



VILA VITA SPA
sisley
PARIS

CONCEPT & PHILOSOPHY

Discover the Sisley's Phyto-Aromatic Treatments and let yourself be transported to a wonderful sensorial world.

Benefit from the unique "savoir faire" and experience of a prestigious brand best known for its use of essential oils and plant extracts to create highly effective products of the highest possible quality.

The Sisley Phyto-Aromatic Treatments combine massage rituals from all over the world, created with the respect of local traditions and the power of aromatherapy, to reunify body and mind.

The Sisley Phyto-Aromatic Treatments exist in different versions for face and body, each has its own specific massage technique designed to meet the needs of each skin and its dream answer.

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► FACIALS BY SISLEY

EXPERT FACIALS

The Phyto-Aromatic Hydrating Facial

60 min - 155€

Designed with dehydrated skin in mind, the Phyto-Aromatic Hydrating Facial is extremely gentle, leaving the skin fresh and petal-soft.

The Phyto-Aromatic Radiance Facial

60 min - 155€

Before a party or to erase fatigue or stress on a complexion, the Phyto-Aromatic Radiance Facial is a must as the effects are immediate: all signs of fatigue vanish, the skin is radiant and luminous.

The Phyto-Aromatic Comfort

Extreme Facial

60 min - 155€

Rich and unctuous, the Phyto-Aromatic Comfort Extreme Facial has been designed to treat dry skin types lacking lipids. Nourishing and with extreme richness, this treatment helps the skin regain its elasticity and a wonderful sensation of comfort.

The Phyto-Aromatic Restorative Facial

60 min - 155€

A precious moment of relaxation for stressed or irritated skin, the Phyto-Aromatic Restorative Facial is incredibly gentle. Skin is soothed and regains its vitality, comfort and bygone serenity.

The Phyto-Aromatic Purifying Facial

60 min - 155€

Designed for combination, oily and problem skins, the Phyto-Aromatic Purifying Facial cleanses and purifies the skin while maintaining its water balance. The pores are tightened, the skin purified and the complexion evened out. The face restores its transparency, freshness and glow.

The Phyto-Aromatic Facial for Men

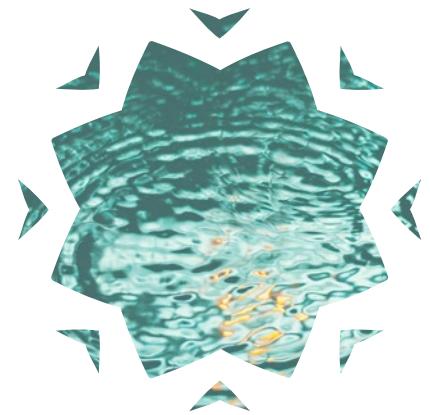
60 min - 155€

Exclusively designed for men, the Phyto-Aromatic Facial for Men offers a moment of relaxation thanks to a very specific ritual. It combines efficiency and well-being for a hydrated, toned and fatigue-released skin.

The Phyto-Aromatic Skin Perfecting Facial

60 min - 155€

A truly unique experience with immediate beauty results. The Phyto-Aromatic Skin Perfecting Facial is a sensual journey that smoothes expression lines and purifies the skin, revealing its radiance and freshness. A skin perfecting treatment targeting all phenomena responsible for dilated pores, revealing a flawless-looking skin, even close up. The skin looks instantly matte and its texture is refined. Pores are tightened.



ANTI-AGING FACIALS

The Phyto-Aromatic Intensive

Hydrating Facial

90 min - 230€

The Phyto-Aromatic Intensive

Hydrating Facial draws upon Sisley's extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis, the treatment helps restore the ideal water balance in the skin. More supple and toned, the skin regains the bounce, glow and radiance of a young skin.

The Phyto-Aromatic Sisleyouth

Energizing Early Wrinkles Facial

90 min - 230€

This youth capital protector treatment, energizing and hydrating, has been specially designed for young adults to fight the very first signs of skin aging. Skin is instantly moisturized, revitalized and energized. Following the treatment, the complexion is fresher and more luminous.

