

| CASA MÃE X OLIÓFORA



*SPA & Wellness*





### Our Spa Circuit 25€ | 120 min

Overlooking the gardens and the masterhouse, Casa Mãe Spa has been designed to create a relaxing retreat dedicated to well-being & rejuvenation. Delicately white, this blissful cocoon allows you to fully relax in its refined simplicity. Our 2-hour Spa circuit begins with some laps in the 11-meter long outdoor chlorine free & salty pool to complement with a sunbathing session on the spa terrace to enjoy panoramic views over the gardens. It then continues on another floor with our sauna, steam room and hydrotherapy showers. We finally invite our guests to fully recharge in our relaxation room with some cold aromatised water or iced tea. To enhance your Spa experience and ensure that you fully enjoy a relaxing and private moment, we have limited the number of guests to 4 at a time.



| rooftop salty pool, steam room, sauna, hydrotherapy showers |

| *this blissful cocoon allows you to fully relax in its refined simplicity* |





## CASA MÃE X OLÍÓFORA

With Oliófora, the Portuguese natural skincare expert, we have developed a special and 100% natural range of face & body products\* and treatments to offer our guests an exclusive experience reflecting the concept of Casa Mãe. Oliófora offers a highly calibrated and sensorial phyto aromatic skincare alternative. The skincare line combines active ingredients with clinical effectiveness proven by numerous studies such as hyaluronic acid, retinol, vitamin C, marine collagen, polypeptides and AHAs with raw plant ingredients recognized for many years for their virtues, such as achiote oil, rosehip, jojoba. The high-end handmade beauty products are made from the best raw material essences, extracted from organically grown plants, using cold press refining techniques to preserve all the natural nutrients of the plants. Using innovative 100% biodegradable & compostable packaging made in Europe, Oliófora works according to our sustainability chart, using local ingredients and respecting our precious planet by minimising footprint impact. Most of the products have the distinctive Casa Mãe fragrance recreating the scents of our gardens (figs, orange blossom) and diffused all over the spa facilities.

*\*free from SLS (sulfates), mineral oils, parabens, GMO ingredients, artificial fragrances and colours*

# Casa Mãe Signature Treatment



80 min | 145€     The Journey: 120 min | 180€

Our therapists have developed our Signature Treatment along three pathways – purifying, relaxing, and energising & nourishing – for an unprecedented sensorial journey made of exclusive rituals, using our massage candle that combines the purest oils to our delicate Casa Mãe scent.

A prelude to the treatment is a soothing foot ritual that involves a sea salt & lavender foot scrub & massage as a first step for body cleansing and tensions releasing. Full body acupressure is then used to relax muscles & joints and soothe pain & discomfort. The next step is a smooth dry skin brushing on legs, arms and back, providing a circulation boost, getting oxygen back to the surface of the skin. Then, wrapped in the subtle aroma and warmth of the Casa Mãe x Oliofera massage candle made with the finest organic essences and the purest moisturising plant oils, you will enjoy a deeply relaxing made to measure full-body massage.

To make your Signature Treatment more complete, we recommend the 120 min treatment, the Journey, that also encompasses a facial tailored to the specificities of your skin, and a head massage ritual, quieting the mind & encouraging inner peace.

An exclusive treatment for the body & mind to unlock built-up tension, relieve stress, reconnect with yourself, and recover a blissful energy in a peaceful & relaxing cocoon.



| a peaceful & intimate well-being experience under the Algarve sun |





## *Facials* |

## REJUVENATION LIFTING FACIAL

80 min | 160€

*Japanese kobido lifting, contour defining, natural glow*

This anti-aging and rejuvenating facial is designed to visibly lift and improve skin texture while brightening your complexion. The treatment combines Japanese Kobido massages, lymphatic drainage, taping techniques, and potent skincare ingredients for immediate & lasting lifting effects. The 8-step re-sculpting process begins with a gentle cleansing, followed by an enzymatic brightening booster for cellular-level exfoliation. Ultrasonic and vapor technologies open and purify the pores, preparing the skin for a smooth lymphatic massage. Next, hyaluronic acid nanospheres are applied to target wrinkles and expression lines. The dynamic combination of kinesiology facial taping and Japanese Kobido provides sculpting and lifting effects, promoting natural elasticity and muscle tonicity. The treatment continues with a rich marine collagen mask, deeply massaged into the skin, enhanced by high-frequency therapy to boost oxygenation. Finally, a polypeptide serum and cream are applied, leaving your skin plumped, radiant, and toned – visibly rejuvenated.

