

A woman with dark hair and closed eyes is in a meditative pose with her hands pressed together in front of her chest. She is wearing a dark, ribbed tank top and light-colored leggings. The background features a large, golden-brown rock formation under a clear blue sky. The ocean is visible at the bottom of the frame.

VILALARA

GRAND HOTEL ALGARVE

PROGRAMS

AN IMMERSIVE MULTI-DAY EXPERIENCE TO RESTORE BALANCE
AND VITALITY THROUGH TAILORED TREATMENTS



WHERE QUIET LUXURY BONDS WITH IMMERSIVE WELLNESS

Founded in 1967, and emerged as a wellness pioneer with the first thalassotherapy in Portugal, in 1990, Vilalara introduced this sea-based therapeutic tradition to Portuguese shores. With its exclusive setting and a focus on the healing properties of marine elements — seawater, algae, and coastal air — the resort became the first in Portugal to receive certification from the International Thalassotherapy Federation. This positioned Vilalara not just as a luxury destination, but as a leading model in integrative health and well-being in Southern Europe, attracting guests from all over the world, including Princess Diana and the former USA President Jimmy Carter.

With the roots in thalassotherapy, Vilalara evolved in parallel with wellness trends, combining longevity medicine with holistic treatments, emotional balance, physical activity and mindfulness practices. Today, Vilalara concept focused on 360° wellness, a multidimensional approach, where it brings us back to our foundations. It is grounded in the belief that true well-being begins with nurturing the body's fundamental needs: restful body and mind, nourishing food, physical movement, deep breathing, mental clarity and social connection.

Blending with the resort quiet luxury feeling, Vilalara is shaping Portugal's identity as a sanctuary for travellers, focused on the healing power of the sea, timeless vitality, and immersive wellness.

The premium wellness experience by Vilalara.





WHY VILALARA

-
- ✓ A unique combination of 35 year experience in Thalassotherapy, personalized SPA treatments, holistic wellness and exclusive partners such as Biologique Recherche© solutions.
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- ✓ Home to one of Europe's most prestigious **Thalassa & SPA centres**, spanning over **2,600 sqm of indoor facilities** – including treatment rooms, heated pools, a fully equipped gym, and relaxation areas. Vilalara offers a highly personalized and integrative approach to wellbeing, combining **advanced technology with expert care**.
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- ✓ Signature programs include **detox, anti-ageing, stress recovery, weight management**, and overall lifestyle rebalancing, all delivered in a serene and luxurious environment.
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- ✓ **Tailor-Made Retreats & Holistic Therapies.**
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- ✓ From nutrition and fitness to mindfulness and emotional rebalancing, each program is designed to meet the individual goals of our guests.
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- ✓ **Secluded Luxury by the Atlantic Ocean:** Located in a stunning natural setting with **private access to a secluded beach**, lush botanical gardens, and tranquil accommodations that invite rest and reconnection.
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- ✓ **Wellness-Centered Gastronomy:** Featuring fresh, **local, and organic ingredients**, our culinary concept merges health with elegance through delicious Mediterranean-inspired menus.
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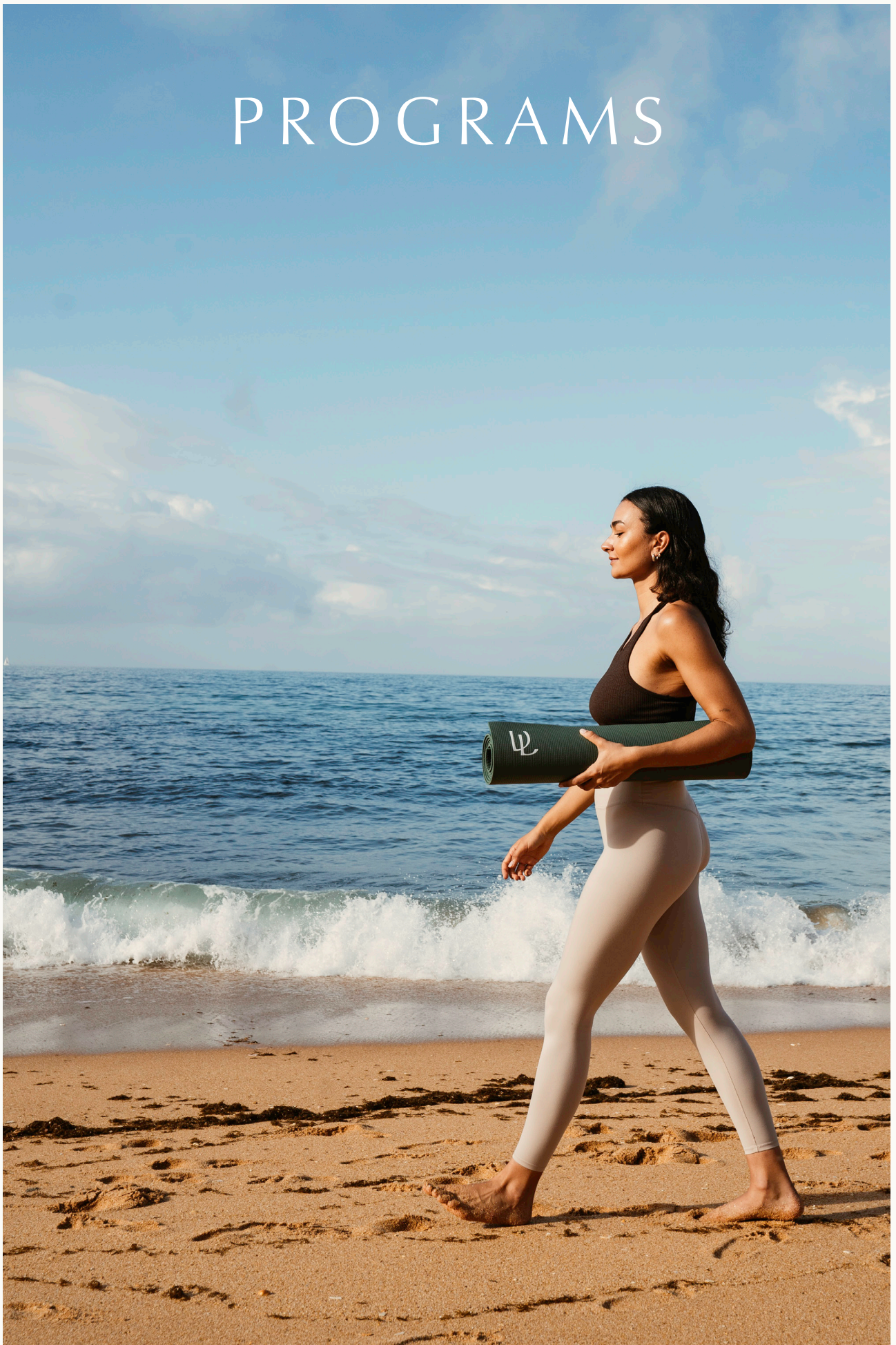
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PROGRAMS



