifying and regenerative effects using the finest ingredients and breakthrough skincare technology.

TRIPLE LIFT REMODELING FACE

120 MIN | 400€

A triple exfoliating, restorative and toning treatment that redefines and plumps the facial contours. This personalised remodelling ritual combines two exfoliation boosters, reconditioning and facial lifting, enhanced by advanced electro-cellular stimulation technology.

For flawlessly refined skin, neck and décolleté.

SECONDE PEAU

90 MIN | 300€

A groundbreaking innovation in professional skincare, this luxurious facial treatment is especially recommended for mature skin in need of intensive regeneration and a visible lifting effect. Using a hyaluronic acid mask with 80% pharmaceutical-grade purity – renowned for its exceptional ability to plump and deeply hydrate – this protocol revitalises the skin from within.

Recommended as an intensive course of three sessions, it delivers a progressive transformation – smoother, denser and visibly rejuvenated skin.

An ideal alternative to Botox.

MICROPUNCTURE LAB ANTI-AGEING

60 MIN | 300€

Precision regeneration through microneedling.

A high-performance treatment using targeted micro-puncture and active infusion to stimulate collagen production and cellular renewal.

EXOSOME REGENERATIVE MICROPUNCTURE

60 MIN | 450€

An advanced aesthetic treatment that combines the precision of Dermapen technology with the latest breakthrough in regenerative medicine: exosomes. Micropuncture awakens the skin to profound renewal, while the exosomes – exceptional cellular messengers – stimulate collagen and elastin synthesis, promote tissue repair, and unveil a complexion that is visibly younger, more even, and radiant.

A rejuvenating experience that transcends time, designed for those who demand nothing but the very best.

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BODY TREATMENTS

Unsure of what your body truly requires or which treatment will best guide you towards your goals? Allow this to be the starting point of a genuine transformation.

DETOXIFYING BODY RITUALS

BODY LAB

30 MIN | 50€

Advanced Body Consultation. Before starting any body treatment program, this personalised consultation offers a deep understanding of your body's specific needs.

Through a detailed evaluation, we assess body composition, skin condition, fluid retention, muscle tone and signs of imbalance, to create an accurate diagnosis. Based on this analysis, we will recommend a tailored treatment plan and at-home care guidance, aligned with your aesthetic and wellness goals.

The first step towards visible and lasting results.

PURE DETOX WRAP EXPERIENCE

90 MIN | 350€

A purifying experience that leaves your skin renewed and your body light.

Begin with a refreshing sea salt, lemongrass, and peppermint scrub, followed by a spirulina algae wrap to eliminate toxins and restore vitality. A soothing scalp massage completes the experience with deep relaxation and well-being.

FIRM & TONE CELLULITE MINIMIZER

75 MIN | 350€

For a sculpted and toned body.

This innovative treatment was designed for those looking to target cellulite and visibly improve skin texture.

Cryotherapy activates microcirculation and delivers an immediate draining and toning effect. Legs feel lighter, skin is smoother, and body contours appear more defined from the very first session.

LIGHT LEGS DRAINAGE RITUAL

75 MIN | 350€

A draining leg massage, perfect for smoothing imperfections and stimulating circulation, followed by a toning mask that helps to redefine and relieve the feeling of heavy, tired legs. To finish, a relaxing neck, shoulder and head massage delivers total wellbeing.

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SHAPE & FIRM ABDOMINAL RITUAL

45 MIN | 300€

Define, Detoxify, Improve Digestion.

Refine your silhouette with ease. This abdominal therapy combines sculpting massage techniques with detoxifying active ingredients to stimulate digestion and reduce bloating.

The application of a toning mask and a relaxing foot massage complete the experience, leaving your abdomen more defined and your body noticeably lighter from the very first session.

SIGNATURE BODY RITUALS

NOURISHING MARINE WRAP

90 MIN | 350€

A moment of pure comfort for body and mind.

Begin with a gentle sea salt exfoliation to renew the skin, followed by an ultra-hydrating algae-rich mask that replenishes essential nutrients and restores radiance.

A relaxing scalp massage melts away stress, while the final application of your chosen lotion or cream seals in this deeply nourishing hydration ritual.

ANTI-STRESS BACK REMEDY

60 MIN | 250€

Shut the door on the outside world with this extraordinary treatment, designed to relieve tension in the back, neck, and shoulders.

Both energizing and relaxing, this anti-stress ritual offers a complete sense of well-being.

