



# SPA

WHERE ART INSPIRES  
**BALANCE**

A SPA WHERE WE OFFER THE STA-  
GE AND THE COSTUMER HAS THE  
LEADING ROLE







At Santa Luzia ArtHotel Spa we offer you a range of experiences that will provide you a sensorial journey for the body and the mind.

The “hot waters” area has a pool with water jets, a jacuzzi, a sauna and a steam room. The Spa has two treatment rooms, “Theatre” and “Cinema”, suited to enjoy all the other treatments alone or accompanied. You can also find a gym with the latest-generation equipment’s that will allow you to fully enjoy your experience.

## OUR BRANDS

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### FOLHA D’ÁGUA

It is a company originally from the city where Portugal was “born”. This brand offers a carefully selected variety of only the best quality oils and teas.

“It combines the latest scientific knowledge and technology with the empirical knowledge from popular tradition.”

### UTSUKUSY

Born in the late 70’s by the hands of Mr. José Gimenez, a man passionate about Japanese culture and tradition.

Only the purest raw substances are selected, employing collection and preparation methods that enhance the properties of the substances. The best of nature and science combined.

“Beauty is expressed through a healthy skin, and for that it’s vital that we work only with the best active ingredients.”

## FACILITIES

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The Spa offers male and female changing rooms, equipped with shower and lockers. We also provide a bathrobe and a towel.

The use of swimsuit, swimming cap and flip-flops is mandatory.

If you **are staying at the hotel**, you have two entry options:

Standard Admission\_10€

Towel and bathrobe included.

Admission Plus\_18€

Towel, bathrobe, swimming cap and flip-flops included.

For children:

From 3 to 6 years old, admission is free

From 7 to 16 years old, children benefit from a 50% discount

In case you decide to try one or more of our treatments, Spa admission is free, paying only the treatment(s) of your choice.

If you **are not staying at the hotel**, Spa admission will be 15€/person, and it includes a towel and a bathrobe.

All entrances to the Spa need to be booked in advance. Each visit has a maximum stay of 1h30m per use.

### General Recommendations

Take a shower (not too hot) before you start using any equipment and between equipment’s.

We encourage you to start your experience with the lesser hot equipment.

The pool as an average temperature of 30 degrees Celsius, an ideal temperature to swim or exercise. The Jacuzzi has a higher temperature to promote relaxation.

These temperatures are according with the Ministry of Health recommendations and directives



## MASSAGE AND TREATMENTS

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The Spa has a range of customized treatments to offer you and that will meet your needs. We invite you to discover our treatments where body, mind and spirit merge together in a calming and peaceful atmosphere... In addition to the therapy rooms, we have at your disposal an exclusive room where you can experience an exclusive and customized relaxation session.

### BODY CARE

#### JAPANESE SCRUB | 45 MIN | 45€

Indulge your skin with this ritual of beauty, balance and harmony. With flowers from Askhikaga Park, bamboo and rice powder, your skin will be smooth, soft and hydrated

#### ESFOLIAÇÕES CASEIRAS | 20 MIN | 35€

Indulge your skin with carefully selected ingredients so it feels silky and nourished. Don't know your skin type? We can advise you.

Coconut and coconut oil | Normal skin and antiaging (With hydration: 45 min | 45€)

Almond and honey | Sensitive and reactive skin

Salt and olive oil | Dry skin

### MASSAGE

Inspired in oriental techniques, acupressure points and stretching. These techniques differ in the massage movements applied and in the base oil used. The fragrance is chosen by you.

#### RELAXATION MASSAGE | 50 MIN | 70€

If you have difficulties trying to relax this is the one you should choose. Desensitizing and fluid movements will promote total relaxation.

#### PURIFYING MASSAGE | 50 MIN | 70€

This massage is ideal for removing daily excesses and stress. Soft and rhythmic movements are the best allies for this effect.

#### ANTI CONTRACTURES MASSAGE | 50 MIN | 70€

Do you need more than just relaxation? Accurate and revitalizing movements are the key.

#### MASSAGE FOR TWO | 50 MIN | 140€ (CASAL)

Massage in "connecting room" where relaxation together is privileged.

