

A close-up photograph of a woman lying down, receiving a facial treatment. A person's hands are visible, using a white, curved jade roller on the woman's cheek. The woman's eyes are closed, and she has a serene expression. Her hair is wrapped in a light-colored towel. The background is softly blurred, showing a wooden floor and a white chair.

TREATMENTS

A LIFE-CHANGING JOURNEY TO REBIRTH,
REVITALISATION, AND RECONNECTION



FLAWS

Revitalize, renew, reconnect

A day to breathe and reconnect. Take advantage of the holidays to stop, slow down, and take care of yourself. A one-day thalassotherapy program and revitalizing rituals, freeing yourself from the pressures of urban life and reclaiming your balance. It's the perfect moment to reconnect with your essence and renew your body and mind, in harmony with nature.

THALASSA FLOW

196

Dive into the revitalizing power of the sea. A perfect combination of treatments to relax, detoxify, and restore energy. Design your program and choose 4 Remineralize treatments. Feel light, renewed, and invigorated in just one day!

BENEFITS

- ✓ Relaxes, stimulates circulation, and relieves tension
- ✓ Tones, revitalizes, and relieves muscle pain

CONTENT

3 hydro marines + 1 marine wrap

RECHARGED FLOW

224

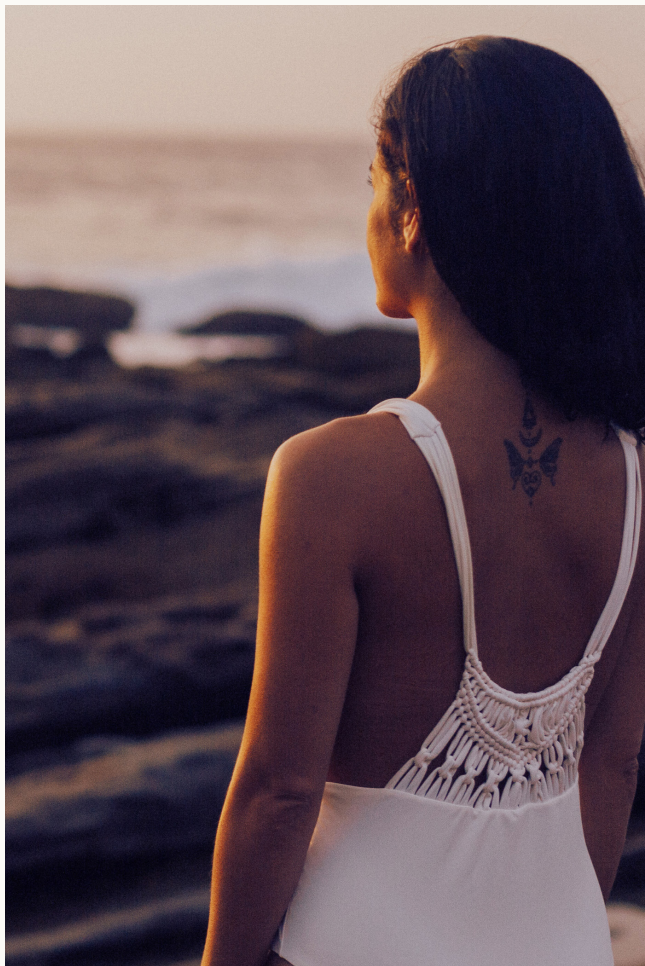
Enjoy a revitalizing break in an exclusive program of pampering and pure relaxation. Let yourself be enveloped in serenity care and renew your energy.

BENEFITS

- ✓ Deep relaxation and stress relief.
- ✓ Feeling of lightness and renewal

CONTENT

- | zenith massage
- | hydro marine + | marine wrap
- | wellness activity



SELF DISCOVERY

Unveil your true essence

At Self Discover, every consultation is an opportunity to understand the uniqueness of your body. Our team utilizes advanced diagnostic tools and methodologies to assess various aspects of your health – from skin condition and cellular vitality to overall body balance.

From preventive guidance to a comprehensive wellness overview and personalized recommendations, our specialists provide a service that prioritizes your needs above all else.

