



SPA AT THE CLIFF BAY

mens sana in corpore sano

"MENS SANA IN CORPORE SANO"



PORTOBAY DISCOUNTS

PRESTIGE 5%
PRESTIGE GOLD 10%



SPA AT THE CLIFF BAY

THE SPA SUITE // 02

OUTDOOR SPA // 02

FACIALS // 04

BODY TREATMENTS // 06

HYDROTHERAPY // 09

MEN // 10

MATERNITY // 12

CHILDREN // 12

ESSENTIALS // 13

USEFUL INFORMATIONS // 14



EXCLUSIVE TREATMENTS THAT COMBINES LUXURY AND OPTIMUM RESULTS . . .

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

AROMATIC BATH // 20M
+ SPA TREATMENT PER PERSON (FACIAL OR BODY) // 1H00
+ RELAXATION // 20M
+ SELECTION OF TEAS, FRUIT JUICE AND FRESH FRUIT

115 €
(P/PERSON)

TIME-OUT FOR 2 // 3H00

AROMATIC BATH // 20M
+ SPA TREATMENT PER PERSON (FACE AND BODY) // 2H00
+ RELAXATION // 20M
+ SELECTION OF TEAS, FRUIT JUICE AND FRESH FRUIT

175 €
(P/PERSON)

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, APRIL TO SEPTEMBER, ACCORDING TO THE WEATHER CONDITIONS.
THE OUTDOOR SPA OFFERS INDIVIDUAL OR COUPLE SPA TREATMENTS.

BACK, NECK, SHOULDER & SCALP MASSAGE // 50M

79 €
(P/PERSON)

DE-STRESSER AROMATHERAPY MASSAGE // 1H05

89 €
(P/PERSON)

DETOXIFIER AROMATHERAPY MASSAGE // 1H05

89 €
(P/PERSON)

MUSCLE RELAXER AROMATHERAPY MASSAGE // 1H05

89 €
(P/PERSON)

outstanding views

“OUTSTANDING VIEWS”

FACIALS

ESPA

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

LIFESTAGE FACIAL // 1H20

85 €

AN ADVANCED, TARGETED AND REJUVENATING FACIAL USING LIFESTAGE PRODUCTS FOR MATURING SKIN TO ADDRESS ALL OF THE MOST VISIBLE SIGNS OF AGEING, SPECIFICALLY FOCUSING ON EYES, NECK, LIPS AND JAW LINE.

AGE-DEFYING FACIAL // 1H20

79 €

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.

PERSONALISED FACIAL // 50M

59 €

YOUR THERAPIST WILL SELECT THE MOST SUITABLE FACIAL FOR YOUR SKIN'S NEEDS. INCLUDES: CLEANSING, EXFOLIATION, STEAM, TREATMENT SPECIFIC MASSAGE, MASK AND SCALP MASSAGE.

+

FIRMING EYE TREATMENT // 1H05 OR

69 €

LUXURY BACK MASSAGE // 1H20 OR

79 €

PERSONALISED MASSAGE // 1H50

109 €

FIRMING EYE TREATMENT // 25M

45 €

AN AGE-DEFYING, EYE BRIGHTENING TREATMENT, PERFECT FOR SMOOTHING AND BRIGHTENING YOUR SKIN AND TO HELP REDUCE WRINKLES.

LUXURY BACK MASSAGE // 40M

49 €

A TENSION RELEASING MASSAGE FOR TIGHT MUSCLES AND CONGESTED SKIN ON THE BACK, NECK OR SHOULDERS. INCLUDES: BACK CLEANSE, MASSAGE AND MASK, LOWER LEG AND FOOT MASSAGE.

PERSONALISED MASSAGE // 50M

79 €

A THERAPEUTIC FULL BODY MASSAGE USING BLENDS OF ESSENTIAL OILS PERSONALLY SELECTED FOR YOUR INDIVIDUAL NEEDS.

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.

