

ADVERTISEMENT

Ad closed by Google

Report this ad

Why this ad? ▶

## Laid-back Lisbon: Our handpicked selection of the city's best spas

- Indulge at an award-winning spa named the Best Luxury Hotel Spa in Portugal
- Treat yourself to an aromatherapy treatment at The Ritz by Four Season
- Become completely weightless at The Float in Spa in Belém

By [TRACEY DAVIES FOR MAILONLINE](#)

PUBLISHED: 17:21 BST, 2 February 20 18 | UPDATED: 11:55 BST, 8 February 20 18

15

shares

[View comments](#)

Portugal's stylish capital city makes the ideal destination for a relaxing weekend away. Many of the city's luxury or boutique hotels feature chic spas and wellbeing areas. Whether you're looking for a destination spa or just somewhere to recuperate after a busy day pounding Lisbon's cobbled streets, check out our choice of the city's best spas.



© Sayanna Wellness Epic Sana Hotel

Massage with a view: The glorious set up for an outdoor massage at Sayanna Wellness

### The Spa, PortoBay Liberdade

This modern spa facility in the PortoBay Liberdade Hotel was named the Best Luxury Hotel Spa in Portugal in the 2017 World Luxury Spa Awards. It features both indoor and outdoor pools, experience showers, and an extensive range of treatments by Aromatherapy Associates. Choose from the 120-minute De-Stress Experience or the Switch-Off treatment, which enables a long and blissful sleep, perfect after a busy day exploring.

Site 
  Web

ADVERTISEMENT

Like  
Daily Mail

+1  
Daily Mail

Follow  
@DailyMail

Follow  
Daily Mail

Follow  
@travelmail

Follow  
Daily Mail

### TOP STORIES IN TRAVEL

▶ **A former air force pilot who's now a British Airways first officer on Boeing 777s reveals the differences between flying 'ejection seat' planes and huge airliners**



▶ **Packed passenger plane dropped 25,000ft - with officials probing whether the pilots were SMOKING in the cockpit**



Metro: Avenida

### The Spa, Four Seasons Hotel Ritz Lisbon

Want something flashy? Then book into the spa at Lisbon's Four Seasons hotel. This serene sanctuary in the heart of the city has everything you need for a relaxing spa break. A 60 ft (18m) indoor pool, a variety of saunas and steam rooms, plus it works with three skincare brands; ESPA, Sundari and Sodashi. Try one of the spa's signature treatments, such as the Four Seasons in One, or the Symphony massage which uses four hands. Of course, after a long day exploring the city, you could also book a relaxing in-room spa experience with a candlelit bath and an aromatherapy massage.

Metro: Rato



Take a dip in the pool at the Four Seasons Hotel Ritz Lisbon spa

### The Spa, Corinthia Hotel Lisbon

One of the city's largest wellness spas, The Spa offers a full range of services and products for the more discerning spa aficionado. Spread over 37,673 sq ft (3,500 sq m), this serene urban retreat uses a mix of ancient therapies from East and West, and highly acclaimed ESPA products. Other facilities include an indoor pool, state-of-the-art gym and aqua therapy pools. For the full Lisbon spa experience, try The Spa's signature treatment; the Portuguese Journey, inspired by 15th century Portuguese explorer, Vasco de Gama.

Tram: Sete Rios

SHARE THIS ARTICLE

RELATED ARTICLES



Lisbon luxury: The city's best five star hotels



Central stays: The 7 best hotels in Lisbon city centre

### The ReTreat, Inspira Santa Marta Hotel

This intimate spa at the Inspira Santa Marta Hotel is perfect for a little pick-me-up on a sightseeing weekend in the Portuguese capital. Inspired by Feng Shui, the ReTreat offers a range of treatments by RitualSpa. In addition to six treatment rooms, the spa has a Turkish steam room, a sauna and a whirlpool spa, and can also offer several hydrotherapy treatments, including a Vichy shower, to relax your weary bones.

Foreign hospital beds cost up to TWELVE TIMES more than a five-star hotel for uninsured travellers



Temples hidden in the jungle and tombs carved into rock faces: Stunning new book unravels the mysteries of the world's ancient abandoned civilisations



Ryanair passengers face flight cancellations and travel chaos as pilots prepare to strike



Brits heading to Majorca and Ibiza could face alcohol restrictions at airports in a bid to crackdown on drunken passengers



The best domestic airport terminals in the US revealed: Portland voted airlines passengers' favourite ahead of Indianapolis and Minneapolis



Revealed: How uninsured tourists could be left with demands for over £100,000 if they need medical treatment abroad



Exploding car ahead? The tricky quiz that mixes real and fake road signs that's guaranteed to catch drivers out