The Phyto-Aromatic Sisleya L'Integral

90 min - 270€

This anti-aging treatment combines sophisticated gestures with the Gua Sha massage tool and deep remodelling massage for radiant youthful skin. Our Gingko Gua Sha gently stimulates the points located along the meridians

to improve the blood circulation and energy. Gua Sha helps with drainage and anti-wrinkle effect, smoothening the fine lines. The epidermis toned, firmed and more resistant, leaving the skin looking younger and healthier.

Available for Normal skin / Dry to very dry skin / Combination to oily skin

The Phyto-Aromatic Supreme

Anti-Aging Facial

90 min - 280€

Sisley has designed a 90-minute treatment incorporating 20 minutes of muscular remodeling to instantly revitalize the skin. Using an exclusive sequence of highly effective massage techniques, its protocol includes Sisley's Supreme Anti-Aging Skin Care Supremÿa - At Night. The features seem redefined, lines are smoothed, skin is more toned.

The Phyto-Aromatic Replumping

Youth Facial with Black Rose

90 min - 250€

A timeless experience offering an exceptional feeling of wellbeing. A true beauty rendez-vous, deliciously and naturally rose scented, a gentle and pleasant journey that relaxes the face, smoothes features and reveals the skin's radiance. The complexion

is fresher, the skin is re-plumped and signs of fatigue and age are smoothed away.

The Phyto-Aromatic Intensive

Sisleya La Cure Facial

90 min - 280€

The excellence of Sisley revealed during an exclusive exceptional massage, at the core of a complete facial ritual with immediate anti-aging results. The expert massage movements combine acupressure, drainage and muscular stretch. It helps relax tension and stimulate the blood capillaries for better cell oxygenation and nutrition. The cell's energy is thus reactivated and the skin gains vitality.

› BODY TREATMENTS BY SISLEY

EXFOLIATING

The Phyto-Aromatic Exfoliating Body Treatment

30 min – 80€

The unique Phyto-Aromatic Exfoliating Body Treatment combines aromatherapy and the effectiveness of an all-over reinvigorating body scrub, for a soft and smooth skin to the touch. It is recommended before any body treatment.

INVIGORATING

The Intensive Hydrating Energizing Phyto-Aromatic Body Treatment

60 min – 140€ | 90 min – 210€

The Intensive Hydrating Energizing Phyto-Aromatic Body Treatment is performed with vitality. Combined with the benefits of essential oils, it brings softness and well-being to the body. Energy is rebalanced and the body is revitalized.

WELL-BEING

The Zen Harmony Phyto-Aromatic Body Treatment

60 min – 140€ | 90 min – 210€

The Zen Harmony Phyto-Aromatic Body Treatment offers a journey at the heart of an aromatic Californian massage, with added variations of intensity, techniques and scents. During the massage, no body part will be neglected. This treatment provides extremely relaxing and regenerating benefits.

SLIMMING

The Slimming and Firming Energizing Phyto-Aromatic Body Treatment

60 min – 140€ | 90 min – 210€

Using the advanced technology and expertise of Sisley's slimming products, the Slimming and Firming Energizing Phyto-Aromatic Body Treatment offers the perfect combination of rhythmical modelling and the effectiveness of anti-cellulite actions. A smoothing and toning body treatment for a sublimed body.



› HOLISTIC TREATMENTS & RELAXATION RITUALS

VILA VITA SPA SIGNATURE TREATMENTS

Golden Quartz Treatment

90 min - 195€

Indulge in the warm healing quartz crystals with the experienced hands of our therapists with this unique hot sand therapy. Enjoy a unique full body experience and let yourself drift away with the sound of singing bowls. The treatment includes various massage techniques alternated with heated crystal pindas to take you to a deeper and beneficial level of relaxation, whilst the warm quartz cradles and cocoons your body and provides ultimate comfort, evoking that beach-like sensation.

Swedish Massage

60 min - 125€ | 90 min - 180€

The Swedish massage can be performed as a full body treatment or by focusing specifically on problematic areas with muscle tension, pain or stiffness. This oil massage is performed with a medium pressure.

Spa Wave

30 min - 55€ | 60 min - 80€

Rebalance with this unique sound and vibration treatment. Special and synchronized vibrations slow down your mental activity, combining the effects of deep relaxation techniques and mindful meditation. The experience provides special effective unwinding and anti-stress benefits and promotes the ultimate power-napping in a short time. This treatment is performed without a therapist.