## DEEP CLEANSING FACIAL

90 min | 160€

*The ultimate detox*

Detoxify and rejuvenate your skin with this thorough, customized facial that includes a deep cleanse and sculpting massage for the face, neck, and décolleté. The treatment begins with a personalized skin assessment by our expert therapist, ensuring that each step and skincare product is perfectly tailored to your skin's unique needs. The detox process begins with a deep cleanse and exfoliation using ultrasonic technology to remove dead skin cells, followed by vapor to open the pores. If necessary, extractions are performed using a vacuum. A purifying mask is then applied while a smooth massage enhances its effectiveness. A potent serum, chosen based on your skin's evaluation, is then applied using galvanization to optimize its absorption and boost its benefits. The next step includes a lymphatic drainage massage using silicon cupping, acupressure, and Kobido techniques to firm, sculpt, and reduce puffiness. Blue light therapy follows, targeting skin blemishes and accelerating tissue repair, while a reflexology scalp massage boosts circulation for a holistic rejuvenation. The treatment concludes with cryotherapy and high-frequency oxygenation, which helps tighten pores, reduce fine lines, and leave your skin feeling revitalized. The result is smoother, clearer, and more radiant skin with a fresh, glowing complexion—ideal for a skin detox with lasting effects.



## SUMMER RADIANCE FACIAL

60 min | 115€

*Reveal your inner glow*

This facial is designed to prepare and enhance your skin's ability to tan, leaving it radiant and glowing. It begins with a deep cleanse followed by a gentle scrub, using ultrasonic technology to improve skin metabolism. A moisturizing mask is applied to brighten the skin, while a lymphatic drainage massage helps to invigorate and refresh dull skin. Next, a beta-carotene-boosted serum is applied, preventing sun-related pigmentation, and cupping and sculpting massage techniques are used to optimize the serum's penetration into the deepest layers of the skin. Anti-aging red light therapy is then applied for 15 minutes to improve skin texture and radiance. Meanwhile, a reflexology massage on the scalp stimulates blood circulation. The treatment concludes with a Gua Sha roll massage and the application of a serum and cream, enhanced by high-frequency technology to amplify their effects, leaving your skin glowing and radiant.



## RECOMMENDED ADD ONS

20min | 35€ per add on

### + Head & Scalp Massage

Well known for improving physical well-being & reducing headaches, this Indian Ayurvedic massage uses acupressure & circular strokes that improve blood circulation to the head & face

### + Tension Soother, Head, Neck, Shoulder & Hand Massage

Especially recommended to alleviate pains arising from intensive computer work Acupressure and trigger points techniques are used to relieve muscle tension and restore alignment of the back and spine, while releasing deep seated tensions

### + Foot Massage

Deeply relaxing & reenergising, restores body balance and unlock aches and pains by using a fusion of massage techniques on the meridian lines of the legs and feet

## + Kobido Face Lifting Massage

20min | 45€

The Kobido face lifting massage is a traditional Japanese technique designed to resculpt your facial contours with natural lifting effects. This vigorous massage helps firm the skin, visibly reducing signs of aging while promoting a plump, rejuvenated appearance. Through a series of specialized movements, the treatment enhances circulation, relaxes facial muscles, and stimulates collagen production, resulting in smoother, firmer skin with a noticeable lift.

## + Facial Taping Tutorial & Kit

25min | 45€

The Facial Taping Tutorial & Kit is designed to teach you the kinesiology technique of face taping, a method that targets specific points on your face to enhance your anti-aging routine. During the session, our therapist will guide you through the process, showing you how to place the bands correctly and explaining the massages that will further enhance the treatment's effects. You will receive a kit that includes pre-cut bands for overnight use, a gentle tape oil remover sample, and an informative leaflet with step-by-step instructions. This hands-on tutorial ensures you can continue to use this technique at home for long-lasting, visible results.

