

G

SPA

BY

ALTIS GRAND HOTEL

THERAPY & RELAXATION

The GSpa by Altis Grand Hotel is a new space devoted to improving health and well being. A medical concept spa offering personalized attendance on several specialties of Fitness, wellness and aesthetic medicine.

The GSpa has an area of 950m² with a heated indoor swimming pool, a jacuzzi, a sauna, a steam bath and a sensorial shower. He have aswell one room Fitness with Tecnogym equipment, including Vário® and Kinesis® stations, one room Studio for group lessons, four treatment rooms (including two double cabinets and floor therapies) an aesthetic and a medical office.

Inspired by the five elements in Nature, the Gspa ensures a totally relaxing and comfortable environment. Bearing the quality of brands like La Phyto and Gérnetic, the THERAPY & RELAXATION MENU provides clinical and holisitic results from within.

FACIAL RITUALS

Start this journey of the senses prepared for your face. We personalize each element and touch accordingly to your needs.

ONLY YOU

PERSONALIZED

60 MIN. | 78€

On our search for the perfect harmony, we created a tailored treatment which gives your skin a natural moisture and a uniform skin tissue to experience a profound sensation.

HYDRA GER

MOISTURIZING

60 MIN. | 75€

A radiant treatment which provides the sheer joy of a hydrated skin and accelerates the skin cellular renovation making your skin fresh and glowing.

BIO FACE

OILY SKIN

60 MIN. | 75€

An oily skin constantly needs a balanced and healing treatment due to its sebaceous hiperproduction. This treatment consists in evolving your face with a balm made by myrrh.

CLEAN LINES

SENSITIVE SKIN

60 MIN. | 75€

A sensitive skin needs a soft and balancing treatment to give lightness and moisture to your face.

SKIN CLAIR

STAINS

75 MIN. | 85€

This treatment gives back the radiance to skins with lack of pigmentation. The skin is cleansed and stimulated through innovating techniques, making your skin uniform and with a cared for look.

LUX

ANTI-AGING

75 MIN. | 85€

Anti-aging and wrinkle reducing treatment. It optimizes the cellular renewal creating a tighter and younger face.

PURE GOLD MARINE

LIFTING – REAFFIRMING

75 MIN. | 85€

An excellent treatment to fight aging signs and flaccidity. The sea elements have a strong reaffirming action that will make your skin look radiant.

MAN FACIAL

MOISTURIZING

60 MIN. | 75€

A treatment for skins with signs of stress. The active elements used will accelerate the moisture and renewal giving a new energy to male skin.

5 ELEMENTS IN NATURE

RADIANCE

90 MIN. | 115€

This treatment is a perfect combination of the 5 elements with the unparalleled power of the essential oils from plants and natural elements. Clay is applied to the face and neck reflex areas correspondent to each element. Energy is freed all over your body to help you work better thus promoting a healthy, uniform and radiant skin.

BODY RITUALS

A truly relaxing experience with multiple benefits to your balance.

BATH RITUALS

SALT EXFOLIATION WITH ESSENTIAL OIL

45 MIN. | 55€

The ritual of salt exfoliation, pure and crystal salt with India Verbena Essential Oil, makes it a deeply relaxing experience and leaves your skin nourished and purified.

MARINE ESSENCE

ALGAE THERAPY

75 MIN. | 95€

A treatment which promotes a good body renovation. This process uses Grape Oil which prepares the skin to be wrapped by algae extracts. It improves the blood circulation and allows you to feel totally relaxed.

ALL NUTRITIOUS

FULL BODY

75 MIN. | 85€

Enjoy an exclusively renovating treatment to get benefits and to regain a silky and cared for skin.

UNIFORMIZING

STRETCH MARKS (LOCAL)

60 MIN. | 75€

Based on the exclusive GERnétic process together with natural elements we are able to regenerate skin and cells integrity. An ideal treatment for stretch marks.

PURENESS

ANTICELLULITIS

90 MIN. | 115€

A treatment that potentially eliminates toxins, improves blood circulation, decreases water retaining, thus purifying the body and reducing cellulitis. The skin gets firmer and smoother.

MIND & BODY THERAPY

RELAXANT

90 MIN. | 115€

The clearness of exfoliation followed by a mask made with sea extracts and essential oils make this treatment an exclusive experience of profound relaxation.

SLIMNESS

SLIMMING WRAP

90 MIN. | 115€

Algae wrapping with natural elements acting deeply to detox and stimulate the metabolism as well as the collagen and the elastin. Your body will gain a reducing and remodelling effect.