Immediate relief from muscle tension and contractures.

LUXURY GOLD RITUAL

105 MIN | 450€

Wrap yourself in sophistication with this gold-inspired body ritual.

A gentle exfoliation with a massage balm enriched with golden particles renews and brightens the skin, preparing the body for a deep, relaxing massage that gently releases all tension.

The experience concludes with a lifting and revitalizing facial massage, leaving the face radiant and the skin enveloped in an irresistible golden glow.

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SIGNATURE MESSAGES

LISBON SOUL

Inspired by the golden light of Lisbon and the serene elegance of Chiado, this exclusive massage invites you on a deeply relaxing sensory journey.

30 MIN | 115€

60 MIN | 230€

90 MIN | 340€

Let yourself drift away to a place of pure well-being with this experience designed to completely release physical tension. Gentle, flowing techniques dissolve areas of stress, while an aromatic oil infused with lavender and mandarin – specially crafted to calm and reconnect – induces an almost dreamlike state. More than a massage, Lisbon Soul is a ritual that blends techniques from various therapeutic traditions, alternating between grounding pressure and fluid strokes, all intuitively guided by your needs.

An invitation to slow down, breathe deeply, and reconnect with your inner rhythm – in harmony with the timeless soul of Lisbon.

CHIADO DEEP POWER

Revitalize, Energize & Release Tension.

Designed for those seeking deep muscular relief and renewed energy, Chiado Deep Power is our most vigorous massage – firm, intense, and deeply invigorating. Inspired by Lisbon's urban vitality and dynamic rhythm, this experience blends deep tissue techniques and targeted pressure, ideal for releasing accumulated tension, clearing blockages, and restoring the body's natural energy flow.

30 MIN | 125€

60 MIN | 240€

90 MIN | 350€

The treatment is enhanced by a potent infusion of warming ginger oil. Ideal after physical activity, long journeys, or periods of physical and mental stress, Chiado Deep Power awakens the senses, oxygenates the tissues, and restores the body's natural movement.

LIFTING & CONTOURING HILLSIDE

Define, Revitalize & Drain.

Designed for visible, immediate results, this lifting and contouring massage transforms the body with precise, deeply effective techniques.

Using advanced drainage and sculpting methods, it boosts circulation, refines contours, and visibly improves skin texture.

The result is a lighter, firmer, and more harmonious silhouette.

45 MIN | 230€

EMBRACING STONES

60 MIN | 270€

A grounding ritual inspired by the healing power of the earth.

This refined interpretation of the classic hot stone massage draws on the ancient benefits of thermotherapy while elevating the experience through botanical oils and conscious touch. Warm volcanic stones, infused with nourishing oil, glide gently over the body to release muscular tension, stimulate circulation, and restore energetic balance.

Alternating the comforting weight of the stones with fluid, hands-on techniques, the massage creates a hypnotic rhythm of warmth and lightness – inviting deep relaxation and a sense of inner safety.

More than a treatment, this is a sensorial journey that reconnects body and mind to the earth's reassuring embrace.

RELAXATION TIME FOR TWO

In the fast pace of modern life, carving out quality time for two can be a true challenge. This ritual invites you to pause together, where deep relaxation and connection meet in perfect harmony. The experience begins with a revitalising moment in the sauna and steam room – a thoughtful prelude designed to prepare both body and mind for the massage that follows. In a serene and intimate atmosphere, multi-sensory techniques promote deep well-being, creating a shared memory that lingers on the skin and in time.

WELLNESS RESET FOR TWO

105 MIN | 680€

A holistic experience for two, designed to renew body and mind in perfect harmony.

The ritual begins with a revitalising full-body exfoliation that smooths and renews the skin, preparing it to receive the full benefits of the treatment.

Next, a nourishing balm is applied through deeply therapeutic massage techniques, tailored to the individual needs of each body.

This combination encourages the release of tension, stimulates circulation, and induces a state of profound relaxation. A shared moment of complete regeneration.

As a final touch... 'Cheers' with a flute of champagne!

HARMONY MASSAGE

30 MIN | 215€

A wellness experience in perfect harmony.

60 MIN | 450€

This couple's ritual combines deep, flowing therapeutic massage techniques designed to release accumulated tension, restore vital energy, and promote total relaxation.

Performed side by side, this synchronised massage allows both bodies and minds to enter a state of serenity and balance.

A personalised selection of aromatic oils enhances the therapeutic benefits, adapting to the needs of each individual.

