

| CASA MÃE



Indian Summer Wellness Escape



Come and join us to enjoy the last days of summer and indulge some blissful wellness moments that will leave you fully reenergised. Four nights and an intimate experience. Get pampered at our SPA with natural bespoke treatments. Detox with the feel good farm to table food of our chefs. Nourish your body and soul with vitamin sea, pure ocean air & breathtaking great outdoors!



OUR DETOX PROGRAM INCLUDES:

- 4 epicurian farm to table brunches
- 3 step wellness treatment for optimal detox & metabolism boost
- Lymphatic drainage massage (120 minutes)
- Immunity boost body wrap (85 minutes)
- Custom massage tailored to your specific wishes and needs (50 minutes)
- Our walking trail map to explore the stunning coastline

COST

1300€ | person / single occupancy
830€ | person / shared double room
October & December 20. to January 6.

1100€ | person / single occupancy
730€ | person / shared double room
November to March



| *follow the sun – explore the stunning coastline* |

| *private balcony & hammock to fully unwind* |



YOUR ROOM

The Superior room with its minimalist & pure design, warm materials & craft details, offers the ideal environment to facilitate meditative mind-set & complete unwinding. The room features spacious verandas or balconies with beautiful views over our gardens & hammock and lounge, perfect for relaxing sunbathing sessions – while its free standing bathtub invites to evening pampering.





FARM TO TABLE, HOMEMADE CUISINE

Our Epicurian breakfast - more a brunch - served until 12 pm is carefully prepared by Chef Rui & his team, using the best produce from our orchard and farm, & from local artisan producers. In case that you opt for the half board, depending on your dietary preferences, Chef Rui will tailor the menus to fulfil your wishes. Our cuisine is all homemade, from the bread to the yoghurt, almond milk, sweet potato gnocchis etc. It favours plant based, low carb, healthy diet but seafood & fish options can be also available upon request. Using premium local & extra fresh ingredients, Chef Rui's cuisine has a strong sense of place, celebrating the sunny flavours of the Algarve.

| *detox with our feel good cuisine* |



CASA MÃE SPA BY OLÍÓFORA

Overlooking the gardens and the masterhouse, Casa Mãe SPA has been designed to create a relaxing retreat dedicated to well-being & rejuvenation. With Oliófora, the Portuguese natural skincare expert, we have developed a 100% natural range of handmade face & body products and treatments to offer our guests an exclusive experience reflecting the concept of Casa Mãe. The high-end phyto aromatic 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 nutriments of the plants.

SPA CIRCUIT

To allow you to fully enjoy & unwind, we have included complimentary daily SPA circuits & treatments in the wellness program.

The 2 hour SPA circuit starts with a detox herbal infusion, then we invite you to indulge at the SPA rooftop & have some laps in the 11-meter long rooftop salty pool. It then continues on another floor with a gentle natural scrub to delicately exfoliate your skin. After washing out the scrub using hydrotherapy shower, your journey will continue with the sauna / steam room ritual to release deep seated toxins. We finally invite our guests to rest 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 very private moment, we have limited the number of guests to 2 at a time.





| *daily spa circuit to detox, recharge & sunbath* |



DETOX & ENERGISING 3 STEP TREATMENT

This wellness program has been designed to deliver a profound relaxing and detoxing experience, with a combination of treatments aiming at releasing deep seated tensions & toxins and boost your metabolism.

LYMPHATIC DRAINAGE MASSAGE

The lymphatic drainage & contouring technique combines smooth massage and deeper strokes to release the tissue, reduce fluid retention, increase the metabolism and relaxation. This ultimate detox treatment improves blood circulation, regenerates the tissues, enhances skin appearance, improves digestion and overall tones the body - it is even known for alleviating symptoms of Premenstrual Syndrome. The 120 minute session will leave you feeling lighter, reenergised, and deeply relaxed.

IMMUNITY BOOST BODY WRAP

Made of ginger, algarvian orange, echineacea extract and local sea mud, this body wrap is packed with minerals, antioxidants that purify, firm, and tone skin - while the anti-inflammatory & antibacterial properties of ginger and echineacea will boost your metabolism, improving your immunity and skin health. Added bonus? Your skin will never feel softer!

CUSTOM MASSAGE

Detox would not be complete without deep, profound relaxation, to achieve this, our therapist will custom with you a 50 minute massage with pressure and aromatherapy according to your needs. Whether deep tissue, intense and revigorating, or gentle & smooth, manual or using bamboo or hot stones, back, legs, arms, face, head or full body - plenty of choices for you to discuss with our therapist to tailor an unique experience that will leave fully regenerated.

| *upon request, some add ons to
make your stay with us more
complete*

4 FARM TO TABLE DINNERS

PRIVATE YOGA LESSONS

VEGETARIAN OR FISH COOKING
WORKSHOP

CERAMIC WORKSHOP
at local atelier

PRIVATE SURF LESSONS
half day

PRIVATE BOAT RENTAL & PICNIC
at secret beach





| TO BOOK OR TO GET VOUCHER

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