Experience a transformative blend of clinical expertise and personalized care, designed to empower you with the knowledge to make informed decisions about your health.

Step into Self Discover and unlock the door to a revitalized, healthy, and radiant version of yourself.

WELLNESS *Assessment*

110 50 min

This session encompasses a comprehensive Bioimpedance Analysis, offering an in-depth understanding of your body composition—measuring key indicators such as fat distribution, lean tissue mass, cellular hydration, metabolic efficiency, and more. You will receive a personalised interpretation of your physiological profile, forming the foundation for a curated selection of wellness journeys. Whether your intention is enhanced vitality, stress resilience, sustainable weight balance, or graceful ageing, this consultation is designed to align your wellness path with precision and purpose. Recommended at the beginning of your wellness stay

STRESS & *Lifestyle*

185 55 min

Assessment of physical, emotional, and behavioral factors affecting well-being. The consultation reviews daily habits, sleep patterns, nutrition, activity levels, and emotional management, identifying stress triggers and improvement areas. The goal is to provide personalized guidance for a healthier, more balanced life.

SELF DISCOVERY

HOLISTIC *Nutrition*

150 55 min

Holistic nutrition consultation focused on treating the individual as a whole. Through a personalized approach, it aims to optimize health via balanced nutrition tailored to specific needs based on lifestyle, habits, and personal goals. The goal is to promote vitality, prevent diseases, and encourage a more conscious and balanced relationship with food.

SKIN *Analysis*

95 25 min

Advanced skin assessment that reveals details of your skin health. Using high-resolution imaging, it identifies hydration, oiliness, porosity, texture, and pigmentation in seconds. This allows for personalized treatment plans, ensuring clients receive specific care for healthier, rejuvenated skin.

RITUALS

*A fusion of massage techniques
for deep renewal*

Our Rituals are carefully designed sequences of treatments that promote deep relaxation, rejuvenation, and balance. Each experience combines different massage techniques, working in harmony to release tension, restore vitality, and enhance overall well-being. Whether it's the comforting warmth of hot stones, the lifting effects of a facial massage, or the invigorating touch of each texture, our rituals offer a multisensory journey that nourishes both body and mind.

Inspired by nature, tradition, and innovation, each ritual is an immersive journey into pure relaxation, leaving you restored, radiant, and in perfect harmony.



RITUALS

SUBLIME *Gold*

190 80 min

Immerse yourself in a unique sensory experience of luxury, rejuvenation, and deep relaxation. Inspired by the warmth of the Algarve sun, this face and body ritual combines the power of gold-infused actives, renowned for their revitalizing and illuminating properties with lifting facial massage techniques and the therapeutic comfort of hot stones on the body.

OCEAN

240 110 min

A unique ritual. Let yourself be carried by the waves of the ocean in a revitalizing body massage, paired with an innovative facial treatment that combines exclusive active ingredients and a lifting massage to restore your face's natural contours.

DETOXIFY

240 110 min

A perfect synergy between body and face! Immerse yourself in a sensory experience with a red algae exfoliation and massage, followed by a rejuvenating facial. Purify and renew both body and mind with this complete treatment, combining detoxifying techniques and active ingredients to restore your skin's natural balance.

MARINE

240 110 min

Remineralize your body and mind. Ideal for those seeking relief from joint discomfort, muscle relaxation, and a complete renewal experience. This treatment blends marine active ingredients with expert techniques, including exfoliation, body wrap, and massage, restoring balance and providing absolute well-being.

C.B.D.

190 80 min

Experience this invigorating and restorative ritual, where the intensity of bamboo meets deep manual techniques and the calming, regenerative power of cannabidiol. A treatment designed to bring balance, muscle relief, and total renewal.



BODY

Revitalize your body and soul

Experience our signature spa treatments, where ancestral wisdom meets modern techniques to relieve tension and promote well-being. Each treatment is thoughtfully designed to create a harmonious fusion of techniques - easing muscle stiffness, improving circulation, and restoring energy.

Whether it's the soothing warmth of volcanic stones, the precise pressure of Shiatsu, or the detoxifying touch of Ayurvedic techniques, our treatments offer a sensory journey that revitalizes both body and mind. Inspired by ancient traditions and enhanced with contemporary innovation, each session is an immersive experience of pure relaxation, leaving you balanced, rejuvenated, and completely refreshed.