THALASSOTHERAPY HEALING

This atlantic ocean-based program is designed for the ones seeking stress relief, muscular relaxation, and total mind-body rejuvenation. A unique combination of jet pools, marine body wraps, and mineral-rich seawater baths aims for deep relaxation and revitalization.

CONCERNS ADDRESSED

- ✓ Muscular tension and fatigue
- ✓ Low energy levels
- ✓ Poor sleep quality
- ✓ Emotional imbalance

RESULTS

- ✓ Enhanced emotional clarity and stress relief
- ✓ Improved deep sleep and overall well-being
- ✓ Recovered muscle and enhanced vitality
- ✓ Renewed energy and body remineralization, up to 75%

INCLUSIONS

5 DAYS 7 DAYS

<i>Assessment</i>	BIOPHYSICAL ASSESSMENT <i>50 min</i> A comprehensive integrative wellness evaluation using advanced technology to personalize the journey.	1	2
<i>Body</i>	RELAXED MESSAGES <i>25 min</i> Soothing and gentle massages tailored to relax body and mind.	2	3
	CBD RITUAL <i>80 min</i> A deeply restorative massage using CBD oil and bambu sticks to relieve muscular tension, reduce anxiety, and restore inner balance.	0	1
<i>Thalassotherapy</i>	THALASSOTHERAPY EXPERIENCES <i>15/30 min</i> Energizing seawater treatments with marine elements to detoxify, mineralize, and rejuvenate the body, such as detox seaweed bath, shower jet and immersive jet pools.	12	16
	THALASSA SOUNDHEALING <i>50 min</i> A calming sound therapy session that uses healing frequencies in the seawater to promote deep relaxation and emotional balance.	1	1
	SEAWEED / MAGNESIUM / CALCIUM WRAPS <i>25 min</i> Nourishing marine body wraps that purify, rehydrate, and restore the skin with essential minerals.	3	4
	BODY SCRUB <i>25 min</i> An invigorating exfoliation that removes dead skin cells, leaving the skin smooth and radiant.	1	1
<i>Wellness</i>	WELLNESS CLASSES <i>45 min</i> Guided sessions such as yoga, pilates, breathwork or more, to enhance vitality.	2	4

Accommodation and meals are not included.
Values in euros, including VAT.