#### TO INCREASE THE EFFECTIVENESS AND THE MASSAGE EFFECTS YOU CAN ADD

Kinesiotapping | 5€/per application

Vacuum Cup Therapy | 10€/ per application

Warm Cushion | 5€/ per application



## FACIAL CARE

### **“PERFECT SKIN” FACIAL | OILY SKIN | 50 MIN | 70€**

Helps remove the excessive oiliness of the skin, giving it a more uniform and matte look.

### **SPLENDOUR FACIAL | FACIAL COMBINATION SKIN | 50 MIN | 70€**

Balances, repair and protect the skin both on surface and in depth..

### **CITRIC FACIAL | DRY SKIN | 50 MIN | 70€**

With this vitamin treatment, malnourished skin is enhanced by stimulating micro blood flow and cellular re-generation.

### **WAKAI FACIAL | MATURE SKIN | 50 MIN | 75€**

Increases firmness of the skin preventing sagginess. Natural silk helps the treatment's active ingredients to penetrate the skin in depth.

### **GOLD FACIAL | ALL SKIN TYPES | 50 MIN | 80€**

Developed to boost dermic defenses and skin density. The gold mask is a powerful anti-inflammatory that gives your skin a sleek and bright appearance/effect.

## MINI\_SPA

### **FEET AND LEGS TREATMENT | 25 MIN | 40€**

Ideal after a long trip to minimize the effects of jet lag. A massage that combines cleansing, exfoliation and hydration through different types of pressure points on feet, which reflect in your whole body.

### **BACK MASSAGE | 25 MIN | 35€**

For those who need extra care with deeper and localized relaxation. The warmed oil enables a greater comfort and a deeper application of massage techniques.

### **MINI FACIAL | 25 MIN | 35€**

A combination of cleansing, exfoliation and hydration with specific products for your skin type.

## SPA\_RITUALS

### **MURI SHINAI RITUAL | JAPANESE FACIAL RITUAL | 50 MIN | 80€**

An energizing and relaxing facial ritual that combines Kobido and Shiatsu massage techniques. Performed with a combination of essential oils.

### **MATCHA TEA AND THE 5 ELEMENTS RITUAL | BODY MASSAGE RITUAL | 1H40 MIN | 100€**

Much more than just a tea ritual! A body treatment inspired in Japanese rituals. It relaxes you and balances your inner peace.



## ONE DAY AT THE SPA\*

Save the day to indulge yourself!

### **SANTA LUZIA | 1H15 MIN | 90€**

Includes a homemade exfoliation, a Massage of your choice (50 minutes, except Massage for two and SPA\_SPECIALS), and a Standard Spa admission.

### **ART | 1H40 MIN | 115€**

Includes a Massage of your choice (50 minutes, except Massage for two and SPA\_SPECIALS), a Facial Care Treatment (except Gold Facial and Mini Facial), and a Standard Spa admission.

### **ME AND YOU | 2H25 MIN | 320€/COUPLE**

Includes a Japanese Scrub, a Massage For Two, a Facial Care Treatment (except Gold Facial and Mini Facial), access to Relaxation Room and two Plus Spa admissions.

### **ORIENTAL TOUCH | 2H20 MIN | 160€**

Includes a Muri Shinai Ritual, a Matcha Tea and the 5 elements Ritual, and a Plus Spa Admission.

\* Included services only valid for one day.

## SPA\_SPECIALS

### **SANTA LUZIA SIGNATURE MASSAGE**

The massage with hot poultice is from India and fits into Ayurvedic Treatments. It consists on the application of bags of heated herbs and wrapped in oils also heated.

It promotes physical and mental well-being, relieves muscle tension among other benefits.

### **TWO HAND MASSAGE | 1H20 MIN | 100€**

### **FOUR HAND MASSAGE | 1H20 MIN | 150€**

### **AYURVEDIC MASSAGE | 1H20 MIN | 100€**

Ayurvedic massage is a combination of two words: Ayu (life) and Veda (knowledge). The literal translation of Ayurvedic is "knowledge of life" or "right life".

It is a deep technique that combines vigorous movements throughout the muscle mass with traction maneuvers and stretches.

### **REFLEXOLOGY | 45 MIN | 55€**

Reflexology is a technique that involves applying pressure to specific points in the feet, thereby stimulating areas of the body with the aim of promoting relaxation and improving overall well-being.

