



SPA AT PORTOBAY LIBERDADE

*mens sana in corpore sano*  
"MENS SANA IN CORPORE SANO"



MONDAY TO FRIDAY 10AM TO 9PM // SATURDAY TO SUNDAY 10AM TO 8PM // FLOOR -1

IN THE CENTRE OF LISBON, A STONE THROW FROM FAMOUS AVENIDA DA LIBERDADE,  
A NEW AND LUXURIOUS URBAN SPA HAS OPENED.

THE SPA AT PORTOBAY LIBERDADE OFFERS A NEW CONCEPT OF WELL-BEING,  
BASED ON SOPHISTICATED AROMATHERAPY EXPERIENCES WHICH STIMULATES THE SENSES,  
HELPING TO RESTORE ENERGY LEVELS, CALM AND BALANCE THE BODY AND MIND.

WITH A RANGE OF TREATMENTS CREATED BY THE INTERNATIONALLY KNOWN/WORLD RENOWNED  
ESSENTIAL OILS BRAND - AROMATHERAPY ASSOCIATES - IT BRINGS THE BEST OF THE  
AROMATHERAPY EXPERIENCE INTO A TREATMENT  
THAT WHILE BEING HIGHLY EFFECTIVE, IS ALSO LUXURIOUS AND EXCEPTIONAL.

DIVE INTO AN OASIS OF SERENITY THAT OFFERS BESPOKE SPA EXPERIENCES IN  
OVER 700 SQUARE METERS OF WELL-BEING, WHICH INCLUDE A VITALITY SWIMMING POOL, AMETHYST STEAM ROOM,  
SAUNA, EXPERIENCE SHOWERS, VARIOUS SPA SUITES AND A RELAXATION ROOM OVERLOOKING THE GARDEN.

COME AND ENJOY A NEW HOLISTIC EXPERIENCE IN THE CITY CENTRE.

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## PORTOBAY DISCOUNTS

GOURMET&SPA 5%  
PRESTIGE 5%  
PRESTIGE GOLD 10%

## SIGNATURE RITUALS

- 190 € **DE-STRESS EXPERIENCE // 120 MIN. // RELAX**  
HIGHLY RECOMMENDED THERAPY TO FIGHT THE EFFECTS OF ACCUMULATED STRESS AND TIREDNESS. INDULGE IN A SOOTHING FOOT BATH FOLLOWED BY AN AROMATHERAPY MASSAGE. TO HEIGHTEN SENSE OF LIGHTNESS AND WELL-BEING THIS EXPERIENCE COMBINES A FACIAL TO LEAVE THE SKIN SOFT AND RADIANT. AN AYURVEDIC SCALP MASSAGE PROVIDES THE FINISHING TOUCH TO THIS INVIGORATING MOMENT.
- 160 € **SWITCH-OFF (SLEEP THERAPY) // 120 MIN. (INCLUDES 15 MIN. NAP) // RELAX**  
THIS UNIQUE RITUAL IS HIGHLY EFFECTIVE FOR INDUCING STATES OF DEEP RELAXATION. IT STARTS OFF WITH A FEET WARMING RITUAL, FOLLOWED BY A MASSAGE WITH SLOW AND DEEP MOVEMENTS, COMBINED WITH PRESSURE THAT IS CAREFULLY APPLIED TO NEUROMUSCULAR POINTS, TO BALANCE THE NERVOUS SYSTEM AND RELIEVE AN AGITATED MIND. TO ROUND OFF, THE TREATMENT ROOM AND THE BED ARE PREPARED WITH AROMATHERAPY PILLOWS AND EXTRA COVERS, CREATING OPTIMAL CONDITIONS FOR A DESERVED SLEEP. AFTER 15 MINUTES, YOU WILL BE WOKEN TO THE SOUND OF TINGSHA BELLS.
- 280 € **BEST TIME TOGETHER (2PAX) // 90 MIN. // RENEWING**  
DELIGHT IN THE SENSUAL SCENTS OF EXOTIC YLANG-YLANG FLOWERS AND VANILLA, DIVE INTO A SENSORIAL JOURNEY FOR TWO. A LUXURIOUS FOOT BATH MARKS THE BEGINNING OF A COMPLETE AND ALL-OVER AROMATHERAPY MASSAGE WITH LONG AND LIGHT MOVEMENTS. ROUND OFF WITH THE APPLICATION OF A DEEPLY MOISTURISING LOTION FOR A SOFT SKIN. A RITUAL FOR TWO IN AN INTIMATE SETTING THAT ENCOURAGES BODY AND MIND HARMONY.
- 95 € **DESKTOP RECOVERY // 55 MIN. // DE-STRESS**  
IDEAL FOR THOSE SUFFERING FROM TENSION AND STIFFNESS AS A RESULT OF SPENDING LONG HOURS WORKING IN FRONT OF THE COMPUTER. DEEP TISSUE MASSAGE FOR BACK, NECK & SHOULDERS TO RELIEVE MUSCULAR PAINS, COMBINED WITH STRETCHES TO CORRECT POSTURE AND IMPROVE ELASTICITY. ROUND OFF WITH AN AYURVEDIC MASSAGE OF THE FACE AND SCALP WHICH WILL LEAVE YOU FEELING AT YOUR BEST FOR THE REST OF THE DAY.