ZENITH

| 25 50 min

| 75 80 min

An experience that harmonizes gentle and fluid movements, providing deep and lasting well-being. Perfect for those seeking a moment of true tranquility and relaxation.

TENSION *Relief*

| 30 50 min

| 80 80 min

Deep tissue massage that relieves muscle tension and stimulates circulation. Reduces stress and enhances physical and mental well-being.

INSOMNIA *Focus*

| 20 50 min

A treatment focused on relieving insomnia and promoting deep relaxation, combining massage and specific techniques in the décolletage, neck, head, and face areas. This treatment helps release accumulated tension and stimulates the production of endorphins responsible for comfort and overall well-being.

INTERNAL ABDOMINAL *Balance*

| 20 50 min

A holistic and restorative approach that balances the body and reduces stress, focusing on the abdomen. This ritual combines conscious breathing techniques to lower cortisol, stimulate digestion and includes a massage with nutrient-rich sea mud for detoxification, promoting deep calm and balance.

BODY

HOT *Stones*

160 80 min

Discover the therapeutic power of hot stones, heated and strategically placed along the body's meridians. The massage, performed with warm oil, utilizes deep relaxation techniques, providing relief from muscle tension and a renewed sense of calm.

AYURVEDIC

180 80 min

Body and face massage with deep techniques that combine vigorous movements with stretching. It produces a sensation of lightness and tranquility. Ayurvedic massage stimulates circulation, aids in detoxification, and promotes rejuvenation and physical and mental balance.

REFLEXOLOGY

100 50 min

Using finger pressure on the reflex points on the soles of the feet, stimulating energy balance and promoting general well-being. It relieves tension, improves circulation and promotes the body's self-healing, providing a deep sense of relaxation and revitalisation.

MOMENT FOR 2

410 170 min

Embark on a sensory journey. Experience the harmony and fullness of the aromas and textures belonging to Vilalara's gardens, followed by an immersive and ultra-relaxing face and body massage.

THALASSO- THERAPY

*Rejuvenate with the ocean's
healing touch*

Discover the restorative power of thalassotherapy, where the sea becomes your wellness sanctuary. Our treatments combine the benefits of jet pools, mineral baths and nourishing wraps to revitalize body and mind.

The experience begins with jet pools that stimulate circulation, followed by detoxifying mineral baths and wraps rich in marine flora, known for their antioxidant and rejuvenating powers.

The multi-sensory environment - the sound of the water, the scent of the sea and the diffused light - dissolves stress and promotes inner peace.

Let yourself be enveloped by the healing embrace of the ocean and renew your vitality.



THALASSOTHERAPY

MARINE BATHS

MARINE *Detox*

50 15 min

Immerse yourself in heated seawater, enriched with water-soluble algae and essential oils. Air jets create intense turbulence that activates and tones the venolymphatic system. This treatment offers a revitalizing sense of well-being, promoting balance and renewal for both body and mind.

MARINE JET

SHOWER *Jet*

50 12 min

A therapy in which heated seawater is applied along a directed path on the body, using variable pressure. It provides muscular stimulation, relieves tension, and improves circulation, promoting deep relaxation and revitalization.

MIND RELAXATION

OCEAN SOUND *Healing*

70 25 min

A unique sensory experience that combines the therapeutic vibration of Tibetan bowls with the lightness of water. The sound frequencies resonate throughout the body, promoting deep relaxation, energetic balance, and well-being. The water enhances the effects of the therapy, providing an enveloping sensation of harmony and tranquility.

IMMERSIVE JETS *Pool*

55 25 min

Group hydrogymnastics class held in front of water jets, combining aquatic resistance with hydro massage. It stimulates and relaxes the muscles, promoting blood circulation. A dynamic and invigorating activity, ideal for body toning and well-being.

DYNAMIC CARDIO *Pool*

55 25 min

A group class held in a heated seawater pool, led by a physiotherapist. It combines aerobic and resistance exercises with the support of sea water. The activity improves cardiovascular capacity, strengthens muscles, increases flexibility and relieves the impact on joints. Ideal for all ages, it provides well-being, body toning and relaxation.

