

VILA VITA VITAL
SPA MENU





SPA JOURNEYS

With its genuine and original products, with a myriad of scents and colours, La Sultane de Saba's Aroma Spa line proposes several treatments based on natural essences from exotic destinations from all over the world. Its concept is based on a very ancient and precious beauty ritual for the oriental woman, transmitted from generation to generation, that will take you on a journey towards the lands of the sun, where body and spirit return to the essence of relaxation and well-being.

Through Portugal's long-established relationship with the sea, discovering far off horizons and foreign lands, inspired by the beauty rituals of the world, VILA VITA Vital Spa invites you to travel these routes to a world of new experiences with the Aroma Spa products by La Sultane de Saba, each based on a unique and exquisite authenticity.

Choose an aroma, combine it with your desired treatment and let us take you to the most exotic places and travel beyond your senses!

- to the mystic Orient with the Vanilla or Oriental Amber Essences
- to spicy India with the Ayurvedic Oriental Essences
- to ritualistic Japan with the Lotus and Neroli Essences
- to spiritual Bali with the Frangipani Flower and Lotus Essences
- to exotic Islands with the Tiaré Flower and Aloe Vera Essences
- to luxuriant Malaysia with Tropical Champaka Flower Essences

BODY TREATMENTS

BY LA SULTANE DE SABA



Signature
TREATMENTS

QUEEN SABA *for Her*
KING SALOMON *for Him*

2h20

Beginning with an intensive cleansing ritual with Black Eucalyptus Soap, which rejuvenates, eliminates toxins and stimulates circulation, the skin is noticeably cleansed and toned. It is followed by a body wrap with a nourishing body care mask, and into a relaxing, hands-on body massage, face treatment and head massage.

A full body treatment with Oriental Aroma Spa essences from top to toe, which allows the body and spirit to dream, and to travel to horizons of well-being and relaxation, leaving the mind uplifted, the body energised and the skin orientally fragrant.

- Body exfoliation
- Body wrap
- Body, face and head treatment

SENSATION

50 min

A refreshing body scrub eliminates dead cells and has an antiseptic effect on the skin. The rassoul body mask that follows is a cleansing clay, the Shea butter and oils have a nourishing effect on the skin and promote a radiant complexion.

- Body scrub with eucalyptus soap
- Nourishing body mask with rassoul, Shea butter and oils

GLOW

80 min

Relaxes the feet with an exfoliating foot ritual. The body exfoliating salt encourages the disappearance of devitalized aspects of the skin. Warm Shea butter and aroma oils will be massaged directly onto the body.

- Foot ritual
- Body exfoliation with aromatic salts
- Full body massage with warmed oils and melted Shea butter

BALANCE

50 min

A fragrant hand and foot ritual to ease tired soles and hands. To exfoliate the back the Kessa glove prepares the skin for the following relaxing back massage with fragrant oils.

- Hand and foot care
- Back exfoliation
- Anti-stress back, neck and shoulder massage

HARMONY

80 min

A relaxing facial, starting with a gentle cleanser and an exfoliation, followed by a massage with serum and melted Shea butter, finishing with a hydrating honey mask with its purifying power. To round off this ritual, it is followed by a relaxing and stress-dissolving hand and foot ritual with exfoliation, mask and massage.

- Facial
- Hand and foot treatment

VITALITY

80 min

Your favourite Aroma Oil mixed with nourishing melted Shea butter. This intensive full body and head massage will relieve stress. The treatment is intensified by working on the hands and feet pressure points.

- Intensive full body Aroma Oil massage with hands and feet pressure points
- Stimulating head massage

DREAM

50 min

Beginning with a relaxing bath your skin is perfectly prepared for the following moisturizing body treatment, rounded off with either a back or leg massage.