PRICE PER PERSON 1.350€ 2.000€



BESPOKE ANTI-AGEING RETREAT

This customised program blends advanced facial treatments, mindful rituals and revitalizing marine therapies. Designed to restore the skin's natural glow while promoting a sense of pampered, rested, and renewed. A luxury escape where beauty is nurtured from the inside out.

CONCERNS ADDRESSED

- ✓ Dull, tired, or dehydrated skin
- ✓ Visible signs of stress or fatigue
- ✓ Loss of radiance and skin elasticity
- ✓ Emotional imbalance or low energy

RESULTS

- ✓ Restored skin's natural glow
- ✓ Pampered, rested, and renewed
- ✓ Recharged from daily stress
- ✓ Detoxified body
- ✓ Restored sense of calm and presence

INCLUSIONS

5 DAYS 7 DAYS

		5 DAYS	7 DAYS
<i>Assessment</i>	FACIAL SKIN ANALYSIS <i>25 min</i> A personalized facial diagnosis using advanced techniques to assess the skin's needs and recommend the most effective treatments.	1	2
	BIOPHYSICAL ASSESSMENT <i>50 min</i> A comprehensive integrative wellness evaluation using advanced technology to personalize the journey.	1	1
<i>Body</i>	ZENITH MASSAGE <i>50 min</i> Soothing and gentle massages tailored to relax body and mind.	1	2
	OCEAN RITUAL <i>110 min</i> A rejuvenating full-body ritual that combines lifting techniques to tone, firm, and revitalize the face, while relax the body.	1	1
	LYMPHATIC COMPRESSION THERAPY <i>30 min</i> A gentle air pressure treatment to stimulate lymphatic flow and reduce swelling.	1	1
<i>Face</i>	PERSONALISED FACIAL TREATMENT <i>50 min</i> A tailor-made facial designed to meet the skin's unique needs, delivering deep nourishment.	1	1
	COLLAGEN REBIRTH FACIAL <i>50 min</i> A high-performance micro needling facial focused on stimulating collagen production for smoother, firmer, and more youthful-looking skin.	1	1
	SECOND SKIN FACIAL <i>50 min</i> Developed by Biologique Recherche, this "second skin" facial visibly lifts, plumps, and accelerates skin recovery — ideal after aesthetic procedures or during periods of extreme dryness or sensitivity.	0	1
<i>Thalassotherapy</i>	THALASSOTHERAPY EXPERIENCES <i>15/20 min</i> Energizing seawater treatments with marine elements to detoxify, mineralize, and rejuvenate the body, such as detox seaweed bath, shower jet and immersive jet pools.	4	8
	SEAWEED WRAP <i>25 min</i> Nourishing marine body wrap that detoxifies and nourish the body with seaweed.	1	2
<i>Wellness</i>	PRIVATE SOUND HEALING <i>50 min</i> A calming sound therapy session that uses healing frequencies to promote deep relaxation and emotional balance.	1	1
	WELLNESS CLASS <i>45 min</i> Guided group sessions such as yoga, pilates, breathwork or more, to enhance vitality.	1	2

Accommodation and meals are not included.
Values in euros, including VAT.

PRICE PER PERSON 1.470€ 2.250€



STRESS RELIEF & RECOVER

The urban life break to fully recover and reset. This program is a carefully curated wellness experience designed to restore inner peace, reduce anxiety, and promote emotional resilience through holistic practices. Tailored for burned-out professionals, wellness-seeking travellers, or anyone looking to recharge emotionally and mentally during their trip.