DETOX SEAWEED *Wrap*

80 30 min

A purifying experience that envelops the body in a warm mantle with the synergy of three seaweeds rich in minerals and trace elements. This ritual stimulates natural detoxification, rebalances the skin, and provides deep hydration, leaving it soft and radiant. The gentle thermal action intensifies nutrient absorption, promoting absolute relaxation and a renewing sensation of lightness and well-being.

ANTI-INFLAMMATORY MUD *Wrap*

80 30 min

A purifying treatment of natural mud, rich in minerals and therapeutic properties, envelops the body in a warm mantle of well-being, creating a sublime sensation of serenity and renewal. A true embrace of nature to restore balance and vitality. With anti-inflammatory action, it is ideal for relieving joint pain, rheumatism, arthritis, and arthrosis.

DE-STRESS MAGNESIUM *Wrap*

80 50 min

Application of a delicate layer of heated magnesium, enhanced by the gentle warmth of a thermal sweating blanket. This treatment promotes remineralization, alleviates stress, anxiety, fatigue, irritability, muscle tension, and insomnia, providing a deep sense of balance and relaxation.

REMINERALIZE CALCIUM *Wrap*

80 50 min

The body mask rich in calcium penetrates deeply through the sweating of a warm blanket, restoring elasticity and promoting intense hydration while softening and toning the skin. This wrap helps combat the signs of aging, providing visibly firmer, more radiant, and rejuvenated skin. A true cure for the skin, revealing renewed softness and vitality.



BODY THERAPY

Expert care for holistic healing

Experience a comprehensive approach to well-being with our specialized Body Therapy treatments, designed to address various needs. Our highly qualified therapists use advanced techniques such as osteopathy, lymphatic drainage, postural alignment, craniosacral therapy, and visceral balance to restore your body's natural harmony. Each session is personalized to relieve tension, improve mobility, and promote a more balanced and healthy functioning.

These techniques work synergistically to relieve discomfort and even address issues such as insomnia, promoting deep relaxation and enhancing the body's inherent healing processes. Through gentle and precise interventions, our Body Therapy sessions aim to relieve chronic pain, correct imbalances, and cultivate overall well-being.

Step into a welcoming environment where specialized care and personalized attention pave the way for you to feel more revitalized and balanced.

OSTEOPATHY

175 50 min

A therapeutic approach that uses manual techniques to diagnose, treat, and prevent body dysfunctions, restoring balance and mobility. Through gentle manipulations of muscles, joints, and tissues, it alleviates pain, improves circulation, and promotes overall well-being. Ideal for those seeking relief from muscle tension, chronic pain, or postural disorders, providing a sensation of lightness and harmony.

MANUAL LYMPHATIC *Drainage*

125 50 min

A gentle and enveloping body therapy that uses soft and precise movements to stimulate lymphatic flow, promoting the elimination of toxins and reducing fluid retention as well as edema. It works on circulation in a relaxing experience that not only revitalizes the body but also brings harmony and tranquility to the mind.

BODY MOVEMENT *Alignment*

125 50 min

A treatment that promotes joint decompression, pain relief, increased joint mobility and flexibility, prevents muscle injuries, releases tension in the joint structures, and improves posture. It is performed on the lower and upper limbs as well as the spine, using gentle and progressive manual techniques.

BODY THERAPY

MIND THERAPEUTIC

CRANIO SACRAL *Therapy*

175 50 min

Manual therapy focused on improving the craniosacral system, which protects the brain and spinal cord. It alleviates tensions and dissipates stress's negative effects on the central nervous system. This preventive therapy supports natural resistance against illness, suitable for all ages.

ENERGY REBALANCE *Therapy*

185 50 min

Energy Medicine organizes and regulates the growth, repair, and balance of the body. Non-invasively, it promotes harmony and vital flow, restoring physical and emotional well-being. With techniques that help correct imbalances, awaken inner strength, and enhance resilience, it elevates the vitality of the body, cells, and mind.

