

SPA & BEYOND

[www.yourhotelspa.com](http://www.yourhotelspa.com)

# TREATMENT'S MENU



YOUR HOTEL & SPA  
ALCOBACA  
\*\*\*\*



## INDEX

1) GENERAL REGULATIONS .....	3
2) MASSAGES .....	5
3) HYDROTHERAPY .....	6
4) BATHS .....	7
5) SIGNATURE TREATMENTS .....	8
6) OUR RITUALS .....	9
7) BODY TREATMENTS.....	10
8) FACIAL TREATMENTS .....	12
9) HOLISTIC THERAPIES .....	14
10) RELAXING BED & FLOATATION BED.....	15
11) AESTHETICS.....	16
12) CRYOTHERAPY .....	18
13) NIGHT SPA.....	19

# 1) GENERAL REGULATIONS

In order to enjoy a unique experience at our **Spa & Beyond** please note the following procedures:

- 1) All of **Spa & Beyond's** treatments and programmes are available for guests at Your Hotel & Spa Alcobaca and external customers, by booking an appointment in advance, subject to availability;
- 2) Children under the age of 16 are not permitted to use the **Spa & Beyond** services;
- 3) Use of the **Spa & Beyond** services when pregnant is restricted. Ask one of our therapists for advice;
- 4) All customers are requested to arrive at least 10 minutes before their check-in time, so that they can be prepared for the service they have booked;
- 5) If the customer does not arrive for their booked treatment, they will have to pay 50% of the value of the treatment reserved;
- 6) It is compulsory to fill out a customer form before using any of the **Spa & Beyond** services, and it is the customer's responsibility to inform us of any relevant changes;
- 7) If the customer is late, the length of the treatment will be limited due to other existing bookings;
- 8) For customers staying at the hotel, dressing gowns and slippers are available in your room. You must go to the **Spa & Beyond** already wearing these. Towels will be provided in the reception area;
- 9) **Spa & Beyond** provides its external customers a key to a locker, which will have a dressing gown, slippers and towel inside. The key must be handed in to **Spa & Beyond** reception when leaving. Customers must leave the items provided inside the locker;
- 10) The items used during treatments are for internal use only, it is compulsory to hand them back to **Spa & Beyond**;
- 11) In order to use the Hydrotherapy Circuit, you must wear a swimming cap, swimming costume/shorts or bikini. You can also purchase these items at the **Spa & Beyond** reception;
- 12) The consumption of food, alcoholic or soft drinks is prohibited in the Hydrotherapy Circuit;
- 13) Please note that the Implementing Decree No. 5/97 of 31 March, of the Ministry of Equipment, Planning and Territorial Administration, requires the maximum water temperature for heated swimming pools to be 30°C;
- 14) **Spa & Beyond** is not liable in civil or legal proceedings for damages suffered by the customer as a consequence of incorrect use of the rooms/equipment on the premises, for the loss, theft and/or damage of personal property;
- 15) In order to guarantee maximum benefit of the services, use of any technological equipment is not permitted. We recommend that all jewellery be removed before any treatment;



## SPA & BEYOND TREATMENT'S MENU

16) As one of the characteristics of **Spa & Beyond** is a calm and serene atmosphere, we ask you to please keep the noise down. Provide yourself and other customers with a suitable environment;

17) **Spa & Beyond** may make changes to the Treatments Menu without prior notice;

18) All of **Spa & Beyond's** services include VAT at the applicable rate;

Items available for sale:

Swimming Cap	EUR 4.00
Swimming Pool Flip Flops	EUR 5.50
Spa Slippers	EUR 3.00
Men's Swimming Shorts	EUR 20.00
Women's Swimming Costume	EUR 32.00
Towel	EUR 15.00
Dressing Gown	EUR 26.00

### Opening hours:

Monday to Saturday: 10:00 to 20:00

Sunday: 9:30 to 17:00

### Contacts:

#### Spa:

Telephone: 00351 262 505 376

E-mail: [beyondspa@yourhotelspa.com](mailto:beyondspa@yourhotelspa.com)

#### Hotel:

Telephone: 00351 262 505 370

E-mail: [reservas@yourhotelspa.com](mailto:reservas@yourhotelspa.com)