More than a massage, it is a shared moment of care, reconnection, and deep rest.

THE BRIDAL CEREMONY

LA PROMESSE

3 HOURS | 600€

A moment that is yours alone – to breathe deeply, soothe the heart, and let your light shine.

Designed for the day before or the morning of the wedding, this exclusive ritual prepares the body and mind with the care and attention every bride deserves.

Held in the serene ambiance of the spa, this pause of beauty and calm includes:

- A gentle full-body exfoliation to smooth and illuminate the skin, leaving it silky to the touch.*
- A deeply relaxing full-body massage with delicate rose and orange blossom oils, to ease tension and restore inner balance.*
- A hydrating and illuminating facial treatment for a calm, fresh, and naturally radiant complexion.*

The ritual concludes at the spa, leaving her enveloped in serenity.

If she wishes, for an additional fee, the experience can be complemented with full preparation in a private room, allowing her to leave directly for the big day, with every detail perfectly attended to.

More than a treatment, this is an intimate moment of transition – from before to now.

Because a bride's beauty begins from within.

SUBLIME RITUALS

Small gestures elevated into the art of care. We offer treatments that transcend conventions, elevating them into refined rituals, where every detail is designed to nourish, smooth and enhance natural beauty.

VELVET SKIN RITUAL

We transform hair removal into a refined ritual of care and sophistication.

The treatment begins with a gentle exfoliation, followed by purification with warm Turkish towels. Hair removal is performed with high-performance wax, complemented by a soothing mask and the application of a hair growth-retarding treatment.

The ritual concludes with a nourishing and calming massage, leaving the skin silky-smooth, nourished, and radiant for longer.

Available areas: •Full Legs

•Half Leg

•Bikini Line (Classic)

•Bikini Line (Brazilian)

•Arms

•Underarms

•Face

Please enquire prices at the spa reception.

LE SPA

SPA ETIQUETTE

APPOINTMENTS

Our therapists will help you choose the treatments and massages that best suit your needs and expectations. We advise booking in advance so that we can match your availability.

HEALTH CONDITIONS

If you have any medical conditions (such as injuries, allergies, post-operative recovery, among others) or if you are pregnant, we kindly ask you to inform our team at the time of booking. This will allow us to ensure that your experience is safely and comfortably tailored to your needs.

ARRIVING TIME

We kindly ask our guests to arrive 20 minutes before the scheduled time for check-in procedures. Punctuality ensures a serene and complete experience, without affecting the duration of the treatment or compromising its effectiveness and comfort.

CANCELLATION POLICY

Cancellation less than 8 hours before the scheduled time will result in the payment of 50% of the treatment or massage. In the case of no-show or cancellations less than 2 hours in advance, payment of the full amount of the scheduled treatment or massage will be required.

CHILDREN'S ACCESS

In order to maintain a relaxing, peaceful and silent environment, children under the age of 16 are not allowed.

ACCESS TO THE SPA & INDOOR POOL

For hygiene reasons, access to the indoor pool area and all wet areas is not permitted with street shoes, and is only allowed with suitable footwear or shoe protections provided at the Spa reception. To ensure the comfort and hygiene of all guests, the use of a swimming cap is mandatory in the pool. The consumption of alcoholic beverages is not permitted in the Spa, Gym and indoor pool areas.

PERSONAL VALUES

*Although each customer is assigned a locker with a key to store their belongings, **Le Spa and Lisbon Chiado Hotel** are not responsible for any loss or theft. We recommend that you do not bring valuables such as jewellery or electronic devices.*

DRESS CODE

The spa provides robes, towels, and slippers for your comfort. During treatments, your privacy will be respected at all times.

MOBILE PHONES

Please turn off your mobile phone upon entering the spa. To preserve the serenity of the environment, the use of mobile devices is not recommended in relaxation and treatment areas.

SILENT ENVIRONMENT

The spa is a sanctuary of tranquillity. We kindly ask you to maintain a low voice to ensure that all guests can fully enjoy the serene atmosphere.

PERSONAL PREFERENCES

Each treatment can be tailored to your individual preferences, such as massage intensity, choice of essential oil aromas or background music. Please feel free to share your preferences with your therapist.

PRICING

All prices include VAT at the applicable legal rate. We reserve the right to adjust prices without prior notice.

HOURS

Le Spa working hours: 09h00 am to 09h00 pm.



LISBON
CHIADO
HOTEL
& SPA ★★★★★

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