BODY SHAPING

Detox, exfoliate, revitalize

Our Body Shaping treatments focus on detoxification and body renewal. Designed to eliminate toxins, gently exfoliate, and stimulate circulation, they offer a targeted approach that refines contours and enhances your natural glow, leaving you feeling renewed and confident.

Our advanced techniques shape your silhouette, stimulate lymphatic drainage, and improve skin texture. They incorporate specific massage modalities with marine active ingredients from Thalion, which help reduce water retention and smooth imperfections, leaving the skin firmer and revitalized. With the power of Thalion products, the results are even more effective, providing a complete wellness experience and visibly healthier skin.



BODY SHAPING

THALION

PURE *Skin*

80 25 min

A revitalizing body treatment that removes dead skin cells, promoting deep cellular renewal with natural exfoliants like sea salts. It improves skin texture and enhances hydration and radiance.

PURE *Contour*

140 70 min

An intensive experience that combines manual techniques for shaping, toning, and redefining body contours, using specific active and deep movements along with a body mask rich in firming and hydrating properties.

PURE *Drain*

140 70 min

TriActive treatment with specific body massage techniques and wraps to stimulate toxin elimination and reduce fluid retention. Through rhythmic and draining movements, it enhances circulation, softens the skin, and promotes a feeling of lightness. Natural ingredients like revitalizing algae or plants enhance firmness and define body contours.

PURE *Cryo*

120 50 min

Refined exfoliation with pearls and intense shaping techniques for soft skin and a more defined silhouette, promoting a sensation of renewal and balance.

FACIAL

Tailored skincare for a radiant complexion

Our facial treatments address all aspects of skin health, from ultra-lifting and collagen restoration to wrinkle reduction, ensuring a youthful glow. We work with two exclusive brands: Anne Semonin and Biologique Recherche.

Anne Semonin combines nature and science, promoting radiance and rejuvenation. Biologique Recherche offers concentrated formulas and personalized protocols for quick and specific results.

These brands ensure a complete range of treatments, from the restorative touch of Anne Semonin to the precision of Biologique Recherche, providing visibly rejuvenated and radiant skin.



PERSONALISED *Facial*

180 50 min

255 80 min

A moment of deep care, where your skin receives precisely what it needs. The 80-minute ritual begins with Derma Scan technology — a detailed reading of your skin that guides every step, every essence, in a truly bespoke journey. Precious ultra-concentrated serums are applied with flowing movements and signature massage techniques that awaken natural radiance, restore balance, and bring back the skin's vital energy. A truly renewal for the skin.

SECOND *Skin*

235 50 min

Second Skin is a regeneration and lifting treatment that uses a nanofiber mask with 80% hyaluronic acid to hydrate, firm, and smooth wrinkles. It promotes filling and cellular renewal, providing younger, more radiant skin from the first session. Ideal as an alternative to injectable fillers.

CAVIAR *Vert*

140 50 min

This treatment combines the power of green caviar and collagen segments to smooth wrinkles, redefine contours, and restore skin firmness. It provides an immediate lifting effect, intense hydration, and a radiant glow.

COLLAGEN *Rebirth*

220 50 min

Renew your skin with microneedling. This treatment stimulates collagen and elastin production, promoting firmness, smoothness, and immediate rejuvenation. It provides a boost of concentrated active ingredients to combat premature signs of skin aging.

L'EXPERIENCE

150 70 min

Personalized treatment. Let us assess your skin's needs and restore its natural balance. Corrective solutions combine neurocosmetic properties with draining techniques. Awaken the radiance of your face, décolletage, and eye contours.

ULTIMATE LIFTING *Experience*

240 80 min

A true elixir of youth. It combines the anti-aging effects of cryotherapy and a new generation of high cosmetics with lift massage techniques. A revolutionary alternative to invasive anti-aging methods.

MEN'S REJUVENATION FACIAL *Ritual*

140 70 min

A specific treatment for men. It begins with exfoliation and back massage, followed by a facial with essential oils, trace elements, and personalized massage techniques.



