



BELMOND
COPACABANA PALACE
RIO DE JANEIRO

SPA

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

It's our pleasure to welcome you to Rio's legendary hotel, an art deco masterpiece on one of the world's most iconic beaches. Since its doors swung open in 1923, Belmond Copacabana Palace has been Rio's most glamorous address.

It's emblematic of Belmond's remarkable hotels, luxury trains and river cruises worldwide.

You'll find Belmond spread across four continents, in exceptional destinations from great heritage sites to remote hideaways. Each member of our portfolio has a story to tell and offers a wealth of unforgettable experiences. Starting here at Belmond Copacabana Palace, join us as they unfold.

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01 RELAX AND INVIGORATE AT COPACABANA PALACE SPA

We're delighted to welcome you to our tranquil oasis. To enhance the experience of everyone we ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phones and any other electronic devices.

For your convenience bathrobes are available both in your hotel rooms and in your treatment rooms at the Spa.

Our Spa boasts both male and female changing rooms where along with the bathrobes you can find towels, flip-flops and toiletries. We also have separated saunas and steam rooms for men and women.

For your comfort and convenience, we have a quiet relaxation area that you can use before and/or after your treatment. We recommend leaving jewelry and any other valuable items in your room's safe. Belmond Copacabana Palace will not be responsible for any items lost in the Spa.

All our treatments take advantage of the exclusive By Samia essential oil range. If you've enjoyed the sensations and aromas during your treatment we encourage you to try the perfectly matched products that complement each therapy by sampling the liquid soaps, room sprays and oils at home. The Spa is open from 7 am to 10pm.

Our Fitness center is open from 6:30 am to 10 pm. It sports a comprehensive selection of top of the line workout equipment, a sumptuous stretching area, an assortment of Pilates apparatus and personal trainers to offer any advice or pointers you may need.

Relax and unwind with the services of our beauty salon, open from 10 am to 8 pm, from Monday to Saturday.

02 SIGNATURE INDULGENCES

BOSSA NOVA

2 HOURS 10 MINUTES

For revitalized skin this experience first relaxes and renews your spirit with an aromatic bath prepared with rose petals and essential oils. Once your body is soothed attention turns to the face, with a gentle exfoliation and application of a detoxifying mask that hydrates with jojoba oil. This treatment is concluded with an invigorating 45 minute facial that leaves you uplifted and displaying luminous, soft skin.

PLENITUDE

2 HOURS 15 MINUTES

If you are looking for a tailored experience to escape daily stress and reach a state of "Plenitude" your experience begins with a purifying body exfoliation made up of extracts from the guaraná and açai fruits. Following this you are plunged into a profound state of relaxation during a blissful aromatic bath. Then a 60-minute warm oil massage melts the last vestiges of stress away.

SAMBA

3 HOURS 15 MINUTES

Should you wish to invigorate your body this experience starts with an impurity removing, energy restoring exfoliation which is rich in antioxidants and regenerating agents. This is followed by a white clay mask with astringent and remineralizing properties which replaces all essential nutrients and leads into a divine aromatic bath promoting complete relaxation. Finally, there is a relaxing 60 minutes body massage to release daily tensions and to top off your feeling of wellness a light meal is served in the treatment room.

ESSENCIAL

2 HOURS 50 MINUTES

Care to forget about the hustle and bustle of everyday life? Then the "Essential" experience begins with a relaxing aromatic bath that dissolves any of life's frustrations. To further your slip into euphoria a soothing 60-minute body massage evaporates any remaining tension and then the process culminates with a detoxifying, moisturizing mask that gently exfoliates and leaves your face, body and soul purified.

BELMOND EXPERIENCE

5 HOURS

The treatment to eclipse them all starts with a purifying body exfoliation that blends extracts of the açai and guaraná fruits and is followed by the application of a mask of Amazonian white clay to renew the skin cells. Then a muscle loosening, aromatic bath alleviates any pressure before a relaxing 90-minute massage casts any remaining imbalance aside. With your body in harmony, a delicate facial purifies and detoxifies the skin through gentle exfoliation and finally, application of a special moisturizing agent replenishes your luster. To round out a scintillating experience a light meal is served in the treatment room.

03 MASSAGES

AROMA QUENTE

50/80 MINUTES

This warm oil massage combines slow movements and delicately firm pressure on tense and painful zones, loosening your muscles and alleviating the stress built up throughout the day.

D-STRESS

50/80 MINUTES

This massage aims to improve the elasticity and oxygen supply to the muscles. It is one of the most effective forms of physical relaxation and restores the body to its natural equilibrium.