BREAST REAFFIRMATION

REAFFIRMING

90 MIN. | 115€

100% natural elements (vitamins, amino acids, etc.) are used in this treatment providing nourishment, balance and firmness to the breast.

GENTLE TOUCH

SPA HANDS

45 MIN. | 50€

Treat your hands with the special care offered by GERnétic, with a really nourishing and renovating wrap.

BALANCE BASE

SPA FEET

45 MIN. | 50€

A reflexive massage with Essential Oils that has a purifying, decongesting and anti-weariness action. The result of this nutritive mask is a pleasant and light feeling and total relaxation.

NATURE RITUALS

Balance your nature elements creating a dynamic cycle. Search your most suitable element.

WATER

COCOON

60 MIN. | 85€

When we face a lack of balance linked to the Water element it shows up mainly on your skin nutrition. This is the perfect treatment to obtain a nourished and reaffirmed skin.

WOOD

OXYGENATING

60 MIN. | 85€

The firm and soft movements of this ritual will take you to the boundaries of meditation as the key for a brighter and calmer mind.

FIRE

PASSION

60 MIN. | 85€

Let yourself be engaged in a perfect treatment that acts on the blood stream. Conceived to take your body into a state of perfect harmony and lightness.

EARTH

HARMONISING

60 MIN. | 85€

A holistic treatment where each vital function is carefully treated with a special note to the lymphatic system. This exhilarating involvement detoxifies and combats fatigue.

METAL

VITALITY

60 MIN. | 85€

A perfect moment to revitalize your body metabolism with a detoxifying and anti-cellulitis action. This purifying moment will provide your skin with a pleasant sensation.

SENSE OF TOUCH

Let yourself be taken by the simplicity of the touch. Relax, renovate your energies and be calm.

G STRESS

RELAXANT

25 MIN. | 35€

The aromatic grape oil applied with slow and circular movements, firmly pressing your back and neck, promoting a deep relaxation.

AROMATHERAPY

RELAXANT

60 MIN. | 70€

A holistic and therapeutical treatment where the power of essential oils together with the best oriental and occidental massage techniques will provide a stimulant and deep feeling of well being.

DEEP TISSUE

THERAPEUTIC

35 MIN. | 45€ 60 MIN. | 75€

This experience shows our personalized approach to well being. A vigorous body massage using centennial techniques where the therapist will achieve a deep stress relief.

G STONE MASSAGE

RELAXANT

35 MIN. | 48€ 60 MIN. | 78€

Find the joy and relaxation provided by a massage made with perfect and polished hot stones. Deep movements will align your body and mind providing an unique feeling of well being.

THAI

RELAXANT

35 MIN. | 50€ 60 MIN. | 85€

A dry massage, based on the holistic traditional Thai philosophy, with roots in the ancient teachings. All the benefits to your body through pressure on different points. It will help tension fade away being replaced by a nice feeling of peace.

AYURVEDIC

THERAPEUTIC

60 MIN. | 85€

Ayurvedic means cure for life.

Allow yourself this wonderful experience of physical well being and mental balance.

HAWAIIAN LOMI LOMI

RELAXANT

40 MIN. | 68€

An Hawaiian massage that provides a deep relaxation of the muscles, liberating and revitalizing the physical, mental and energetic body system. This massage is performed with the sound of Hawaiian melodies with movements inspired by the waves.

4 HANDS MASSAGE

RELAXANT

60 MIN. | 98€

Two therapists and four hands working together in perfect harmony will provide a remarkable experience and a feeling of total relaxation.

TIME FOR TWO

RELAXANT

60 MIN. | 120€

Renovate your energies together with someone special. This moisturizing massage will make your skin pure and with a sense of tranquility.

RELAX & RENEW

These programmes are prepared for people who need time to relax after a busy day and to restore balance, renovating their energies.

Try a variety of therapies from different cultures as well as a variety of holistic activities.

Restore your energetic levels and stimulate your immunological system.

G STONE GLOW

90 MIN. | 140€

G Stone massage | Body Treatment Water - Cocoon | Spa Circuit | Tea Ritual

SPA TASTER

135 MIN. | 160€

Only you | Marine Essence | Spa Circuit | Tea Ritual

MOMENTS

105 MIN. | 120€

Aromatherapy massage | Soothing Alguessence Bain | Spa Circuit | Tea Ritual

SIMPLE MARINE ESSENCE

60 MIN. | 105€

Peeling Phyto'M | Alguessence | Spa Circuit | Tea Ritual

ABSOLUT RITUAL

150 MIN. | 190€

Peeling Phyto'M | Nature Ritual | Radiance Facial Treatment | Spa Circuit | Tea Ritual

SIGNATURE RITUALS

Exclusive Gspa Treatments especially made for you. Find the harmony you need.