WELL4D Massage

60 min - 120€ | 75 min - 145€

Discover the 4 dimensions of a whole new treatment experience which embraces various highly effective massage techniques combined with specific treatment bed positions to give you maximum comfort throughout this body massage. It is particularly suited for expectant mothers, people who suffer from physical discomfort and even children. Sophisticated workflows and optimized lying positions avoid unnecessary stress on the guest and enable ergonomic work for the therapist. The shorter version is performed in a facing upwards position, while the 90 min. treatment also includes a back & leg massage.

Deep Tissue Massage

60 min - 140€ | 75 min - 165€

The Deep Tissue massage can be performed as a full body massage, or by focusing specifically on problematic areas. This massage applies a stronger pressure, working deep into the muscles, layer by layer.

Aroma Oil Massage

75 min - 165€

Therapeutic application of essential oils, which act at the cellular level, interfering with metabolism and influencing the functioning of organ systems. They act on a physical, psychological and emotional level and can alleviate stress, muscle pain or nausea. Each session is personalized and unique, aiming to balance and harmonize body and mind with the most appropriate essential oils.

Anti-Stress Ritual

75 min - 165€

Our popular Back-Neck-Shoulder Massage, Head Massage and Foot Reflexology medium pressure treatment will take your tension away and leave you completely relaxed.

Hot Stone Treatment

90 min - 190€

The heat from basalt stones will help to relieve muscle tension and pain, reduce stress and promote a better sleep. Alternating with Swedish massage strokes, this treatment is adapted to each guest's needs.

Mother-to-be Massage

60 min - 125€

Ideal to relieve heavy legs and muscle aches, but also to simply relax. We perform this treatment with low pressure in a sideways or upward facing position.

Manual Lymphatic Drainage

60 min - 130€ | 90 min - 190€

Lymphatic drainage is a gentle, rhythmical massage, aiming to stimulate the circulation of lymph fluid around the body: this helps to rapidly speed up the removal of wastes and toxins from a sluggish lymphatic system, also aiding in the prevention of swelling after injury or surgery. It also can provide a major boost to your immune system.

Spa Two-gether

60 min - 240€ | 90 min - 330€

Enjoy this medium pressure couple's massage with your partner or best friend, side by side.

Therapeutic Singing Bowls Treatment

60 min

1 session - 115€ | 3 sessions - 300€

Singing bowls placed on different parts of the body have a deep effect in body, mind and spirit through very special vibrations. The harmonic sounds and specific frequencies of the therapeutic bowls, promote deep healing and cellular regeneration. These vibrations may provide immediate results reducing physical pain, anxiety, stress, muscle tension, as well as emotional and energetic blocks.

Physiotherapy / Manual Therapy

60 min - 140€

Treating problematic areas, injuries and its symptoms, promoting health and fitness through guided exercises; assisting to restore, maintain and maximize strength, movement, and overall well-being, are the main goals of a physiotherapy session.

Indian Head Massage Ritual

60 min - 125€

The treatment starts by warming up the upper back, neck and shoulder area. The main focus is giving a stress-relieving head treatment. Different massage techniques are used during the application allowing you to feel relaxed and awake afterwards.

Foot Reflexology

45 min - 90€

By stimulating reflex points on your feet, reflexology can impact the whole body, affecting the organs and glands. The aim of the reflexology treatment is to help the body heal itself, but it can also help you to drift off to sleep naturally. There are plenty of nerves in your feet, one of many reasons that foot reflexology is so calming, soothing and effective.

Osteopathy

60 min - 150€ | 75 min - 175€

Osteopathy embraces the philosophy that the body has an innate, natural ability to self-regulate and to heal itself. The key factor that permits this regulation and healing is the ability of the body to freely move in all areas (such as joints and organs) and have a good circulation of all its fluids.

The treatment detects, treats and prevents health problems by mobilising, stretching and massaging while taking into consideration all the systems, such as the musculoskeletal system, the craniosacral and the organic system. Some indications are back and neck pain, other muscle or joint problems, digestive complaints, headaches or sleeping issues.