JET LAG

30 MINUTES

Recommended to alleviate the tensions accumulated during long trips and the shock of time differences, this moisturizing grape seed oil massage unites techniques to relax the back and leg muscles.

HARMONIA

50/80 MINUTES

By combining warm grape seed oil with essential oil, this massage relaxes the entire body and restores mental balance. The slow movements with medium pressure stimulate blood circulation and encourage the elimination of toxins.

ANIDRO

50/80 MINUTES

This massage employs heated volcanic rocks pinpointed on the energy points of the body. The heat from the rocks penetrates through the skin to the muscles releasing waves of wellbeing and bringing relief to joints and painful areas.

SHIATSU

50/80 MINUTES

Shiatsu uses the Japanese therapeutic method of applying finger and palm pressure to the meridians. These are the vital energy channels that flow through the human body. Shiatsu brings equilibrium to the meridians and provides benefits to the nervous and circulatory systems.

SAPUCAÍ

30 MINUTES

This relaxing foot massage uses the technique of applying pressure to the reflexive points. Besides provoking deep relaxation, this technique balances the body's flow of energy, encouraging it to function harmoniously.

ABHYANGA A 4 MÃOS

50 MINUTES

An essential part of the Ayurveda, the five-thousand-year-old traditional Indian Medicine System, Abhyanga is an extremely relaxing and reinvigorating massage that consists of slow and precise movements. Two therapists work together, with synchronized actions and the use of warm oils. It calms down and quiets the mind, leading to an experience of deep inner peace while at the same time it promotes blood circulation and elimination of toxins. This massage is ideal for relieving stress, insomnia and anxiety.

04 BODY RITUALS

AMAZÔNIA

90 MINUTES

A revitalizing Amazonian white clay mask that combines exfoliation and hydration based on brown sugar and guaraná fruit. Through a formula rich in mineral salts the exfoliation eliminates toxins, replenishes the essential nutrients and assures deep purification of the skin while the hydration with grape seed oil leaves skin feeling silky smooth.

PÁLI

130 MINUTES

The Páli ritual begins with a mask of Amazonian white clay which promotes a deep body exfoliation. Rich in mineral salts, the mask eliminates toxins from the skin and activates the cell's regenerative mechanism. This is followed by a warm oil massage that alleviates tensions and nourishes a feeling of rebirth.

CARIOCA

105 MINUTES

This ambrosial treatment incorporates exotic Moroccan oils to detoxify, hydrate and invigorate your body from head to toe. Antioxidant-rich argan oil will leave your skin irresistibly velvety and radiant.

DETOX

100 MINUTES

This ritual starts with a regenerating exfoliation using brown sugar and extracts of the Amazonian açai and guaraná fruits. It is followed by 60 minutes of soothing massage leaving your skin supple and smooth.

REGENERADORA

50 MINUTES

By applying micro-pressure along the lymph system this ritual encourages the flow of energy around the body and helps to reduce the retention of liquids throughout the body. This technique also stimulates the circulation and inspires a refreshing relaxed feeling. For best results we recommend continuous sessions.

05 FACIAL THERAPIES

The BIOLOGIQUE RECHERCHE using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous methods and procedures this clinical French beauty care therapy has a reputation for astounding effectiveness.

BEAUTÉ CACHÉE

70 MINUTES

This ritual begins with a gentle exfoliation using a preparation based on the açai fruit and is followed by a relaxing 45-minute massage to stimulate blood circulation and cell regeneration that results in pure, soft, radiant facial skin.

SERENO

60 MINUTES

The Sereno combines soft circular massages of the scalp, face and neck to relieve muscle tension, stimulate blood circulation and help recover the vitality of the skin and hair.

BLOSSOM

95 MINUTES

Recommended for all skin types, this delicate, purifying facial treatment gently exfoliates through the application of a mask of white clay from the Amazon and stimulates your skin to replace its essential nutrients.

TONIC LIFT

60 MINUTES

Designed to reduce and prevent the signs of aging this treatment tones and strengthens the skin, delicately removing dead cells and reducing the appearance of pores.

RESTRUCTURANT SOIN LISSANT

60 MINUTES

A great therapy for sensitive and stressed skins or those with any level of trauma.

MÁSCARA VIVANT

60 MINUTES

By regulating oily skin this purifying mask cleans and reduces large pores whilst promoting the healing of imperfections and illuminating skin tones.

PROTOCOLS

SECOND PEAU

90 MINUTES

This exceptional anti-aging treatment will visibly lift and treat signs of aging. It is an intense, regenerating treatment that, thanks to its action on the extracellular matrix, accelerates the healing process.

AFTER BEACH

60 MINUTES

Exclusive treatment for damaged skin from sea, salt and chlorine. Intense hydration, revitalize of the epidermis, restore dermis protection.