#### General:

Your Hotel & Spa Alcobaca

Rua Manuel Rodrigues Serrazina, S/N, Fervença

2460-743 Vestiaria - Alcobaca

**GPS Coordinates:** N 039 34 156 | W 009 00 146

#### Social Networks:

Facebook: [www.facebook.com/yourhotelspa](https://www.facebook.com/yourhotelspa)

Instagram: [www.instagram.com/yourhotelspaalcobaca](https://www.instagram.com/yourhotelspaalcobaca)

## 2) MASSAGES

### BEYOND MASSAGE (30')

EUR 30.00

Relaxing massage, where general massage techniques are applied, mainly to the back; relieving muscular tensions, and stimulating relaxation and well-being.

### ANTI-STRESS MASSAGE (30'/50')

EUR 35.00/ EUR 55.00

A relaxing heat product is applied to the length of the spine to help with posture, which due to its anti-inflammatory power helps alleviate muscular pains and tensions. This treatment is ideal for relieving everyday stressful situations.

### THE SECRET OF THE CANDLES (30'/50')

EUR 35.00/ EUR 55.00

A unique massage with relaxing movements, using aromatic candles that contain active elements for excellent nourishment and hydration, which combines heat and stimulation of energetic areas.

Imagine a massage where the hot wax of a melted candle is poured over your body, pleasantly awakening your senses.

### THERAPEUTIC MASSAGE (30'/50')

EUR 40.00/ EUR 60.00

Localised massage using suitable movements on the areas with greatest discomfort.

It causes muscular relaxation and helps to correct posture. Depending on the therapist's diagnosis, complementary methodologies suitable for the situation may be used.

### YOUR SPA MASSAGE (50')

EUR 50.00

Full body relaxing massage with heated oils, using slow movements and moderate pressure. It provides relief from muscular tensions and general well-being.

### SPORTS MASSAGE (50')

EUR 60.00

Massage with different manipulation techniques with the aim of increasing the effectiveness of sportsmen and toning muscle tissues, thereby acting as muscular preparation.

It is a very vigorous and energetic massage, and the pressure is adjusted depending on the customer's preference.

### ROMEO & JULIET (2 PEOPLE) (50')

EUR 90.00

Full body relaxing massage with heated oils, in a double massage room.

The massage is carried out simultaneously by two therapists in a synchronised manner.

A romantic experience that will make you feel like Romeo & Juliet.



## 3) HYDROTHERAPY

### HYDROTHERAPY CIRCUIT (90')

Access to hydromassage, Jacuzzi, sauna, Turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.

<b>HOTEL GUESTS</b>	<b>EUR 12.50</b>
<b>EXTERNAL CUSTOMERS</b>	<b>EUR 20.00</b>
<b>8 ENTRY PACKAGE*</b>	<b>EUR 120.00</b>

### 2 HAND VICHY SHOWER (25') EUR 30.00

Treatment that combines manual massage techniques with jets of hot water all over the body. It is a massage where the energy of the moving water communicates with your body, enabling pain relief, relaxation and activation of blood circulation.

### DUCHE SHOWER WITH EXFOLIATION (30') EUR 40.00

This treatment, in addition to the benefits referred to in the conventional Vichy Shower, is accompanied by a full body, gentle exfoliation to remove dead cells and keep the skin hydrated and smooth.

### NOZZLE SHOWER (20') EUR 20.00

Shower with jets of water through a hose with nozzles, with the temperature and pressure regulated by the therapist. It aims to improve blood circulation, reduce cellulite and stimulate muscular relaxation through an invigorating sensation.

\*The Circuit Hydrotherapy sessions associated with the Package should be enjoyed individually or shared by two people, and should be defined at the time of purchase. The Package is valid for 12 months after the date of purchase.

## 4) BATHS

### SINGLE | DOUBLE

#### BEYOND BATH (20')

EUR 25.00 | EUR 35.00

Relaxing hydromassage bath with essential oils that provide a general feeling of well-being, whilst diffusing the air with a delicate perfume.

#### COCOA BATH (20')

EUR 25.00 | EUR 35.00

Nourishing and anti-ageing action hydromassage bath, with a gentle aroma of cocoa with therapeutic effects, which makes the skin more hydrated, soft and toned.