## MASSAGES

- 95 € **ULTIMATE AROMATHERAPY EXPERIENCE // 55 OR 85 MIN. // SUPPORT**  
OR  
135 € A BRIEF INITIAL CONSULTATION WILL QUICKLY EVALUATE YOUR CURRENT PHYSICAL AND EMOTIONAL NEEDS. WITH THE RIGHT ESSENTIAL OIL (OVER 10 TO CHOOSE FROM, THIS TREATMENT WORKS FROM HEAD TO TOES, WITH YOUR CHOSEN OIL, YOUR THERAPIST WILL USE CAREFULLY APPLIED PRESSURES TO STIMULATE THE NERVOUS SYSTEM, SWEDISH AND NEUROMUSCULAR TECHNIQUES TO RELIEVE MUSCULAR TENSION, AND LYMPHATIC DRAINAGE TO ENCOURAGE HEALTHY CIRCULATION.
- 60 € **INTENSIVE MUSCLE RELEASE // 30 OR 55 MIN. // DE-STRESS**  
OR  
90 € DEEP TISSUE MASSAGE THAT COMBINES SWEDISH, NEUROMUSCULAR AND DIGITAL-PRESSURE TECHNIQUES, WITH STRETCHING AND DRAINAGE MOVEMENTS. LAVENDER ESSENTIAL OIL IS CALMING AND HAS ANTI-INFLAMMATORY PROPERTIES, WHILE ROSEMARY, BLACK PEPPER AND GINGER WARM UP THE MUSCLES AND HELP TO GET RID OF EXCESS LACTIC ACID, THAT CAUSES STIFFNESS AND PAIN.
- 105 € **HOT & COLD STONE MASSAGE // 70 MIN.**  
HOLISTIC MASSAGE WITH HEATED VOLCANIC STONES, WHICH INDUCE AN EXTRAORDINARY SENSATION OF WELL-BEING AND DEEP RELAXATION. THE EFFECT OF ESSENTIAL OILS TOGETHER WITH THE HEAT FROM VOLCANIC STONES MAKE THIS MASSAGE IDEAL FOR RELIEVING TENSION. THE RITUAL ENDS WITH A MASSAGE USING COLD STONES OVER THE FACE FOR A CONTRASTING ENERGETIC EFFECT AND ONE OF LIFTING.
- 75 € **RELAX MASSAGE // 45 OR 90 MIN. // RELAX**  
OR  
130 € AN EXCLUSIVE MASSAGE WITH ESSENTIAL OILS TO RELAX AND ENJOY A 100% RELAXING MOMENT. BODY, MIND AND SPIRIT IN TOTAL HARMONY.
- 100 € **ROSE PREGNANCY MASSAGE // 55 MIN. // RENEWING**  
GIVE YOURSELF A MOMENT TO APPRECIATE THE JOYS OF BEING PREGNANT AND LEAVE THE STRESS OF LIFE BEHIND. CHOOSE FROM A SELECTION OF THREE OILS, EACH ONE OF THEM ESPECIALLY DEVELOPED TO BE SAFELY USED DURING PREGNANCY, USING THE TRADITIONAL AROMATHERAPY PRESSURE POINT MASSAGE FOR THE UPPER BACK, THIS MASSAGE HELPS TO RELIEVE STRESS AND TENSION. THE LEGS ARE MASSAGED TO EASE THE HEAVY FEELING THAT CAN COME WITH PREGNANCY AND A FULL SCALP AND FACIAL MASSAGE ARE ALSO INCLUDED.