06 FINISHING TOUCHES

HAIRSTYLE

- Shampoo
- Blow Dry
- Model Blow Dry
- Mega Hair Blow Dry
- Loose Hairstyles
- Tied Back Hairstyles

HAIR COLORING

- Normal Coloring
- INOA Coloring
- Wide High Lights
- Fine High Lights

HAIR CUTTING

- Women's
- Men's

HAIR TREATMENTS

- Ampoule Treatment
- Kerastase Treatment
- Brazilian Hair Straightening
- Others

NAILS

- Women's Manicure
- Women's Pedicure
- Men's Manicure
- Men's Pedicure
- Nail Varnishing
- French Nails Manicure
- French Nails Pedicure

06 FINISHING TOUCHES

WAXING

Under Arm

Upper Lip

Bikini Simple

Brazilian Bikini

Half Leg

Whole Leg

ESTHETICS

Eyebrows Design

Eyebrows - Henna

Make Up

Make Up with false eyelashes

Bridal Make Up

Skin Cleansing

Body Moon Bath

07 SPA STYLE

RE-SCHEDULING AND CANCELLATION POLICY

In case you wish to alter or cancel an appointment previously scheduled, we ask you to let us know two hours in advance to avoid being charged in full.

SPECIAL CARE

The Spa team should be informed of Pregnancy and/or any medical or dietary restrictions.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments in advance. Your credit card number will be requested upon booking

For reservations please contact:

Extension: (6)

Telephone number: +55 21 2545 8744

E-mail: Spa.cop@belmond.com

ARRIVAL

We invite you to arrive at least 30 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towels and slippers. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

07 **SPA STYLE**

GRATUITIES

Our treatment prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for any spa lover. Choose an individual treatment, a special package or a voucher of a specific value.

08 PRICE LIST

All prices are quoted in local currency.

Prices are subject to 10% service tax and 5% city tax.

SIGNATURE INDULGENCES

BOSSA NOVA	(2H10MIN)
PLENITUDE	(2H15MIN)
SAMBA	(3H15MIN)
ESSENCIAL	(2H50MIN)
BELMOND EXPERIENCE	(5H)

MASSAGES

AROMA QUENTE	(60MIN)	(90MIN)
D-STRESS	(60MIN)	(90MIN)
JET LAG	(30MIN)	
HARMONIA	(60MIN)	(90MIN)
ANIDRO	(60MIN)	(90MIN)
SHIATSU	(60MIN)	(90MIN)
SAPUCAÍ	(30MIN)	
ABHYANGA A 4 MÃOS	(50MIN)	

BODY RITUALS

AMAZÔNIA	(90 MIN)
PÁLI	(130 MIN)
CARIOCA	(105 MIN)
DETOX	(100 MIN)
REGENERADORA	(60 MIN)

FACIAL THERAPIES

BEAUTÉ CACHÉE	(70 MIN)
SERENO	(60 MIN)
BLOSSOM	(95 MIN)
TONIC LIFT	(60 MIN)
RESTRUCTURANT SOIN LISSANT	(60 MIN)
MÁSCARA VIVANT	(60 MIN)
SECOND PEAU	(90 MIN)
AFTER BEACH	(60 MIN)

08 **PRICE LIST**

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HAIRSTYLE

SHAMPOO

BLOW DRY

MODEL BLOW DRY

MEGA HAIR BLOW DRY

HAIRSTYLE LOOSE

HAIRSTYLE TIED BACK

HAIR COLORING

NORMAL COLORING

INOA COLORING

WIDE HIGH LIGHTS

FINE HIGH LIGHTS

HAIR CUTTING

WOMEN'S

MEN'S

HAIR TREATMENTS

AMPOULE TREATMENT

KERASTASE TREATMENT

BRAZILIAN HAIR STRAIGHTENING

OTHERS

WAXING

UNDER ARM

UPPER LIP

BIKINI SIMPLE

BRAZILIAN BIKINI

HALF LEG

WHOLE LEG

08 **PRICE LIST**

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NAILS

WOMEN'S MANICURE
HANDS HYDRATION
WOMEN'S PEDICURE
FEET HYDRATION
FEET SPA
MEN'S MANICURE
MEN'S PEDICURE
NAIL VARNISHING
FRENCH NAILS MANICURE
FRENCH NAILS PEDICURE

ESTHETICS

EYEBROWS DESIGN
EYEBROWS - HENNA
MAKE UP
BRIDE'S MAKE UP
MAKE UP WITH FALSE EYELASHES
SKIN CLEANSING
BODY MOON BATH

