



BluSpa<sup>®</sup>

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.



## MASSAGES

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### BLU MOON

50min | 180€ (2PAX)

An exclusive couples massage inspired by the therapeutic method (Lomi Lomi) of the ancient cultures of Hawaii. This experience blends energy work with deep relaxation, creating a sensory and holistic journey to share with your loved one.

### DEEP BLU

50min | 95€

A decontracting back massage combined with a draining massage on the lower limbs, using an oil rich in organic salicornia to boost circulation and apricot seed to hydrate and nourish the skin.

### LIGHT BLU

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.

### BLU HOLISTIC

50min | 95€

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.

### 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.



## BODY TREATMENTS

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### HIMALAYAN RITUAL

80min | 110€

The ritual begins with an exfoliation and wrap with organic Himalayan salts followed by a shaping massage with essential oils. Ideal for those who want to cleanse the body and reduce body measurements.

### DRAINING & TONING

25/ 50min | 55/ 85€

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



## OUR FACIALS

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### OXYGEN HYALU-LIFT

70min | 110€

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.

### TAILORMADE FACIAL

50min | 90€

Oxygen is nature's most powerful healing element and has been used for years for various skin problems. This ritual begins with a facial analysis of the condition of your skin, which will determine which products to use that will better suit your needs, whether it is dehydration, malnutrition, pigmentation, rosacea or even acne.



## MOMS' SPECIAL

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### 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.

### TIME WITH MOM/ DAD

30min | 110€ (2PAX)

A SPA is not just for grown-ups! A moment of pure relaxation to be enjoyed between mother/father and daughter/son. A relaxing massage with smooth and deep full-body movements, perfect for all ages! The first SPA experience that will be cherished forever! Suitable for children aged 6 and up, with access to the relaxation area restricted to those aged 11 and above, from 10:00 AM to 12:00 PM.



## DAYSPA PROGRAMS

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### BLU REVIVE PROGRAM

135min | 195€

Let yourself be carried away on a unique sensory journey, where balance and well-being take center stage. This exclusive program brings together the best treatments to revitalize body and mind: a purifying exfoliation, a personalized massage, and a rejuvenating facial, creating a complete ritual of care and relaxation.

### IMMERSE AS YOU WISH

10% DISCOUNT

Choose 3 treatments from our list.



## SPA EXPRESS

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### 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.

### 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.

### BACK & SHOULDERS

25min | 50€

Specific ritual to work only on tension zones like the back, neck, shoulders and head. Ideal for anyone who feels constant muscle tension.

### AYURVEDIC SCALP MASSAGE

25min | 50€

Our Indian head massage with coconut oil, designed to relieve stress.





## HOW TO SPA

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### SPA SCHEDULE

Spa Reception: From 09:30 a.m. to 6:00 p.m. Treatments in extended hours. Please check in spa 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 8032, telephone (+351) 289 598 915 (call to national fixed network), or by e-mail: [ocean@bluspa.pt](mailto:ocean@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.

### SPA FACILITIES AND ACCESS POINTS

Swimming pool and jacuzzi are free for all hotel guests. Access to the spa and its facilities is restricted to guests aged 16 and over. 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.

### ZEN ATMOSPHERE

Please respect the right to privacy and serenity of all spa clients and guests in all the spa areas. We ask you to switch off your mobile phone and keep your tone of conversation to a minimum.

### CANCELLATION POLICY

Failure to attend or cancellation with less than 8 hours notice requires payment of 100% of the experiences cost.

### 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.

## 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.

## 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

NATIONAL  
GEOGRAPHIC

**TRAVELLER**

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*The Spa & Wellness*  
COLLECTION

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HOTEL PORTOBAY BLUE OCEAN  
QUINTA DO MILHARÓ, OLHOS DE ÁGUA  
[WWW.TOPSPA.PT/PT/SPAS/BLUSPA-ALGARVE](http://WWW.TOPSPA.PT/PT/SPAS/BLUSPA-ALGARVE)  
[OCEAN@BLUSPA.PT](mailto:OCEAN@BLUSPA.PT)

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