## BODY TREATMENTS

<b>JETLAG CURE // 85 MIN. // REVIVE</b>	110 €
THIS TREATMENT, SPECIALLY CREATED TO OFFSET TIREDNESS FROM LONG PLANE JOURNEYS STARTS OFF BY BREATHING IN EUCALYPTUS OIL TO CLEAR THE AIRWAYS. THIS IS FOLLOWED BY A GENTLE BODY EXFOLIATION TO ACTIVATE THE BLOOD CIRCULATION AND PREPARE THE SKIN FOR A SERIES OF STRETCHES AND INVIGORATING MASSAGE TECHNIQUES THAT WILL RESTORE YOUR ENERGY ONCE AGAIN. AT THE SAME TIME PRESSURE POINTS ON THE SPINE ACT TO UNBLOCK TENSION, STIMULATE THE CIRCULATION AND ELIMINATE TOXINS.	
<b>SILHOUETTE // 85 MIN.</b>	110 €
THERAPY USING 4% OXYGEN AND DRAINING MASSAGE WITH COLD STONES TO FIGHT ACCUMULATED FAT AND REDUCE THE MORE PROBLEMATIC CELLULITE AREAS LIKE THIGHS AND BUTTOCKS. WORKING NATURALLY THROUGH THE OXYGEN PRESSURE, THE RESULT BREAKS DOWN ADIPOSE CELLS AND REBALANCES CELLULAR OXYGENATION.	
<b>DRAINING &amp; TONING // 30 OR 55 MIN.</b>	45 € OR 80 €
DRAINING AND TONING MASSAGE WITH GREEN TEA AND VITAMIN B12 TO ELIMINATE TOXINS, SLIM AND TONE THE BODY. EXCELLENT FOR PREGNANCY TO EASE SWOLLEN LEGS AND FLUID RETENTION. IDEAL FOR MUSCULAR TONING AS PART OF A DIET, WEIGHT LOSS, FLACIDNESS OR GETTING YOUR FIGURE BACK. OPTION : UPPER BODY.	
<b>BODY REFINER // 55 MIN. // REVIVE</b>	90 €
A GENTLE BODY EXFOLIATION PREPARES THE SKIN FOR A BRISK DETOXIFICATION MASSAGE. THE BODY IS COVERED IN A FRESH WATER MUD TO TONE, WHILE A REFLEXOLOGY FOOT MASSAGE ENCOURAGES THE ELIMINATION OF TOXINS. THROUGH A COMBINATION OF ESSENTIAL OILS, THE MASSAGE WILL HAVE A BOTH A DETOXIFYING AND THERAPEUTIC EFFECT.	
<b>SOS BODY HIDRATOR // 55 MIN. // RENEWING</b>	85 €
LUXURIOUS TREATMENT FOR A GLOWING, SUPPLE AND SOFT SKIN. AN INVIGORATING EXFOLIATION USING GRAINED OLIVE PITS IS FOLLOWED BY A LAYERING OF NOURISHING ESSENTIAL OILS AND SHEA BUTTER. AN AYURVEDIC SCALP MASSAGE WITH INHALATION OF FRANKINCENSE PURE ESSENTIAL OIL WORKS SIMULTANEOUSLY ON THE PHYSICAL, MENTAL AND EMOTIONAL ASPECTS.	
<b>LEG REVIVER // 45 MIN. // REVIVE</b>	60 €
INVIGORATING TREATMENT TO RELIEVE TIRED LEGS AND FEET WHICH BEGINS WITH NATURAL OLIVE EXFOLIATION AND A SPECIALLY SELECTED COMBINATION OF REVIVING ESSENTIAL OILS SUCH AS PINK GRAPEFRUIT, PEPPERMINT AND JUNIPER BERRY WILL STIMULATE BLOOD CIRCULATION. A COMBINATION OF SPECIALLY SELECTED ESSENTIAL OILS, SUCH AS FRUIT SEEDS, FRESH MINT AND JUNIPER BERRIES WILL STIMULATE BLOOD CIRCULATION, REDUCING FLUID RETENTION AND THEREFORE THE FEELING OF TIRED LEGS.	
<b>ESSENTIAL BODY SCRUB // 30 MIN. // RELAX</b>	50 €
A RELAXING AND COMPLETE BODY EXFOLIATION WITH THE APPLICATION OF RICH AND NOURISHING CREAMS THAT WILL LEAVE YOUR SKIN GLOWING AND MAGNIFICENTLY SMOOTH.	