CONCERNS ADDRESSED

- ✓ Burned-out professionals
- ✓ Visible signs of stress or fatigue
- ✓ Mood swings, anxiety
- ✓ Muscle tension and low energy
- ✓ Insomnia or poor sleep quality

RESULTS

- ✓ Nervous system reset
- ✓ Mental clarity and emotional release
- ✓ Deeper self-connection
- ✓ Develop of healthy habits and self-care routine

INCLUSIONS

		5 DAYS	7 DAYS	10 DAYS
<i>Assessment</i>	STRESS & LIFESTYLE EVALUATION BY DR. JOÃO PESTANA <i>50 min</i> A one-on-one consultation to assess stress levels and lifestyle habits, guiding the personalized program.	1	1	2
	BIOPHYSICAL ASSESSMENT <i>50 min</i> A comprehensive integrative wellness evaluation using advanced technology to personalize the journey.	1	1	2
<i>Body</i>	CBD RITUAL <i>80 min</i> A deeply restorative massage using CBD oil and bambu sticks to relieve muscular tension, reduce anxiety, and restore inner balance.	0	1	1
	ZENITH MASSAGE <i>50 min</i> Soothing and gentle massages tailored to relax body and mind.	1	1	2
	INSOMNIA FOCUS MESSAGES <i>50 min</i> Specialized treatments designed to ease restlessness, calm the nervous system, and encourage restful sleep.	1	2	2
	LYMPHATIC COMPRESSION THERAPY <i>50 min</i> A gentle air pressure treatment to stimulate lymphatic flow and reduce swelling.	1	1	1
<i>Face</i>	PERSONALISED FACIAL TREATMENT <i>50 min</i> A tailor-made facial designed to meet the skin's unique needs, delivering deep nourishment.	0	1	1
<i>Thalassotherapy</i>	THALASSOTHERAPY EXPERIENCES <i>15/50 min</i> Energizing seawater treatments with marine elements to detoxify, mineralize, and rejuvenate the body, such as detox seaweed bath, shower jet and immersive jet pools.	10	14	20
	SEAWEED / MUD / MAGNESIUM WRAPS <i>25 min</i> Nourishing marine body wraps that purify, rehydrate, and restore the body with essential minerals.	2	3	4
<i>Wellness</i>	BREATHWORK <i>50 min</i> A private session using conscious breathing techniques to reduce stress, enhance focus, and increase vitality.	1	1	1
	MEDITATION <i>50 min</i> Guided sessions to enhance vitality.	0	1	1
	PRIVATE SOUND HEALING <i>50 min</i> A calming sound therapy session that uses healing frequencies to promote deep relaxation and emotional balance.	1	1	1
	WELLNESS CLASSES <i>45 min</i> Guided group sessions to enhance vitality.	2	2	3
<i>Home Care</i>	HOME GUIDANCE: FOLLOW UP CONSULTATION WITH DR. JOÃO PESTANA <i>50 min</i> A personalized session to support long-term lifestyle changes and maintain the wellness results at home.	2	2	2

Accommodation and meals are not included.
Values in euros, including VAT.

PRICE PER PERSON 1.950€ 2.800€ 3.550€



DETOX & WEIGHT MANAGEMENT

A integrative program focused on natural detox, weight balance, and sustainable vitality. It's shaped to reset the metabolism, reduce bloating and water retention, helping to gain tools and knowledge to sustain weight loss and adopt a healthier lifestyle. It combines functional nutrition, mindful movement, body-sculpting therapies, and emotional balance, all within an inspiring, restful setting. A premium wellness experience to renew body and mind.

CONCERNS ADDRESSED

- ✓ Bloating and inflammation
- ✓ Hormonal unbalance
- ✓ Slow metabolism
- ✓ Unstable weight management

RESULTS

- ✓ Reduced bloating, improved digestion
- ✓ Increased energy and vitality
- ✓ Better sleep quality and mental clarity
- ✓ Kickstart weight loss in a healthier and balanced way
- ✓ Guided follow-up consultations for lasting results

