

PROGRAMME | 6 DAYS DETOX AND RELAXATION AT REAL SPA THERAPY

INSPIRED BY PORTUGAL



VALIDITY: UNTIL 31st DECEMBER 2017

Thinking about your well-being, we have created a 6 days Spa programme with **exclusive treatments** focused on **Portuguese ingredients** with **confirmed benefits** to help boost the release of toxins and activate blood irrigation, optimising relaxation and remineralisation, and balancing the entire vital system.

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

Spa
REAL THERAPY

6 DAYS DETOX 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)



- 1st DAY**
 - _ 1 Relaxing hydromassage with camomile
 - _ 1 Relaxing hydromassage with basil
- 2nd DAY**
 - _ 1 Detox hydromassage with algae extracts
 - _ 1 Detoxifying treatment with redcurrant extracts
- 3rd DAY**
 - _ 1 Jet shower
 - _ 1 Lymphatic drainage massage
- 4th DAY**
 - _ 1 Facial purification and cleaning with marine active principles
 - _ Reflexology
- 5th DAY**
 - _ 1 Relaxing vichy shower for muscle well-being with 2 hands and rosemary
 - _ 1 Craniofacial massage with moisturising lavender cream
- 6th DAY**
 - _ 1 Real lusitanian ritual with portuguese calabashes and sunflower oil



- _ 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 6 DAYS DETOX AND RELAXATION programme
at Real Spa Therapy to your stay

HOTEL	PROGRAMME PRICE*
(1) Grande Real Villa Itália Hotel & Spa ***** Cascais	590€
(1) Grande Real Santa Eulália Resort & Hotel Spa ***** Albufeira	590€
(2) Real Bellavista Hotel & Spa **** Albufeira	490€
(3) Real Marina Hotel & Spa ***** Olhão Ria Formosa	490€

*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.

PROGRAMME | 6 DAYS DETOX AND RELAXATION



- Thalassotherapy circuit pool, sauna, steam room
Available: Grande Real Villa Itália Hotel & Spa | Grande Real Santa Eulália Resort & Hotel Spa
- 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

🕒 45 min.

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



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.



REAL RELAXATION MASSAGE WITH BASIL

Relaxing massage with basil essential oils which have a refreshing and toning action, helping to combat mental fatigue and sharpen your senses.



Benefícios:
**RELAXATION
AND MUSCLE WELL-BEING**

🕒 50 min.

2nd DAY



DETOX HYDROMASSAGE WITH ALGAE EXTRACTS

Slimming hydromassage which drains the tissues through the effects of the seaweed by speeding up the natural process of elimination of fats and toxins.



Benefit:
DETOX
🕒 20 min.



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.

3rd DAY



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.



LYMPHATIC DRAINAGE MASSAGE

Massage with gentle movements which assure the release of water and toxins from the body. Stimulates lymphatic circulation and the immunity system, producing a sedative and tranquillising effect.



Benefit:
**IMPROVED BLOOD
CIRCULATION**
🕒 50 min.

4th DAY



FACIAL PURIFICATION AND CLEANING WITH MARINE ACTIVE PRINCIPLES

Treatment which assures in-depth skin detoxification and oxygenation based on the marine action of seaweed.



Benefit:
CLEANING
🕒 80 min.



REFLEXOLOGY

A complementing therapy which applies specific pressure to the sole of the foot, stimulating the entire reflexive area of the internal organs. Promotes health and psychological well-being, balancing the entire human system.



Benefit:
**PHYSICAL, EMOTIONAL
AND SPIRITUAL BALANCE**
🕒 45 min.

5th 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.

6th DAY



REAL LUSITANIAN RITUAL WITH PORTUGUESE CALABASHES AND SUNFLOWER OIL

This Ritual evokes elements as authentic as the typical Portuguese calabashes. It begins with body exfoliation with rice powder and is completed with a body massage with sunflower oil from the marshes of the Ribatejo where calabashes are used with systematic movements, assuring revitalisation of the mind and soul.



Benefits:
RELAXATION AND DETOX
🕒 80 min.

Learn more about the treatments:

REALSPATHERTHERAPY.COM