## FACIALS

<b>ROSE INFINITY FACIAL // 85 MIN.</b>	130 €
THIS UNIQUE FACIAL HARNESSSES THE MOST ADVANCED NATURAL INGREDIENTS TO REVEAL YOUNGER LOOKING SKIN AND A RADIANT COMPLEXION. USING ADVANCED TECHNOLOGY THAT WORKS AT A CELLULAR LEVEL TO REPAIR AGEING DNA, IT RADICALLY INCREASES MOISTURE LEVELS AND STIMULATES COLLAGEN PRODUCTION. WRINKLES AND LINES ARE PLUMPED OUT FOR VISIBLY SMOOTHER, YOUTHFULL LOOKING SKIN.	
<b>OXYGEN ANTI-AGEING FACIAL // 70 MIN.</b>	130 €
REGENERATING FACIAL RITUAL THAT COMBINES THE MOST ADVANCED OXYGEN FORMULA AND VITAMIN A WITH A GENTLE BUT EFFECTIVE ACTION USING FRUIT ENZYMES (ORANGE, TANGERINE, GRAPEFRUIT AND GRAPE). THE RESULT IS PERFECT : MOISTURISED, VITAMIN NOURISHED SKIN, VISIBLY RENEWED WITH A FIRM TEXTURE, GLOWING LOOK AND FEELING YOUTHFUL AND SILKY. A GENUINE NATURAL LIFTING EFFECT, FOR EVEN THE MOST SENSITIVE SKINS.	