#### QUEEN OF EGYPT AND/OR EMPEROR CAESAR BATH (20')

EUR 25.00 | EUR 35.00

Hydromassage bath with aromatherapy oils that hydrate and soften the skin, providing a feeling of vitality.

Specific essential oils are used in the single bath, depending on whether the customer is male or female. In the double bath, essential oils suitable for both sexes are used.

#### VINOTHERAPY BATH (20')

EUR 25.00 | EUR 35.00

Hydromassage bath with grape-based products that accelerate metabolism and have detoxifying and draining effects, aiding weight loss.

It helps to delay ageing, by increasing the firmness of tissues.

The treatment also stimulates the nourishment and revitalisation of the skin, through cell renewal.

## 5) SIGNATURE TREATMENTS

### **SWEET TEMPTATION (90')**

**EUR 85.00**

A body treatment in which you will enjoy all the benefits of cocoa. It consists of a body exfoliation with cocoa, a chocolate wrap with mint misting and relaxing massage with cocoa oils. At the end of the massage, a chocolate will be offered.

### **COUNTRY AROMA (75')**

**EUR 65.00**

Exfoliating treatment with massage, using the hot oil from a special apple aroma candle, which is poured onto the skin after the candle is lit. The temperature of the oil and the gentle, delicate movements on the skin are relaxing, helping to hydrate and nourish the tissues and ease stress and tiredness. Imagine yourself on a journey through western orchards.

### **CISTER SECRETS (75')**

**EUR 75.00**

Treatment that includes body exfoliation with crushed cherry stones to help remove impurities and oiliness from the skin's surface, leaving it soft and silky. Followed by an aromatic cherry, full body massage with relaxing and invigorating features. To finish, a regional cherry will be served.

## 6) OUR RITUALS

### SERENITY OASIS RITUAL (100')

EUR 80.00

This body and facial beauty ritual comprises exfoliation, wrap, facial treatment and full body massage. Suitable for those that need mind and body balance. It provides a feeling of tranquillity and relaxation.

### QUEEN OF EGYPT OR EMPEROR CAESAR RITUAL (130')

EUR 100.00

This body and facial beauty ritual, dedicated to women/men, provides a complete hydration and oxygenation. It deep cleanses and detoxifies the body, making you really feel like a queen or emperor.

It includes exfoliation, wrap, facial treatment, hydromassage bath and full body massage. It creates a feeling of relaxation and total well-being.

### JOY RITUAL (130')

EUR 100.00

The Joy Ritual invites you to relax your body and mind in a realm of stimulating citric aromas, with pure sensations and unique textures, which create a general well-being. This body and facial treatment with exfoliation and wrap regenerates and rebalances the skin. The Joy Ritual provides a deep feeling of happiness and a good mood.

At the end a natural fruit juice from the western region is served.

### DELUXE ROMEO & JULIET (2 PEOPLE) (80')

EUR 110.00

This ritual which includes a full body relaxation massage, in a double massage room, is complemented with a hydromassage bath in a double bathroom.

The massage is carried out simultaneously by two therapists in a synchronised manner.

During the bath, a natural fruit juice from the Western region is served.

A romantic experience that will make you feel like Romeo and Juliet.

### PEDRO & INÊS (2 PEOPLE) (120')

EUR 170.00

The Pedro & Inês ritual is the best possible ritual in terms of relaxation and well-being, when carried out together with your partner.

A body exfoliation, chocolate wrap and relaxation massage with cocoa oil, side-by-side in the double massage room.

A shared experience that will make you feel like Pedro & Inês.

### DELUXE PEDRO & INÊS (2 PEOPLE) (140')

EUR 190.00

Using the Pedro & Inês ritual as a basis, which includes a body exfoliation, chocolate wrap and relaxation massage with cocoa oil. Carried out side-by-side in a double massage room, plus a hydromassage bath in a double bathroom for perfect harmony and complicity.

During the bath, a natural fruit juice from the western region is served.