Craniosacral Therapy

60 min - 135€

Craniosacral therapy is a mild hands-on treatment, using light touch and gentle pressure on specific areas of the body, such as head, neck, and sacrum, to release tension and to support the Craniosacral system. This treatment promotes pain relief from various symptoms such as neck pain, headaches, symptoms of stress, or after trauma.

Anti-Cellulite Ritual*

90 min - 190€

Starting with a body scrub, the skin gets perfectly prepared for the body wrap, with stimulating ingredients. The massage, as last step, consists of intensive techniques which help to accelerate the metabolism, encourage the blood circulation and smoothen the structure of the skin and connective tissue. Ideal when combined with Hypoxi Dermology treatments.

*For a better result, we recommend:

Package 3 sessions - 370€

1x 90 min scrub-wrap/massage

2x 60 min wrap/massage



► YOGA & MEDITATION

1 person

60 min - 80€ | 75 min - 100€

2 persons

60 min - 120€ | 75 min - 150€

PRIVATE YOGA SESSIONS

Aerial Yoga

Experience the wonderful effects of practicing Yoga with the support of a soft fabric suspended and secured to the ceiling. This variation of Yoga relieves the tension in the spine and improves blood flow whilst promoting a feeling of weightlessness and unparalleled freedom. You can choose between Hatha Yoga style or a Restorative practice.

Dynamic Yoga

An intense Vinyasa flow class, which integrates creative sequences with isometric and resistance movements to work out every part of the body equally.

Yin Yoga

A slow paced and passive practice with postures that are passively held for longer periods of time. This style of yoga helps to calm the active and busy mind, regulating the flow of energy on the body.

Yin & Yang Yoga

A combined session of passive and active postures to activate your meridians.

Specific Sports Yoga

Yoga to assist and complement the activity you dedicate yourself to (for example: running, cycling, golf, tennis, swimming, riding).

Pranayama

Breathing is strongly connected to the energy that keeps us alive, it is the key to a full and happy life. We invite you to learn how to expand your vital energy – the Prana. Breathing is living. Breathing well is living better!

Hatha Yoga

Slow Yoga flow class, with concise alignment. Focus on steady and slow transition between poses. More emphasis on Pranayama & Meditation.

Prenatal Yoga

1 person: 75 min - 95€

This practice consists of classic Yoga postures and breathing exercises adapted to pregnant women, with moments of relaxation and connection with the baby.

Kids Yoga

1 child: 30 min - 40€

2-4 children: 30 min - 60€

Yoga classes where the little ones learn about ethics, meditation and relaxation in a fun and creative way.

PRIVATE MEDITATION SESSIONS

60 min

Yoga Nidra

An ancient meditation practice which induces deep full-body relaxation and provides a tranquil state of mind.

Vipassana & Mindfulness Meditation

Learn about observation of the self and how to create more self-awareness.

Compassion Meditation

Meditation to develop loving kindness towards the self and others.

Chakra Meditation

This meditation releases your unlimited potential through balancing the 7 main centers of energy in the body.

Mantra Meditation

A guided silent meditation using mantras to clear the mind.

Sound Bath Meditation

Relaxing and meditative experience, in which we rest our attention on the sounds and vibrations of Tibetan singing bowls and other instruments.

› PERSONAL TRAINING

Personalized private training lessons can be performed at our gym or outside, just as you wish.

1 person: 60 min – 80€

2 persons: 60 min – 120€

Pilates

This training works with a series of non-impact exercises and stretching. Your core stability, flexibility, body balance, posture and concentration will improve strongly.

Aqua Fitness*

Taking the benefit of the water this private training allows working out specific muscle groups with a low impact for joints.

Fitball Training

Using the fitball for this lesson will show you how to easily improve muscle strength, fitness and coordination.

TRX Training

Suspension training using your own body weight to work out different body parts, developing more strength, flexibility and balance. Also possible to be performed outdoors!

SWIMMING LESSONS*

1 LESSON

30 min (<6 years) – 1 Child – 50€ / 2 Children – 65€

45 min (>6 years) – 1 Child – 60€ / 2 Children – 70€

3 LESSONS

30 min (<6 years) – 1 Child – 130€ / 2 Children – 150€

45 min (>6 years) – 1 Child – 150€ / 2 Children – 170€

5 LESSONS

30 min (<6 years) – 1 Child – 210€ / 2 Children – 285€

45 min (>6 years) – 1 Child – 250€ / 2 Children – 280€

10 LESSONS

30 min (<6 years) – 1 Child – 400€ / 2 Children – 500€

45 min (>6 years) – 1 Child – 480€ / 2 Children – 550€

*These activities are performed at the Health Club in the main building.