+ Led Therapy with Activating Serum

25min | 50€

LED therapy with an activating serum is the perfect treatment to improve your skin's complexion, address acne, rosacea, and reduce the appearance of wrinkles. Using the clinically proven blue, red, and infrared light from Celluma LED panels, this therapy delivers remarkable results without harmful UV rays or side effects. Paired with a potent, personalized serum tailored to your skin's specific needs, the LED therapy enhances your skin's health and appearance. During the session, a soothing scalp massage is also performed, promoting relaxation and boosting circulation. This combination of advanced technology and targeted skincare provides a non-invasive solution for a clearer, smoother, and more youthful complexion.





*Massages |*

60 min | 105€ **CUSTOM MASSAGE**

80 min | 135€

A fully personalised treatment based on the assessment of your needs and tailored to your specific wishes. Techniques, massage oil type & aromatherapy are customised to target your specific areas of concern, and achieve your specific goals – relieving muscle tensions, soothing pain, harmonising & relaxing; all to bring about balance, harmony, and deep sense of well-being.

#### **BAMBOO MASSAGE**

Intense deep tissue massage effective to unlock deeply rooted tensions & knots. This massage also helps improving your skin as bamboo extract contains silica, anti oxydants and has anti irritant properties.

#### **DETOX LYMPHATIC MASSAGE**

Energising massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. The treatment starts with dry brushing and silicone cups to stimulate circulation and improve skin tone and elasticity. A manual lymphatic drainage is then performed, using a slimming & sculpting oil. Galvanisation is then used with a smooth remodelling refreshing algae gel, aiming at reducing fluid retention & breaking down adipose tissue.

#### **NEW MOTHER MASSAGE**

Designed for mothers who have just given birth, this massage helps to readjust or realign the body and its parts into their pre-pregnancy positions. The massage will focus on key areas of your body, especially on your belly with a combination of oils, herbs, and hot stones, aiming at helping reducing the size of your belly, but also realigning the spine and the pelvis, improving your posture. The treatment also includes an extensive lymphatic drainage for toxins and excess water release, reducing swelling, tenderness and healing time. Highly recommended to relieve stress, the effects of hormone swings and promote overall wellness for you as a new mother.

#### **PRE NATAL MASSAGE**

This treatment is recommended for the second and third trimester of pregnancy. Eases symptoms such as back pain, fluid retention and leg swelling. Also improves skin elasticity by stimulating circulation. Suitable from the second trimester onwards.



60 min | 125€  
80 min | 150€

### DEEP MUSCLE MASSAGE

Reshape and tone the full body with firm pressure, slow strokes reaching deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. A powerful and sensorial ritual using trigger points and getting tired muscles soothed, chronic aches & pains relieved. It also boosts circulation, and releases stress & tensions, helping to detox the body and balance the mind.

### HOT BASALT STONES MASSAGE

A deeply grounding, soothing and relaxing massage using hot basalt stones to release persistent muscular tightness and aromatherapy to relieve stress. Hot stones are placed on and under the body to generate heat and draw out tightness, while others are used as an extension of the therapist's hands, gliding over the body to induce deep relaxation. Ideal to treat back pain.



### AROMATHERAPY PINDA ANTI STRESS MASSAGE

Combines the natural therapeutic properties of essential oils and the healing power of Ayurveda massage therapy. The Pindas are made up of a natural handmade preparation of aromatic & medicinal herbs, mixed with essential oils, and packed in cotton linen bags. Heated by steam, they are applied to the body using acupressure vital-points massage to enhance its soothing, hydrating, and detoxifying properties. Relieving muscle tension and stimulating metabolism through lymphatic drainage, this treatment will leave you in a state of full relaxation & sensorial well being.



