



SPA AT THE CLIFF BAY

*... mens sana
in corpore sano*

EN
9:00-19:30 // FLOOR 0



*exclusive treatments
that combine luxury
and optimum results...*

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THE SPA SUITE

WITH TOTAL PRIVACY OFFERS
 A LUXURY SPA EXPERIENCE WITH MASSAGE,
 JACUZZI AND CHILL OUT ZONE.
 ENJOY THE VIEWS OF FUNCHAL'S BAY AND THE ATLANTIC OCEAN
 TO THE FLAVOUR OF A TEA OR A REFRESHING JUICE.
 THE SPA SUITE OFFERS SPA TREATMENTS
 SIMULTANEOUSLY FOR 2 PEOPLE.

UNWIND TOGETHER // 2H00 p/person > 156 €
 aromatic bath // 20m
 + spa treatment per person (facial or body) // 1h00
 + relaxation // 20m
 + selection of teas, fruit juice and fresh fruit

TIME-OUT FOR 2 // 3H00 p/person > 196 €
 aromatic bath // 20m
 + spa treatment per person (facial and body) // 2h00
 + relaxation // 20m
 + selection of teas, fruit juice and fresh fruit

SPA SUITE EXTRA TIME // 20M p/person > 25 €
 Upgrade to your Spa Suite programme adding 20M
 to make an already relaxing experience even better.

OUTDOOR SPA*

TRY THE TREATMENTS TOGETHER!
 A PRIVATE GAZEBO, FUNCHAL BAY BY SCENARIO,
 THE ATLANTIC BREEZE...
 ALL THE INGREDIENTS FOR A PERFECT MEMORABLE DAY.

*SEASONAL (APR - SEP), according to the weather conditions.
 The outdoor Spa offers individual or couple Spa treatments.

DE-STRESSER // 1H05 p/person > 106 €
 AROMATHERAPY MASSAGE

DETOXIFIER // 1H05 p/person > 106 €
 AROMATHERAPY MASSAGE

MUSCLE RELAXER // 1H05 p/person > 106 €
 AROMATHERAPY MASSAGE

FACIALS

ESPA

AFTER CONSULTATION AND SKIN ANALYSIS,
SKINCARE PRODUCTS ARE CHOSEN FOR
YOUR INDIVIDUAL NEEDS.
THE FACIAL INCLUDES CLEANSING, EXFOLIATION
AND A SPECIFIC MASSAGE AND MASK.

NATURAL FACE LIFT // 1H20 120 €

The complete approach to skin health using pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt, and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

AGE-DEFYING FACIAL // 1H20 106 €

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Skin is left feeling fresh, replenished and nourished.

GLOW FROM WITHIN FACIAL // 60M 102 €

A naturally powerful, nutrient-rich treatment embracing ESPA's holistic approach to restoring radiance. An invigorating ritual for a radiant glow. Dull complexions are revitalised and refreshed with the power of a sweeping Gua Sha massage, helping to stimulate blood circulation and the delivery of nutrients to the skin.

INNER BEAUTY FACIAL // 50M 92 €

Cleanse, hydrate, and renew with this facial routine for instant results. Tailored to your skin's precise needs, our purifying, hydrating formulas work to transform your complexion. These formulas balance according to your skin's unique needs, feeding the complexion with personalized nutrients. Skin looks clear, quenched, naturally beautiful.

+
EXTRACTION TIME // 1H05 OR... 101 €
FIRMING EYE TREATMENT // 1H05 99 €

CACI, NON SURGICAL SOLUTIONS

THE RESULT OF OVER 20 YEARS RESEARCH,
 THE AWARD WINNING CACI FACIAL TONING TREATMENT
 HAS BEEN CONSIDERED BY MANY EXPERTS TO BE THE MOST
 EFFECTIVE ANTI-AGEING TREATMENT AVAILABLE.
 CACI TREATMENTS ACHIEVE VISIBLE FACE LIFT RESULTS
 BY TONING FACIAL MUSCLES,
 SMOOTHING AWAY FINE LINES AND WRINKLES.
 IT STIMULATES COLLAGEN AND ELASTIN PRODUCTION
 FOR PLUMPER, YOUNGER, FRESHER LOOKING SKIN.
 THE FACE LIFT WITH VISIBLE RESULTS WITHOUT SURGERY.

