



**CALLA**

WELLNESS & SPA

Torel Palace Lisbon SPA,  
A refined journey of healing and sensorial discovery.





## WELCOME TO CALLA WELLNESS & SPA

*The name 'calla' derives from the flower revered in ancient civilisations for its healing properties, symbolising beauty, purity, and rebirth.*

*Calla is a sanctuary for the senses — a journey of Portuguese discovery through time, extending to the African coast and São Tomé & Príncipe, set within the historic Lavra Palace.*

*From these exotic lands came coffee and cocoa harvests, along with the tradition of steam baths.*

*INDULGE YOUR SENSES AND NOURISH YOUR SOUL*



## RITUAIS HAMMAM

Originating in the Middle East and North Africa, this ancient ritual offers spiritual and physical purification. Heat and humidity detoxify the body, stimulate circulation, ease muscle tension, and induce deep relaxation and rejuvenation for both body and mind.

### ***TRADITIONAL HAMMAM***

A journey into the traditional Hammam ritual with black soap, exfoliation with kassa glove followed by a detoxifying wrap with Gassoul mud leaving the skin soft and invigorated.

### ***ROYAL HAMMAM***

A full body and facial ritual cleansing with black soap, exfoliation with kassa glove and a nourishing and soothing wrap with a pure honey mask.



## CACAO RITUALS

### ***CACAO RITUAL SIGNATURE***

A holistic cacao ritual for inner connection, featuring soulful sipping, a cocoa and coffee exfoliation, a personalised cacao and lavender massage, and facial care — a sensory journey for mind, body, and soul.

### **SACRED CACAO MASSAGE**

Bespoke massage designed to hydrate, nourish and restore the body as well as to sooth the mind with lavender & cacao oil.

### ***CACAO & JASMIN RENEWAL***

A sensory and renewal journey that starts with a cacao & coffee exfoliation to purify and refine the skin followed by a Jasmin & cacao cream to hydrate and nourish the skin.

### ***CACAO RENAISSANCE***

The quintessential enhancement signature treatment designed to invigorate facial rejuvenation and body renewal.



# CALLA MESSAGES

## ***AROMATHERAPY MASSAGE***

A very soothing therapeutic bespoke massage with aromatherapy oils designed depending on your needs with low to medium pressure, that uses flowing, rhythmic strokes designed for deep relaxation and release tension.

## ***DEEP TISSUE MASSAGE***

A therapeutic personalised massage using medium to strong pressure to reach areas of tensions designed to release tense muscles through intensive, firm & slow strokes to achieve a calming effect.

## ***HOT STONE***

Therapeutic body treatment with smooth Basalt heated stones. A traditional technique to release muscle tension, relieve stiffness, stress and improve circulation. A restorative and detoxifying experience resulting in deep relaxation.

## ***LYMPHATIC DRAINAGE***

A specialized gentle rhythmic technique designed to stimulate the lymphatic system, aiding the elimination of fluid and toxins in the body, increasing the immune system. It aims to feeling lighter and deeply serene and calm.

## ***SCALP, SHOULDER & NECK***

Ancestral massage to liberate accumulated stiffness, stress and tension. It aids to rebalance energy flows, stimulate the nervous system and leaves a deep sense of profound tranquility.

## ***REFLEXOLOGY***

Ancient tradition which involves acupressure points on the feet, which is highly beneficial for stress and pain release, it restores Qi ( life force) and balance.

## ***PRENATAL MASSAGE***

Meticulously designed to ease the aches and pains, help reduce liquids and toxins in the body which provides a soothing and comforting feel as well as it energizes the whole body.





## FACIAL TREATMENTS

### ***CALLA ANTI-AGEING***

This unique and exclusive facial targets wrinkles, loss of hydration and stimulates vital functions and allows your skin to replenish. The aim is to boost cellular regeneration, and rejuvenation.

### ***PERSONALIZED FIT FOR A QUEEN OR FIT FOR A KING***

A bespoke facial designed to meet individual needs. The skin is left smooth, regenerated, revitalised and with a radiant complexion.