## 7) BODY TREATMENTS

### WELL-BEING BODY TREATMENTS

#### LYMPHATIC DRAINAGE (30'/50')

EUR 35.00/ EUR 55.00

Specific technique of gentle massage, carried out by touching the lymph nodes. It activates lymphatic circulation and the immune system, providing a feeling of lightness and relaxation, releasing toxins accumulated in the skin tissues.

#### SPA PEELING MASSAGE (50')

EUR 50.00

Exfoliating relaxation massage using specific products that help to remove dead cells. A true moment of relaxation and hydration.

#### WINE BODY TREATMENT (90')

EUR 70.00

Let yourself relax in every sense, through the power of wine therapy. Grapeseed based treatment that contains particles that delay the ageing of skin. The treatment includes a wine salt exfoliation, wrap and massage, which will allow well-being and softness to the touch.

#### MERMAID BODY (90')

EUR 70.00

Treatment through which you will be able to obtain rejuvenation and body shaping. This service includes a body exfoliation, detoxifying wrap and lymphatic drainage.

#### SPARTACUS FOR MEN (90')

EUR 80.00

Treatment developed for men who care about the well-being of their body. It includes a nozzle shower, body exfoliation and sports massage. This treatment enables body rejuvenation.



## AESTHETIC BODY TREATMENTS

### BREAST FIRMING TREATMENT (60')

EUR 50.00

This treatment is especially formulated to reaffirm and strengthen the skin tissues that support the breasts, combating flaccidity and loss of muscle tone.

### ANTI-CELLULITE TREATMENT (75')

EUR 65.00

The anti-cellulite treatment stimulates the enzymes, accelerating digestion of fats and reducing the compression of the blood vessels, increasing the drainage by activation of micro-circulation. This treatment removes the toxins that are retained along with fat and water. It restructures the tissues and increases the tone and elasticity of the skin.

### REDUCING TREATMENT (75')

EUR 65.00

This treatment consists of wrapping the body, which facilitates the release of toxins from the tissues and accelerates the process of eliminating fats, rebalancing the body in terms of microminerals that are vital for health.

Ideal for reducing fats in localised areas.

## 8) FACIAL TREATMENTS

### LYMPHATIC DRAINAGE FACIAL (30')

EUR 25.00

Specific technique that consists of gentle, circular and precise movements on the areas occupied by lymphatic vessels. It activates lymphatic circulation and the immune system, releasing toxins accumulated in the skin tissues.

### ESSENTIAL FACIAL TREATMENTS (60')

EUR 50.00

#### I - HYDRATING

Deep skin treatment, able to protect the elasticity, luminosity and humidity of the tissues, maintaining the hydric balance of the skin, removing tensions and smoothing wrinkles. It is the perfect treatment for the transition between seasons, particularly effective when applied after summer and at the end of winter.

#### II - ANTI AGE

Treatment that prevents and smooths the appearance of the first wrinkles, helping to combat the ageing of skin. It defines and tones the contours of the face, creating an immediate lifting effect.

It effectively combats the signs of time and maintains beauty by prolonging a youthful face.

#### III – OILY/COMBINATION SKIN

Highly effective treatment for impure skin types, which regulates the levels of sebaceous production, removes impurities and smooths localised imperfections, leaving a sensation of comfort and soft skin, which protects the skin from premature ageing. It helps to purify the skin, by restoring its balance.

#### IV – SENSITIVE SKIN

Soothing treatment that provides a concentrated softness and freshness suitable for sensitive and easily irritated skin types. It effectively combats capillary fragility, toning the surface vessels, giving them better resistance against external daily aggravations. The skin stays protected, balanced and completely smooth.

#### V – ANTI-BLEMISH TREATMENT

Highly regenerating depigmentation treatment suitable for unifying skin tone, as well as contributing to a renewed and homogenous skin surface.

Whitening treatment for surface blemishes associated with age or pregnancy blemishes (Versicolor).



## SPA & BEYOND TREATMENT'S MENU

### **FOR MEN SPA (60')**

**EUR 60.00**

Men's skin suffers various aggravations daily, namely from shaving that frequently causes irritations, acne or small cuts, which together with the harmful action of environmental agents, require specific and reinforced care designed to fight against the signs of time. This extremely gentle treatment enables the purification and harmonisation of the skin.

