

| CASA MÃE X OLIÓFORA



*Spa experience*



| a relaxing retreat dedicated to well-being & rejuvenation |







## Our Spa Circuit

25€ | 120 min

Overlooking the gardens and the masterhouse, Casa Mãe Spa has been designed to create a relaxing retreat dedicated to well-being & rejuvenation. Delicately white, this blissful cocoon allows you to fully relax in its refined simplicity. Our 2 hour Spa circuit begins with some laps in the 11-meter long outdoor chlorine free & salty pool to complement with a sunbathing session on the spa terrace to enjoy panoramic views over the gardens. It then continues on another floor with our sauna, steam room and hydrotherapy showers. We finally invite our guests to fully recharge in our relaxation room with some cold aromatised water or iced tea. To enhance your Spa experience and ensure that you fully enjoy a relaxing and private moment, we have limited the number of guests to 6 at a time.



| rooftop salty pool, steam room, sauna, hydrotherapy showers |



| *this blissful cocoon allows you to fully relax in its refined simplicity* |







## CASA MÃE X OLIÓFORA

With Oliófora, the Portuguese natural skincare expert, we have developed a special and 100% natural range of face & body products\* and treatments to offer our guests an exclusive experience reflecting the concept of Casa Mãe. Oliófora offers a highly calibrated and sensorial phyto aromatic skincare alternative.

The high-end handmade beauty products are made from the best raw material essences, extracted from organically grown plants, using cold press refining techniques to preserve all the natural nutriments of the plants.

Using innovative 100% biodegradable & compostable packaging made in Europe, Oliófora works according to our sustainability chart, using local ingredients and respecting our precious planet by minimising footprint impact.

The skincare line includes face scrub, cleanser, toner, serum, face elixir oil, moisturizing mask, purifying mask, and a range of hydrating creams and body oils, as well as our massage candle. Most of the products have the distinctive Casa Mãe fragrance recreating the scents of our gardens (figs, orange blossom) and diffused all over the spa facilities.

*\*free from SLS (sulfates), mineral oils, parabens, GMO ingredients, artificial fragrances and colours*





| *Our Therapists Irina & Elsa gained their experience in the best SPAs in France, St Tropez (Palace Cheval Blanc) and Biarritz (Grand Palais) and in the Algarve (Cascade, Boavista) with more than 15 years of experience each in spa treatments. Their expertise consists in transforming every single treatments into a unique and personal occasion, a moment crafted especially for you – combining effective savoir-faire and aesthetic expertise |*

# Casa Mãe Signature Treatment |



80 min | 135€      110 min | 170€

Inspired by the Oliófora x Casa Mãe skincare, our therapists have developed exclusive beauty rituals for unprecedented sensorial journeys, relaxing or energizing according to our guests' needs and desires - for our signature treatments, our therapists use our massage candle which combines the purest oils to our Casa Mãe scent for a pure moment of relaxation.

An exclusive treatment for the body & mind to unlock built-up tension, relieve stress, reconnect with yourself, and recover a blissful energy in a peaceful & relaxing cocoon. Wrapped in the subtle aroma and warmth of the massage candle made by Oliófora for Casa Mãe with the finest organic essences and the purest moisturising plant oils, enjoy a made to measure full-body massage. Then beautify your skin with a customised mask tailored to each guest combined with a rejuvenating face massage.





| a peaceful & intimate well-being experience under the Algarvian sun |







# Facials





### INSTANT RADIANCE FACIAL

50 min | 95€

Reveal your inner glow.

Natural microdermabrasion followed by a deep face & head massage stimulating the face muscles and leaving your skin radiating. Combined with a customised mask tailored to each guest, this brightness-boosting skincare results in deeply nourished skin, smooth and luminous.

### ALGARVIAN SUN RITUAL

50 min | 95€

For all types of skin, prepares and soothes the skin before and after a sunny day. Gentle exfoliation and enveloping face & head massage coupled with a customised mask tailored to each guest, for a fully in-depth repair. Intensely nourished, hydrated and replenished, the skin regains its suppleness and brightness.

### REJUVENATING COMPLETE FACIAL

80 min | 135€

Detoxify your skin with a deep cleanse and a sculpting and draining face, neck and décolleté massage. The in-depth and powerful work on the face muscles releases tension, sculpts, smooths and plumps for an immediate and lasting lifted effect.

| *made to measure facial treatments* |



*Massages* |



50 min | 95€

80 min | 135€

### CUSTOM MASSAGE

Whether vigorous, intense and revigorating, or gentle, harmonising and relaxing; back, legs, arms, face, head or full body – our therapists talk to you first so they can tailor your massage and the aromatherapy according to your wishes and needs.

### DEEP MUSCLE RELAXATION MASSAGE

Reshape and tone the full body through deep relaxation. A powerful and sensorial ritual where tired muscles are soothed, adopting the five most effective traditional methods in the world. Tensions are released and muscles reinforced for the long-term.

### AROMATHERAPY MASSAGE

Using the finest organic essences and the purest moisturising plant oils from Oliófora, the vital-points massage and the subsequent full-body massage are a treat for both the body and mind, beautifying your skin and soothing your mind.

### ANTI STRESS MASSAGE

An exclusive full-body massage using acupressure along the energy lines of your body. Revigorates and harmonises your vital energy.

### HOT STONE MASSAGE

A deeply grounding, soothing and relaxing massage using hot basalt stones to release persistent muscular tightness and aromatherapy to relieve stress. Ideal to treat back pain.

### BAMBOO MASSAGE

Intense deep tissue massage effective to unlock deeply rooted tensions & knots. This massage also helps improving your skin as bamboo extract contains silica, anti oxydants and has anti irritant properties.