## RECOMMENDED ADD ONS

20min | 35€ per add on

### + Facial Drainage:

A lymphatic release using silicone cups for a refreshed skin & a 10 oil facial elixir serum for a glow boosting effect

### + Quartz crystal stone facial massage:

A powerful lifting work soothing face tensions & lines combined with a rejuvenating serum to reduce the appearance of fine lines

### + Hot stone facial massage:

Small heated stones applied on your face using acupressure, stimulating circulation, unlocking deep seated tensions, while the serum leaves your skin deeply nourished

### + Facial Massage with Aromatic Pindas:

Small heated herbs poultices applied on your face, together with a vitamins enriched serum for a deeply relaxing & soothing effect

### + Foot Massage:

Deeply relaxing and grounding, restores body balance and unlocks aches and pains, with targeted pressure applied on trigger points on the meridian lines of the legs and feet, bespoke to your individual needs

### + Facial Taping with Tutorial & Kit 45min | 80€

Facial Taping offers a natural facial lifting experience through the use of kinesiology tape. The session begins with a thorough assessment of your facial lines, allowing the therapist to customize the taping bands and techniques to target specific areas you wish to improve. The tape bands are then applied to your face before the massage, and gently removed at the end of the treatment. During the session, the therapist will guide you through the process, teaching how to place the bands properly and performing massage techniques to enhance the results. You'll also receive a personalized kit with pre-cut bands, a sample of tape oil remover, and an informative leaflet ensuring that you can continue using this effective facial lifting technique at home for long-lasting, visible results.

• add-on available on 80min+ treatment

### + Kobido Face Lifting Massage 20min | 45€

The Kobido face lifting massage is a traditional Japanese technique designed to resculpt your facial contours with natural lifting effects. This vigorous massage helps firm the skin, visibly reducing signs of aging while promoting a plump, rejuvenated appearance. Through a series of specialized movements, the treatment enhances circulation, relaxes facial muscles, and stimulates collagen production, resulting in smoother, firmer skin with a noticeable lift





60 min | 210€ (couple)  
80 min | 270€ (couple)

120 min The journey  
180€ per person

### COUPLE MASSAGE WITH A VIEW

Enjoy a romantic relaxing moment side by side with your loved one. Ideal for honeymooners, this special treat - weather allowing - takes place at our SPA rooftop terrace's pergola that has some of the best views over the property. A very special moment to fully unwind in the experts hands of our therapists, in peaceful & romantic surroundings.

All massage treatments, including our signature treatments can be performed at our SPA Pergola. We recommend our signature treatment The Journey for special occasions.



*Pampering |*



## INTENSIVE HAND & FOOT THERAPY

80 min | 105€

Deeply relaxing treatment starting with cleansing foot ritual. Cuticle work is then performed followed by a gentle exfoliation of both hands and feet, a hydrating rejuvenating mask is then applied leaving your hands and feet fully regenerated, with nails reinforced. Nourishing and relaxing hand & feet massages follow, leaving them soothed and beautified.

The treatment can include the application of a natural semi permanent polish Green Flash by Manucurist of your choice\*.

+ 30min | +30€

*Awarded by Marie Claire (prix d'Excellence de la Beaute) & Cosmopolitan UK, Green Flash by the Manucurist is the green gel nail polish natural alternative. The range has been formulated with no endocrine disruptors or allergenic molecules. It is guaranteed to contain no sensitising monomers or hydroquinone. It's 12-free! As it's up to 84% bio-sourced, Green Flash has minimal impact on the environment. Exceptional shine and staying power for up to 10 days and easy removal with a gentle nail polish remover. Clean for your nails, green for the planet and sustainably made in France.*

## KIDS SPECIAL – PETITE FOOT & HAND TREATMENT

40 min | 60 €

Bring over your little one\* for a pampering session together with Mummy.

PETITE treatment includes the cleansing foot ritual, the hand & foot gentle scrub & mask, followed by the massage of hand, foot and legs. A natural Petite Manucurist polish is then applied on both feet & hands' nails of your little one – for a complicity moment with your young daughter.

Manucurist formulas are so pure, even young children can use them risk-free. Petite Manucurist polish range contains no formaldehyde or derivatives, no toluene, no petrochemical solvents, no DBP, no phthalates, no parabens and no camphor. They wash off easily in soapy water.