- 95 € OXYGEN CHOCOLATE FACIAL // 70 MIN.  
AN EXCLUSIVE OXYGENATING AND DEEP MOISTURISING TREATMENT FOR ALL SKINS TYPES. BRINGING TOGETHER THE CHOCOLATE AND OXYGEN'S PROPERTIES, THE SKIN IS NOURISHED WITH VITAMINS AND MINERALS, WITH EXCEPTIONAL SKIN RESULTS IN TERMS OF MOISTURISING AND CAPACITIES FOR CELL REJUVENATION. A PURE PLEASURE THAT AWAKENS ALL OF THE SENSES.
- 95 € OXYGEN PURIFYING FACIAL // 70 MIN. // 95€  
IDEAL FOR PROBLEM SKINS OR WITH ACNE, THIS RITUAL ENSURES EFFICIENCY WITHOUT EQUAL. BY USING A SPECIFIC OXYGENATION, THIS TREATMENT DEEPLY CLEANSSES AND DETOXES THE SKIN, RIDDING IT OF BACTERIA AND IMPURITIES, REBALANCING THE PRODUCTION OF NATURAL SKIN OILS. THE SKIN RECOVERS ITS CELLULAR OXYGENATION ABILITY, LOOKS FRESH AND UNIFORM. THE BENEFITS OF OXYGEN IN ALL ITS SPLENDOUR.
- 100 € OXYGEN DEEP CLEANSING FACIAL // 85 MIN.  
THE MOST COMPLETE FACIAL CLEANSING RITUAL. AN EFFECTIVE RITUAL THAT COMBINES THE REMOVAL OF IMPURITIES, DETOXIFICATION AND OXYGENATION FOR ALL SKIN TYPES. FOR A CLEAN, TONED AND RADIANT SKIN.
- 60 € QUICK & BEAUTIFUL // 45 MIN.  
EXPRESS FACIAL TO CLEANSE AND OXYGENATE, IDEAL TO QUICKLY RESTORE THE GLOWING SHINE, OXYGENATION AND ELASTICITY TO TIRED AND DULL SKIN. USING FACIAL ACUPRESSURE TECHNIQUES AND AN EFFECTIVE COMBINATION OF ROSE ESSENTIAL OIL, GLYCOLIC ACID AND OXYGEN INSTANTLY LEAVE THE SKIN CLEAN AND OXYGENATED.
- 40 € INSTANT EYE REPAIR // 30 MIN.  
FEEL REJUVENATED WITH A FRESH, GLOWING AND YOUTHFUL LOOK. THIS TREATMENT USES EYE MASSAGE TECHNIQUES WITH NATURAL ESSENTIAL OILS TO IMPROVE BLOOD CIRCULATION, LYMPHATIC DRAINAGE, REDUCING SWELLING AND EXPRESSION LINES. INCLUDES STRESS RELIEF TECHNIQUES ON THE SHOULDERS AND SCALP.

## FACIALS FOR MEN

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### BY THE REFINERY - LONDON

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- 140 € ULTIMATE FACE AND BODY TREATMENT // 85 MIN.  
BEGIN YOUR EXPERIENCE WITH A REFRESHING BACK CLEANSING AND EXFOLIATION. CONTINUE ON WITH AN ANTI-STRESS AYURVEDIC BACK AND SCALP MASSAGE THAT WILL RELIEVE MUSCULAR PAINS. ENJOY A FACIAL TREATMENT USING AN EXOTIC BLEND OF THE BEST NATURAL ESSENCIAL AND VEGETABLE OILS EXCLUSIVE BY THE REFINERY BRAND. THE RESULT IS A SOFT, RENEWED AND BALANCED SKIN.
- 95 € REVITALIZING FACIAL // 55 MIN.  
COMPLETE FACIAL WITH ACTIVE AND POTENT INGREDIENTS THAT STIMULATES THE SKIN AT THE DEEPEST LEVEL. THE FACIAL MUSCLES ARE TONED AND THE SKIN COMES TO LIFE, MOISTURISED, WITH FINE LINES AND WRINKLES SMOOTHED AWAY. A MASSAGE USING PRESSURE POINTS IS DONE IN THE CLEAVAGE, NECK AND SHOULDER AREAS TO PROMOTE RELAXATION.
- 85 € ESSENTIAL FACIAL // 55 MIN.  
WHEN TIME IS SHORT AND YOU NEED TO BE AT YOUR BEST, THEN THIS RITUAL IS IDEAL. DEEP SKIN CLEANSING, EXFOLIATION AND MASK WITH MOISTURISING AND DETOXIFYING PROPERTIES. FOR A CLEAN AND GLOWING SKIN.  
OPTION : WITH EXTRACTION.

