



*"Place yourself in the hands of the gods !!! "*

(all spa treatments are unisex)

**ESPA**  
NATURAL BEAUTY  
INNER CALM

**9H00 – 19H00**

**PORTOBAY DISCOUNTS: 10% Silver . 15% Gold & Platinum**

## **THE SPA SUITE:**

### **COUPLE MASSAGE**

Indulge in some relaxing moments together, enjoying a personalised couples massage, a great way to enjoy yourself as a couple and leave the world outside. Choose from any of our ESPA massages. The Spa Suite offers spa treatments simultaneously for 2 people.

### **We recommend:**

#### **THE MOMENT FOR 2 > 1H 40MIN. > 140 € (per person)**

Includes: Hydration Facial and Inner Calm Massage

#### **BRING LOVE > 1H 20MIN. > 96 € (per person)**

Includes: Back, Face & Scalp Treatment

## **SIGNATURE TREATMENTS:**

#### **PERSONALISED BODY RITUAL > 1H 40MIN. > 150 €**

Combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and mind.

Includes: body exfoliation, marine algae or mud wrap, scalp massage and aromatherapy body massage.

#### **BACK, FACE & SCALP TREATMENT > 1H 20MIN. > 96 €**

Renowned as ESPA “hero” treatment and loved by all, delivers triple results by targeting key areas.

Includes: back exfoliation, back massage, hydration facial and scalp massage.

## **FACIAL TREATMENTS:**

After a consultation and skin analysis, skincare products are chosen to your individual needs. Every facial treatment includes cleansing, exfoliation, specific massage, mask and serum.

#### **NATURAL FACE LIFT FACIAL > 1H 10MIN. > 90 €**

Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give a natural facelift effect, leaving the skin firm and beautifully radiant.

Includes: double cleanse, facial massage inspired by Japanese Kobido, stimulating Jade rollers, modelling and lifting massage techniques, lifting mask and scalp massage.

**OPTIMAL PROFACIAL > 50 MIN. > 80 €**

This facial treatment protects the skin against environmental damage and slows down the early, invisible stages of skin ageing. Appropriate for all skin types and ages.

**REGENERATING FACIAL > 50 MIN. > 80 €**

This luxurious and regenerating facial treatment for mature skin helps minimize the signs of ageing. It visibly improves the skin's appearance by using special anti-ageing massage techniques and a selection of products that will regenerate and revitalise the skin.

**HYDRATION FACIAL > 50 MIN. > 70 €**

Designed entirely to suit you. Whether your skin needs a deep cleanse, a healthy glow, smoothing or hydrating, we encourage our guests to experience a personalised facial, which our therapist will tailor to suit your skin's needs that day.

**MEN'S PURIFYING FACIAL, SHOULDER & NECK > 50 MIN. > 70 €**

Personalised treatment that combines a relaxing massage of the shoulders, neck, face and scalp with a solution adapted to your skin's needs. We recommend to shave before the facial, so that the effects are more effective.

Includes: double cleansing, exfoliation, face massage, face mask and scalp massage.

**BODY TREATMENTS:**

A range of body treatments designed and tailored to ensure you receive the best benefits for your needs.

**STRESSBUSTER > 1H 20MIN. > 102 €**

Holistic treatment to eliminate tension on your body and mind to achieve a harmonious balance.

Includes: body exfoliation and body massage, facial cleansing and scalp massage.

**HOT AND COLD STONES THERAPY > 1H 10MIN. > 96 €**

A therapy that recovers the energy to restore the body's vitality, eliminate toxins and help against stress and anxiety. The exchange of energy between the body, the soft stones and alternating between hot and cold, takes you to a deep state of relaxation, reaching the harmony between body, mind and spirit. It's also recommended for localized muscular pains.

**BACK, FACE & SCALP TREATMENT > 50 MIN. > 80 €**

Renowned as ESPA "hero" treatment and loved by all, delivers triple results by targeting key areas.

Includes: back exfoliation, back massage, express facial and scalp massage.

**BODY WRAP > 50 MIN. > 80 €**

A customized marine algae or mud body wrap designed to comfortably raise the body temperature, nourish the skin and increase the effects and absorption of the wrap.

Includes: skin brushing, body exfoliation, marine algae or mud wrap and scalp massage.

**ALL-OVER HYDRATION > 45 MIN. > 75 €**

A face and body exfoliation to eliminate toxins and deep hydration using wonderful moisturizers for a radiant skin.

**LUXURY BACK MASSAGE > 40 MIN. > 65 €**

A tension releasing treatment for tight muscles and congested skin on the back, neck and shoulders.

Includes: back cleanse, mask and massage, lower leg and foot massage.