### ***DEEP PURIFICATION***

Designed to cleanse and purify through steam and extraction that will help to absorb hydration which reinvigorates and regenerates complexion





## TREATMENTS ENHANCER | ADD-ON'S

### ***BODY EXFOLIATION***

To remove dead cells to allow proper hydration.

### ***BODY WRAP***

To hydrate, nurture and regenerate.

### ***REFLEXOLOGY***

Acupressure balancing 'Qi' vital energy.

### ***STEAM & EXTRACTION***

## GLAMOROUS FINAL TOUCHES

### ***RESTORATIVE HAND TREATMENT***

Manicure with exfoliation & hydration

### ***RESTORATIVE FOOT TREATMENT***

Pedicure with exfoliation & hydration

## SPA JOURNEY'S | HALF DAY PACKAGES

### ***RISE & SHINE***

Breakfast, Traditional Hammam 45' & Hot Stone massage 55'

### ***RELAX***

Personalised therapeutic massage 85' & Facial 55'



## BODYWORK & TRAINING

For private session of physical workout, the following are available:

*YOGA  
HATAH, VINYASA, ASHTANGA  
FITNESS WITH PROFESSIONAL TRAINER*

# CALLA SIGNATURE INDULGENCE WELLNESS MENU



## CACAO RITUALS .....

		For 1 person	For 2 people
<i>CACAO RITUAL SIGNATURE</i> (Body exfoliation, body wrap, massage & facial)	120 mins	310€	480€
<i>SACRED CACAO MASSAGE</i>	55 mins	155€	290€
	85 mins	175€	330€
<i>CACAO &amp; JASMIN RENEWAL</i> (Body exfoliation & hydration)	45 mins	95€	
<i>CACAO RENAISSANCE</i> (Back exfoliation, back massage & facial)	75 mins	175€	

## HAMMAM RITUALS .....

<i>TRADITIONAL HAMMAM</i>	45 mins	165€	
<i>ROYAL HAMMAM</i>	75 mins	185€	

## CALLA MESSAGES .....

<i>AROMATHERAPY MASSAGE</i>	25 mins	80€	140€
	55 mins	150€	280€
	85 mins	170€	320€
<i>DEEP TISSUE MASSAGE</i>	55 mins	170€	320€
	85 mins	190€	360€
<i>HOT STONE MASSAGE</i>	55 mins	160€	300€
	85 mins	180€	340€
<i>LYMPHATIC DRAINAGE</i>	55 mins	160€	
<i>SCALP, SHOULDER &amp; NECK TREATMENT</i>	55 mins	120€	
<i>REFLEXOLOGY</i>	55 mins	90€	
<i>PRENATAL MASSAGE</i>	55 mins	150€	

## FACIAL TREATMENTS .....

<i>CALLA ANTI-AGEING</i>	75 mins	180€
<i>PERSONALIZED FIT FOR A QUEEN</i>	55 mins	155€
<i>PERSONALIZED FIT FOR A KING</i>	55 mins	155€
<i>DEEP PURIFICATION</i>	75 mins	170€

## TREATMENTS ENHANCER | ADD-ON'S .....

<i>BODY EXFOLIATION</i>	25 mins	55€
<i>BODY WRAP</i>	20 mins	30€
<i>REFLEXOLOGY</i>	30 mins	45€
<i>STEAM &amp; EXTRACTION</i>	20 mins	30€

## GLAMOROUS FINAL TOUCHES .....

<i>RESTORATIVE HAND TREATMENT</i> (Manicure with exfoliation & hydration)	55 mins	65€
<i>RESTORATIVE FOOT TREATMENT</i> (Pedicure with exfoliation & hydration)	75 mins	95€

## SPA JOURNEYS | HALF DAY .....

<i>RISE &amp; SHINE</i> (Breakfast, Traditional Hammam 45' & Hot Stone massage 55')	100 mins	350€
<i>RELAX</i> (Personalised therapeutic massage 85' & Facial 55')	140 mins	300€

## BODYWORK & TRAINING .....

<i>YOGA</i> (Up to 3 people, if more +20 € p.person)	80€
<i>FITNESS WITH PROFESSIONAL TRAINER</i>	80€





**CALLA**

WELLNESS & SPA

*Monday to Sunday 9 am to 7 pm*

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