## ANCESTRAL TRADITIONS

AYURVEDIC // 55 OR 90 MIN. 100 €

ROOTED IN TRADITIONAL INDIAN MEDICINE, THIS IS A VIGOROUS MASSAGE WHICH STIMULATES THE MUSCLES AND BLOOD CIRCULATION, RELEASING TOXINS. PROMOTES GREATER FLEXIBILITY OF THE BODY AND INCREASES MOBILITY IN THE JOINTS. OPTION: STRETCHING. OR 130 €

SHIATSU // 55 OR 90 MIN. 100 €

PHYSICAL AND ENERGY REBALANCING THERAPY, BASED ON TRADITIONAL JAPANESE MEDICINE. PRACTISED USING FINGER PRESSURE, SHIATSU ACTS ON THE MUSCLES, JOINTS AND SPINE. RELEASES TENSION AND STIMULATES THE SKIN, NERVOUS AND CIRCULATORY SYSTEM. OR 130 €

TUI NA // 55 MIN. 100 €

BASED ON THE ANCESTRAL TECHNIQUES OF TRADITIONAL CHINESE MEDICINE, IT USES ACUPUNCTURE POINTS TO STIMULATE THE CIRCULATION AND VITAL QI ENERGY. THE BODY REDISCOVERS ITS ENERGY BALANCE BY RELEASING AN EXCESS OF QI ENERGY OR, IN THE CASE OF THE OPPOSITE, BY HARNESSING MISSING ENERGY.

OSTEOPATHY // 55 MIN. 100 €

OSTEOPATHIC TREATMENT WHICH AIMS TO CORRECT THE NORMAL FUNCTIONING OF THE OSTEOMUSCULAR FRAME, USING MANUAL TECHNIQUES TO DIAGNOSE AND TREAT A GREAT VARIETY OF HEALTH PROBLEMS, MAINLY TO DO WITH THE SPINE.

## FINAL TOUCHES

NOURISHING FOOT TREATMENT // 30 MIN. 40 €

TREATMENT EXCLUSIVELY TO SOFTEN YOUR FEET. STARTS OFF WITH A HOT WATER AROMATIC BATH WITH ESSENTIAL OILS OF GERANIUM, SANDALWOOD AND PATCHOULI. FOLLOWED BY EXFOLIATION USING SALT AND COFFEE TO PREPARE THE SKIN FOR DEEP MOISTURISING. EXTRA ATTENTION IS GIVEN TO THE SOLES OF THE FEET AND CUTICLES.

NOURISHING HAND TREATMENT // 30 MIN. 40 €

FOR HEALTHY AND SOFT HANDS, IRRESISTIBLE TO THE TOUCH !! BEGINS WITH A LIGHT EXFOLIATION WITH SALT AND COFFEE TO REMOVE DEAD SKIN CELLS, FOLLOWED BY THE APPLICATION OF A MARSHMALLOW MASK AND MOISTURISING WITH OILS RICH IN VITAMIN E, WITH SPECIAL EMPHASIS ON MOISTURISING THE NAILS. RELAX WHILE YOUR HANDS AND ARMS ARE COVERED IN EXOTIC OILS AND VELVETY SMOOTH BUTTER TO NOURISH, MOISTURISE AND PROTECT.

SPA PEDICURE // 70 MIN. 60 €

THE PERFECT COMBINATION OF SEA SALT EXFOLIANT AND NOURISHING BEAUTY TREATMENT FOR THE FEET AND NAILS.

SPA MANICURE // 45 MIN. 35 €

A GENUINE HAND SOFTENING AND PROTECTION TREATMENT. EXFOLIATING, NOURISHING BEAUTY TREATMENT FOR THE HANDS AND NAILS.