- Hydrating relaxing bath with hydro jet massage
- Moisturizing body treatment with back or leg massage

BODY TREATMENTS

BY KANEBO

KUMIKYOKU 80 min
Stress Relief & Moisturizing

A deeply moisturizing and balancing therapy for specific skin types, featuring “Body Care” products and a special moisturizing massage oil scented with Kanebo’s original bamboo fragrance. This treatment is effective in regulating energy, blood and water circulation and dissolving tension.

SENRITSU 80 min
Firming & Toning

Double-action course to counter sagging and improve resilience, featuring “Cellular Performance” body care products and a special firming massage oil. The treatments promote the flow of energy, blood and water, leaving your body feeling toned and supple and your mind relaxed.

SHINON 80 min
Slimming & Detoxifying

Anti-water-retention programme for a more streamlined silhouette, utilising the “Body Care” line. After priming the skin to stimulate the metabolism, we apply a special oil and also massage the body to promote circulation and accelerate lipolysis. The treatment leaves your entire body feeling cool and uplifted, with newly defined contours.

FACIAL TREATMENTS

BY KANEBO

SENSAI BEAUTY 80 min
Rejuvenating & Anti-aging

This deluxe anti-aging facial treatment featuring Kanebo’s most potent and luxurious product series, is formulated with exclusive DNA repair support technologies to enable cells to perform at their peak for longer, thus taking women closer to their ideal of “Timeless Beauty”.

RITSUDO 80 min
Lifting & Regenerating

Intensive therapy to tone facial muscles to counter sagging around the eyes, cheeks, mouth and facial contours. Featuring the “Cellular Performance” lifting series and a special lifting mask, this advanced anti-aging facial treatment contributes to more defined facial contours and an uplifted, taut and youthful appearance.

JURAGI 80 min
Moisturizing

A deeply moisturizing treatment to boost cell vitality for specific skin types. This early aging silk touch treatment features the “Sensai Silk” introductory anti aging line, which counters signs of early aging caused by environmental and lifestyle-related stress. Enhances skin firmness and improves resistance to external aggravation and stress build-up.

SOU 50 min
Deep Cleansing

This relaxing facial focuses on oil control and skin refinement, offering a treatment that removes excess sebum, cleans the pores and calms the skin.

QUEEN SABA FACIAL *by La Sultane de Saba*
Nourishing & Relaxing

50 min

Face Treatment according to your skin's needs:

- for dehydrated and sensitive skin,
- for regenerative needs
- for mixed skin

All three facials have the same ritual, the difference being in the products. Beginning with a gentle cleanser, the treatment is followed by a gentle exfoliation to remove dead skin cells. Next, a relaxing massage with the appropriate serum and melted Shea butter, which is full of vitamins and nourishes the skin in depth, will be applied. To intensify the treatment, a hydrating honey mask with its purifying power, rounds up this relaxing ritual.

TREATMENTS *FOR MEN*

KING SALOMON'S BODY RITUAL *by La Sultane de Saba*

80 min

Starting with an intense cleansing ritual with Eucalyptus Black Soap to eliminate toxins and stimulate the circulation of the skin, this treatment is then followed by a full body massage with non-greasy essential oils, to provide ideal hydration.

KING HAND & FOOT RITUAL *by La Sultane de Saba*

50 min

Begins with a Black Soap foot wash and a salt exfoliation to release and exfoliate your feet and hands. The Rose, Ginger and Honey Mask hydrates and smoothes the skin. The King Salomon foot and hand massage is relaxing and an anti-stress therapy.

CLEANSING FINISH FACIAL *by Kanebo*

50 min

The cleansing finish treatment focuses on cleansing before massage, offering a treatment that removes excess sebum and dirt from the skin's surface.

MOISTURISING FINISH FACIAL *by Kanebo*

50 min

The moisturising finish treatment focuses on moisturising-control treatment after massage, offering a treatment that moisturises skin and heightens the skin's barrier function.

KING SALOMON FACIAL *by La Sultane de Saba*
Powerful Deep-cleansing & Moisturising

80 min

This facial for men is based on traditional essences of sandalwood, lavender, melon and frangipani blossom. Starting with Eucalyptus Black Soap to clean the pores, then exfoliation to purify the skin. A facial massage with nourishing oils and shea butter helps to tone and hydrate the skin. During the face mask, the pressure points on the head will be worked on; the hydration products round up this extremely relaxing treatment.