- 69 € **CACI NON SURGICAL FACE LIFT // 1H05**
 THIS TREATMENT OFFERS INCREDIBLE FIRMLING RESULTS FOR THOSE WANTING A POWERFUL ANTI-AGEING TREATMENT WITH VISIBLE RESULTS WITHOUT SURGERY.
- 675 € 15 SESSIONS // -35%
- 480 € 10 SESSIONS // -30%
- 330 € 6 SESSIONS // -20%
- 186 € 3 SESSIONS // -10%
- +
 79 € **CACI HYDRO MASK // 1H20**
 INFUSED WITH POWERFUL HYDRATING PROPERTIES:
 ROSE WATER, COLLAGEN, HYADRURONIC ACID AND VITAMINS C&E.

- 89 € **CACI ULTRA ANTI-AGEING FACIAL // 1H20**
 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.
- +
 99 € **CACI HYDRO MASK // 1H35**
 INFUSED WITH POWERFUL HYDRATING PROPERTIES:
 ROSE WATER, COLLAGEN, HYADRURONIC ACID AND VITAMINS C&E.

- 45 € **CACI JOWL LIFT // 20M**
 THIS TREATMENT FIRMS AND TONES THE JAWLINE. IMPROVES THE APPEARANCE OF SAGGING JOWLS. AFTER AT LEAST 1 CACI NON SURGICAL FACE LIFT
- +
 55 € **CACI HYDRO MASK // 35M**
 INFUSED WITH POWERFUL HYDRATING PROPERTIES:
 ROSE WATER, COLLAGEN, HYADRURONIC ACID AND VITAMINS C&E.

- 49 € **CACI EYE LIFT // 35M**
 SPECIFICALLY DESIGNED TO TARGET FINE LINES, DARK CIRCLES & PUFFINESS. LIFTS, SMOOTHES AND PLUMPS ERASING FINE LINES, REHYDRATING AND REPAIRING THE EYE AREA.
- +
 59 € **CACI HYDRO MASK // 50M**
 INFUSED WITH POWERFUL HYDRATING PROPERTIES:
 ROSE WATER, COLLAGEN, HYADRURONIC ACID AND VITAMINS C&E.

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** 79 €
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** 89 €
- STRESS RELIEVER RITUAL // 1H50** 109 €
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 AND "OSHADI" WRAP,
SCALP MASSAGE AND BODY MASSAGE WITH SOOTHING OIL.
+
- HOT STONES THERAPY // 2H05** 119 €
- DE-STRESSER AROMATHERAPY MASSAGE // 50M** 79 €
+ FACE AND SCALP MASSAGE // 1H05 89 €
- DE-STRESSER BODY WRAP // 1H05** 69 €
INCLUDES: BODY EXFOLIATION,
MARINE MUD AND "OSHADI" WRAP, SCALP MASSAGE.
- ESPA BALINESE MASSAGE // 1H05** 89 €
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** 99 €
- REFLEXOLOGY // 50M** 69 €
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** 49 €
THIS REVITALISING TREATMENT FOR TIRED FEET AND HEAVY LEGS
HELPS REDUCE PUFFINESS AND SOOTHE ACES AND PAINS.
INCLUDES: SOOTHING FOOT BATH, EXFOLIATION,
DEEPLY THERAPEUTIC FOOT AND LOWER LEG MASSAGE