INCLUSIONS

		5 DAYS	7 DAYS	10 DAYS
<i>Assessment</i>	BIOPHYSICAL ASSESSMENT 50 min A comprehensive integrative wellness evaluation using advanced technology to personalize the journey.	1	2	2
	FUNCTIONAL NUTRITION CONSULTATION 50 min A personalized session focusing on nutrition, digestion, and lifestyle habits to support overall vitality and balance.	1	1	2
<i>Body</i>	DETOX RITUAL 110 min A full-body detox ritual combining exfoliation, a mineral-rich body wrap, and a deep cleansing massage.	0	1	1
	ABDOMINAL INNER BALANCE TREATMENT 50 min A therapy designed to release abdominal tension, support digestive health, and soothe the nervous system.	1	1	2
	PURE SHAPING: LYMPHATIC BODY THERAPY 70 min A sculpting and draining body treatment focused on enhancing circulation, reducing bloating, and contouring the silhouette.	3	3	5
	LYMPHATIC COMPRESSION THERAPY 50 min A gentle air pressure treatment to stimulate lymphatic flow and reduce swelling.	1	1	2
<i>Face</i>	PERSONALISED FACIAL TREATMENT 50 min A tailor-made facial designed to meet the skin's unique needs, delivering deep nourishment.	0	1	1
	COLLAGEN REBIRTH FACIAL 50 min A high-performance micro needling facial focused on stimulating collagen production for smoother, firmer, and soften fine lines.	0	0	1
<i>Thalassotherapy</i>	THALASSOTHERAPY EXPERIENCES 15/30 min Energizing seawater treatments with marine elements to detoxify, mineralize, and rejuvenate the body, such as detox seaweed bath, shower jet and immersive jet pools.	10	14	20
	SEAWEED / CALCIUM WRAPS 25 min Nourishing marine body wraps that detoxify, rehydrate, and restore the skin with essential minerals.	2	4	6
<i>Wellness</i>	PERSONAL TRAINING SESSIONS 50 min A private training session tailored to specific needs.	1	2	2
	PRIVATE PILATES / YOGA 50 min A private session focused on flexibility, core strength and mind-body connection.	0	1	2
	PRIVATE SOUND HEALING 50 min A calming sound therapy session that uses healing frequencies to promote deep relaxation and emotional balance.	1	1	1
	WELLNESS CLASSES 45 min Guided group sessions to enhance vitality.	1	2	3
<i>Nutrition</i>	ANTI-INFLAMMATORY DIET THROUGHOUT THE PROGRAM Designed to reduce inflammation, boost immunity, and support whole-body throughout the program.	1	1	1
<i>Home Care</i>	HOME GUIDANCE: FOLLOW UP CONSULTATIONS WITH NUTRITIONIST 50 min Post-program support to maintain progress, reinforce healthy habits, and guide a long-term wellness journey.	2	2	2

The program do not include accommodation.
Values in euros, including VAT.

PRICE PER PERSON 2.700€ 4.100€ 5.900€



FITNESS ESSENCE

An integrative wellness journey where movement meets mindfulness, and longevity. The Fitness Essence is an immersive program designed to reignite physical vitality through personalized training, body remineralization, and holistic recovery practices.

Whether looking to get back in shape, kickstart a healthier lifestyle, or simply reconnect with the body, this is the invitation to escape the noise — and return stronger, lighter, and more energized.

CONCERNS ADDRESSED

- ✓ Lack of energy and motivation
- ✓ Physical inactivity or sedentary lifestyle
- ✓ Weight gain and poor muscle tone
- ✓ Poor posture and mobility restrictions
- ✓ Difficulty getting back to a fitness routine

RESULTS

- ✓ Renewed physical strength and endurance
- ✓ Improved body composition and muscle tone
- ✓ Boosted energy levels and mental clarity
- ✓ Enhanced mobility, flexibility, and posture
- ✓ Better sleep and stress management
- ✓ A kickstart to a long-term healthy lifestyle

INCLUSIONS

5 DAYS 7 DAYS

<i>Assessment</i>	BIOPHYSICAL ASSESSMENT <i>50 min</i> A comprehensive integrative wellness evaluation using advanced technology to personalize the journey.	1	2
	FUNCTIONAL NUTRITION CONSULTATION <i>50 min</i> A personalized session focusing on nutrition, digestion, and lifestyle habits to support overall vitality and balance.	1	1
<i>Body</i>	CBD RITUAL <i>80 min</i> A deeply restorative massage using CBD oil and bambu sticks to relieve muscular tension, reduce anxiety, and restore inner balance.	0	1
	TENSION RELIEF MASSAGE <i>50 min</i> Designed to relax the muscles and release body tension, through deep touch.	1	2
	BODY MOVEMENT ALIGNMENT THERAPY <i>50 min</i> Body therapy to restore mobility and range of motion.	1	2
	LYMPHATIC COMPRESSION THERAPY <i>50 min</i> A gentle air pressure treatment to stimulate lymphatic flow and reduce swelling.	1	2
<i>Thalassotherapy</i>	THALASSOTHERAPY EXPERIENCES <i>15/50 min</i> Energizing seawater treatments with marine elements to detoxify, mineralize, and rejuvenate the body, such as detox seaweed bath, shower jet and immersive jet pools.	10	14
	SEAWEED / MAGNESIUM WRAPS <i>25 min</i> Nourishing marine body wraps that detoxify, rehydrate, and restore the skin with essential minerals.	2	3
<i>Wellness</i>	PERSONAL TRAINING SESSIONS <i>50 min</i> A private training session tailored to specific needs.	4	6
	BREATHWORK <i>50 min</i> A private session using conscious breathing techniques to reduce stress, enhance focus, and increase vitality.	0	1
	WELLNESS CLASSES <i>45 min</i> Guided group sessions to enhance vitality.	2	3

Accommodation and meals are not included.
Values in euros, including VAT.

