



BELMOND
SANCTUARY LODGE
MACHU PICCHU

THE SANCTUARY

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a mountaintop or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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01 RELAX AND REVIVE IN THE SANCTUARY

We invite you to unwind in our serene massage suite. Capture the energy of Machu Picchu and the sacred mountains and continue your experience in our beautiful relaxation area, surrounded by orchids. Reconnect body and soul as you soak up unsurpassed views of the Inca city.

We offer a range of rejuvenating massages and aromatherapy treatments influenced by ancient healing traditions. Our relaxation garden, facing Huayna Picchu, is also perfect for practicing yoga or meditation.

All treatments are suitable for both men and women unless otherwise stated.

Please enjoy complimentary use of all our delightful spaces during your visit.

Opening times: daily, 8am-3pm

Access: Follow the stone path to the stairs that cross our orchid garden.

Reservations: Extension 0

02 SIGNATURE TREATMENTS

INKA MASSAGE

25/55/85 MINUTES

Achieve a harmonious balance between body and mind with this reviving treatment that combines a variety of techniques, including shiatsu, soothing and sports massages. Please advise your therapist of the intensity of pressure you prefer.

FOUR HANDS MASSAGE

55 MINUTES

Enjoy double the benefits as you indulge in a sensational Relaxing, Inka or Hot Stone massage performed by two therapists simultaneously.

MACHU PICCHU COMPLETE THERAPY

115 MINUTES

Let us pamper you with this blissful face and body therapy. Choose either a Relaxing or Inka massage, followed by a rejuvenating facial treatment, and finish with a reflexology session that will leave you walking on air.

03 MASSAGE

RELAXATION MASSAGE 25/55/85 MINUTES

Enjoy a soft and gentle, Swedish-style massage of your head and body, enhanced by fragrant and reinvigorating aromatherapy oils.

HOT STONE MASSAGE 85 MINUTES

Relax and breathe deeply as heated stones are placed on specific points of your body. In combination with soothing massage techniques, this helps relieve muscle tension and ease other aches and pains. Circulation is improved, toxins released and sleep quality enhanced.

SHIATSU 25/55 MINUTES

Our therapists use mainly their thumbs and palms, but sometimes also their elbows and knees, to apply localised pressure to specific points of your body, easing tight areas and leaving you loose and relaxed. This ancient eastern therapy also includes stretching and joint manipulation, and as it requires no oils or lotions you're welcome to remain clothed.

TIRED FEET MASSAGE 55 MINUTES

Especially recommended for adventurers who have trekked the Inca Trail, walked around Machu Picchu or climbed Huayna Picchu, this soothing therapy involves the application of hot, moist towels, followed by an intense massage of the feet and legs to ensure you're raring to go tomorrow!

REFLEXOLOGY 25 MINUTES

By applying pressure to the reflex points of your feet, we stimulate your body's healing processes and help you achieve balance, physical wellbeing and deep relaxation.

04 FACIAL THERAPIES

FACIAL TREATMENT

55 MINUTES

Recline in comfort as we exfoliate, nourish and moisturise your skin, restoring the natural glow to your complexion. This treatment, suitable for all skin types, gives your skin a real boost with the help of luxurious products from Christian Dior, Biotherm and Clinique. At the end of the session, enjoy a soothing massage of the neck, arms and hands.

ORGANIC FACIAL TREATMENT

55 MINUTES

Experience a delightful feeling of freshness as natural, anti-inflammatory ingredients, including oatmeal, honey, yogurt and aloe vera, work their magic. This enriching therapy involves the application of a 100% natural face mask tailored to your skin type and concludes with a relaxing massage of your neck, arms and hands.

05 SPA STYLE

We're delighted you will be joining us. Our massage room is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

We recommend you make reservations in advance, particularly if you wish to experience multiple treatments during your stay. For reservations, please contact our Front Desk.

CANCELLATIONS

If you wish to change or cancel your appointment, we kindly ask that you contact us or the Front Desk at least 3 hours prior to the scheduled treatment. We regret that for later cancellations we will need to charge 50% of the treatment fee. No-shows will incur a full charge for the service.

ARRIVAL

Please be aware that, should you arrive late, your appointment will still end at the time originally scheduled as a courtesy to the next guest. For your convenience, a robe, towels and slippers are provided. While the massage room provides lockers, we recommend that you leave valuables in your guestroom safe. We do not assume liability for any valuables.

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.

GRATUITIES

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