**FOOT REFLEXOLOGY > 45 MIN. > 70 €**

Holistic technique, works on the reflex points of the feet that correspond to areas and organs of the body, activating and supporting the body's natural healing mechanisms. Helps to prevent health problems, to reduce pain and provides physical body relaxation.

**BODY MASSAGES:**

**INNER CALM MASSAGE > 50 MIN. > 86 €**

The ESPA aromatherapy massage is professional and specific, using a combination of individually selected essential oils. A personal consultation will ensure that you receive a unique treatment to suit your needs.

Choose from the following: detoxifier, stress reliever, muscle relaxer, jet-lag recovery, immune booster, energy booster and muscle toning.

Includes: aromatherapy massage on the back, legs, arms, abdomen, neck and shoulders.

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**With face and scalp massage > 1H 05MIN. > 96 €**

**DEEP MUSCLE RELIEF MASSAGE > 50 MIN. > 92 €**

A powerful massage designed to relieve deep-seated tension and muscular stress.

Specialised techniques are applied on specific areas of concern and relieve common discomforts such as a stiff neck, lower back pain and sore or tense shoulders.

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**With hot stones > 1H 05MIN. > 102 €**

Where needed, hot stones are used to introduce warmth and help ease aches and pains.

**SWEDISH MASSAGE > 50 MIN. > 80 €**

A traditional full body massage using firm pressure to promote relaxation and relieve muscle tension. Ideal as an introduction to massage, to leave you feeling relaxed and invigorated.

Includes: swedish massage on the back, legs, arms, abdomen, neck and shoulders.

### **EXPRESS:**

25-minute ESPA treatments or to complement your treatment:

#### **PERSONALISED EXPRESS FACIAL > 25 MIN. > 42 €**

Our therapist will select the most suitable facial treatment for your skin.

Includes: face cleansing, exfoliation, personalised face mask and finishes with an application of a stimulating serum to suit your skin.

#### **FIRMING EYE TREATMENT > 25 MIN. > 42 €**

Perfect for those concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, which helps to reduce the appearance of fine lines and relieve tension caused by eye-strain and computer headaches.

Includes: cleansing, exfoliation, eye mask, massage and application of our firming eye serum.

#### **BACK, NECK & SHOULDER MASSAGE > 25 MIN. > 54 €**

Tailored to localized areas of concern and uses the most appropriate massage techniques along with the ESPA body oil to suit your needs. Designed to relieve tension, stress and knotted muscles.

#### **RELAXING LEG MASSAGE > 25 MIN. > 54 €**

A pure draining and relaxing massage ideal for tired and heavy legs. Very pleasant after levada walks.

#### **SALT & OIL BODY SCRUB > 25 MIN. > 54 €**

This exceptional skin softening body exfoliation combines sea salts with essential oils, leaving your skin nourished, smooth and supple. For sensitive skin an exfoliating body polish is applied instead of salt & oil scrub.

#### **INVIGORATING FOOT TREATMENT > 25 MIN. > 48 €**

This revitalising treatment for tired feet and heavy lower legs helps to reduce puffiness and soothe aches and pains.

Includes: a refreshing exfoliation and a relaxing foot and lower leg massage.

### **MUM'S TO BE:**

Our team will advise you on the most appropriate treatments during your pregnancy.

\* At least 4 months old

#### **MATERNITY MASSAGE > 50 MIN. > 80 €**

A relaxing full body massage specially designed for expectant women or nursing mothers, combines specialized massage techniques to improve circulation, relieve back tension and drain tired legs during this special period. This massage provides deep relaxation and supports emotional balance with a relaxing scalp massage, while a nourishing body oil helps to prevent or improve the appearance of stretch marks and scar tissue.

**LIGHTER LEGS > 40 MIN. > 65 €**

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: exfoliation and relaxing foot and leg massage.

**TEENAGERS:**

These treatments are specifically combined to offer a selection of spa services for children between the ages of 6 and 16. All treatments require a signature on a consent form.

All the remaining areas of the Spa, including sauna, steam bath and fitness room/gym are not allowed for children under 16 years old.

**TEENAGER SKIN FACIAL > 45 MIN. > 48 €**

This treatment includes a gentle cleanse, exfoliation, light massage, mask and hydrating moisturizer.

**MINI FACIAL > 20 MIN. > 28 €**

Includes a gentle cleanse, exfoliation and hydrating moisturiser.

**UNWIND > 25 MIN. > 42 €**

Wonderful relaxing massage on back and legs.

**MOTHER & DAUGHTER PRECIOUS TIME > 45 MIN. > 58 € (per person)**

Includes a mini facial and relaxing massage on back and legs.

**FATHER & SON BONDING TIME > 35 MIN. > 48 € (per person)**

Includes relaxing massage on back and legs and scalp massage.

**SWEET MANICURE > 25 MIN. > 28 €**

Includes file, cuticles repair and polish.