CACI EYE REVIVE // 40M

74 €

The new Caci Eye Revive treatment
 combines active microcurrent eye rollers
 which are infused with Caci Eye Revive Serum
 that has powerful anti-ageing properties,
 and Caci's new Hydro Eye mask.
 The Hydro Eye mask is packed full of hyaluronic acid
 and collagen to help soften fine lines
 and wrinkles along with green tea
 and cucumber extract to detoxify, calm,
 soothe and re-energise eyes,
 leaving them bright and tight.

CACI NON SURGICAL FACE LIFT // 1H05

90 €

This treatment offers incredible firming results
 for those wanting a powerful anti-ageing treatment
 with visible results without surgery.

10 SESSIONS // -30%

630 €

6 SESSIONS // -20%

432 €

3 SESSIONS // -10%

243 €

Not cumulative with other discounts,
 promotions, or vouchers.

CACI ULTRA ANTI-AGEING FACIAL // 1H20

109 €

This anti-ageing facial, lifts, firms
 and tones to redefine facial contours,
 plumps out deep lines and wrinkles
 and intensively hydrates the skin.
 Includes : ultrasonic skin peeling,
 non surgical facelift, use of the wrinkle comb
 with L.E.D light therapy, ultrasonic skin rejuvenation.

BODY TREATMENTS

ESPA

AN EXTENSIVE RANGE OF BODY TREATMENTS, SPECIFICALLY DESIGNED AND TAILORED TO ENSURE THE BEST THERAPEUTIC EXPERIENCE DEPENDING ON YOUR NEEDS.

DE-STRESS AND RELAX

BACK, FACE & SCALP TREATMENT // 1H20 106 €

Renowned as ESPA 'hero' treatment and loved by all, delivers triple results by targeting key areas. Includes : back exfoliation & massage, complete facial and scalp massage.

+ **HOT STONES THERAPY // 1H35** 117 €

DE-STRESSER BODY RITUAL // 1H50 145 €

This treatment combines a body wrap and massage using soothing oils to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Includes : body exfoliation, marine mud wrap, scalp massage and body massage with aromatherapy oil.

+ **HOT STONES THERAPY // 2H05** 156 €

DE-STRESSER BODY WRAP // 1H05 98 €

Includes : body exfoliation, marine mud wrap, scalp massage.

ESPA BALINESE MASSAGE // 1H05 106 €

Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching, sweeping movements for deep relaxation.

+ **HOT STONES THERAPY // 1H20** 112 €

REFLEXOLOGY // 50M 86 €

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.

LIGHTER LEGS // 40M 73 €

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

Includes : soothing foot bath, exfoliation, deeply therapeutic foot and lower leg massage

INNER CALM MASSAGE 1H05 > 106 €

A therapeutic full body massage using blends of essential oils personally selected for your individual needs.

DETOX**DETOX BODY RITUAL // 1H50** 145 €

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin.

Includes : exfoliation with iced and warm mitts, detox wrap, lymphatic drainage and deep stimulating massage, an advanced mechanical massage and scalp massage.

DETOXIFIER BODY WRAP // 1H05 98 €

Includes : body exfoliation, algae wrap and scalp massage.

DETOX JET MASSAGE // 15M 25 €

Full body massage with high pressure water jets. Improves circulation, speeding up the elimination of toxins and excess fluid. The perfect treatment to combine with an aromatherapy body massage and/or wrap.

INTENSIVE MUSCLE RELEASE

TOTAL BODY CARE // 1H35

117 €

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

Includes : body exfoliation & massage, facial cleanse & scalp massage.

+

HOT STONES THERAPY // 1H50

123 €

DEEP MUSCLE MASSAGE // 1H20

122 €

This powerful massage penetrates the muscles to alleviate deep-seated tension and muscular stress.

MUSCLE REVIVER BACK MASSAGE // 40M

71 €

A condensed massage for those who suffer with tension related headaches and neck strain.

Includes: back massage, facial and scalp massage

+

HOT STONES THERAPY // 50M

74 €

FULL BODY SALT & OIL SCRUB // 30M

66 €

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Choose from a selection of scrubs :

ESPA relaxing salt scrub, SPA detoxifying salt scrub or SPA invigorating salt scrub.

