



mandalay

WELLNESS & SPA



SPA MENU

EN



Mandalay Spa takes its name from the last royal capital of Burma, founded in 1847 by King Mindon as a centre of Buddhist learning.

Inspired by traditions that date back centuries, the philosophy of Mandalay Spa is inherently rooted in Southeastern Asia healing wisdom. We have created treatments that use the intuitive touch of our experienced therapists, based on Indian Ayurvedic Medicine and Royal Thai healing heritages.

Traditional remedies blended with a profoundly therapeutic touch provides authentic spa experiences to unwind, uplift your spirit and achieve emotional happiness.

We believe that balance is the key for a happy life, so at Mandalay Spa we are devoted to help you undertake the journey to reach inner peace.

Relax as you wish and find yourself.  
Mingalabá.





## SIGNATURE TREATMENTS

---

### TIME FOR 2

110min | 450€ (2PAX)

A perfect retreat for 2. Start your experience in our private steam and sauna facilities. A body polish and a nourishing bath will follow to smooth and hydrate the skin, before an Abhyanga massage. To complete the experience enjoy a flowering tea in the private suite.

### HONEY MOON

50/ 80\*min | 200/ 300€ (2PAX)

The perfect combination for a couple's delight. A full body massage, inspired by lomi-lomi technique, with long and flowing massage movements, like rolling waves travelling along the body. It will help the mind to disconnect and create a deep sense of relaxation. The ritual will end with a hydrating express facial.

\*Express Facial only available on 80min. option

### HIMALAYAN DETOX TREATMENT

80min | 170€

Due to its natural antibacterial properties, Himalayan Salt helps detoxify and purify the body. The treatment starts with a Himalayan salt scrub and wrap, followed by scalp massage and a detox body massage done with our special detox body oil to boost circulation.

### MANDALAY SPA - THE JOURNEY

80min | 170€

A sensory journey that brings body, mind and skin together in a single ritual. Inspired by ancestral Asian traditions, this ritual begins with a Thai back massage focused on relieving tension, continues with a deeply relaxing full-body massage, and ends with Kobido facial massage to revitalise the skin and restore its radiance. A complete experience of lightness, inner balance and total renewal.

### ULTIMATE SHOWER EXPERIENCE

50min | 150€

Full-body exfoliation, performed with four hands, to deeply cleanse and purify the skin, followed by a synchronized body massage while warm water cascades over your body.

### VICHY SCRUB

40min | 110€

Exfoliation with volcanic lava to soften the skin and enhance circulation, followed by a relaxing massage under warm water showers. A unique sensation for silky and nourished skin.



## TASTE OF INDIA

---

### ABHYANGA MASSAGE

50/ 80min | 110/ 140€

Profound relaxation—using Abhyanga, or literally, “oil massage.” This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy using warm oils and varying amounts of pressure with a focus on restoring the flow of “prana,” the life force that stimulates your body’s vital energy.

### SHIRODHARA RITUAL

50min | 135€

A holistic ritual inspired by the ancient practice of Ayurveda, designed to calm the mind and restore inner balance. The experience begins with an Abhyanga back massage, followed by a continuous flow of warm oil over the forehead, hair and scalp. The ritual ends with an Ayurvedic scalp massage and a Marma facial massage, focused on the face’s energy points, promoting serenity, lightness and deep relaxation.

### AYURVEDIC MASSAGE

50min | 140€

Ayurveda, the ancient science for healing the body, mind and soul. This massage invites you to take a step into the knowledge of the Vedas and embrace your body’s natural healing powers. A vigorous massage that stimulates the energy flow, the detoxing process and releases muscular stiffness. It provides greater flexibility to the body and increases the mobility of joints. Specific oil to Vata, Kapha or Pitta Dosha.

### KANSA RITUAL

80min | 140€

This unique experience uses a Kansa wand made of sacred bronze, recognized in India as a healing metal. It warms as it is massaged on the skin creating many benefits, such as stress relieve, increase energy, improves blood and lymph circulation. It includes a facial massage to relax the facial muscles and relieve tension.

Tip: Enhance your experience with a facial treatment.



## TASTE OF THAILAND

---

### THERAPEUTIC THAI MASSAGE

80min | 165€

Relieve stiff and sore muscles with a deep muscular treatment, using therapeutic herbal poultice with essential oils. The ancient 'Tok Sen' technique is used specifically on the back, allowing vibrations to work deep in the muscles.

