

COMPLIMENTARY WELLNESS ACTIVITIES

Day of week	Time	Activity	Location
Mondays	11:00 a.m. to 11:45 a.m.	Feet'o'losophy	The Spa at Grand Lisboa Palace
Tuesdays	10:30 a.m. to 11:15 a.m.	Singing Bowl Meditation	The Spa at Grand Lisboa Palace
Wednesdays	10:30 a.m. to 11:15 a.m.	Deep Stretching	The Spa at Grand Lisboa Palace
Thursdays	10:30 a.m. to 11:15 a.m.	Singing Bowl Meditation	The Spa at Grand Lisboa Palace
Fridays	10:30 a.m. to 11:15 a.m.	Basic Yoga	GLP Gym outdoor area (garden view)
Saturdays	10:30 a.m. to 11:15 a.m.	Basic Yoga	GLP Gym outdoor area (garden view)
Sundays	10:30 a.m. to 11:15 a.m.	Resistance Band Training	GLP Gym outdoor area (garden view)

Promotion Period: From now to 31 December 2026

GRAND LISBOA PALACE RESORT
澳門上葡京綜合度假村 MACAU

For enquiries or reservations, please call us at
(853) 8881 9500 / (853) 8881 3500



COMPLIMENTARY WELLNESS ACTIVITIES DETAILS

Resistance Band Training

Resistance band training builds muscle and boosts metabolism, increasing calories burned even at rest. This regular strength training contributes to effective weight loss and long-term weight management.

Singing Bowl Meditation

Combining meditation, deep breathing, and the soothing sounds of singing bowls creates a unique experience that alleviates stress, reduces anxiety and fosters deep relaxation and tranquility. This can also improve sleep quality and promote overall mind and body wellbeing.

Basic Yoga

Embark on a journey of serenity with our guided yoga session. Through a variety of asanas, participants will enhance flexibility and strength, improve concentration, and build resilience, ultimately fostering physical and mental wellbeing.

Deep Stretching

Through slow, sustained movements, this workshop helps release tension in the muscles and connective tissues while supporting circulation, flexibility and joint mobility. It also encourages better posture, leaving the body feeling lighter, calmer and more balanced.

Feet'o'losophy

At the PEDI:MANI:CURE Studio by Bastien Gonzalez, therapists will share their expertise to help you recreate this luxury spa-grade foot and leg revitalisation treatment. This holistic ritual eases lower-body muscle tension, boosts circulation, and restores lasting comfort.



COMPLIMENTARY WELLNESS ACTIVITIES DETAILS

TERMS AND CONDITIONS:

1. By participating in any of the above-mentioned activities ("Activities"), the guest ("Participants") hereby confirms that he/ she agrees to all of the terms and conditions of the Activities.
2. The Activities are available for in-house guests only and guests must be at 18 years old or above to participate.
3. The venues for the Activities are The Spa and Health Club at The Grand Lisboa Palace or The Health Club at THE KARL LAGERFELD.
4. The Activities are valid from now to 31 December 2026.
5. 24-hour advance reservation is required, and reservations are subject to availability. Please call (853) 8881 9550 or (853) 8881 3550 to secure your activities reservation.
6. Participants must be in casual or sportswear when participating in the Activities.
7. Advance reservation is required and places are available on a first come first served basis.
8. Guests must ensure that they are in overall good physical condition to participate in the Activities, which may require active and passive exercises, and that their participation in the Activities will not adversely affect their health, well-being or physical condition.
9. Guests who are pregnant or think they could be pregnant should consult a physician prior to participating in the Activities.
10. Participants must understand that it is their sole responsibility to determine if they are physically capable of participating in the Activities and/or to consult with a physician before participating in the Activities.
11. Grand Lisboa Palace reserves the right to prevent guests who are deemed inadequate to participate in the Activities by Grand Lisboa Palace, such as those who are in a visibly drunken state, or suspected of being under the influence of alcohol, drugs, stimulants and/or sedatives, etc., to participate in the Activities.
12. Participants acknowledge that risks and dangers may arise from the Activities, including but not limited to physical injuries. Participants agree to assume all risks associated therewith and hold Grand Lisboa Palace harmless from any liabilities, claims, damages or losses.
13. To ensure the privacy of all Participants, filming or photography in the venues of the Activities is not permitted.
14. Participants are solely responsible for their own belongings, and Grand Lisboa Palace will not assume liability for any loss or damages incurred.
15. Participants shall indemnify and hold Grand Lisboa Palace harmless against all actions, claims, and demands by any person who suffers or sustains any injury, loss, damage, to property or person, or death arising from or as a result of the Participant's gross negligence or willful misconduct.
16. Grand Lisboa Palace reserves the right to revise, cancel or modify the Activities at its sole discretion.
17. Grand Lisboa Palace reserves the right to amend the Terms and Conditions without prior notice.
18. In the case of any dispute, the decision of Grand Lisboa Palace shall be final.
19. These Terms and Conditions are governed by and construed in accordance with the laws of Macau SAR. In the event of any discrepancy between the Chinese and English versions of Terms and Conditions, the Chinese version shall prevail.

*Grand Lisboa Palace refers to SJM Resorts, Limited ("SJM"), GLP Hospitality Services Limited or other subsidiaries of SJM ("SJM Group") as the context requires.

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