Perfect as a stand-alone treatment, or in preparation for an SPA Massage.

Includes : full body exfoliation with salt & oil and full body nourishment. For a lighter application, Body Polish is applied instead of Salt & Oil Scrub.

LUXURY BACK MASSAGE // 50M

79 €

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

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

When needed, hot stones are available to penetrate warmth and help ease aches & pains.

HIDROTHERAPY

HIGHLY EFFECTIVE FORM OF NATURAL THERAPY WHICH RELIEVES DISCOMFORT AND PROMOTES PHYSICAL WELL BEING.

HYDRO JET 106 €

+ DETOX FULL BODY WRAP // 1H20

High pressure water jets, improves circulation, speeding up the elimination of toxins and excess fluid followed by a full body wrap which includes skin brush, body exfoliation, wrap, scalp massage.

HYDRO BATH 109 €

+ DETOX FULL BODY MASSAGE // 1H20

A bespoke luxurious bath designed to offer rest and revitalisation to the mind and body. Equipped with air and water jet to gently massage the entire body followed by an aromatherapy full body massage.

MINDFULNESS

UNWIND A BUSY MIND,
ESCAPE THE PACE OF EVERYDAY LIFE
AND EMERGE FEELING FOCUSED,
WITH A SENSE OF RENEWED POSITIVITY.

ESPA MINDFUL BODY MASSAGE // 1H20 107 €

This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and 'be more in the present'. Includes : breathing and visualization techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals.

ESPA STRENGTH & RESILIENCE MASSAGE // 1H20 106 €

Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journey.

ESPA MEN

ESPA TREATMENTS FOR MEN
ARE SPECIFICALLY TAILORED TO YOUR REQUIREMENTS.
ALTHOUGH MOST OF OUR TREATMENTS ARE UNISEX,
WE HAVE CREATED SOME TREATMENTS
SPECIFICALLY FOR MALE SKIN AND LIFESTYLE.

MENS CLEANSING FACIAL // 50MIN 92 €

We encourage our male guests to experience
this personalised treatment that combines
a relaxing shoulder, neck, face and scalp massage
with a tailored solution to your skin's needs.

MEN'S BACK, FACE & SCALP TREATMENT // 1H20 106 €

Renowned as espa 'hero' treatment and loved by all,
delivers triple results by targeting three key areas.
Includes : back exfoliation & massage,
complete facial and scalp massage.

+

HOT STONES THERAPY // 1H35 117 €

MEN'S STRESSBUSTER // 1H35 117 €

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

Includes: body exfoliation & massage,
facial cleanse & scalp massage.

+

HOT STONES THERAPY // 1H50 123 €

MINDFULNESS

UNWIND A BUSY MIND,
ESCAPE THE PACE OF EVERYDAY LIFE
AND EMERGE FEELING FOCUSED,
WITH A SENSE OF RENEWED POSITIVITY.

ESPA MINDFUL BODY MASSAGE // 1H20 107 €

This holistic, deeply relaxing and clarifying experience
works on the concept of mindfulness,
focusing on both mind and body to help you reduce
stress and 'be more in the present'.
Includes : breathing and visualization techniques,
massage on the metamorphic zones of the feet,
full body massage, scalp massage
with warm rose quartz crystals.

ESPA MATERNITY

OUR TEAM WILL ADVISE YOU ON THE MOST SUITABLE TREATMENTS DURING YOUR PREGNANCY. THE FOLLOWING TREATMENTS ARE SUITABLE AFTER COMPLETING THE FIRST TRIMESTER OF PREGNANCY.

PRE NATAL TREATMENT // 1H20 103 €

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. A course of 6 treatments is recommended. Includes : back exfoliation (if required), body and scalp massage.

MATERNITY MASSAGE // 50M 90 €

A relaxing full body massage to help improve skin elasticity, reduce fatigue and targets areas prone to tension during pregnancy. Includes : massage with a specially formulated, pregnancy-safe moisturizing oil.

LIGHTER LEGS // 40M 73 €

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes : soothing foot bath, exfoliation, deeply therapeutic foot and lower leg massage.