### CALMING THAI MASSAGE

80min | 160€

Slow, deep movements work in tune with your breathing whilst a warm and calming, Thai herbal poultice works to oxygenate the muscles melting away any accumulated tension. Ideal to decrease muscular pain and fatigue. Everything around you slows down.

### ENERGIZING THAI MASSAGE

50min | 120€

The perfect massage to start your day. A combination of energizing massage techniques, a heated poultice and our energy body oil, work to inspire self-connection and renewal. The mind and body are uplifted and energized.

### SIAM HEALING BACK MASSAGE

40min | 90€

Experience the healing effects of the ancestral technique – "Tok Sen" that delivers vibrations to the deeper muscles. When combined with Western massage movements on the back, shoulders & neck the results are amazing on relieving the muscular tension and pain.

Tip: For more beneficial results, complete your experience with a body scrub.



## MANDALAY SPA FACIALS

---

### KOBIDO

Rooted in Japanese tradition, Kobido massage is renowned as a true natural facelift. Through precise, rhythmic and stimulating movements, it helps revitalise the skin, improve firmness and promote a brighter, more youthful and naturally balanced appearance.

### KOBIDO GLOW EXPRESS

40min | 80€

An illuminating facial ritual with Kobido techniques, gentle exfoliation and personalised hydrating care. Ideal for revitalising the skin, restoring radiance and preparing the face for events, travel or days of greater fatigue.

### KOBIDO PERSONALIZED LIFTING FACIAL

50min | 95€

An intensive anti-ageing treatment for the face and neck, designed to smooth wrinkles and improve skin firmness. Using deep movements, it promotes a smoother, more comfortable and visibly rejuvenated appearance.

### ADD-ON: PURIFYING EXTRACTION

30min | 35€

A deep-cleansing add-on that helps purify, decongest and refine the skin's texture, enhancing the results of the facial treatment.

### MANDALAY SIGNATURE KOBIDO

80min. | 115€

A holistic rejuvenating ritual that combines Kobido, jade stone drainage and a deep massage of the arms, hands and scalp. The most complete experience in the range. Personalised to the skin's needs, it promotes firmness, radiance and profound physical and sensory relaxation.



## MOMS & BABIES

---

### MOTHER-TO-BE

50min | 115€

Carefully designed for pregnant and nursing mothers, uses safe relaxation techniques to help you relieve backaches, while lymphatic drainage techniques are used to relieve fluid retention and weight of your legs.

### MOMMY/ DADDY & ME

50min | 170€ (2PAX)

A relaxation ritual designed for parents and children to share a peaceful spa break. Through a gentle, soothing massage, adapted to the child's age, it promotes comfort, serenity and well-being. Ideal for children aged 6 to 16, accompanied by a parent or responsible adult.



## BODY RITUALS

---

### SCRUB FOR YOU

40min | 70€

Exfoliation with essential oils for an energising or relaxing effect.

### DRAINING & TONING

50min | 100€

A draining and toning massage designed to stimulate circulation, help eliminate toxins and reduce fluid retention. An ideal treatment for those seeking a greater sense of lightness, firmness and well-being.



## GOLF SPECIALS

---

### **GOLF BACK AND SHOULDERS MASSAGE**

**40min | 85€**

A back and shoulder massage to help release the tension from swings, putts, and golf cart rides.

### **PERFECT SWING**

**50min | 115€**

A revitalizing experience! Deep tissue massage with golf balls that help reach the deeper layers of muscle. It improves circulation, reduces stiffness, and promotes immediate relief and well-being.

### **GOLFERS RECOVERY**

**70min | 120€**

Release back tension with a deeply relaxing massage while a nourishing facial mask revitalizes and brightens the skin. A refreshing way to end the day and minimize sun damage.



## DAY SPA PROGRAMS

---

### MANDALAY HEALING EXPERIENCE

145min | 260€

A day of self-indulgent treatments to reconnect with your mind and soul and treat your body to some well-deserved pamper time.

Your day will include:

- Full use of spa facilities
- Welcome drink
- Body Exfoliation
- Personalised Mini Facial
- Abhyanga Massage
- Indian Head Massage
- Tea Ritual

### TIME FOR YOU

10% Discount

Create your own experience by choosing 3 rituals from our spa menu, performed consecutively by the same therapist. A personalised pause, designed to tailor your time at the spa to your needs and turn the moment into a complete wellness experience.