### **INDIAN HEAD MASSAGE | 45 MIN | 55€**

Also known as Champi, Indian Head Massage is a therapy used for thousands of years and is part of the Ayurvedic tradition

As the name implies is a massage applied to the head (and more) that aims at total relaxation and a sense of well-being unequalled.

### **LYMPHATIC DRAINAGE | 1H10 MIN | 80€ (LOWER OR UPPER LIMB)**

An effective way to mitigate leg tiredness, eliminating fluid retention and toxins, through the power of touch at precise points, with soft movements and slow rhythm.

### **SOUND MASSAGE WITH THERAPIST SANDRA CHAUMERON OLIVEIRA | 45 MIN | 60€**

A relaxation method that aims to obtain physical, mental and spiritual balance, through the sound of therapeutic cups, following the Peter Hess method.



## HATHA YOGA CLASS | 1H

Plunging its roots in India, Yoga (that means “union”) includes many techniques that allow to achieve greater harmony for the physical, mental and spiritual body. With private lessons, we aim to develop the most suitable elements for each person, honoring the indications of Indian Traditional Medicine (Ayurveda) for each body type or dosha.

Try the private lessons, if you are looking for a practice tailored to your needs and rhythm.

INDIVIDUAL: 50€

GROUP OF 2 OR 3: 70€

GROUP OF MORE THAN 3: CHECK TERMS AND CONDITIONS

## GROUP EVENTS

Programs tailored for you.

Contact us for more information.

## SPA\_BEAUTY

To complete your experience we have at your disposal the following services:

MANICURE WITH/WITHOUT PARAFFIN | 45 MIN/1H10 MIN | 20€/25€

PEDICURE WITH/WITHOUT PARAFFIN | 55 MIN/1H20 MIN | 30€/35€

### EPILATION:

FUZZ, AXILLA, BIKINI LINE | 25 MIN | 10€ | 15€ | 15€

BRAZILIAN, LOWER LEG | 45 MIN | 30€ | 35€

FULL LEGS | 55 MIN | 45€

MAKE UP | 45MIN | 40€

## SPA\_HAIR\*

Do you wish to change your hairstyle or do something different? No need to go out of the hotel!

\*For prices contact us.

## SPA\_GYM

To use the gym you don't need to book in advance. If you're looking for a service tailored for you, we have a Personal Trainer with whom you can book.

PERSONAL TRAINER | 30 MIN/1H | 40€/60€

## SPA\_EXTRAS

Spa services outside working hours | 20€ per service

Treatment at double room | 10€/€ per treatment (some treatments are not possible at double room. Please, check terms and conditions).

Treatments starting with delay of 10 minutes or more | 10€ (and may not be performed. Please consult spa\_etiquette)



## CONTACTS

### PARA INFORMAÇÕES E MARCAÇÕES EXTERNAS:

Telefone\_+351 253 071 800

E-mail\_ [spa@santaluziaarthotel.pt](mailto:spa@santaluziaarthotel.pt)

### PARA INFORMAÇÕES E MARCAÇÕES INTERNAS:

Telefone\_5008

## HORÁRIOS

### INSTALAÇÕES E TRATAMENTOS

Segunda a Quinta: 10-21h

Sextas e Sábados: 9-22h

Domingo: 9-21h

### HAPPY HOUR CRIANÇAS

Segunda a Quinta: 10-11h30 e das 15-17h

Sextas e Sábados e Domingos: 9-11h30 e das 15-17h

### GINÁSIO

Todos os dias: 7-22h

Cantinho da Massagem (disponível de Maio a Setembro):

Todos os dias: 10h30-18h30

**Todos os horários estão sujeitos a alterações que podem variar de acordo com a época do ano, feriados ou sempre que a gerência assim o entenda.**

## SPA\_ETIQUETTE

Treatments are only available for guests over 16 years old.

## BOOKINGS

Bookings prior to check-in have 10% discount on desired treatment (available only for Spa\_Treatments and Spa\_Rituals).

Treatments and Services bookings must be made at least 24 hours in advance.