DETOX

- 109 € **DETOX BODY CLEANSE // 1H50**
 A FULL BODY TREATMENT PROVIDING AN INTENSE DETOX AND VITALITY BOOST. THE PERFECT TREATMENT TO KICK-START A HEALTHY EATING PROGRAMME OR TO ACCOMPANY A DETOX PROGRAMME. INCLUDES: MUSTARD SEEDS FOOT SOAK, BODY EXFOLIATION, ALGAE WRAP COLON MASSAGE ENHANCED BY THE USE OF G5@ MACHINE, LYMPHATIC MASSAGE WITH WARM DETOXIFYING HERBAL POULTICES.
- 69 € **ACTIVE ABDOMINAL DETOX // 50M**
 A HIGHLY EFFECTIVE STOMACH TREATMENT IDEAL FOR THOSE WITH STOMACH BLOATING, WHO FEEL SLUGGISH, TIRED, OR JUST WANT TO ENHANCE THEIR STOMACH TONE. INCLUDES: DETOXIFYING ABDOMINAL EXFOLIATION, WARM DETOXIFYING HERBAL POULTICES, COLON MASSAGE ENHANCED BY THE USE OF G5@ MACHINE, AN ADVANCED MECHANICAL MASSAGE.
- 109 € **WOMEN'S DETOX CONTOUR & FIRM BODY RITUAL // 1H50**
 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 WITH G5@ MACHINE, AN ADVANCED MECHANICAL MASSAGE AND SCALP MASSAGE.
- 79 € **DETOXIFIER AROMATHERAPY MASSAGE // 50M**
 +
 89 € **FACE AND SCALP MASSAGE // 1H05**
- 69 € **DETOXIFIER BODY WRAP // 1H05**
 INCLUDES: BODY EXFOLIATION, ALGAE WRAP AND SCALP MASSAGE.
- 69 € **WOMEN'S ANTI-CELULITE HIP & THIGH TREATMENT // 50M**
 A HIGHLY EFFECTIVE, STIMULATING TREATMENT TO TARGET CELLULITE, FLUID RETENTION AND UNEVEN SKIN TEXTURE. A COURSE OF 6 TREATMENTS IS RECOMMENDED. INCLUDES: SKIN BRUSH, DETOXIFYING SALT & OIL SCRUB, DETOXIFYING MASSAGE TO SPECIFIC AREA AND SPECIALISED COLONIC MASSAGE TECHNIQUES.
- 15 € **DETOX JET MASSAGE // 15M**
 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.

PERSONALISED

- 79 € **MASSAGE // 50M**
 A THERAPEUTIC FULL BODY MASSAGE USING BLENDS OF ESSENTIAL OILS PERSONALLY SELECTED FOR YOUR INDIVIDUAL NEEDS.
 +
 89 € **FACE AND SCALP MASSAGE // 1H05**
 99 € **OR FULL BODY EXFOLIATION // 1H35**

INTENSIVE MUSCLE RELEASE

TOTAL BODY CARE // 1H35	99 €
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	109 €
MUSCLE RELAXER RITUAL // 1H50	109 €
THIS TREATMENT COMBINES A BODY WRAP AND MASSAGE USING SPECIFIC OILS TO EASE TENSION IN THE MUSCLES, HELP RESTORE MOBILITY AND REDUCE ACHES AND PAINS. INCLUDES: BODY EXFOLIATION, MARINE MUD WRAP, SCALP MASSAGE, BODY MASSAGE WITH "FITNESS" OIL.	
+ HOT STONES THERAPY // 2H05	119 €
MUSCLE RELAXER AROMATHERAPY MASSAGE // 50M	79 €
+ FACE AND SCALP MASSAGE // 1H05	89 €
MUSCLE RELAXER BODY WRAP // 1H05	69 €
INCLUDES: BODY EXFOLIATION, MARINE MUD WRAP AND SCALP MASSAGE.	
DEEP MUSCLE MASSAGE // 1H05	89 €
THIS POWERFUL MASSAGE PENETRATES THE MUSCLES TO ALLEVIATE DEEP-SEATED TENSION AND MUSCULAR STRESS. MECHANICAL G50 WILL BEGIN THIS MASSAGE HELPING TO INCREASE CIRCULATION TO THE MUSCLES TO ENHANCE THE OVERALL TREATMENT EFFECT.	
+ LONGER TREATMENT WITH CONCENTRATION ON THE AREAS OF CONCERN // 1H20	99 €
MUSCLE REVIVER BACK MASSAGE // 40M	49 €
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	59 €
LUXURY BACK MASSAGE // 40M	49 €
A TENSION RELEASING MASSAGE FOR TIGHT MUSCLES AND CONGESTED SKIN ON THE BACK, NECK OR SHOULDERS. INCLUDES: BACK CLEANSE, MASSAGE AND MASK, LOWER LEG AND FOOT MASSAGE	
+ HOT STONES THERAPY // 50M	59 €