### WAXING

HALF LEG 25 €

FULL LEG 40 €

UNDERARMS 15 €

BIKINI LINE 20 €

BRAZILIAN WAX 35 €

ARMS 25 €

FACE 20 €

LIP FUZZ 10 €

EYEBROW MAINTENANCE 10 €

MEN BACK 30 €

CHEST 25 €

## GENERAL INFO

- > **SPA OPENING TIMES** MONDAY TO FRIDAY 10AM TO 9PM . SATURDAY TO SUNDAY 10AM TO 8PM
- > **ZEN ATMOSPHERE** THE SPA ENVIRONMENT IS ONE OF PURE RELAXATION AND CALM. PLEASE RESPECT THE RIGHT TO PRIVACY AND SERENITY OF ALL SPA CLIENTS AND GUESTS IN ALL OF THE SPA AREAS.
- > **SPA FACILITIES AND ACCESS POINTS**  
THE ACCESS TO THE SPA AND ITS FACILITIES ARE FOR PERSONS OVER 16 YEARS AND FREE FOR GUESTS : VITALITY POOL (WITH HYDROMASSAGE JETS), SAUNA, AMETHYST STEAM ROOM, EXPERIENCES SHOWER, CHANGING ROOM, RELAXATION AREA AND FITNESS ROOM. IF YOU ARE NOT A GUEST STAYING IN THE HOTEL YOU CAN USE THE FACILITIES BY BOOKING A RITUAL.
- > **FITNESS ROOM** DO YOU NEED TO GET FITTER ? LET OUR PERSONAL TRAINERS (PTS) DESIGN A TRAINING ROUTINE TO HELP YOU ACHIEVE YOUR GOALS. WE HAVE A SPECIALISED TEAM AT YOUR DISPOSAL TO ENSURE MAXIMUM MOTIVATION, CARRY OUT FITNESS EVALUATIONS, INDIVIDUAL COACHING SESSIONS AND CREATE TAILOR-MADE FITNESS PROGRAMMES TO MEET YOUR INDIVIDUAL NEEDS. THE GYM IS EQUIPPED WITH THE LATEST TECHNOGYM BRAND CARDIOVASCULAR TRAINING AND WEIGHTLIFTING EQUIPMENT, FREE WEIGHTS. FREE ACCESS FOR GUESTS.
- > **LOST AND FOUND** THE SPA IS NOT RESPONSIBLE AT ANY TIME FOR VALUABLE OBJECTS OR JEWELLERY LOST IN THE SPA. ALL LOST PROPERTY SHOULD BE HANDED IN TO THE HOTEL RECEPTION.