UNDER 16 YEARS OLD

WE ARE DELIGHTED TO OFFER TREATMENTS FOR CHILDREN UNDER 16 YEARS OLD, HOWEVER THEY MUST BE ACCCOMPANIED BY AN ADULT FOR THE WHOLE DURATION OF THE TREATMENT BOOKED. PLEASE CONTACT THE SPA RECEPTION TEAM FOR DETAILS ON TREATMENTS AVAILABLE FOR OUR YOUNG GUESTS. ALL THE REMAINING AREAS OF THE SPA, INCLUDING THE HEAT EXPERIENCES (SAUNA, STEAM BATH, JACUZZI, CHROMOTHERAPY SHOWER) AND THE FITNESS ROOM ARE PROHIBITED FOR CHILDREN UNDER 16.

TEEN ANGEL FACIAL // 50M 81 €

A facial using ESPA products specifically tailored to younger skins. The treatment includes an initial skin analysis, a gentle cleanse, light massage, treatment mask and protective moisturizer and oodles of home care advice.

TOTALLY TEENS CARE CHOCOLATE MASSAGE // 50M 81 €

Recommended for very active children and teens. This massage relieves tension and soothes tired muscles.

ESSENTIALS ESPA

A GLASS OF CHAMPAGNE, TEA, FRESHLY SQUEEZED JUICE OR... FROM OUR REFRESHMENT MENU TO ACCOMPANY YOUR MANICURE/PEDICURE TREATMENT. (DRINKS ARE NOT INCLUDED WITH THE SPA TREATMENTS)

HANDS AND FEET

Cut and file, soak, cuticle work, buff, application of hand cream.

ESSENTIAL MANICURE // 55M 57 €
+ GELCOLOR // 1H05 66 €

LUXURY HAND TREATMENT // 1H05 70 €

ESSENTIAL PEDICURE // 1H05 73 €
+ GELCOLOR // 1H20 79 €

LUXURY FOOT TREATMENT // 1H15 83 €

BEAUTY TREATMENTS

WAXING

EYEBROW SHAPE (TWEEZING) // 10M 25 €

LIP AND CHIN // 10M 25 €

UNDERARM // 10M 31 €

BIKINI LINE // 25M 41 €

HALF LEG // 25M 49 €

FULL LEG // 55M 62 €

TINTS

24H allergy test required

EYEBROWS // 10M 25 €

EYELASHES // 20M 29 €

EYEBROWS AND EYELASHES // 25M 32 €

USEFUL INFORMATIONS

> SPA OPENING HOURS

Every day from 09:00 to 19:30.

Treatments every day from 10:00 to 18:30.

> SCHEDULING AN APPOINTMENT

Please contact our Spa who will be able to guide you to the right choice. We recommend to book in advance.

> ARRIVAL TIME

We recommend 20 min. in advance so you can relax, enjoy the Spa facilities and to complete the Spa consultation form. Please be advised that late arrivals will result in a reduction of treatment time.

> WHAT TO BRING

Hotel guests : bath robe and slippers

Outside guests : the Spa will provide towels, robes and slippers and any amenities required.

> BEFORE STARTING

Please take a shower prior to your treatment, to allow maximum absorption and benefit from the ESPA products.

> HEALTH CONDITIONS

Your wellbeing is our priority! To ensure your comfort and safety, kindly inform us of any medical conditions, allergies, recent surgeries, or injuries prior to your treatment.

If you have any questions or concerns, our expert spa team is here to assist you. Please note that certain treatments may not be suitable for guests with specific health conditions, including those undergoing oncology care.

> PHYSIOTHERAPY

Physiotherapy service is available on request.

> CANCELLATION POLICY

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

> SPA FACILITIES

Sauna, steam room, chromotherapy shower, 2 indoor jacuzzis, 1 outdoor jacuzzi, vitality pool (indoor/outdoor) with various air and water massage jets, sea water pool and sea access.

> ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. In light of this, the Spa is a mobile phone free zone. Please note that nudity is forbidden at all times. Always use a towel to cover yourself while using the Spa facilities.

> FITNESS ROOM

A state-of-the-art gym equipped with the 'technogym' cardio vascular and strength machines and free weights area. Personal trainer service is available on request.