### PRENATAL MASSAGE

This treatment is recommended for the second and third trimester of pregnancy. Eases symptoms such as back pain, fluid retention and leg swelling. Also improves skin elasticity by stimulating circulation.

### NEW MOTHER MASSAGE

Relaxing ritual ideal after the birth of your child. Calming and soothing, releases you from tension related to sleep deprivation.





*Pampering |*





### INTENSIVE HAND & FOOT THERAPY

140 min | 135€

Deeply relaxing treatment starting with cuticle work followed by a gentle exfoliation & massage, a hydrating rejuvenating mask leaving your hands and feet fully regenerated, nails reinforced and veiled by the polish of your choice\*.

PEDICURE | 60 min | 60€

MANUCURE | 60 min | 50€

*\*semi permanent polish application  
with supplement of 30€*

### INDIAN HEAD MASSAGE

30 min | 60€

Also known as champissage, this treatment originates from an Indian alternative medicine system called Ayurveda. It focuses on massaging acupressure points along the head, neck and shoulders, using circular massage strokes to improve hair and scalp condition. This ancient technique massage is well-known for reducing headaches but also for improving physical well-being, as well as emotional wellness.



## BODY EXFOLIATION

50 min | 95€

This exceptional skin softening body exfoliation uses a personalised combination of mineral local salts or sugar together with essential oils & scents to gently sweep away rough, dry skin, leaving your body fully nourished and hydrated. Your skin feels smooth, supple and looks radiantly healthy. Perfect on its own but also an ideal way to prepare skin for a Casa Mãe massage.

**SALTY ALGARVE** | sea salt from Rio Formosa, almond oil, dry orange skin, Casa Mãe scent

**SWEET ALGARVE** | brown sugar, dry fig, relax oil from Oliófora

## ENERGISING BODY WRAP

80 min | 135€

Revive your skin's natural softness & glow with this intensely smoothing & reinvigorating treatment. Wrapped into a natural blend of ginger, Algarvian orange, and the purest oils from Oliofóra, indulge a relaxing moment followed by a revitalising massage, stimulating blood circulation and alleviating deep-seated tension.



**ANTICELLULITE + DETOX BODY WRAP**  
80 min | 135€

Experience ultimate detoxification with this intense, organic treatment including a gentle body scrub followed by a cocooning warm wrap made of coffee and of the purest massage oil from Oliófora. The treatment ends with acupressure massage to stimulate and detoxify the body, targeting problem areas such as hips, thighs, waist and tummy to stimulate circulation and drain the body of toxins.

**AFTER SUN BODY WRAP  
OR CLEOPATRA TREAT**  
80 min | 135€

Ideal to sooth and replenish soar skin after a sunny day out on the beach.

This treatment combines a gentle exfoliation with an enveloping fresh wrap made of yoghurt, honey and almond oil for a truly in-depth skin repair followed by a relaxing massage to leave your body skin intensely nourished & hydrated.

**RELAXING BODY WRAP**  
80 min | 135€

Refine and nourish your skin with this relaxing & gourmand chocolate based body wrap. Immerse yourself in a sweet cocoon while indulging in a soothing scalp massage.







| create your own personal experience  
to fully unwind & indulge your senses  
into a customised sensory journey |





## ADMISSION

Casa Mãe Spa is open to hotel and external guests.

## TREATMENT FEE

The Spa Circuit is included in the price of any Spa treatments. The Spa circuit is to do the same day of your treatment, 2 hours before or 2 hours after the treatment. The Spa Circuit is individual and can not be passed to another person. All Spa treatments and Spa Circuit requires prepayment.

## SCHEDULING AN APPOINTMENT

We advise booking your treatments in advance to avoid disappointment. Credit card details are required at the time of booking.

## CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

## LATE ARRIVALS

If you arrive late for your appointments, we are unfortunately unable to extend your treatment beyond the agreed time. Your treatment time will thus be shortened accordingly.

## GIFT VOUCHERS

Personalised gift vouchers are available for a single treatment, combination of treatments, spa days or for a specific value.



## MINIMUM AGE

The minimum age to use the sauna, steam room and changing rooms is 16 years old.

Resident children aged 9 to 16 are welcome to the Spa under the supervision of a parent.

## MEETING YOUR NEEDS

All our treatments are tailored to the wishes & profile of the guest. Please don't hesitate to advise your Therapist about what sort of pressure you like for massage. To enhance your spa experience, we encourage you to arrive at least 15 minutes prior to your scheduled appointment time. Upon arrival, you will be requested to complete a health questionnaire. If you have any health concerns please check with our Therapists at the time of booking to ensure that your chosen treatment is suitable.

## SPA ETIQUETTE

Out of consideration for other guests, we ask that you do not make any calls and set all of your mobile devices to silent while at the Spa. It is not permitted to photograph or film other guests anywhere in Casa Mãe Spa.

The Spa is a smoke free zone. We also request that you keep the level of conversation down to not disturb any other guests and ongoing treatments. Food & drinks, with the exception of the drinks offered by the Therapists are not allowed in the Spa facilities.

## CLOTHING

We provide you with a bathrobe, slippers and a locker for your personal items.

## VALUABLES

Lockers are provided in the dressing rooms. We recommend that you leave your valuables at home or in your hotel room safe. We regret that we cannot be held responsible for any loss or damage of personal possession.



| OPENING HOURS



*Treatments are from 10am to 7pm daily subject to availability*  
*Please check with the reception ~ [SPA@CASA-MAE.COM](mailto:SPA@CASA-MAE.COM)*