› BEAUTY CARE

TINTING

Eyebrows	15 min - 20€
Eyelashes	20 min - 20€

WAXING

Upper lip	10€
Eyebrows	15€
Half leg	40€
Full leg	60€
Bikini line	40€
Brazilian/Hollywood	60€
Back or chest (men)	60€



› MANICURES & PEDICURES

Manicure	60 min - 60€
Luxury Manicure (incl. hand treatment with paraffin)	90 min - 75€
Pedicure	60 min - 70€
Luxury Pedicure (incl. foot treatment with paraffin)	90 min - 85€
Medical Pedicure	90 min - 95€
Gel polish removal each 15 min	+20€
Gel polish application each 15 min	+20€
“French lack” application each 15 min	+20€

› HYPOXI®

HYPOXI® is a low-impact exercise method, highly effective at burning stubborn fat in targeted areas. Through vacuum and compression technology and a healthy nutrition plan, HYPOXI® activates your body's natural system to burn specific areas of fat and cellulite. Yesterday you said today... so let's get the shape you are looking for.

Vila Vita Parc's HYPOXI®-Studio is the first and only of its kind in Portugal.

A unique and effective method to get your body into shape, HYPOXI® is based on a moderate workout routine and a balanced nutrition plan suitable for all ages.

- Targets and eradicates stubborn fat deposits on desired areas
- Eliminates fluid retention and toxins
- Tones the skin
- Improves blood circulation
- Accelerates your metabolism

The HYPOXI®-Method targets undesired fat deposits on waist, stomach, buttocks and thighs through the unique combination of alternating pressure therapy and moderate fat burning activity. Alternating high and low pressure activates the tissue and those areas of the body where stubborn fat is located. The change in pressure effectively stimulates blood flow and accelerates the transport of fatty acids from these regions.

HYPOXI® can be used to tone the skin and strengthen the connective tissues. High and low pressure is applied to improve blood flow while gently exercising the skin to make it firmer and more elastic.

Our HYPOXI®-Coach will put together an individual training plan designed according to your needs and objectives, and also gives tips on healthy nutrition.

Results are fast, targeted, visible and long lasting, making you feel and look so much better!



		Units	Cost
Individual Sessions		HYPOXI-Training	1 x 45€
		HYPOXI-Dermology	1 x 29€
		HYPOXI-Combination (Training + Dermology)	1 x 65€
HYPOXI Programme	Stay*	Units	Cost
HYPOXI-Training	7 Nights	5 x HYPOXI-Training - 1 machine	210€
HYPOXI-Combination	7 Nights	5 x HYPOXI-Combination	290€
HYPOXI-Training	10 Nights	8 x HYPOXI-Training - 1 machine	340€
HYPOXI-Combination	10 Nights	8 x HYPOXI-Combination	460€
HYPOXI Programme	Duration	Units	Cost
HYPOXI-Training	1 Month	12 x HYPOXI-Training	1 x 410€
HYPOXI-Combination	1 Month	12 x HYPOXI-Training + 12 x HYPOXI-Dermology	1 x 640€
HYPOXI-Training	2 Months	24 x HYPOXI-Training	2 x 395€
HYPOXI-Combination	2 Months	24 x HYPOXI-Training + 24 x HYPOXI-Dermology	2 x 620€
HYPOXI-Training	3 Months	36 x HYPOXI-Training	3 x 380€
HYPOXI-Combination	3 Months	36 x HYPOXI-Training + 36 x HYPOXI-Dermology	3 x 590€
HYPOXI Dermology			
	1 Month	12 x HYPOXI-Dermology	1 x 260€
	2 Months	24 x HYPOXI-Dermology	2 x 245€
	3 Months	36 x HYPOXI-Dermology	3 x 235€
HYPOXI Maintenance Programme			
Available after an Intensive HYPOXI Programme		12 x HYPOXI-Training	1 x 350€
		24 x HYPOXI-Training	1 x 670€
		12 x HYPOXI-Dermology	1 x 220€
		24 x HYPOXI-Dermology	1 x 420€

*When staying at Vila Vita Parc we recommend for a stay of 7 nights a 5-day HYPOXI programme, for a stay of 10 nights, an 8-day HYPOXI programme. If you wish to do a different number of sessions, please contact us and we can adapt a HYPOXI programme to your needs.