For bookings of "One day at the Spa", "Spa\_Specials", "Spa\_Beauty", "Spa\_Hair" and Personal Trainer, a reservation with, at least, 48 hours prior to check-in is mandatory.

## CANCELLATION POLICY

Cancellations with more than 24 hours prior to check-in: free of charge.

Cancellations within 24 hours of check-in: no refund; all services booked will be charged.





## TREATMENT RECOMMENDATIONS

If you wish to use Spa facilities, we recommend you to do it before any treatment. Due to the therapeutic effect of our oils we don't recommend you to use the facilities after the treatments.

If you have a beard and wish to make a facial treatment, please inform us in advance when you make the booking, since the treatment will be subject to changes or it might be impossible to be done.

Taking a shower is not allowed at the treatments room, unless it's part of the treatment. If you desire to take a shower after the treatment, you can do it at the shower room. You should inform your therapist, in order for him/her provide you a towel.

If you are staying at the hotel, you should present yourself at Spa reception wearing the bathrobe and flip-flops, 10 minutes prior the beginning of the treatment.

If you are not staying at the hotel, please arrive at the Spa 30 minutes prior to your booking time.

If you arrive 10 minutes or more after the treatment appointment schedule, the treatment may not be performed, if it will, fees will be applied (SPA\_EXTRAS).

During the treatment only the therapist and

## TO ENSURE THE FULL ENJOYMENT OF YOUR EXPERIENCE

### USING THE FACILITIES

Access should be requested at Hotel Reception or Spa Reception, and will be subject to booking since we only allow 15 people at the same time, in order to preserve customer experience.

As soon as you make your Hotel reservation we advise you to book the facilities as well, so you don't miss the opportunity to enjoy this relaxing and revitalizing space.

Guests older than 16 are welcome any time, during working hours, and according the terms and conditions above.

Children with less than 3 years old are not allowed in the spa, since spa humidity and temperature are not recommended to small children.

Nonetheless, children are not forgotten! For them we have a "happy hour" (check schedules) where they can use only the pool, as long as they are accompanied by an adult.

The entrance of pets is forbidden except guide-dogs (under related conditions).

### WHAT TO WEAR

Spa has towels at your disposal. The use of swimsuit, bikini or swimming shorts, flip-flops and swimming caps are mandatory in order to use Spa facilities. Disposable underwear can be provided for every treatment.

It is not SPA responsibility if the swimming suits color or composition change. This may happen sporadically if the fabric do not support the contact with the disinfectants used in the pools.

### ENVIRONMENT AND SECURITY

The Spa aims to offer you an environment of complete relaxation and tranquility.

During the time you are using our facilities, we ask you to turn off your cellphone and any other electronic devices. Its use is not allowed.

While you are enjoying your treatments or experiences, we ask you please to keep silent.



The pool doesn't have a lifeguard, so the guest is responsible for his/her own health and safety when using spa facilities.

If you have any short or long term medical condition or if you are pregnant, we recommend you to ask your doctor's advice or that you make staff members aware of your clinical status before using spa facilities. If you feel indisposed, do not hesitate to ask for help.

## PERSONAL BELONGINGS

For guests staying at the Hotel, it's important to inform you to leave your personal belongings and values in your room.

If you're not staying at the hotel, we have lockers where you can leave your belongings in safety. The Hotel will not take any responsibility for the loss of belongings inside the Spa premises.

## TERMS AND CONDITIONS

The Spa does not accept payments in kind. The price of treatments and products that you acquire at the Spa will be charged to your room. These payments will be requested to you at check-out. In case you are not staying at the hotel at the time you do the reservation, you will be required to pay 50% of the requested services, after the confirmation. The remaining payment will be done at your arrival. You can ask for help regarding the means of payment at the reception of the hotel.

In case the facilities are not working properly, the hotel reserves the right to close any Spa area at any time for maintenance works and others.

The SPA is at your disposal to accept suggestions. These suggestions must be made in person or written forward to the Head of Department.

All prices in this SPA Letter and SPA Leaflet have taxes included. Every information and prices stated in this Spa Letter are considered correct. Nevertheless, the Hotel reserves the right to change or amend any detail at any moment, without advanced notice.

On the aspects not mentioned the rules of common sense prevail, without prejudice to the current Portuguese Legislation.