PRICE PER PERSON 1.730€ 2.980€





FITNESS CENTER



FITNESS CENTER FACTSHEET

CARDIO MACHINES

- ✓ Treadmills
- ✓ Elliptical Machine
- ✓ Rower
- ✓ Interactive Stationary Bike
- ✓ Artis Recline
- ✓ Group Cycle Ride

FUNCTIONAL & STRENGTH TRAINING

- ✓ Medicine Balls
 - ✓ Slam Balls
 - ✓ Elastic Bands
 - ✓ Skipping Rope
 - ✓ Mats
-

BOXING TRAINING

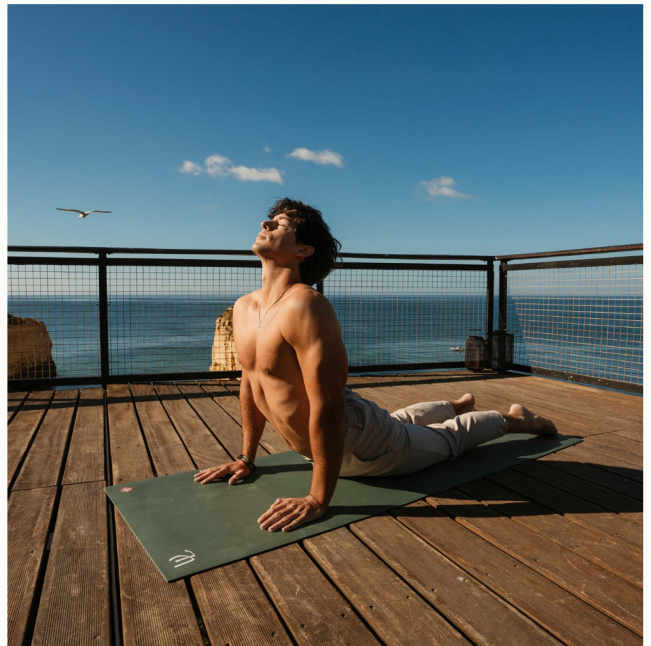
- ✓ Boxing Equipment
- ✓ Boxing Bag

STRENGTH & CONDITIONING

- ✓ Smith Machine
 - ✓ Dual Adjustable Pulley Station
 - ✓ Dumbbells
-

Our fitness facilities are totally equipped by Technogym©







NUTRITION



ANTI-INFLAMMATORY MEALPLAN

A healthy and tasty, mostly plant-based diet to nourish the mind, gardening the flora and reenergize the body.

SPECIALLY DESIGNED FOR

- ✓ Balance blood glucose levels
- ✓ Boost energy and mental clarity throughout the day
- ✓ Improve metabolism, digestion and sleep quality
- ✓ Reduce bloating, water retention and inflammation
- ✓ Overall sense of physical and emotional wellbeing

Excluded items to reduce inflammation: gluten, dairy, refined sugar, refined grains, processed food, trans fats & processed oils.

This mealplan is on a full board basis only. (breakfast, lunch, snack and dinner included), and can complement any of our programs.

<i>Breakfast</i>	Anti-inflammatory shot and nutritive smoothie Lean protein and healthy fats
<i>Lunch</i>	Starters and main course nourished with whole plant foods kombucha to garden the gut
<i>Snack</i>	Healthy Smoothie with anti-oxidant fruits and flaxseeds Nuts
<i>Dinner</i>	Bone broth, to boost collagen Roasted veggies with fresh fish Digestive and relaxing tea

First day and last day are charged as one, due check-in and check-out time policy.

Values in euros, including VAT.

PRICE PER PERSON PER DAY

122€



SPA ETIQUETTE

HOURS OF OPERATION

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

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.

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.

RECOMMENDATIONS

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.





VILALARA
GRAND HOTEL ALGARVE

Forbes
TRAVEL GUIDE
GLOBAL PARTNER