

A person wearing a white robe is shown from the chest down, holding a wooden mallet in their right hand and a white singing bowl in their left hand. The person is wearing several colorful beaded bracelets on their right wrist. The background is a soft, out-of-focus sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow. The overall mood is peaceful and serene.

WELLNESS

AWAKEN YOUR SOUL, CALM YOUR MIND
AND RESTORE YOUR BALANCE



MINDFUL & MOTION

Movement for Balance & Well-Being

Restore balance with your body through gentle yet effective practices designed to improve mobility, flexibility, and harmony.

From mindful movement sessions to relaxing aquatic experiences and Pilates to strengthen the core, this segment promotes balance, renewal, and overall well-being in a serene resort setting.

STRENGTH *& Mobility*

108 55 min

A dynamic and intelligent movement class designed to build strength with awareness. This practice focuses on joint mobility, pelvic and rib cage alignment, and a responsive core to support efficient, pain-free movement. Through controlled, functional exercises, the body develops stability and resilience creating a strong foundation for weight training and everyday activity, while reducing the risk of injury.

SERENITY *Aquaflow*

108 55 min

A relaxing experience in warm seawater, combining fluid movements with relaxation techniques to release tension and restore balance. The gentle support of the water enhances flexibility, relieves muscle fatigue, and promotes a deep inner calm. Ideal for reducing stress and reconnecting with the body, leaving you renewed, light, and at peace.

PILATES

108 55 min

A core-focused practice that uses controlled and precise movements to enhance posture, flexibility, and body awareness. It strengthens stability and endurance, promoting proper alignment. It reduces tension, fosters a balanced and resilient body, and encourages mindful movement, leaving you stronger, centered, and energized.

STRETCHING

108 55 min

Our stretching class is designed to ease your body, calm your mind, and enhance your sense of balance and presence with gentle movement.



ANCIENT TECHNIQUES

Timeless practices for inner harmony

Experience the transformative power of traditional healing practices designed to restore balance, clarity, and vitality.

Rooted in ancient wisdom, these techniques gently guide you toward a more centered and harmonious state of being.

THE ART OF *Breathing*

108 55 min

A guided experience centered on the power of the breath. This session explores the vital role of breathing in physical, mental, and emotional well-being. Through gentle tissue work using a soft ball, the body is released to allow natural, diaphragmatic breathing with 360-degree expansion. The experience is completed with calming breathing techniques designed to quiet the mind and restore inner balance.

MINDFUL *Motion*

108 55 min

A gentle, therapeutic movement experience designed to restore ease and balance. This mindful class focuses on the spine, hips, and shoulders through slow, intentional movements that enhance mobility and functional awareness. By exploring natural movement patterns, the body releases stored tension, reduces discomfort, and regains fluidity supporting a lasting sense of comfort, alignment, and mental clarity.

HATHA *Yoga*

108 55 min

A holistic practice that harmonizes movement, breath, and mindfulness. This Hatha yoga session combines alignment-focused postures with breath awareness to improve flexibility, strength, and balance. By uniting body and mind, the practice fosters resilience, enhances physical vitality, and cultivates a deep sense of inner calm and well-being. Suitable for all levels, it encourages presence, body awareness, and restorative energy.

THALASSA *Sound Healing*

108 55 min

An immersive sound healing experience in the water. Combining the vibration of bowls, and the energy of the sea, this session promotes deep relaxation, balance, and innerconnection. Let yourself be carried away by the serenity of the water and the healingpower of sound.



HYBRID TRAINING

Elevate strength, endurance & mobility

A dynamic fitness segment crafted to enhance strength, stamina, and overall mobility through a variety of training methods.

From rhythmic cardio to high-intensity workouts and water-based resistance exercises, each session amplifies endurance, builds resilience, and promotes a balanced, energized body.

CARDIO *Flow*

108 55 min

An invigorating workout that blends rhythmic cardio movements to enhance heart health, boost endurance, and improve coordination. This dynamic session leaves you feeling energized, strong, and renewed.

BASIC DYNAMIC *Workouts*

108 55 min

A functional training session designed to build a solid fitness foundation. Combining strength, mobility, and endurance exercises, it enhances overall physical performance while improving balance and flexibility.

FUNCTIONAL *Strength*

108 55 min

A dynamic functional training class combining strength, mobility, and endurance to improve performance, resilience, and overall physical conditioning.

VITAL AQUA *Training*

108 55 min

A warm seawater practice that combines resistance training with cardio exercises to improve strength, flexibility, and vitality. The buoyancy of the water reduces impact, making it an effective and joint-friendly fitness experience.



PREMIUM BALANCE

Where serenity meets strength

This exclusive experience blends serenity and strength in unique holistic treatments.

Through refined wellness techniques, they promote balance between body and mind, restore energy, renew vitality, and cultivate a deep sense of harmony and tranquility.

THERAPEUTIC *Movement*

130 55 min

A practice with gentle, controlled movements to understand and improve the function of the spine, hips, and shoulder girdle, while also activating the deep core muscles. This practice promotes proper body alignment, enhances flexibility and strength, and is beneficial for all fitness levels. It helps improve posture and mobility in a safe and effective way.

SOUND *Healing*

130 55 min

A sound and therapeutic experience that uses the vibrations and harmonious sounds of Tibetan bowls to promote deep relaxation and energetic balance. Through the enveloping sound and restorative frequencies, the bowls help release tension and foster a state of inner peace. It stimulates harmony between body and mind, providing profound relief and a sense of complete renewal.

WEEKLY CALENDAR

Your well being break

A schedule designed to promote physical and mental well-being through classes in yoga, meditation, stretching, relaxation techniques, rituals, and fitness. More than just exercises, they are spaces to reduce stress, improve flexibility, and recharge your energy.

With options for all levels, everyone can find their own rhythm and moment of self-care. Whether to balance your energy or simply disconnect, there's always an experience for you.

Duration: 45 min

All activities cost 22 euros per session, except the ones described under:

☞ Rituals of Connection that are complimentary.

All activities take place in the Spa & Wellness areas.



Easily access our weekly calendar on your mobile using this QR code.



RITUALS OF CONNECTION

Sacred practices and rituals intended for all

Ancestral ceremonies, healing rituals and unique experiences that provide deep connections with ancient wisdom, nature and spiritual practices.

These activities invite you to embark on a transformative journey, uniting cultural heritage with personal healing and growth.

♡ *This activities are free or charge.*

COPAL & FIRE *Soundhealing*

55 min

An enchanting ritual with the sacred aroma of copal and the vibrational power of sound healing for deep emotional and energetic cleansing.

CACAO CEREMONY & MUSIC *Concert*

55 min

A heart-opening cacao experience and live music concert to awaken the soul, uplift the senses, and inspire emotional healing.

SENSORIAL NATURE *Walk*

55 min

A guided walk along the Algarve cliffs, combining gentle exercise with exploration of the region's coastal wildlife and landscapes.

SPA ETIQUETTE

HOURS OF OPERATION

Vilalara Wellness Club is open daily from 9:00 to 19:00.

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.

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.

WELLNESS CLUB



VILALARA