



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	121 €
AROMATIC BATH // 20M	(P/PERSON)
+ SPA TREATMENT PER PERSON (FACIAL OR BODY) // 1H00	
+ RELAXATION // 20M	
+ SELECTION OF TEAS, FRUIT JUICE AND FRESH FRUIT	
TIME-OUT FOR 2 // 3H00	175 €
AROMATIC BATH // 20M	(P/PERSON)
+ SPA TREATMENT PER PERSON (FACE AND BODY) // 2H00	
+ RELAXATION // 20M	
+ SELECTION OF TEAS, FRUIT JUICE AND FRESH FRUIT	
SPA SUITE EXTRA TIME // 20M	25 €
UPGRADE TO YOUR SPA SUITE PROGRAMME ADDING 20M TO MAKE AN ALREADY RELAXING EXPERIENCE EVEN BETTER.	(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	82 €
	(P/PERSON)
DE-STRESSER AROMATHERAPY MASSAGE // 1H05	92 €
	(P/PERSON)
DETOXIFIER AROMATHERAPY MASSAGE // 1H05	92 €
	(P/PERSON)
MUSCLE RELAXER AROMATHERAPY MASSAGE // 1H05	92 €
	(P/PERSON)

*outstanding views* . . .

“OUTSTANDING VIEWS”

## FACIALS

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### ESPA

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

#### LIFESTAGE FACIAL // 1H20

88 €

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

82 €

THIS REGENERATING FACIAL AND FIRING 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.

#### OPTIMAL SKIN PROFACIAL // 50M

79 €

THIS FACIAL INSTANTLY REVIVES AND BRIGHTENS THE COMPLEXION WHILE ULTIMATELY HELPING TO PROTECT AGAINST ENVIRONMENTAL DAMAGE AND DELAY THE EARLY, INVISIBLE STAGE OF SKIN AGEING. SUITABLE FOR ALL TYPES AND AGES.

#### PERSONALISED FACIAL // 50M

66 €

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

+

EXTRACTION TIME // 1H05 OR

71 €

FIRMING EYE TREATMENT // 1H05 OR

81 €

PERSONALISED MASSAGE // 1H50

112 €

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## CACI, NON SURGICAL SOLUTIONS

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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.

- 54 € CACI EYE REVIVE // 40M  
 THE NEW CACI EYE REVIVE TREATMENT COMBINES ACTIVE MICROCURRENT EYE ROLLERS WHICH ARE INFUSED WITH CACI EYE REVIVE SERUM THAT HAS POWERFUL ANTI-AGEING PROPERTIES, AND CACI'S NEW HYDRO EYE MASK. THE HYDRO EYE MASK IS PACKED FULL OF HYALURONIC ACID AND COLLAGEN TO HELP SOFTEN FINE LINES AND WRINKLES ALONG WITH GREEN TEA AND CUCUMBER EXTRACT TO DETOXYFY, CALM, SOOTHE AND RE-ENERGISE EYES, LEAVING THEM BRIGHT AND TIGHT.
- 72 € CACI NON SURGICAL FACE LIFT // 1H05  
 THIS TREATMENT OFFERS INCREDIBLE FIRMING RESULTS FOR THOSE WANTING A POWERFUL ANTI-AGEING TREATMENT WITH VISIBLE RESULTS WITHOUT SURGERY.
- 702 € 15 SESSIONS // -35%  
 504 € 10 SESSIONS // -30%  
 345 € 6 SESSIONS // -20%  
 194 € 3 SESSIONS // -10%  
 +
- 83 € CACI HYDRO MASK // 1H20  
 INFUSED WITH POWERFUL HYDRATING PROPERTIES: ROSE WATER, COLLAGEN, HYADRURONIC ACID AND VITAMINS C&E.
- 93 € 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.
- +  
 103 € CACI HYDRO MASK // 1H35  
 INFUSED WITH POWERFUL HYDRATING PROPERTIES: ROSE WATER, COLLAGEN, HYALURONIC 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

