



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

(all spa treatments are unisex)

**ESPA**  
NATURAL BEAUTY  
INNER CALM

**10H00 – 19H00**

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

## **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.

### **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.

### **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.

### **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.

## **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.

### **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.

**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.

**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 €**

**USEFUL INFORMATION:**

**SPA OPENING HOURS**

Tuesday to Saturday from 10am 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.

Please call +351 291 206 777 or by email [spa.psm@portobay.pt](mailto:spa.psm@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.

**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 Reception.

**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.

**GIFT VOUCHERS**

An ideal present for someone special. Please contact the Reception 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 upon request.

**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.