*\*Recommended from 6 years old*



## *Body Treatments* |



## ENERGISING BODY SCULPTING WRAP

80 min | 135€

Reduces puffiness, bloating and improves circulation for a firmer & slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing, followed by a cocooning warm wrap made of coffee and of the slimming and sculpting oil from Oliófora. A revitalising massage, is then performed stimulating blood circulation & metabolism, focusing on tummy, waist and thighs, relieving bloating, helping breaking down fat cells, and alleviating deep-seated tension.

## DETOX & SLIMMING BOOSTER RITUAL

110 min | 170€

Experience ultimate detoxification. This treatment starts with an intense full body scrub using a stimulating & detoxifying blend of sea salt from Ria Formosa, cold pressed almond oil and orange. It then continues with a nutritious & powerful body wrap packed with resveratrol & hyaluronic acid and active natural agents: lemongrass, elemi, & ginger to detox, beautify and reenergise your body & skin, activating blood circulation, leaving the skin deeply enveloped, cleansed and stimulated. The next step of the treatment is a lymphatic drainage followed by an anticellulite massage using silicone cups and a slimming and sculpting

oil that releases toxins and tonify your skin. The treatment ends with the application of a remodelling refreshing algae gel using galvanisation to boost its effects, that will bring a sensation of lightness to the legs and contributes to a more slender figure.

## BODY EXFOLIATION

50 min | 95€

Revive your skin's natural softness & glow with this intensely smoothing & reinvigorating treatment. This exceptional skin softening body exfoliation uses a personalised combination of mineral local salts or sugar together with essential oils & scents to gently sweep away rough, dry skin, leaving your body fully nourished and hydrated. Your skin feels smooth, supple and looks radiantly healthy. Perfect on its own but also an ideal way to prepare skin for a Casa Mãe massage.



*Specials*

## HOLISTIC FULL BODY DETOX

This holistic detox treatment promises to leave you feeling completely renewed, reenergized, and beautified. It begins in our sauna and steam room, preparing your skin for the purifying treatments ahead. Next, a gentle full-body exfoliation using dry skin brushing is performed, followed by a body wrap packed with potent ingredients like resveratrol, hyaluronic acid, lemongrass, elemi, and ginger. These ingredients work to detoxify, beautify, and reenergize your body and skin, while also stimulating blood circulation. Ideal for preparing your skin and body for the sun. The treatment continues with full body lymphatic drainage and an anticellulite massage using silicone cups, alongside a slimming oil to tone the skin and release toxins. The body treatment concludes with a refreshing algae gel, enhanced with galvanization to boost its effects, leaving your legs feeling light and your figure more sculpted.

The detox ritual continues with a personalized facial, starting with a gentle cleanse and lymphatic drainage. A mask and serum tailored to your skin type follow, applied using sculpting massage techniques. The purifying journey ends with LED facial therapy to improve your skin complexion, while a soothing scalp massage is performed. Finally, a detox juice is served to complete the body detox.

This holistic treatment leaves you thoroughly cleansed and with a profound sense of well-being and relaxation.

30 min SPA circuit

110 min exfoliation & body wrap & lymphatic drainage

30 min facial

20 min LED therapy with scalp massage

Detox juice

190 min | €265



## HEALING & UNWINDING

Bespoke treatment aiming at relieving you from chronic pain by combining calibrated pilates on reformer or yoga therapy, & remedial treatments at our SPA. The private sessions will focus on improving your body & mind through posture correction, core muscles strengthening & deep relaxation – while the remedial treatments will help releasing deep seated tensions. Especially recommended for people suffering from pain arising from extensive computer use with back, neck, shoulder & hand pains.

Each session includes also 1hr SPA circuit, with sauna, steam room, and hydrotherapy with our rooftop salty water chlorine free pool.

