



BluSpa[®]

WELLNESS & WATER

SPA MENU

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BluSpa believes that amazing spa experiences are achieved by creating the perfect cocooning atmosphere.

From the benefits of cosmetic marine biotechnology, the intuition of therapists and spa design, everything we do is geared to improve your well-being so that stress can float away.

We will help you feel healthy, relaxed and balanced.

L'OCÉAN. LA SCIENCE. LA BEAUTÉ
PHYTOMER

One of the few cosmetic Spa brands in the world to master marine biotechnology to produce completely new and natural ingredients using high-tech and environmentally friendly methods.

Karin Herzog
— SWISS MADE —

WORLD LEADER IN OXYGEN SKINCARE

Swiss brand, world leader in active oxygen, with two world patents and internationally known for its effectiveness and fast results in the treatment of the skin. the brand is recognized by the medical community and the preference of personalities such as: Sir Elton John , Madonna , Victoria Beckham , Uma Thurman and more recently the princess Kate Middleton.



OUR RITUALS

BLU MOON

50min | 180€ (2PAX)

An exclusive couples massage inspired by the therapeutic method (Lomi Lomi) of the ancient cultures of Hawaii. It is the perfect combination of energy work and deep relaxation. Proves to be a sensory and holistic journey, to share with your beloved one.

DEEP BLU

50min | 90€

Decontracting back massage and draining massage on the lower limbs with oil rich in organic salicornia to promote circulation and apricot seed to keep the skin hydrated and nourished.

BLU HOLISTIC

50min | 90€

Through soft effleurage strokes, targeted pressure, and stretching, this Thai-inspired massage eliminates areas of tension one by one using the gentle heat of warmed sea boluses.



MASSAGES

HOT & COLD STONE MASSAGE

80min | 130€

A holistic massage using volcanic hot stones, that promotes an extraordinary feeling of well-being and deep relaxation. The ritual ends with a cold stone face massage for an energetic contrast effect and lifting.

MOTHER-TO-BE

50min | 99€

Carefully designed for pregnant and nursing mothers. Uses safe relaxation techniques to help relieve backache and lymphatic drainage techniques to relieve fluid retention and weight of your legs.

RELAX MASSAGE

50/ 80min | 90/ 120€

A unique anti-stress massage with relaxing essential oils. Disconnect and enjoy a pure moment of deep relaxation. Body, mind and spirit in total balance.

DEEP TISSUE MASSAGE

40/ 80min | 80/ 130€

A deep tissue massage conceived to stress and muscle tension. Combines essential oils and tailored techniques to suit the clients individual needs.

SHIATSU

50min | 110€

Shiatsu originated in japan, is a body therapy that uses pressure with the fingers along the body to unlock and increase vital energy, promoting wellbeing.



BODY TREATMENTS

SEA SALT SCRUB

40min | 60€

An exfoliation with sea salt crystals ending with a massage with a highly moisturizing cream for smooth and silky skin.

LEG REVIVAL

40min | 65€

A treatment with the benefits of mint and gotu kola targeted to decongest and activate blood microcirculation. Ideal to comfort and relieve tired legs.

DRAINING & TONING

30/ 50min | 55/ 85€

A draining and toning massage with green tea and Vitamin B12, eliminates toxins, slims and tones the body.



OUR FACIALS

OXYGEN HYALU-LIFT

70min | 100€

A fantastic combination of hyaluronic acid with active oxygen for a firm and toned skin! The results are clinically proven to reduce deep wrinkles, increase elasticity, firmness and smoothness of the skin.

OXYGEN ANTI-AGEING

70min | 95€

Regenerating facial ritual that combines the most advanced oxygen formula and vitamin A with an effective and smooth action of the fruit enzymes (orange, tangerine, grapefruit and grapes). hydrated and vitamin enriched skin visibly renewed.

OXYGEN PURIFYING

70min | 90€

Targeting skin problems such as acne, this ritual ensures efficiency without equal. this treatment deeply cleanses and detoxifies the skin relieving it from impurities and bacteria, rebalancing the natural oil production. The skin recovers its capacity of cellular oxygenation.