MASSAGES & SPA RITUALS

AROMA OIL MASSAGE

50 min / 80 min

This treatment is personalised to your needs; choose an aroma oil which suits your mood. With gentle pressure the therapist will apply it and perform a relaxing full body massage.

ANTI-STRESS MASSAGE

50 min / 80 min

This massage will dissolve away stress and tension, especially taking care of your upper back, neck and shoulder area. Combined with a foot massage to ease tired soles, this treatment will create a feeling of well-being and total relaxation.

SHIATSU

50 min

The traditional Japanese treatment Shiatsu is a pressure point massage, which works along the meridian lines of the body. By solving blockages the energy flow will increase. Special stretching techniques will complete this intensive and healing treatment.

THAI MASSAGE

50 min / 80 min

Working on special pressure points, this traditional massage raises the body's energy level, encourages circulation, relieves tension of muscles and joints and helps increase flexibility. We recommend wearing comfortable and loose clothes for this treatment.

HOT STONE MASSAGE

50 min

Using heated stones bathed in water and anointed with oils, you will find this treatment both relaxing and intensive. It will help to improve the healthy functioning of the circulatory, lymphatic, muscular and nervous system.

SPA "TWO-GETHER"

50 min / 80 min

Couples can enjoy their choice of Swedish Massage, Deep Tissue Massage, Aroma Oil Massage or Anti-Stress Massage side by side.

VITAL DREAM BATH

20 min

A relaxing and intensively nourishing beauty bath: a vitalising bubble bath, a skin-nourishing milk bath... Choose your favourite and enjoy your private bathing time as a pleasure for all senses.

TOUCH EXPERIENCE

25 min

Learn how to give the art of touch to your loved ones! This exclusive lesson teaches you simple massage techniques on back and shoulders, or foot and leg. Includes a bottle of Massage Oil to take home.

RASUL BATH

50 min - 1 pax / 2 pax

The Rasul treatment, with its room temperature typically about 40°C, is an oriental version of the Turkish bath used in combination with a variety of full body mud applications. This treatment detoxifies and stimulates the metabolism. You can enjoy it alone or with your partner as a double treatment.

PHYSIO SPA & THERAPIES

SWEDISH MASSAGE

25 min / 50 min / 80 min

This classic massage treatment will be personalized to your specific concerns. You and your therapist will discuss the massage most suited to your needs to ease tension and to increase flexibility of muscles and joints.

GOLFER'S MASSAGE

50 min

Designed to ease tension and increase your movement for your next game! The therapist personalizes your treatment to your specific needs, concentrating on the shoulders, upper back, chest and hips as well as forearms and wrists.

DEEP TISSUE MASSAGE

50 min / 80 min

Enjoy this massage before physical activity to increase flexibility, or afterwards to help the speedy recovery of strained muscles. The intensive treatment is specifically for releasing pain and tension in tight, stressed and aching muscles.

LYMPHATIC DRAINAGE

25 min / 50 min

For tired, heavy legs, after surgery or with other medical conditions, a lymphatic drainage will help to improve the flow of lymphatic liquid and ease swelling.

CRANIO-SACRAL THERAPY

50 min

This therapy is a gentle method of evaluating and improving the functioning of the cranio-sacral system, a physiological body system, comprised of the membranes and the cerebrospinal fluid that protects and surrounds the spinal cord and the brain. By using a soft touch on the head, the therapist assists the body to release the blockages in the cranio-sacral system to improve several functions in the body. This treatment is beneficial for stress, sleeping problems, whiplashes, burn out syndromes, for children with concentration problems and others.

PHYSIOTHERAPY / MANUAL THERAPY

50 min

The classic combination of different massage techniques, breathing therapy, stretching and active movements will be tailored to your special needs and requests.