60 min Private Yoga Therapy or Private Pilates on Reformer session

60 min customized healing massage

Available techniques: hot stone, bamboo, deep tissue with trigger point

1 hr SPA circuit

1 session | 195€ with (yoga) – 225€ (pilates)

Pack of 2 sessions | 370€ (yoga) – 430€ (pilates)

Pack of 3 sessions | 550€ (yoga) – 645€ (pilates)



| Create your own personal experience  
to fully unwind & indulge your senses  
into a customised sensory journey |

## MADE TO MEASURE EXPERIENCE

Our therapists and wellness team are available to create made to measure experiences combining different bespoke SPA treatments & well-being experiences of yoga therapy – according to your wishes & needs. We invite you to contact us prior your arrival so that our wellness team can curate a program just for you.

## ADMISSION

Casa Mãe Spa is open to hotel and external guests.

## TREATMENT FEE

The Spa Circuit is included in the price of any Spa treatments. Casa Mãe Spa circuit is to do the same day of your treatment, 1 hour before or 1 hour after the treatment Casa Mãe Spa Circuit is individual and can not be passed to another person. All Spa treatments and Spa Circuit requires prepayment. We recommend enjoying your SPA circuit before the treatment to prepare your skin for it.

## SCHEDULING AN APPOINTMENT

We advise booking your treatments in advance to avoid disappointment. Credit card details are required at the time of booking.

## CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

## LATE ARRIVALS

If you arrive late for your appointments, we are unfortunately unable to extend your treatment beyond the agreed time. Your treatment time will thus be shortened accordingly.

## GIFT VOUCHERS

Personalised gift vouchers are available for a single treatment, combination of treatments, spa days or for a specific value.

## AFTER YOUR TREATMENT

We recommend to drink lots of water after your treatment, to optimise the detox & release effects. Sun exposure shall be avoided 24hrs to 48hrs after your treatment.





## MINIMUM AGE

The minimum age to use the sauna, steam room and changing rooms is 16 years old. Resident children aged 9 to 16 are welcome to the Spa under the supervision of a parent. PETITE treatment is available for resident children of 6+, and to be performed together with their relatives' treatment.

## MEETING YOUR NEEDS

All our treatments are tailored to the wishes & profile of the guest. We encourage you to arrive at least 10 minutes prior to your scheduled appointment time as upon arrival, before your treatment, you will be requested to complete a health questionnaire, including your preferences & goals for the treatment, to make sure that your experience fulfils your needs. Please don't hesitate to further inform your therapist for any specific concern and wishes, to also ensure that your chosen treatment is suitable.

## SPA ETIQUETTE

Out of consideration for other guests, we ask that you to not make any calls and set all of your mobile devices on silent while at the Spa. It is not permitted to photograph or film other guests anywhere in Casa Mãe Spa. The Spa is a smoke free zone. We also request that you keep the level of conversation down to not disturb any other guests and ongoing treatments. Food & drinks, with the exception of the drinks offered by the therapists are not allowed in the Spa facilities.

## CLOTHING

We provide you with a bathrobe, slippers and a locker for your personal items. For our hotel guests, we recommend to change clothes of your room, and use for that purpose the Spa blue robe and the slippers, that will be placed in your room for that effect. Alternatively you can use the changing room of the Spa.

## VALUABLES

Lockers are provided in the dressing rooms. We recommend that you leave your valuables at home or in your hotel room safe. We regret that we cannot be held responsible for any loss or damage of personal possession.



## OUR FITNESS STUDIO

Our Fitness Studio invites you to integrate movement, well-being and fitness into your holiday with us. Studio includes the Technogym equipment: functional trainer, skillrow, exercise bike, elliptical cross trainer & freeweights. The Studio access is restricted to our guests and complimentary but upon booking & privatised for up to 4 persons at the same time, to guarantee optimal training conditions, the studio is also equipped with a Pilates reformer, and we highly recommend booking a private session with our Pilates instructor if you wish to use it. While the reformer is available for free use, we advise against using it without prior knowledge or instruction to ensure your safety and to maximize its benefits.

*Available from 7am to 10pm by sign up*

60min private pilates on reformer session | 90€

| OPENING HOURS



*"Fitness Studio | from 7am to 10pm*

*SPA | from 10am to 6pm*

*To book your treatment*

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