<b>BACK, FACE &amp; SCALP TREATMENT // 1H20</b> 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 €
<b>HOT STONES THERAPY // 1H35</b>	99 €
<b>STRESS RELIEVER RITUAL // 1H50</b> 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 WRAP, SCALP MASSAGE AND BODY MASSAGE WITH AROMATHERAPY OIL. +	112 €
<b>HOT STONES THERAPY // 2H05</b>	121 €
<b>DE-STRESSER AROMATHERAPY MASSAGE // 50M</b> + FACE AND SCALP MASSAGE // 1H05	82 € 92 €
<b>DE-STRESSER BODY WRAP // 1H05</b> INCLUDES: BODY EXFOLIATION, MARINE MUD WRAP, SCALP MASSAGE.	79 €
<b>ESPA BALINESE MASSAGE // 1H05</b> WARM AROMATHERAPY OILS ARE Poured ONTO THE CENTRE OF THE BODY AND MASSAGED INTO THE SKIN USING LONG, STRETCHING, SWEEPING MOVEMENTS FOR DEEP RELAXATION. +	92 €
<b>HOT STONES THERAPY // 1H20</b>	102 €
<b>REFLEXOLOGY // 50M</b> 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.	72 €
<b>LIGHTER LEGS // 40M</b> 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	52 €



## DETOX

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- 121 € **CONTOUR & FIRM BODY RITUAL // 2H05**  
 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 G50 MACHINE, AN ADVANCED MECHANICAL MASSAGE AND SCALP MASSAGE. LADIES ONLY.
- 112 € **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 G50 MACHINE, LYMPHATIC MASSAGE WITH WARM DETOXIFYING HERBAL POULTICES.
- 72 € **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 G50 MACHINE, AN ADVANCED MECHANICAL MASSAGE.
- 72 € **ANTI-CELLULITE 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.
- 79 € **DETOXIFIER BODY WRAP // 1H05**  
 INCLUDES: BODY EXFOLIATION, ALGAE WRAP AND SCALP MASSAGE.
- 19 € **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

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- 82 € **MASSAGE // 50M**  
 A THERAPEUTIC FULL BODY MASSAGE USING BLENDS OF ESSENTIAL OILS PERSONALLY SELECTED FOR YOUR INDIVIDUAL NEEDS.  
 +
- 92 € **FACE AND SCALP MASSAGE // 1H05**

## INTENSIVE MUSCLE RELEASE

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<b>TOTAL BODY CARE // 1H35</b>	102 €
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.	
+	
<b>HOT STONES THERAPY // 1H50</b>	112 €
<b>MUSCLE RELAXER RITUAL // 1H50</b>	112 €
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 AROMATHERAPY OIL.	
+	
<b>HOT STONES THERAPY // 2H05</b>	121 €
<b>MUSCLE RELAXER AROMATHERAPY MASSAGE // 50M</b>	82 €
+	
<b>FACE AND SCALP MASSAGE // 1H05</b>	92 €
<b>MUSCLE RELAXER BODY WRAP // 1H05</b>	79 €
INCLUDES: BODY EXFOLIATION, MARINE MUD WRAP AND SCALP MASSAGE.	
<b>DEEP MUSCLE MASSAGE // 1H20</b>	99 €
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.	
<b>MUSCLE REVIVER BACK MASSAGE // 40M</b>	54 €
A CONDENSED MASSAGE FOR THOSE WHO SUFFER WITH TENSION RELATED HEADACHES AND NECK STRAIN. INCLUDES: BACK MASSAGE, FACIAL AND SCALP MASSAGE	
+	
<b>HOT STONES THERAPY // 50M</b>	59 €
<b>LUXURY BACK MASSAGE // 50M</b>	62 €
A TENSION RELEASING TREATMENT FOR TIGHT MUSCLES AND CONGESTED SKIN ON THE BACK, NECK OR SHOULDERS. INCLUDES: BACK CLEANSE, MASSAGE AND MASK, LOWER LEG AND FOOT MASSAGE. WHEN NEEDED, HOT STONES ARE AVAILABLE TO PENETRATE WARMTH AND HELP EASE ACHES & PAINS.	

## HIDROTHERAPY

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

HYDRO JET + FULL BODY WRAP : FULL BODY MASSAGE WITH HIGH PRESSURE WATER JETS. IMPROVES CIRCULATION, SPEEDING UP THE ELIMINATION OF TOXINS AND EXCESS FLUID.