## SPA EXPRESS

---

### RELAX MASSAGE

25min | 60€

Relaxing back massage inspired by Indian tradition. With warm oil and gentle movements, it promotes comfort, serenity and a pleasant sense of inner balance.

### AYURVEDIC HEAD MASSAGE

25min | 60€

Our Indian head massage with coconut oil, designed to relieve stress.

### BACK & SHOULDERS

40min | 80€

A targeted massage designed to work on areas of greatest tension: back, neck, shoulders and head.



## HOW TO SPA

---

### OPENING TIMES

Monday to Sunday, including holidays - 10:00 AM to 7:00 PM. Subject to change without notice.

### CHOOSE AND BOOK A RITUAL

Only a few treatments cannot be done for couples. If you require help in choosing your treatment, contact the spa reception. All treatments are subject to prior booking at the spa reception, by phone 262 240 244 (call to national fixed network), by WhatsApp 966 020 822 or by e-mail: [royal.obidos@mandalay-spa.com](mailto:royal.obidos@mandalay-spa.com)

### CHECK IN

We encourage you arrive at least 20 minutes before your booking so that you can enjoy the unique premises and fill in your lifestyle consultation. Late arrivals at the spa will limit your experience.

### AQUA ZONE

Use of the facilities (relaxation area, sauna, Turkish bath, and dynamic pool with hydromassage) are included when booking a treatment at the spa. If you do not wish to book any treatment, you can also enjoy the facilities by paying for access. The use of the aqua zone and its facilities is subject to specific hours for those under 16 years old. For more information, please consult the Spa reception.

### ZEN ATMOSPHERE

We ask you to switch off your mobile phone and keep your tone of conversation to a minimum. Please respect the right to privacy and serenity of all spa clients and guests in all spa areas.

### CANCELLATION POLICY

Should you wish to cancel or reschedule your appointment, let us know with 8 hours in advance. Cancellations within 8 hours of the appointment time, a 100% charge will be applied

### LOST AND FOUND

The spa is not responsible for lost valuables or jewelry on its premises. All found items will be delivered to the hotel reception.

## PHYSICAL CONDITION

Please inform us about any health conditions, allergies or injuries that could affect your choice of treatment when booking. Some treatments may not be suitable for clients with specific conditions.

## PREGNANCY

We have specific treatments for mothers-to-be or breast-feeding mothers. Please allow our spa team to help you choose the most appropriate treatment for this special time.

## CHANGING ROOMS

For your maximum comfort, a locker with a robe and slippers is provided to use in spa treatments.

## YOUR PREFERENCES

Level of light, music, room temperature or the pressure used in the massage can be personalized. The therapist will ensure your maximum comfort, covering up all areas that are not being treated.

## TREATMENT PACKAGES

Mandalay Spa has a discount system for treatment packages. There are packages of 6 sessions (with 10% discount) or 10 sessions (with a 15% discount). Failure to show or cancellations without 8 hours prior warning will mean the session will be debited.

## HOMECARE

To continue the spa experience at home, the majority of our products used in the treatment, are available for sale at the spa reception.

## GIFT VOUCHER

Choose the perfect gift for someone special. Please contact the spa reception for more information.

## GRATUITY

If you enjoyed your ritual and your therapist exceeded your expectations, you can leave a tip at the spa reception.

## PRICES

Prices are subject to change without prior warning. VAT included at the current legal rate.

## CORPORATE PROGRAMS/ MEMBERSHIP AND SPA CARD

The spa provides a number of benefits for company staff with an established agreement, or for special events. There are also various membership options available. For more information, please contact us.





mandalay

WELLNESS & SPA

Royal Óbidos Spa & Golf Resort  
Cabeço da Serra, 2510-665, Vau  
[royal.obidos@mandalay-spa.com](mailto:royal.obidos@mandalay-spa.com) | [www.mandalay-spa.com/en/mandalay-spa-royal-obidos](http://www.mandalay-spa.com/en/mandalay-spa-royal-obidos)  
WhatsApp: (+351) 966 020 822  
Tel. (+351) 262 240 244 (call to national landline network)