



SPA AT VILA PORTO MARE

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

ESPA

NATURAL BEAUTY
INNER CALM

9H00 – 19H00

PORTOBAY DISCOUNTS: 5% Prestige . 10% Prestige Gold

FACIAL TREATMENTS:

BACK, FACE & SCALP TREATMENT > 50 MIN. > 75 €

Renowned as ESPA “Hero” treatment and loved by all. Delivers triple results by targeting three key areas.

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

BACK, FACE & SCALP TREATMENT > 1H 20MIN. > 90 €

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

HYDRATION FACIAL > 50 MIN. > 65 €

Tailored for you. Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our guests to experience a personalised facial, which our therapist will tailor to suit your skin’s needs that day.

OPTIMAL PROFACIAL > 50 MIN. > 75 €

This facial protects the skin against environmental damage and delay the early, invisible stages of skin ageing. Suitable for all skin types and ages.

REGENERATING FACIAL > 50 MIN. > 75 €

A luxurious and regenerating facial for maturing skin to help minimize the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalize the skin.

MEN’S PURIFYING FACIAL, SHOULDER & NECK > 50 MIN. > 65 €

Personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin’s needs.

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

BODY TREATMENTS:

BODY WRAP > 50 MIN. > 75 €

Body wrap of algae or marine mud is an experience designed to raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

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

PERSONALISED BODY RITUAL > 1H 50MIN. > 130 €

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

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

Choose from detoxifier, de-stresser, muscle relaxer, jet-lag reviver, immune booster, energiser or body toner.

STRESSBUSTER > 1H 20MIN. > 95 €

Body treatment to melt away tension and bring your body and mind back into harmonious balance.

Includes: body exfoliation and full body massage, facial cleanse and scalp massage.

REFLEXOLOGY > 45 MIN. > 65 €

Pressure on specific points of the feet, includes movements which will stimulate all your body's system, helping your body to be rebalanced, relaxed and to improve your life's quality physical relaxation. Helps to prevent health problems and to reduce pain.

LUXURY BACK MASSAGE > 40 MIN. > 60 €

A tension releasing treatment on the back, neck & shoulders.

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

ALL-OVER HYDRATION > 45 MIN. > 70 €

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

LEGS & FEET DELIGHT > 40 MIN. > 60 €

Includes a leg and foot exfoliation to cleanse the skin, massage to relieve tension and deep hydration for a healthy skin.

BODY MASSAGES:

INNER CALM MASSAGE > 50 MIN. > 80 €

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

Choose from the following: detoxifier, destresser, muscle relaxer, jet-lag reviver, immune booster, energizer or body toner.

Includes: aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

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With face and scalp massage > 1H 05MIN. > 90 €

SWEDISH MASSAGE > 50 MIN. > 75 €

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage to leave you relaxed and revived.

Includes: swedish massage to back, legs, arms, abdomen, neck & shoulder massage.

DEEP MUSCLE RELIEF MASSAGE > 50 MIN. > 85 €

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

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

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With hot stones > 1H 05MIN. > 95 €

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

EXPRESS:

PERSONALISED EXPRESS FACIAL > 25 MIN. > 40 €

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

Includes: consultation, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

FIRMING EYE TREATMENT > 25 MIN. > 40 €

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

Incorporating a cleanse, exfoliation, massage and application of our lift & firm intensive eye serum.

BACK, NECK & SHOULDER MASSAGE > 25 MIN. > 50 €

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

RELAXING LEG MASSAGE > 25 MIN. > 50 €

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

SALT & OIL BODY SCRUB > 25 MIN. > 50 €

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. For a lighter application exfoliating body polish is applied instead of salt & oil scrub.

INVIGORATING FOOT TREATMENT > 25 MIN. > 45 €

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

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

MUM'S TO BE:

MATERNITY MASSAGE > 50 MIN. > 75 €

Specially designed for expectant women or nursing mothers combines specialized massage techniques to improve circulation, relieve back tension and drain tired legs during your special time. This massage brings deep relaxation and supports the 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. > 60 €

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

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

TEENAGERS (from ages 6-16):

MINI FACIAL > 20 MIN. > 25 €

Hydrates and nourishes the skin.

UNWIND > 25 MIN. > 40 €

Wonderful relaxing treatment, including back and leg massage.

SWEET MANICURE > 25 MIN. > 25 €

Cuticles and varnish.

CANDY PEDICURE > 25 MIN. > 30 €

Cuticles and varnish.

FINISHING TOUCHES:

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

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

ESSENTIAL PEDICURE FOR MEN > ±40 MIN. > 35 €

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

HANDS OR FEET RE-VARNISH > ±25 MIN. > 20 €

Includes nail file and polish.

ESSENTIAL MANICURE FOR LADIES > ± 50 MIN. > 45 €

A relaxing hand and nail treatment. Maintain amazing results and keep nails in good condition.

Includes: soak, nail file & shape, cuticle work, application of hand cream and polish.

MANICURE WITH GEL POLISH > ± 1H 05MIN. > 55 €

ESSENTIAL PEDICURE > ± 50 MIN. > 50 €

A relaxing foot and nail treatment.

Maintain amazing results and keep your feet in good condition with this nourishing pedicure.

Includes: foot soak, nail file & shape, exfoliate, cuticle work, application of foot cream and polish.

PEDICURE WITH GEL POLISH > ± 1H 05MIN. > 60 €

HOLISTIC FOOT AND LEG TREATMENT WITH HOT STONES > 50 MIN. > 60 €

Holistic foot, leg and nail treatment including gentle exfoliation and a relaxing acupuncture point massage with the appropriate aromatherapy massage oil incorporating hot stone therapy.

The feet are then enveloped in a specific mask to soften, deeply nourish and condition the skin **or** alternatively toes are painted to achieve that polished finish.

WAXING:

EYEBROW > 20 MIN. > 15 €

UPPER LIP OR CHIN > 10 MIN. > 8 €

UNDERARM > 15 MIN. > 15 €

BIKINI > 20 MIN. > 15 €

½ LEG > 30 MIN. > 25 €

½ LEG AND BIKINI > 45 MIN. > 30 €

FULL LEG > 45 MIN. > 30 €

FULL LEG AND BIKINI > 1H05 MIN. > 35 €

HOW TO SPA:

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 that you 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.

ARRIVAL TIME

Please allow 10 minutes before your treatment to complete a spa consultation form.

Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide towels and any amenities required for use during your spa visit.

GYM

A state-of-the-art gym equipped with the Technogym cardiovascular and strength machines and free weights area. The Gym is available only to hotel guests, but prohibited for children under 16 years old.

CHILDREN'S POLICY

Contact the spa reception team for details on treatments available for our young guests. Access to the rest of the spa including heat experiences and gym are restricted to over 16's.

CANCELLATION POLICY

A 50% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guest's right to privacy and serenity.

In light of this, the spa is a mobile phone, pager, camera and smoke-free zone.

LOST PROPERTY

All lost property found on the premises should be handed in at spa reception. Items will be stored for one month.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers.

Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal present for someone special. Please contact the spa team for details or you may purchase online.

HOMECARE

To continue your spa treatments and experience at home, all ESPA products used within your treatments are available for purchase at the spa reception.

PRICES

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