### **PREMIUM FACIAL TREATMENT (120')**

**EUR 75.00**

A treatment that cleans, exfoliates and nourishes the skin so that it stays well hydrated and glowing. It includes make-up removal, peeling, steaming, extraction, application of active elements (ampoule), facial massage, and application of mask. Treatment support includes galvanic current that stimulates cell renewal, removing wrinkles and toxins from the skin, whilst helping to restore lost luminosity.

## 9) HOLISTIC THERAPIES

### CRANIO-SACRAL MASSAGE (30')

EUR 30.00

A manual therapy that aims to relieve and improve the physiological function of the craniosacral system.

Using a light touch, the therapist can release certain blockages in the craniosacral system and dissipate the negative effects of stress on the central nervous system, enabling the recovery process of the self-regulation system itself.

This treatment is suitable for migraines, chronic muscular pains, fatigue, and stress, among others.

### REIKI (50')

EUR 40.00

A therapy of Japanese origin, carried out through a light contact with the body. This technique is based on channelling vital energy through the laying on of hands, bringing energy balance and a general sense of well-being with the aim of restoring the flow of vital energy as well as stimulating health.

### PODAL REFLEXOLOGY (45')

EUR 40.00

Stimulation of reflex points through specific pressure to the foot, preventing injuries and relaxing internal organs. It relieves symptoms of muscle pains, migraines and anxiety.

### HOT STONES (60')

EUR 60.00

Massage with hot stones is one of the most powerful techniques for relaxation due to the heat provided by the stones, which not only glide over the muscles of the body, but also warm the skin, causing an excellent sensation.

This massage is suitable for back and joint pain, muscle tension and poor circulation.

### AYURVEDIC MASSAGE (75')

EUR 70.00

Ayurveda is the oldest natural medicine, practiced in India for over 5.000 years. It consists of a complete massage with stretches, it is one of the most effective forms of relaxation, balancing the body, mind and spirit naturally.

### SHIRODHARA (50')

EUR 70.00

The word Shirodhara comes from the combination of Shiro (head) and Dhara (continuous flow). Created in India more than 2,000 years ago, it continues to be one of the most intense and relaxing therapies of Ayurvedic Medicine.

It consists of pouring oil in a continuous flow onto the forehead (third eye) and temples, in slow and precise movements, which calm the central nervous system, providing a state of tranquillity and relaxation.

The whole system is revitalised, rejuvenating the body and mind.

## 10) RELAXING BED & FLOATATION BED

### ZEN FLOATATION BED (30')

EUR 25.00

The Zen Floatation Bed provides a unique experience, combining heated floatation with jets of water that simultaneously massage the body, without being in direct contact with the water. It provides an intense feeling of relaxation.

### HIMALAYAN SALT RELAXING BED (30')

EUR 25.00

The Himalayan salts are 100% natural, without additives or pollutant substances. The crystals are bioenergetic and contain all the necessary minerals for the human body. The relaxing bed contains heated Himalayan salt and chromotherapy. When relaxing in the tank you will enter a deep state of relaxation that combines halotherapy with chromotherapy, contributing also to the reduction of anxiety, concentration, sleep and physical problems.

**Note:**

The relaxation beds are not monitored by a therapist all the time. The therapist will be present with the customer at the tank at the start and end of the treatment. The tanks are automatic relaxation equipment.

## 11) AESTHETICS

**MANICURE (45')** **EUR 15.00**

Hand treatment with basic preparation (does not include calluses)

**DELUXE MANICURE (60')** **EUR 20.00**

Full hand treatment, including exfoliation and application of hydrating and regenerating mask.

**APPLICATION OF GEL VARNISH (60')**

Beautifying of nails of the hands or feet. The Gel varnish, a gel-based varnish which offers more durability than conventional nail varnish, is applied to the nails.

**I - HANDS** **EUR 20.00**

**II - FEET** **EUR 25.00**

**PEDICURE (60')** **EUR 25.00**

Feet treatment with basic preparation (does not include calluses)

**DELUXE PEDICURE (75')** **EUR 30.00**

Full feet treatment, including exfoliation and application of hydrating and regenerating mask.