HYDRO BATH + AROMATHERAPY FULL BODY MASSAGE : A BESPOKE LUXURIOUS BATH DESIGNED TO OFFER REST AND REVITALISATION TO THE MIND AND BODY. EQUIPPED WITH AIR AND WATER JET TO GENTLY MASSAGE THE ENTIRE BODY.

- 89 €      **HYDRO JETS DETOX // 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.
- 89 €      **HYDRO JETS HYDRATOR // 1H20**  
 IDEAL FOR DRY OR STRESSED SKIN AS IT WILL REHYDRATE, NOURISH AND REVITALISE THE WHOLE BODY.
- 89 €      **HYDRO JETS RELAXER // 1H20**  
 HELPS RELIEVE MUSCLE TENSION, REVITALIZING MUSCLES.
- 89 €      **HYDRO JETS STRESS RELIEVER // 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.
- 93 €      **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.
- 93 €      **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.
- 93 €      **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.
- 93 €      **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.

MEN'S PERSONALISED FACIAL // 50M	66 €
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	81 €
MEN'S PERSONALISED MASSAGE // 1H50	112 €
MEN'S BACK, FACE & SCALP TREATMENT // 1H20	89 €
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	99 €
MEN'S STRESSBUSTER // 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 €

82 € MEN'S PERSONALISED MASSAGE // 50M

A THERAPEUTIC FULL BODY MASSAGE USING  
BLENDS OF ESSENTIAL OILS.

+

92 € FACE AND SCALP MASSAGE // 1H05

OR

99 € FULL BODY EXFOLIATION // 1H35

62 € MEN'S LUXURY BACK MASSAGE // 50M

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

99 € MEN'S DEEP MUSCLE MASSAGE // 1H20

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.

112 € 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.

54 € 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** 92 €  
A DEEPLY NOURISHING BODY TREATMENT DESIGNED TO TARGET AREAS PRONE TO STRESS AND TENSION DURING PREGNANCY. A COURSE OF 6 TREATMENTS IS RECOMMENDED. INCLUDES: BACK EXFOLIATION (IF REQUIRED), BODY AND SCALP MASSAGE.
- MATERNITY MASSAGE // 50M** 72 €  
A RELAXING FULL BODY MASSAGE TO HELP IMPROVE SKIN ELASTICITY, REDUCE FATIGUE AND TARGETS AREAS PRONE TO TENSION DURING PREGNANCY.
- LIGHTER LEGS // 40M** 52 €  
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.

## 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.

- TEEN ANGEL FACIAL // 50M** 79 €  
A FACIAL USING ESPA PRODUCTS SPECIFICALLY TAILORED TO YOUNGER SKINS. THE TREATMENT INCLUDES AN INITIAL SKIN ANALYSIS, A GENTLE CLEANSE, LIGHT MASSAGE, TREATMENT MASK AND PROTECTIVE MOISTURIZER AND OODLES OF HOME CARE ADVICE.
- TOTALLY TEENS CARE CHOCOLATE MASSAGE // 50M** 79 €  
RECOMMENDED FOR VERY ACTIVE CHILDREN AND TEENS. THIS MASSAGE RELIEVES TENSION AND SOOTHES TIRED MUSCLES.

## 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)

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### HANDS AND FEET

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CUT AND FILE, SOAK, CUTICLE WORK,  
BUFF, APPLICATION OF HAND CREAM.

- 46 € ESSENTIAL MANICURE // 55M  
56 € + GELCOLOR BY OPI // 1H05
- 59 € LUXURY HAND TREATMENT WITH PARAFFIN // 1H05
- 61 € ESSENTIAL PEDICURE // 1H05  
69 € + GELCOLOR BY OPI // 1H20
- 73 € LUXURY FOOT TREATMENT WITH PARAFFIN // 1H15

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### WAXING

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- 21 € EYEBROWS // 10M  
21 € LIP AND CHIN // 10M  
21 € UNDERARM // 10M  
23 € BIKINI // 25M  
25 € HALF LEG // 25M  
40 € FULL LEG // 55M

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### TINTS

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24H ALLERGY TEST REQUIRED

- 21 € EYEBROWS // 10M  
23 € EYELASHES // 20M  
27 € EYEBROWS AND EYELASHES // 25M

## 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  
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#PORTOBAY     