HIDROTHERAPY

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

HYDRO JETS

- 89 € **HYDRO JET DETOX RITUAL // 1H20**
 IMPROVES CIRCULATION, SPEEDING UP THE ELIMINATION OF TOXINS AND EXCESS FLUID, AND HELPS IMPROVE THE APPEARANCE OF THE SKIN, MINIMIZING THE DIMPLED APPEARANCE OF CELLULITE. INCLUDES: HIGH PRESSURE WATER MASSAGE JETS AND ALGAE WRAP.
- 89 € **HYDRO JET SKIN HYDRATOR RITUAL // 1H20**
 IDEAL FOR DRY OR STRESSED SKIN AS IT WILL REHYDRATE, NOURISH AND REVITALISE THE WHOLE BODY. INCLUDES: HIGH PRESSURE WATER MASSAGE JETS AND MARINE MUD WRAP.
- 89 € **HYDRO JET MUSCLE RELAXER RITUAL // 1H20**
 HELPS RELIEVE MUSCLE TENSION, REVITALIZING MUSCLES. INCLUDES: HIGH PRESSURE WATER MASSAGE JETS AND OSHADI WRAP.
- 89 € **HYDRO JET STRESS RELIEVER RITUAL // 1H20**
 MELT AWAY STRESS WITH THE INVIGORATING JETS, FOLLOWED BY A TENSION RELIEVING WRAP, RESTORING EQUILIBRIUM, PEACE OF MIND AND BRINGING DEEP RELAXATION TO BODY AND SPIRIT. INCLUDES: HIGH PRESSURE WATER MASSAGE JETS AND ALGAE & OSHADI WRAP.

HYDRO BATH

- 89 € **HYDRO BATH DETOX RITUAL // 1H20**
 DETOXIFIES THE SKIN FROM ELIMINATING TOXINS AND FIGHTING WATER RETENTION AND CELLULITE. INCLUDES: DETOXIFYING BATH IN BATHTUB WITH AIR & WATER MASSAGE JETS AND BODY MASSAGE WITH “DETOXIFYING” OIL.
- 89 € **HYDRO BATH SKIN HYDRATOR RITUAL // 1H20**
 BRINGS TRUE RE-HYDRATION TO DRY OR SENSITIVE SKIN, LEAVING IT NOURISHED AND SOFT. INCLUDES: HYDRATING BATH AND BODY MASSAGE WITH “RESTORATIVE” OIL.
- 89 € **HYDRO BATH MUSCLE RELAXER // 1H20**
 EASES TENSION AND TIGHTNESS IN THE MUSCLES HELPING TO RESTORE MOBILITY AND REDUCE PAINS. INCLUDES: RELAXING BATH AND BODY MASSAGE WITH “FITNESS” OIL.
- 89 € **HYDRO BATH STRESS RELIEVER // 1H20**
 MELT AWAY STRESS WITH A TENSION RELIEVING BATH, FOLLOWED BY A BODY MASSAGE, BRINGING DEEP RELAXATION TO THE BODY. INCLUDES: SOOTHING BATH AND BODY MASSAGE WITH “SOOTHING” OIL.

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.

FACIALS

- MEN'S AGE REBEL FACIAL // 1H20** 79 €
AN EFFECTIVE, AGE-DEFYING FACIAL DESIGNED TO DELIVER IMMEDIATE RESULTS TO TIRED LOOKING SKIN, AND REDUCE FINE LINES AND WRINKLES. INCLUDES: CLEANSE, STEAM, FACIAL MASSAGE, TONING MASK AND SCALP MASSAGE.
- MEN'S PERSONALISED FACIAL // 50M** 59 €
YOUR THERAPIST WILL SELECT THE MOST SUITABLE FACIAL FOR YOUR SKIN'S NEEDS. INCLUDES: CLEANSING, EXFOLIATION, STEAM, TREATMENT SPECIFIC MASSAGE, MASK AND SCALP MASSAGE.
- +
MEN'S FIRMING EYE TREATMENT // 1H05 OR 69 €
MEN'S LUXURY BACK MASSAGE // 1H20 OR 79 €
MEN'S PERSONALISED MASSAGE // 1H50 109 €
- MEN'S FIRMING EYE TREATMENT // 25M** 45 €
PERFECT FOR SMOOTHING AND BRIGHTENING YOUR SKIN AND TO HELP REDUCE WRINKLES.