> GIFT VOUCHERS

Available for treatments and/or products. Please contact the Spa reception for details.

> HOMECARE SPA BOUTIQUE

To continue your Spa experience at home, all ESPA products used within your treatments are available at Spa reception.

> VALUABLES

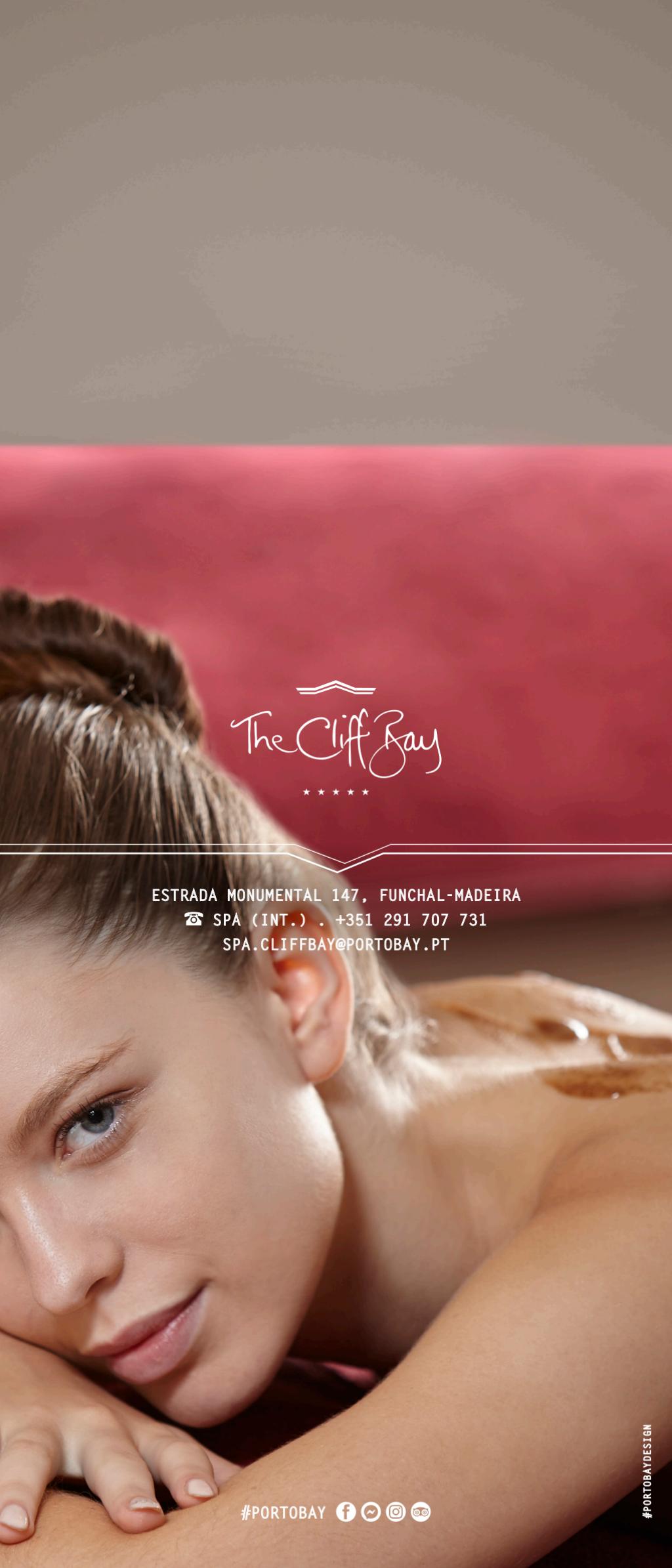
The Spa at The Cliff Bay accepts no responsibility for loss of valuables and jewellery at any time on the Spa premises.

> PRICES

All prices are quoted in euros and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

> CACTUS BAR // 10:30-18:00

Offering nutritious and healthy light meals and a wide selection of freshly squeezed juices, teas, champagne, fine wines, beers and...



The Cliff Bay

★★★★★

ESTRADA MONUMENTAL 147, FUNCHAL-MADEIRA

☎ SPA (INT.) . +351 291 707 731

SPA.CLIFFBAY@PORTOBAY.PT

#PORTOBAY 

#PORTOBAYDESIGN