**APHRODITE FOR WOMAN (120')** **EUR 80.00**

Your Spa Massage, Manicure or Pedicure and Relaxing Bed or Floatation Bed.



## WOMEN'S EPILATION

UPPER LIP (10')	EUR 5.00
EYEBROW CONTOURING (20')	EUR 5.00
UNDER ARMS (20')	EUR 10.00
BIKINI (20')	EUR 10.00
HALF LEG (30')	EUR 15.00
FULL BIKINI (BRAZILIAN) (30')	EUR 20.00
HALF LEG + BIKINI (50')	EUR 20.00
FULL LEG (50')	EUR 25.00
FULL LEG + BIKINI (70')	EUR 30.00

## MEN'S EPILATION

UNDER ARMS (20')	EUR 10.00
PARTIAL CHEST (30')	EUR 15.00
PARTIAL BACK (30')	EUR 15.00
CHEST (40')	EUR 25.00
BACK (40')	EUR 25.00
FULL LEG (60')	EUR 35.00

## 12) CRYOTHERAPY

Consists of an aesthetic and therapeutic treatment to the skin using low temperatures. It can be used both to improve skin tone and reduce localised fat and cellulite, as well as to treat dark and light skin blemishes

### BEAUTY/AESTHETICS

#### CRYOFACIAL (12')

Anti-age treatment that reaffirms the skin, reduces blemishes, acne and wrinkles.

#### CRYOSHAPING (10' A 20')

Treatment used to reduce weight and volume through activation of metabolism.

#### HEAD CRYOSTIMULATION (6' A 10')

Treatment carried out on the scalp to stimulate hair development.

#### LOCALISED SKIN CRYOTHERAPY (5' A 10')

Treatment on a specific area of the body, suitable for reducing scars and stretch marks.

	1 SESSION	3 SESSIONS	10 SESSIONS
CRYOFACIAL (12')	EUR 60.00	EUR 160.00	EUR 500.00
CRYOSHAPING (10' - 20')	EUR 67.00	EUR 170.00	EUR 470.00
HEAD CRYOSTIMULATION (6' - 10')	EUR 40.00	EUR 100.00	EUR 300.00
LOCALISED SKIN CRYOTHERAPY (5' - 10')	EUR 40.00	EUR 100.00	EUR 300.00

**Note:** A cryofacial treatment can be combined with peeling (cryopeeling) and a cryoshaping treatment can be combined with a massage.

### PHYSICAL RECOVERY

#### CRYORECOVERY (5')

Suitable for pain management, swelling and muscle recovery.

	1 SESSION	3 SESSIONS	10 SESSIONS
INDIVIDUAL SESSIONS (5')	EUR 30.00	EUR 75.00	EUR 250.00

UP TO 22 TREATMENTS PER MONTH	
MONTHLY PASS (5')	EUR 500.00



## 13) NIGHT SPA

**Spa & Beyond** offers all its customers a night service that runs on Fridays and Saturdays from 21:00 to 24:00.

This service is seasonal and may not be available all year. Please confirm availability with our customer service team.

### NIGHT HYDROTHERAPY CIRCUIT (90')

Access to the hydromassage pool, Jacuzzi, sauna, Turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.

**HOTEL GUESTS** **EUR 20.00**

**EXTERNAL CUSTOMERS** **EUR 22.50**

**BEYOND NIGHT MASSAGE (30')** **EUR 35.00**

Relaxing massage, where general massage techniques are applied, mainly to the back; relieving muscular tensions, and stimulating relaxation and well-being.

**YOUR SPA NIGHT MASSAGE (50')** **EUR 55.00**

Full body relaxing massage with heated oils, using slow movements and moderate pressure. It provides relief from muscular tensions and general well-being.

### COMBINATION NIGHT HYDROTHERAPY CIRCUIT (90') AND NIGHT MASSAGE (30' OR 50')

Applies €5 discount.

#### Opening hours:

Fridays and Saturdays: 21:00 to 24:00

#### Note:

The night services are only available if you specifically purchase/reserve them or if they are included in an offer/experience or a voucher that states that it is for the night services.

Any offer/voucher/experience that does not state "Night" should be considered as day services only.

For Night Spa customers we offer tea and biscuits in the tea room.