› VILA VITA SPA PACKAGES

The Vila Vita Spa Packages may be complemented by a curated food and beverage plan adapted to each individual's needs and requirements.

DETOX PACKAGE

645€

In our busy lives, our body, soul and mind are constantly processing food, drinks, thoughts, and emotions. Allow yourself to renew your body and spirit with our Detox programmes.

- The Phyto-Aromatic Purifying Facial by Sisley (60 min)
- The Slimming and Firming Energizing Phyto-Aromatic Body Treatment by Sisley (90 min)
- Lymphatic Drainage (60 min)
- Craniosacral Therapy (60 min)
- Hypoxi Dermology Session (30 min)
- Yoga & Meditation (personal training) (60 min)

THE ULTIMATE WELLNESS EXPERIENCE

660€

- Our Signature Spa Treatment Golden Quartz Sand (90 min)
- Choose between Aroma Oil Massage or Anti Stress Ritual (75 min)
- Fly high with our Aerial Yoga Class (60 min)
- The most luxurious Phyto- Aromatic Facial by Sisley (60 min)
- Choose between Manicure or Pedicure (60 min)
- Guided Mindfulness Meditation (60 min)

BEAUTY PACKAGE

670€

Enjoy our beauty rituals, relax with the best treatments, ending with a guided meditation to cleanse toxins from your mind.

- The Phyto-Aromatic Sisleyouth Energizing Early Wrinkles Facial by Sisley (90 min)
- The Phyto-Aromatic Exfoliating Body Treatment by Sisley (30 min)
- The Zen Harmony Phyto-Aromatic Body Treatment by Sisley (90 min)
- Luxury Manicure (90 min)
- Luxury Pedicure (90 min)
- Meditation Session (personal training) (60 min)

FOR FITNESS LOVERS

375€

- Bootcamp Class, a strength and cardio outdoor experience (60 min)
- Suspension Training, a TRX class using the own body weight (60 min)
- Power Yoga or Pilates Class (60 min)
- Hypoxi Dermology, to activate the connective tissues (30 min)
- Swedish Massage or Deep Tissue Massage (60 min)

...and for two

610€

This package can be made for 2 persons: a couple, best friends... The first 3 activities will be held together. The massage can be done together, as our popular Spa Twogether, or in individual rooms.

TEEN SPA PACKAGE

115€

A luxurious beauty experience for young teens between 11-15 years, with gentle paraben-free products, the perfect blend of relaxation and glamour.

- Chic Manicure, with nourishing products.
- Soothing Facial, for delicate skin.

Both treatments can be experienced in a 90-minute session or on separate days.



► 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.

Please keep in mind that not all of our treatments might be available at all times. To make your spa reservation please either visit us or call on +351 282 320 351 (from outside the hotel), or dial extension 3400 (internal line). A valid credit card number is required to guarantee your booking if you are not a resident hotel guest.

How early should I arrive?

We recommend you to arrive 15 to 20 minutes prior to your appointment to make the most of your spa experience. You will have enough time to relax, to have a tea or a water and also to change. Should you arrive late, your appointment may need to be shortened in order 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, if you are pregnant, or if you 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. Before treatments

we recommend bathing to feel more relaxed. If you wish to shower before or after your treatment, we provide everything 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.

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.

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 12 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 12 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.

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.

Where can I find the wet spa facilities?

At the Health Club, in the main building, you will find our heated indoor pool, sauna, steam bath and a relaxation area. Also here we provide towels and everything you need to shower.

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.

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.

Spa Etiquette

Please kindly note that children cannot accompany their parents during treatments or be supervised by Spa team members while their parents are having treatments.

Vila Vita Parc

PASSIONATE ABOUT ALGARVE



Vila Vita Spa by Sisley Paris

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