BODY TREATMENTS

- MEN'S LUXURY BACK MASSAGE // 40M** 49 €
A TENSION RELEASING MASSAGE FOR TIGHT MUSCLES AND CONGESTED SKIN ON THE BACK, NECK OR SHOULDERS. INCLUDES: BACK CLEANSE, MASSAGE AND MASK, LOWER LEG AND FOOT MASSAGE.
- +
HOT STONES THERAPY // 50M 59 €
- MEN'S PERSONALISED MASSAGE // 50M** 79 €
A THERAPEUTIC FULL BODY MASSAGE USING BLENDS OF ESSENTIAL OILS .
- +
FACE AND SCALP MASSAGE // 1H05 89 €
OR
FULL BODY EXFOLIATION // 1H35 99 €

- 99 € **MEN'S STRESSBUSTER // 1H35**
 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.
 +
- 109 € **HOT STONES THERAPY // 1H50**
- 79 € **MEN'S BACK, FACE & SCALP TREATMENT // 1H20**
 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.
 +
- 89 € **HOT STONES THERAPY // 1H35**
- 89 € **MEN'S DEEP MUSCLE MASSAGE // 1H05**
 THIS POWERFUL MASSAGE PENETRATES THE MUSCLES TO ALLEVIATE DEEP-SEATED TENSION AND MUSCULAR STRESS. MECHANICAL G5@ WILL BEGIN THIS MASSAGE HELPING TO INCREASE CIRCULATION TO THE MUSCLES TO ENHANCE THE OVERALL TREATMENT EFFECT.
 +
- 99 € **LONGER TREATMENT WITH CONCENTRATION ON THE AREAS OF CONCERN // 1H20**
- 109 € **MEN'S DETOX BODY CLEANSE // 1H50**
 A FULL BODY TREATMENT PROVIDING AN INTENSE DETOX AND VITALITY BOOST. THE PERFECT TREATMENT TO KICK-START A HEALTHY EATING PROGRAMME OR TO ACCOMPANY A DETOX PROGRAMME. INCLUDES: MUSTARD SEEDS FOOT SOAK, BODY EXFOLIATION, ALGAE WRAP COLON MASSAGE ENHANCED BY THE USE OF G5@ MACHINE, LYMPHATIC MASSAGE WITH WARM DETOXIFYING HERBAL POULTICES.
- 69 € **MEN'S ACTIVE ABDOMINAL DETOX // 50M**
 A HIGHLY EFFECTIVE STOMACH TREATMENT IDEAL FOR THOSE WITH STOMACH BLOATING, WHO FEEL SLUGGISH, TIRED, OR JUST WANT TO ENHANCE THEIR STOMACH TONE. INCLUDES: DETOXIFYING ABDOMINAL EXFOLIATION, WARM DETOXIFYING HERBAL POULTICES, COLON MASSAGE ENHANCED BY THE USE OF G5@ MACHINE, AN ADVANCED MECHANICAL MASSAGE.
- 89 € **GOLFER'S TONIC // 1H20**
 SOOTHES ACHING MUSCLES AND TARGETS THE BACK, NECK, LEGS AND FEET. INCLUDES: FOOT SOAK, EXFOLIATION, FOOT AND LEG MASSAGE, ENVELOPMENT OF PARAFFIN WAX TO THE FEET AND BACK MASSAGE.
 +
- 99 € **HOT STONES THERAPY // 1H35**
- 49 € **MEN'S MUSCLE REVIVER BACK MASSAGE // 40M**
 A CONDENSED MASSAGE FOR THOSE WHO SUFFER WITH TENSION RELATED HEADACHES AND NECK STRAIN. INCLUDES: BACK MASSAGE, FACIAL AND SCALP MASSAGE.
 +
- 59 € **HOT STONES THERAPY // 50M**

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

89 €

A DEEPLY NOURISHING BODY TREATMENT DESIGNED TO TARGET AREAS PRONE TO STRESS AND TENSION DURING PREGNANCY.

