

PROGRAMME | 2 DAYS REVITALIZATION AND RELAXATION AT REAL SPA THERAPY

INSPIRED BY PORTUGAL



VALIDITY: UNTIL 31st DECEMBER 2017

Thinking about your well-being, we have created a 2 days Spa programme with **exclusive treatments** focused on **Portuguese ingredients** with **confirmed benefits** to help achieve physical balance and prevent symptoms of stress.

Come and spend some pleasant days at one of our hotels and restore your energy.

Spa
REAL THERAPY



2 DAYS REVITALIZATION AND RELAXATION PROGRAMME INCLUDES:

- _ Thalassotherapy circuit, sauna, steam room (1)
- _ Heated indoor swimming pool, sauna, steam room and jacuzzi (2)
- _ Heated indoor swimming pool, sauna, steam room and bubbling area (3)



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|---------------------|---|
| 1 st DAY | _ 1 Detoxifying treatment with redcurrant extracts |
| | _ 1 Relaxing hydromassage with camomile |
| | _ 1 Jet shower |
| 2 nd DAY | _ 1 Relaxing vichy shower for muscle well-being with 2 hands and rosemary |
| | _ 1 Craniofacial massage with moisturising lavender cream |



- _ Free Wi-fi and Parking

IMPORTANT NOTE - GRANDE REAL VILLA ITÁLIA HOTEL & SPA

Due to the need of periodical maintenance, our thalassotherapy pool, sauna and steam room will be closed from the 18th of January until the 5th of February 2016.

All the remaining services, Gym and Treatments, will remain open and with the normal working hours.

HOW TO BOOK

Access realhotelsgroup.com, enter the booking engine and select:

- [1] Your preferred hotel
- [2] The arrival and departure date
- [3] The number of adults
- [4] The availability
- [5] The type of room
- [6] The best accommodation price

and add the 2 DAYS REVITALIZATION AND RELAXATION programme at Real Spa Therapy to your stay

HOTEL	PROGRAMME PRICE*
(1) Grande Real Villa Itália Hotel & Spa ***** Cascais	240€
(1) Grande Real Santa Eulália Resort & Hotel Spa ***** Albufeira	240€
(2) Real Bellavista Hotel & Spa **** Albufeira	190€
(3) Real Marina Hotel & Spa ***** Olhão Ria Formosa	190€

*Values per person and without accommodation.

NOTE: (1), (2) and (3) only available at the indicated Hotels.

INFORMATION AND BOOKING

ALGARVE | T. (+351) 289 598 010/012/053 | E. reservas.alg@hoteisreal.com

LISBOA | T. (+351) 213 199 150/151/152/153 | E. reservas.lis@hoteisreal.com

Conditions and cancellation policy: Programme subject to prior booking and the availability of the selected hotel and Spa. Not accumulative with other offers. This programme cannot be changed without prior notice. All rates included.

Cancellation policy of the accommodation: The cancellation policy of the selected price is applicable (check in the booking process).

Cancellation policy of the SPA: Cancellations or alterations of date up to 48 hours in advance are exempt from costs. Cancellations after this period shall be charged at 50% of the booked. Cancellations made less than 12 hours in advance shall be charged at the full value of the treatment.

At Real Spa Therapy we make the most of each region and its natural ingredients to ensure that the results are even more effective, offering you unequalled experiences, where time is merely the starting point for a journey towards an inebriating sea of sensations.

Embark on a unique experience where all your senses merge together into a single one.

PROGRAMME | 2 DAYS REVITALIZATION AND RELAXATION



_ Thalassotherapy circuit pool, sauna, steam room

Available: Grande Real Villa Itália Hotel & Spa | Grande Real Santa Eulália Resort & Hotel Spa

⌚ 45 min.

_ Indoor heated pool, sauna, steam room and jacuzzi

Available: Real Bellavista Hotel & Spa

_ Indoor heated pool, sauna, steam room and bubbling area

Available: Real Marina Hotel & Spa

NOTE: Mandatory use of swimming cap. If you do not have one, a cap can be acquired at the Real Spa Therapy. Access allowed to people over 16 years old.

1st DAY



DETOXIFYING TREATMENT WITH REDCURRANT EXTRACTS

Body care which begins with exfoliation, followed by a wrap which, due to the redcurrant extracts, enables drainage and elimination of toxins.



Benefit:
DETOX

⌚ 50 min.



RELAXING HYDROMASSAGE WITH CAMOMILE

Treatment which combines the benefits of sea or fresh water and with the calming action of camomile, promoting greater oxygenation of the tissues and improved blood circulation.



Benefit:
RELAXATION

⌚ 20 min.



JET SHOWER

Jets of seawater or freshwater of variable pressure and temperatures between 37° and 42° C. Treatment indicated for problems of the circulatory, musculoskeletal and cellulite sphere.



Benefit:
TONING

⌚ 15 min.

2nd DAY



RELAXING VICHY SHOWER FOR MUSCLE WELL-BEING WITH 2 HANDS AND ROSEMARY

Massage shower with sea or fresh water at 38° C at a low pressure complemented with a localised massage given by 2 hands. The combination of the water with the massage and rosemary oil assures the stimulation of circulation and muscle strengthening.



Benefit:
MUSCLE WELL-BEING

⌚ 20 min.



CRANIOFACIAL MASSAGE WITH MOISTURISING LAVENDER CREAM

Head and face massage which releases tension through gentle movements. Restores balance through the application of moisturising lavender cream.



Benefit:
RELAXATION

⌚ 20 min.