QUICK & BEAUTIFUL

40min | 65€

Ideal to quickly restore brightness, elasticity and oxygenation to the most tired and damaged skin. Using facial pressure point techniques and a serious combination of essential oil of rose, glycolic acid and oxygen.



MEN SPECIAL

MEN ANTI-AGEING RITUAL

70min | 95€

Specific facial ritual for men's skin, with the most advanced anti-ageing worldwide patent formula by Karin Herzog, the oxygen therapy and vitamin A. For a firmer, uplifted and more youthful looking appearance.

MEN PURIFYING OXYGEN RITUAL

70min | 90€

Excellent facial ritual to fight the aggressions that male skin suffers everyday! this ritual has purifying and soothing properties that cleans and hydrates the young, sensitive or oily skin.

DETOX BACK TREATMENT

40min | 85€

Detoxifying and relaxing, this treatment includes exfoliation, relaxing massage and the application of a naturally heated clay enriched with laminaria digitata and oligomer.



HOW TO SPA

SPA SCHEDULE

Spa Reception: From 09:30 a.m. to 6:00 p.m. Treatments in extended hours. Please check in spa reception.

ZEN ATMOSPHERE

Please respect the right to privacy and serenity of all spa clients and guests in all the spa areas.

SPA FACILITIES AND ACCESS POINTS

Swimming pool and jacuzzi are free for all hotel guests. The access to the spa and its facilities are for persons over 16 years. Sauna and steam room have an additional charge and are for exclusive use. If you are not a guest staying in the hotel you can use the facilities by booking a ritual.

LOST AND FOUND

The Spa is not responsible at any time for valuable objects or jewellery lost in the Spa. All lost property should be handed in to the hotel reception.

CHOOSE AND BOOK A RITUAL

If you require help in choosing your treatment, contact the Spa reception. All treatments are subject to prior booking at the reception, internal line 601, telephone (+351) 289 007 710 (call to national fixed network), or by e-mail: portobayfalesia@bluspa.pt

SPA CHECK-IN

We advise that you arrive at least 20 minutes before your booking so that you can enjoy the unique premises and fill in your lifestyle consultation. A late arrival at the spa will limit your experience.

CANCELLATION POLICY

Should you wish to cancel or reschedule your appointment, let us know with 8 hours in advance. Cancellations within 8 hours of the appointment time, a 100% charge will be applied.

SILENCE

We ask you to switch off your mobile phone and keep your tone of conversation to a minimum.

PHYSICAL CONDITION

Please inform us about any health condition, allergies or lesions that could affect your choice of treatment when booking. Some treatments may not be suitable for with specific conditions.

PREGNANCY

We have specific treatments for mothers-to-be or breast-feeding mothers. Please allow our Spa team to help you to choose the right treatment.

YOUR PREFERENCES

Level of light, music, room temperature or the pressure used in the massage can be personalised. The therapist will ensure your maximum comfort, covering up all areas that are not being treated.

TREATMENT PACKAGES

The BluSpa has a discount system for treatment packages. There are packages of 6 sessions (with 10% discount) or 10 sessions (with a 15% discount). Failure to show or cancelling without 8 hours prior warning will mean the session will be debited.

HOMECARE

To continue the Spa experience at home, the majority of our products used in the treatments are available for sale at the Spa reception.

GIFT VOUCHERS

Choose the perfect gift for someone special. Please contact the Spa reception for more information.

GRATUITY

If you enjoyed your ritual and your therapy exceeded your expectations, you can leave a tip at the Spa reception.

PRICES

Prices are subject to change without prior warning. VAT included at the current legal rate.

BEHAVIOR

We do not tolerate any sexual harassment or aggressive behavior towards our team members; any form of verbal, physical, or sexual harassment will result in legal action.





BluSpa®

WELLNESS & WATER

AS FEATURED IN



TRAVELLER

The Spa & Wellness
COLLECTION

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