A COURSE OF 6 TREATMENTS IS RECOMMENDED.

INCLUDES: EXFOLIATION, MASSAGE, BODY MASK AND SCALP MASSAGE.

MATERNITY MASSAGE // 50M

69 €

A RELAXING FULL BODY MASSAGE TO HELP IMPROVE SKIN ELASTICITY, REDUCE FATIGUE AND TARGETS AREAS PRONE TO TENSION DURING PREGNANCY.

LIGHTER LEGS // 40M

49 €

THIS REVITALISING TREATMENT FOR TIRED FEET AND HEAVY LEGS HELPS REDUCE PUFFINESS AND SOOTHE ACES AND PAINS.

INCLUDES: SOOTHING FOOT BATH, EXFOLIATION, DEEPLY THERAPEUTIC FOOT AND LOWER LEG MASSAGE.

POST NATAL

POST NATAL TREATMENT // 1H20

89 €

COMPLETELY PERSONALISED TO YOUR POST BABY NEEDS

WHETHER YOU NEED TO TONE AND FIRM YOUR SKIN, AID WEIGHT LOSS, OR SIMPLY RELAX AND RESTORE ENERGY.

A COURSE OF 6 TREATMENTS IS RECOMMENDED. INCLUDES: EXFOLIATION, MASSAGE AND BODY MASK AND SCALP MASSAGE.

BODY TONER RITUAL // 1H50

109 €

IDEAL FOR POST NATAL OR WEIGHT LOSS,

LEAVES THE SKIN SMOOTH, TONED AND NOURISHED.

INCLUDES: BODY EXFOLIATION, ALGAE AND MARINE MUD WRAP, SCALP MASSAGE AND BODY MASSAGE.

UNDER 16 YEARS OLD

WE ARE DELIGHTED TO OFFER TREATMENTS FOR CHILDREN UNDER 16 YEARS OLD, HOWEVER THEY MUST BE ACCOMPANIED 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.

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.

- 35 € ESSENTIAL MANICURE // 40M
- 45 € + VARNISH // 55M
- 55 € OR GELCOLOR BY OPI // 1H05

- 49 € LUXURY MANICURE WITH PARAFFIN // 50M
- 59 € + VARNISH // 1H20
- 69 € OR GELCOLOR BY OPI // 1H05

- 49 € ESSENTIAL PEDICURE // 55M
- 59 € + VARNISH // 1H05
- 69 € OR GELCOLOR BY OPI // 1H20

- 65 € LUXURY PEDICURE WITH PARAFFIN // 1H05
- 75 € + VARNISH // 1H15
- 85 € OR GELCOLOR BY OPI // 1H25

WAXING

- 17 € EYEBROWS // 10M
- 17 € LIP AND CHIN // 10M
- 17 € UNDERARM // 10M
- 19 € BIKINI // 20M
- 19 € HALF LEG // 25M
- 35 € FULL LEG // 55M
- 19 € CHEST // 25M
- 19 € BACK // 25M

TINTS

24H ALLERGY TEST REQUIRED

- 17 € EYEBROWS // 10M
- 19 € EYELASHES // 20M
- 25 € EYEBROWS AND EYELASHES // 25M

MAKE-UP

- 36 € MAKE-UP // 40M
- 49 € MAKE-UP LESSON // 50M

USEFUL INFORMATIONS

SPA OPENING HOURS <

EVERY DAY FROM 09H00 TO 19H30
TREATMENTS EVERY DAY FROM 09H30 TO 19H00

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 30 MINUTES 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 <

KINDLY ADVISE US OF ANY HEALTH CONDITIONS, ALLERGIES OR
INJURIES WHICH COULD AFFECT YOUR CHOICE OF TREATMENT
WHEN MAKING YOUR SPA RESERVATION.

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.

> **THE CACTUS BAR // 10H30-18H00**

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.) . +351 291 707 700 (EXT.)
SPA.CLIFFBAY@PORTOBAY.PT

#PORTOBAY     