

SENSORIAL
SPA



SENSORIAL SPA CONCEPT

Let yourself be surrounded by the Serra de Monchique, for its landscapes and the view that reaches the Atlantic Ocean. This extraordinary location and the service of excellence that we offer are allied in our mission:

to be able to obtain, with us, a deep relaxation and well-being.

The Sensorial Spa Circuit consists of a Sauna with Himalayan Rock Salt Wall, Aroma steam room, Aroma Cabin, Hydro pool, Foot baths, Themed tropical showers, Igloo, and Heated loungers.

The Spa features a VIP suite, 8 treatment rooms, 1 relaxation room 1 lounge room and 1 meditation room and offers a vast majority of face and body treatments by ESPA, and also our signature treatments using the natural ingredients of the Monchique mountains.

OPENING TIMES

(Subject to season)

Sensorial Spa Circuit - 9am to 7pm

Sensorial Spa Treatments - 10am to 7pm

HOW TO SPA & ETIQUETE

- Please arrive ideally 20 minutes before your treatment.
- All towels and robes and foot wear will be provided for you.
- Please inform us of any health conditions that may affect your choice of treatment or time in the Spa Circuit.
- Please give us 24 hours notice if needing to cancel a treatment to avoid 100% charge. Please be aware that arriving late will result in a shortened treatment time.
- Please note that the use of mobile phones is not permitted in the Spa.
- Sensorial Spa accept no responsibility for loss of belongings when on premises.
- The minimum age entry into the spa is 16 years old.
- Please note that prices, treatments and opening times can be subject to change.
- Please remove jewellery before enjoying the Sensorial Spa Circuit.



SENSORIAL SPA CIRCUIT

Spa Circuit

· Hotel Guests – €25

When performing a treatment * the circuit is included.

· Non Residents – €40

· Himalayan Rock Salt Sauna

· Aroma Steam Room

· Aroma Cabin

· Hydro Pool

· Foot Baths

· Themed tropical showers

· Igloo

· Marble heated loungers

*Exceto tratamentos de estética

VIP Relax Room

€140 / 2 hours

€250 / with 50 min. **Monchique Couples Massage**

A private and luxurious area for you to lounge and relax with your own sauna and outdoor jacuzzi, with the added option of treatments.

Includes:

Access to our Spa circuit.

Champagne, chocolate and fruit.

ESPA TREATMENTS

FACIAL SKIN SOLUTIONS

Customized espa facials

55 min. / €80

Skin radiance / Re-hydrator / De-sensitizer / Skin purifying /

Age-defyer / Optimal skin profacial

Our ESPA facial treatments begin with a detailed consultation and deep skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye.

The treatment is specifically tailored for you, including cleansing, exfoliation and a treatment specific massage, mask and intensive serum. Finally, skin care products are chosen for your individual needs to achieve the best possible results.

Advanced skin radiance facial

85 min. / €110

Target uneven pigmentation and skin-tone and breathe radiance into dull skin. Natural enzymes and botanical extracts melt away dull skin cells and stimulate cell renewal for a supple, refreshed and radiant appearance.

Tailored express facial

25 min. / €55

Either Express Facials includes skin cleansing, exfoliation, facial massage and ends with a moisturizer suited to your skin.

Mens customized facial

55 min. / €80

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating. We encourage our male guests to experience this personalized treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse, exfoliation, face massage, mask and scalp massage.

ESPA BODY TREATMENTS

Each ESPA massage and treatment is designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

Back, face & scalp 'hero' treatment

85 min. / €115

Renowned as our 'Hero' treatment, this ESPA experience delivers results in three key areas – the back, the face and the scalp – making it the ideal treatment for anyone.

Includes: Back exfoliation and back massage, personalized facial and scalp massage.

Aromatherapy massage

55 min. / €80 • 80 min. / €110

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Hot stone massage

25 min. / €55 • 55 min. / €85 • 80 min. / €115

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and your body to feel rejuvenated.

Deep muscle massage

25 min. / €55 • 50 min. / €80 • 80 min. / €115

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas to alleviate common discomforts such as a stiff neck, painful lower back pain and tight shoulders.

Lift & firm hip & thigh treatment

55 min. / €85

A highly effective treatment to target cellulite, fluid retention and uneven skin texture. The treatment starts with skin brushing and exfoliation using a blend of sea salt and essential oils to leave your skin smooth, nourished and prepared for a better absorption of products.