## HOW TO SPA

- > **CHOOSE AND BOOK A RITUAL** IF YOU REQUIRE HELP IN CHOOSING YOUR TREATMENT, CONTACT THE SPA RECEPTION. ADDITIONAL DETAILS CAN HELP YOU TO DECIDE BETWEEN TWO SPECIFIC TREATMENTS, DEPENDING ON THE DESIRED THERAPEUTIC OR RELAXATION OBJECTIVES. ALL TREATMENTS ARE SUBJECT TO PRIOR BOOKING AT THE RECEPTION, BY TELEPHONE (+351 210 015 740) OR BY E-MAIL (SPA.PBL@PORTOBAY.PT).
- > **SPA CHECK-IN** WE ADVISE THAT YOU ARRIVE AT LEAST 20 MINUTES BEFORE YOUR BOOKING SO THAT YOU CAN ENJOY THE UNIQUE PREMISES AND FILL IN YOUR HEALTH QUESTIONNAIRE. A LATE ARRIVAL AT THE SPA WILL LIMIT YOUR EXPERIENCE.
- > **CANCELLATION POLICY**  
FAILURE TO SHOW OR CANCELLATION WITHOUT AT LEAST 8 HOURS PRIOR WARNING WILL MEAN A 100% PAYMENT OF THE EXPERIENCE.
- > **SILENCE** YOUR TIME IN THE SPA IS SUPPOSED TO BE A RELAXING EXPERIENCE WHICH IS WHY WE WOULD ASK YOU TO SWITCH OFF YOUR MOBILE PHONE AND KEEP YOUR TONE OF CONVERSATION TO A MINIMUM IN THE TREATMENT ROOMS AND RECEPTION/RELAXATION AREAS.
- > **PHYSICAL CONDITION** PLEASE INFORM US ABOUT ANY HEALTH CONDITION, ALLERGIES OR LESIONS THAT COULD AFFECT YOUR CHOICE OF TREATMENT WHEN BOOKING. SOME TREATMENTS MAY NOT BE SUITABLE FOR CLIENTS WITH SPECIFIC CONDITIONS.
- > **PREGNANCY** WE HAVE SPECIFIC TREATMENTS FOR MOTHERS-TO-BE OR BREAST-FEEDING MOTHERS. PLEASE ALLOW OUR SPA TEAM TO HELP YOU TO CHOOSE THE RIGHT TREATMENT FOR YOU DURING THIS SPECIAL TIME.
- > **CHANGING ROOMS** FOR YOUR MAXIMUM COMFORT DRESSING GOWNS AND SLIPPERS ARE PROVIDED DURING YOUR EXPERIENCE. A LOCKER WILL ALSO BE PROVIDED FOR YOUR BELONGINGS.
- > **YOUR PREFERENCES** SPECIFIC ASPECTS OF TREATMENT MAY BE ADJUSTED TO YOUR PERSONAL PREFERENCES : LEVEL OF LIGHT, MUSIC, ROOM TEMPERATURE OR THE PRESSURE USED IN THE MASSAGE. IF YOU HAVE ANY QUESTIONS, DO NOT HESITATE IN ASKING THE THERAPIST WHO WILL ADEQUATELY ANSWER ANY DOUBT YOU MAY HAVE. DURING ALL TREATMENTS, THE THERAPIST WILL ENSURE YOUR MAXIMUM COMFORT, COVERING UP ALL AREAS THAT ARE NOT BEING TREATED.
- > **TREATMENT PACKAGES** OUR DAY SPA TREATMENT PACKAGES WERE CREATED SO THAT OUR CLIENTS CAN TRY OUT A SERIES OF TREATMENTS. THE SPA HAS A DISCOUNT SYSTEM FOR TREATMENT PACKAGES. THERE ARE PACKAGES OF 6 SESSIONS (WITH 10% DISCOUNT) OR 10 SESSIONS (WITH A 15% DISCOUNT). FAILURE TO SHOW OR CANCELLING WITHOUT 8 HOURS PRIOR WARNING WILL MEAN THE SESSION WILL BE DEBITED.
- > **HEMOCARE** TO CONTINUE THE SPA EXPERIENCE AT HOME, THE MAJORITY OF OUR PRODUCTS USED IN THE TREATMENTS ARE AVAILABLE FOR SALE AT THE SPA RECEPTION.
- > **GIFT VOUCHERS** CHOOSE THE PERFECT GIFT FOR SOMEONE SPECIAL IN THE COMFORT OF YOUR HOME. PLEASE CONTACT THE SPA RECEPTION FOR MORE INFORMATION.
- > **GRATUITY** IF YOU ENJOYED YOUR RITUAL AND YOUR THERAPY EXCEEDED YOUR EXPECTATIONS, YOU CAN LEAVE A TIP AT THE SPA RECEPTION.
- > **HALF-DAY SPA PROGRAMMES** WE WOULD LIKE TO INFORM YOU THAT THERE ARE HALF-DAY OR FULL-DAY SPA TREATMENTS WHICH ARE SPECIALLY DESIGNED FOR YOU. TO GUARANTEE THE BEST CHOICE POSSIBLE, A LIGHT MEAL OR YOUR PREFERRED TIME, WE RECOMMEND THAT YOU CONTACT THE SPA RECEPTION BEFOREHAND.
- > **CORPORATE PROGRAMMES // MEMBERSHIP // SPA CARD** THE SPA PROVIDES A NUMBER OF BENEFITS FOR COMPANY STAFF WITH AN ESTABLISHED AGREEMENT, OR FOR SPECIAL EVENTS. THERE ARE ALSO VARIOUS MEMBERSHIP OPTIONS AVAILABLE. FOR MORE INFORMATION, PLEASE CONTACT OUR SPA MANAGER OR RECEPTION OR VIA E-MAIL: SPA.PBL@PORTOBAY.PT
- > **PRICES** PRICES ARE SUBJECT TO ALTERATIONS WITHOUT PRIOR WARNING.



PortoBay  
LIBERDADE  
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#PORTOBAY       
(SHARE WITH US)