Could a NON-PILOT land an airliner? Flight crew reveal whether a member of the public could jump up and become the hero in an emergency



Which is best - New York's Upper East Side or Upper West Side? Etiquette expert William Hanson stays in a hotel in both areas and delivers his verdict



Metro: Avenida

### BSpa, Altis Belem Hotel

Serious spa lovers will be impressed by **BSpa by Karin Herzog**, the luxe spa facility at the stylish Altis Belem Hotel. Themed around the four elements, Essence of Water, Essence of Wind, Essence of Earth and Essence of Fire, it's been designed to boost your spiritual, mental and physical wellbeing. It features both indoor and outdoor pools, a sauna and a hammam, as well as offering a wide range of BSpa treatments by Karin Herzog, including oxygen therapy, and Shiatsu, Ayurvedic and Tui Na focused treatments to rebalance mind, body and soul.

Tram: Belém



Luxuriate at BSpa Altis Belem Hotel and make full use of all the wonderful facilities

### Lumières Spa, The Lumières

Perched on one of Lisbon's seven hills in the buzzy Bairro Alto district, this luxury boutique hotel offers a range of relaxation options in its small but perfectly formed spa. **The Lumières has four treatment rooms** and an extensive menu of La Sultane de Saba treatments, plus a sauna, a steam room and a 24-hour gym. It offers a range of wellness and beauty therapies, including its signature two-hour Lumières Ritual.

Metro: Restauradores

### Sayanna Wellness, Epic Sana Hotel

This chic, central hotel is the perfect spot for some urban relaxation. **Book a rejuvenating treatment at the Sayanna Wellness** spa. Overlooking the hotel's beautiful botanical garden, the spa features a large indoor pool, hydrotherapy facilities, and offers a full range of treatments. For the ultimate relaxation, book the spa's signature Total Sayanna Experience – three hours of indulgent pampering for the ultimate relaxation.

Metro: Marquês de Pombal

▶ The crowds melted away! Disneyland in California DESERTED and rides closed after temperatures soar to a staggering 114F



▶ Southwest to end decades-long tradition of serving peanuts on flights to protect passengers with allergies



▶ Twitter spat erupts between Nats and Ryanair with Britain's air traffic control provider rejecting the carrier's complaints about staff shortages causing flight delays



▶ Tourists in Paris warned over scammers and thieves dubbed the 'hotel rats' who try to steal luggage



▶ Thai villagers are stunned when they wake up and discover a BOEING 747 in a field near their homes



▶ Meet the stunning Swede who gave up hairdressing to become a pilot - and now sets Instagram alight with pictures of her globe-trotting lifestyle



The 10 highest-earning airline routes in the world revealed - with



© Sayanna Wellness Epic Sana Hotel

Escape the hustle and bustle of the city at Sayanna Wellness

### Float in Spa, Belém

After a busy day exploring Lisbon's cobbled streets, take a load off in a float tank. The [Float in Spa](#) is one of the city's rare standalone spas. It has several branches, including one in Belém, and is best known for its floatation therapy. There are also 10 treatment rooms, all of which offer a variety of massage and floatation treatments. Each floatation tank contains 300 kilos of Epsom salts which enables you become completely weightless. It's the perfect quick-fix spa break.

Tram: Algas

ADVERTISEMENT

Read more:

- [The Spa Corinthia Hotel Lisbon](#)
- [The Spa Four Seasons Hotel Ritz Lisbon](#)
- [BSpa by Karin Herzog in Lisbon](#)
- [The Spa PortoBay Liberdade](#)
- [SPA - Inspira Santa Marta Hotel](#)
- [Sayanna Wellness SPA](#)
- [The Lumiares Hotel&Spa](#)
- [Float in - Lisbon Spa](#)

Share or comment on this article: Laid-back Lisbon: Our choice of the city's best spas

15 shares

Sponsored Links by Taboola

▶ [British Airways' top-ranked Heathrow to New York service pulling in a BILLION DOLLARS a year](#)



▶ [Is this now Paris's best hotel? Inside the historic £750-a-night Lutetia - which once welcomed Hemingway and Picasso - after its £177MILLION revamp](#)

▶ [Tourists face a second summer of travel misery at Ibiza airport as security staff threaten to strike](#)



▶ [Revealed: Airbnb listings in London and Brighton are now ONE THIRD of the number of hotel rooms available](#)



ADVERTISEMENT

▶ [A timetable change worth celebrating: Discovering that the new Eurostar service to Amsterdam takes you straight to one of Europe's best hotels](#)



▶ [Time to enlist: Enjoying the full Dad's Army experience in Thetford as the nation's favourite sitcom turns 50](#)