**CANDY PEDICURE > 25 MIN. > 32 €**

Includes file, cuticles repair and polish.

**FINISHING TOUCHES:**

**ESSENTIAL MANICURE FOR MEN > ±25 MIN. > 28 €**

Includes: nail file and shape, cuticle repair and application of hand cream.

**ESSENTIAL PEDICURE FOR MEN > ±40 MIN. > 38 €**

Includes: nail file and shape, cuticle repair and application of foot cream.

**HANDS OR FEET RE-VARNISH > ±25 MIN. > 22 €**

Includes nail file and polish.

**ESSENTIAL MANICURE FOR LADIES > ± 50 MIN. > 48 €**

A relaxing treatment for the hands and nails.

Includes: nail file and shape, cuticle repair, application of hand cream and polish.

**MANICURE WITH GEL POLISH > ± 1H 05MIN. > 58 €**

**ESSENTIAL PEDICURE FOR LADIES > ± 50 MIN. > 54 €**

A relaxing treatment for the feet and nails.

Includes: foot soak, nail file and shape, exfoliation, cuticle repair, application of foot cream and polish.

**PEDICURE WITH GEL POLISH > ± 1H 05MIN. > 64 €**

**HOLISTIC FOOT AND LEG TREATMENT WITH HOT STONES > 50 MIN. > 64 €**

Holistic treatment of the feet, legs and nails which includes a gentle exfoliation and a relaxing massage with the appropriate aromatherapy massage oil incorporating hot stone therapy. The feet are then wrapped in a specific mask to soften, nourish and moisturise the skin **or**, alternatively, nail polish is applied to the toe nails for a final polished touch.

**WAXING:**

**EYEBROW > 20 MIN. > 16 €**

**UPPER LIP > 10 MIN. > 10 €**

**CHIN > 10 MIN. > 10 €**

**UNDERARM > 15 MIN. > 16 €**

**BIKINI > 20 MIN. > 18€**

**HALF LEG > 30 MIN. > 28 €**

**HALF LEG AND BIKINI > 45 MIN. > 32 €**

**FULL LEG > 45 MIN. > 32 €**

**FULL LEG AND BIKINI > 1H05 MIN. > 38 €**

## **USEFUL INFORMATION:**

### **SPA OPENING HOURS**

Every day from 9am to 7pm.

### **SCHEDULING AN APPOINTMENT**

Please contact our Spa Reception team who will be able to guide you to the right choice. To ensure your preferred time and service is available, we recommend to book in advance (nº 97 from your room).

From outside the hotel, please call +351 291 703 777 or by email [spa.vpm@portobay.pt](mailto:spa.vpm@portobay.pt).

### **ARRIVAL TIME**

Please allow 15 minutes before your treatment to complete a spa consultation form. Late arrivals will result in a reduction of your treatment time.

### **WHAT TO BRING**

Hotel guests: bath robe and slippers from your room.

Outside guests: the Spa will provide towels, bathrobes, slippers and any amenities required during your visit.

### **FITNESS ROOM - GYM**

A spacious gym equipped with Technogym cardiovascular training, weightlifting equipment and free weights. The Gym is available only for hotel guests, but not allowed for children under 16 years old.

### **CHILDREN'S POLICY**

Contact the Spa Reception team for more information on treatments available for our younger guests. Access to the other areas of the Spa, including sauna, steam bath and gym, are restricted to over 16 years old.

### **CANCELLATION POLICY**

For cancellations made less than 24 hours prior to your booking, half of the treatment will be charged. Late arrivals will result in a reduction of your treatment time.

### **SPA ETIQUETTE**

Our spa environment is designed to provide a peaceful and relaxing experience. Please respect all spa guest's right to peace and quiet.

Smoking and electronic devices are not permitted in order to avoid noise.

Please note that nudity is forbidden at all times. Always use a towel to cover yourself while using the Spa facilities.

### **LOST PROPERTY**

All lost property found on our premises must be handed in to the Spa Reception. Items will be kept for one month.



**HEALTH CONDITIONS**

When booking a treatment, please inform us about any health conditions, allergies or injuries and surgeries which could affect your choice of treatment.

**PREGNANCY**

We have special treatments for expectant women or nursing mothers.

Please allow our Spa team to choose the most suitable treatment during this special time.

**GIFT VOUCHERS**

An ideal present for someone special. Please contact the Spa team for more information or you can also purchase online ([giftvouchers@portobay.pt](mailto:giftvouchers@portobay.pt))

**MECARE SPA BOUTIQUE**

To continue your Spa experience at home, all ESPA products used in the treatments are available for sale at the Spa Reception.

**PRICES**

All prices are quoted in euro and are subject to change without prior notice. Tips are not included and are welcome at your discretion.