G VISAGE

50 MIN. | 58€

Face and Skull Massage | Scalp Treatment | Brushing

A LA CARTE 3D

75 MIN. | 85€ 90 MIN. | 95€

Tailor made programme with specific results.

A treatment which combines eastern therapies such as Ayurvedic and Tai massage with face and body rituals.

BEAUTY & YOUTH REJUVENATION

FACIAL REJUVENATION

MICRODERMABRASION

50 MIN. | 90€

An innovating Crystal Clear process to give softness, firmness and youth to your skin, minimizing wrinkles and fine lines.

PROGRESSIVE CHEMICAL EXFOLIATION*

150€

This procedure stimulates the natural skin rennovation, controlled by multiple sessions with increasing concentrations of glycol acid which removes layers of damaged skin, significantly improving its softness, texture and brightness.

HYALURONATE ACID FILLING*

250€ SESSION + 170€ EACH BLISTER

A procedure meant to adjust chosen face areas to fight some obvious signs of aging or to correct some aspects that harm the facial harmony. The compound is a normal component of the human body, very safe, and results from the progressive absorption by the body which recognizes it as a product of its metabolism. This product acts on your face and lasts for a year.

FACIAL MESOTHERAPY*

250€ SESSION + 250€ EACH BLISTER

A proactive approach to facial rejuvenation through the stimulation of fibroblast activity to achieve cellular rennovation and the stimulation of endogenous collagen production. Rejuvenation is easier and has better results when it is a part of an integrated anti aging strategy.

BOTOX / BOTULINUM TOXIN*

500€

This treatment includes a wide range of applications, the improvement of face wrinkles and the modification of some located morfological aspects like the initial degradation of the superciliary area or the corners of the mouth and the control of the hands or axillary sweating. The result is satisfactory after 1 week to 10 days. Treatments should be repeated periodically to keep the results.

BODY REJUVENATION

PRESSOTHERAPY

35 MIN. | 45€ 45 MIN. | 65€

This is an exclusive detoxification treatment which is done by means of an effective lymphatic drainage. It helps promote body functions through a skin oxygenation thus improving blood circulation.

LYMPHATIC DRAINAGE

50 MIN. | 60€

This manual massage is appropriate for the treatment of blood circulation disorders, cellulitis, edema, fluid retaining and post-ops. An excellent therapy to help stimulate the lymphatic system and the natural process of eliminating toxins.

MESOTHERAPY*

250€ SESSION + 250€ EACH BLISTER

A proactive approach to body rejuvenation through the stimulation of fibroblast activity to achieve cellular renovation and the stimulation of endogenous collagen.

Rejuvenation is easier when it is a part of an integrated anti aging strategy.

*Medical consultation in the Spa medical cabinet.
Medical procedures in outside partner clinics.

SPA ETIQUETTE

RESERVATIONS

In order to make a reservation or to ask for more information related to the Spa, please call extension 5 if you are a hotel guest, otherwise please call +351 213 106 119 or send an email to gspa@altishotels.com.

ARRIVAL

The GSPA recommends that you arrive at least 45 to 90 minutes before the hour to fill your application form and to benefit from the peaceful environment of our facilities. A late arrival will result in a reduction of the length of your treatment.

CANCELLATION POLICY

Please inform us of your desire to cancel a treatment at least 12 hours in advance to avoid a 50% tax payment. Thank you for your understanding.

ACCESS

People under 18 are not allowed in the Fitness, jacuzzi, sauna, turkish bath and sensorial shower.

AMBIANCE AND SPA CONDUCT CODE

Don't use mobile phones or electronic devices for any purposes and avoid making noise.

Respect the privacy and tranquility provided by the Spa.

Keep your conversation in a low tone of voice.

G

SPA

FITNESS

Kinesis | Personal training | Pilates | Yoga | Kettlebell | TRX
Myofascial release therapy | Articular mobility

WELLNESS

Relax & Renew | Sense of touch | Aromatherapy | Algototherapy

CLINIC

Nutrition | Physiotherapy | Face and body rejuvenation | Aesthetic medicine

HAIRDRESSER

Cut | Colouring | Brushing | Manicure | Epilation

WATER

Swimming for children | Aquacycling | Sauna | Steam bath | Jacuzzi

Reservations

Rua Castilho, 11 1269-072 Lisboa | Tel. 213 106 119 | Ext. 5
gspa@altishotels.com | www.altisgspa.com

Monday to Friday: 7am - 10pm | Saturday, Sunday and Holidays: 9am - 9pm
Fitness: Open 24h