REFLEXOLOGY

50 min

Beginning with a gentle foot massage, you will already feel the relaxation flowing in your body. Pressure points will be worked on at the soles of your feet to release tension and to create an interaction with the different areas of your body.

OSTEOPATHY

50 min

Osteopathy is a medical discipline based on a verbal anamnesis, manual diagnosis and treatment of impaired movement within the human body. It sees the body in a holistic way and treats the reason for a problem, not only its symptoms. The treatment works with gentle manual techniques designed to restore mobility, improve functioning of the different body systems and its connections.

BEAUTY CARE

TINTING

Eyebrow or Eyelash

WAXING

Upper Lip

Eyebrows

Bikini/Underarm

Half Leg Wax

Full Leg Wax

HANDS & FEET

Spa Manicure

50 min

Spa Manicure incl. Peeling

50 min

Luxury Manicure incl. Peeling & Paraffin

50 min

Spa Pedicure

50 min

Luxury Pedicure incl. Peeling & Paraffin

80 min

Medical Pedicure

80 min

“French Lack” hand or feet

(If you requested “French Lack”, please note at your booking to plan some extra time for us)

MEETING YOUR NEEDS

Should I make a reservation?

Our Spa receptionists are experienced in all treatments and will be delighted to assist you in planning your spa programme. It is advised that you make reservations in advance, especially if you wish to make multiple bookings during your stay. Upon arrival, guests without reservations will be accommodated if appointment times for selected treatments are available.

To make your spa reservation please either visit us or call on 282 320 351 (from outside the hotel), or dial extension 3400 (internal line).

How early should I arrive?

We recommend you arrive 15 to 20 minutes prior to your appointment to make the most of your spa experience. You will have time to relax, have a tea, change, and to take full advantage of our facilities. Should you arrive late, your appointment may need to be shortened to allow the therapist to be on time for the next appointment.

Should I let anybody know about any allergies, disabilities or ailments?

Yes please!

Especially if you have high blood pressure, allergies, are pregnant, or have other concerning medical conditions.

How should I prepare for my treatment?

For perfect relaxation you should not have eaten a big meal before your appointment, but also not come hungry. If you wish to use our facilities, like steam and sauna, please bring your swimsuit. We provide everything else here for you (robe, slippers, shower gel, shampoo, towels etc.).

For men, we recommend shaving prior to having a facial for maximum comfort and benefit for the skin.

Before treatments we recommend bathing to feel more relaxed.

What should I wear for my treatment?

As you will be draped during treatment, there is no need to bring or wear any special clothing. We provide spa wear in your closet (robe, slippers, towels and disposable underwear), and of course you can leave your own undergarments on if preferred. Your privacy will be protected at all time; your therapist will leave you to change in private.

Do you sell any gift cards and vouchers?

Yes. Treat your friends and loved ones to a day at our spa. Please let us help you to find the right present.

How old do I need to be to use VILA VITA Vital Spa?

Children under 16 years are not permitted in the Spa social area, although it is possible to arrange individual treatments for the young ones.

What should I do if I can't keep my appointment?

Your treatment time is exclusively reserved for you, and in consideration for other guests, we kindly request a minimum of 4 hours notice prior to the treatment if you should be unable to keep your appointment. We will be happy to re-schedule. Non-attendance or appointments cancelled within 4 hours incur a 50% cancellation fee.

May I bring my valuables?

While the spa has lockers, it is recommended that you leave valuables in the safe provided in your room. Many treatments require removal of jewellery. We are not responsible for any loss or damage to personal items including clothing and accessories.

Can I extend my spa experience?

Yes of course! Please pass by our retail area at the spa, where you can choose from our complete spa range of products and ensure your relaxation continues.

How can I ensure a fabulous spa experience?

Please openly communicate your treatment expectations. Even though we do our best to anticipate your needs, a treatment is a very individual experience. Talking with your therapists will enable them to customize your services to ensure your satisfaction.





VILA VITA PARC



ALGARVE

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