MOTHER TO BE

Nurturing your maternal journey

Step into a sanctuary of delicate care, designed exclusively for expectant mothers. Our Mother to Be treatments celebrate the beauty and strength of the maternal journey, offering a curated blend of facial treatments, massages, and pampering rituals that address the unique needs of your changing body. Each session is carefully crafted to relieve tension, improve circulation, and provide a sense of calm, ensuring that both mother and baby experience optimal comfort and care.

On this physical and emotional journey, our experienced therapists employ techniques that prioritize your well-being, creating a welcoming and safe environment. Enjoy hydrating facial treatments, relaxing massages, and personalized pampering that revitalize both body and spirit. Celebrate this transformative moment by feeling rejuvenated, balanced, and connected to the miracle of new life.

FACIAL *Glow*

| 30 50 min

Personalized treatment, perfect for expectant mothers. It stimulates circulation and promotes firmer, more radiant skin, while the massage on the feet and legs provides relaxation and lightness in the lower limbs.

BODY *Activation*

| 20 50 min

Massage tailored to the needs of women during pregnancy. It helps relieve muscle tension, improves circulation, reduces swelling, and promotes deep relaxation, providing well-being for both mother and baby.

MAMÃ *Cocoon*

| 40 70 min

A delicate ritual of care and well-being for expectant mothers. Designed with enveloping hydration for the hands, feet, and face, it is ideal for renewing energy and enhancing the natural beauty of the pregnant woman.

SPA ETIQUETTE

HOURS OF OPERATION

Vilalara Wellness Club is open daily from 9:00 am to 7:00 pm.

RESERVATIONS

To guarantee your preferred time, we suggest making your booking ahead of time. You can reach us at +351 282 320 196, room extension: 17256. Alternatively, feel free to email us at spa@vilalara.com or visit the spa in person, where one of our receptionists will be happy to assist you.

SPA ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Late arrival will be subject to reduced treatment times.

CANCELLATION POLICY

Should you need to cancel or rebook your treatment, we do require that happens before 6pm the previous day. If you cannot the day before we required a minimum of 5 hours notice to avoid being charged 100% for your treatment time.

SPA ATTIRE AND VALUABLES

For your comfort, we invite you to wear the bathrobe and slippers from your room. If you are experiencing the Sauna, Turkish Bath, or Thalassotherapy treatments, wearing a swimsuit is mandatory.

RECOMMEND

We recommend leaving your valuables in your room, as our lockers are limited in number and we cannot guarantee availability for all our guests. Drink plenty of water to enhance the benefits of the treatments.

POLICIES

Respect all staff members any unwelcome physical conduct is not permitted. Use the facilities, furniture, and available equipment responsibly. Smoking and alcohol consumption are not allowed inside the center. Please keep your phones on silent.

MEDICAL CARE

If you have any health issues, please contact your doctor first to confirm if the treatment is recommended. If you are pregnant or have any pre-existing conditions or allergies, please inform our team.

ADDITIONAL INFORMATION

SPA CARE PROFESSIONAL

Vilalara Wellness Club is proud to have the finest accredited spa professionals on our team. We guarantee that all treatments and product management are supported by a continuous training program.

THE PRODUCTS

Vilalara Wellness Club features a selection of globally recognized brands. Your spa care professional will suggest the product range that best meets your individual needs. Please be aware that all purchased products are non-refundable.

GIFT VOUCHERS

Choose from our available treatment packages or create a custom option that suits your needs. A Gift Voucher makes for the perfect present, not just for spa lovers but also for friends and family who deserve a little extra pampering. Explore our treatment menu to find your ideal selection. Spa Gift Vouchers can be purchased at the Spa Reception and should be presented when booking. Please note that these vouchers are non-refundable and cannot be exchanged for cash.

CHILDREN POLICY

Guests must be at least 18 years old to enter Wellness Club. However, younger guests may receive spa treatments if they are accompanied by a parent or guardian.

WELLNESS CONCIERGE

Our wellness programs include a dedicated wellness concierge, available through a special line to assist you with any needs, whether it's changing appointments, booking treatments, or seeking product recommendations. For more information about this service, please reach out to the spa reception.



PRAIA *das* GAIVOTAS
ALPORCHINHOS
Porches 8400-450, PT