The exfoliation is followed by a combined (lymphatic drainage, stimulating, and anti-cellulite) hip, thigh and stomach massage with ESPA Detoxifying Body Oil to boost the circulatory system, remove toxins and fluid retention from problem areas, help diminish cellulite and firm and tone the skin tissues.

Finally, richly hydrating ESPA Smooth & Firm Body Butter is applied on your skin to restore its suppleness.

Pre & post natal treatment

55 min. / €85

Support your changing body with a soothing yet highly efficacious treatment that delivers total relaxation while helping smooth and even skin tone.

Highly tailored to your needs - from lower back pain and swollen ankles to general "heaviness" and tension - your expert therapist carefully targets areas of discomfort and aching muscles.

Pure and safe active formulas bring nourishing comfort, boosting skin's natural elasticity, leaving it soft, smooth and glowing.

Espa detox ritual

110 min. / €140

After a brushing with natural Mexican cato bristles and a refreshing scrub based on apricot, mint and aloe vera seeds your body is wrapped in a seaweed mask and your head is gently massaged.

After the shower, a full body detoxifying massage with essential oils of cypress, juniper and grapefruit leaving your skin purified and your mind revitalized.

SIGNATURE TREATMENTS

Our signature treatments were inspired by the nature of the Serra de Monchique, using the natural ingredients of the region. Let yourself be carried away by the feeling of well-being and relaxation allied to a luxurious environment.

BODY RITUALS AND TREATMENTS

Monchique mineral stone roll massage

25 min. / €45

A mineral stone massage experience with unique rollers.

The rollers glide over the back to deeply penetrate areas of tension and result in profoundly relaxing benefits.

Monchique signature massage

40 min. / €60 • 75 min. / €95

A unique massage adapted to you combining natural oils with local aromas from the heart of the mountains of Monchique.

Monchique mountain ritual

80 min. / €115

Using the very best ingredients the Monchique region has to offer, this powerfully relaxing head to toe treatment will leave your skin beautiful hydrated and your mind totally relaxed.

Includes a relaxing Full body massage and sea salt exfoliation or shoulders & head massage.

Monchique cloud 9 foot ritual

45 min. / €65

This exquisite ritual will leave you walking on air.

Feel the days and miles get buffed away to reveal beautiful soft skin. Your therapist's expert hands will work in sea salts and mountain botanicals to cleanse before easing way any tension with a divine massage to relax mind, body and sole.

Monchique couples massage

50 min. / €150 + warm lavender candle €160

Enhance the quality time for you and your partner by enjoying full body massages together. Relaxing movements and aromas to enhance a wonderful feeling of joint wellbeing.

Ghassoul clay ritual for two

45 min. / €100

The 'Hamman' treatment of the Algarve!

Using mineralized clay from the Moroccan mountains, this ritual starts with you and your partner applying a full body polish before covering yourselves in the Ghassoul clay and enjoying your time in the private steam chamber.

TREATMENT UPGRADES

25 min. / €45

Back, neck and shoulder massage

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

Mountain aromatic scalp massage

This aromatic massage focuses on the key areas of tension delivering a deep relaxation and wellbeing sensation.

Salt & oil scrub

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Invigorating foot treatment

This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Hydro spa bath with scalp massage

Inhaling the aromatic essences from Monchique, allow the jets to ease all stresses, aches and pains, whilst at the same time enjoying a gentle scalp massage to encourage you to float away in pure relaxation.

Lighter legs massage

Relieve fluid retention and aching heavy legs with a gentle lymphatic massage before being smothered with a cooling yet deeply nourishing moisturizer, all designed to leave your legs feeling lighter and refreshed.

Honey foot bliss

Give your feet a real nourishing treat with a foot massage using organic honey from Monchique, leaving them soft and light

MONCHIQUE MINI ME

(from 4 to 15)

Because the little ones can also be pampered.

Mini Me treatments must be accompanied by an adult.

Mini me massage

25 min. / €35

Mini me massage

25 min. / €35

FINAL TOUCHES

NAILS

- File & Polish
- Classic / Gel polish manicure
- Classic / Gel polish pedicure
- Gel Removal
- French manicure

30 min. / €25

55 min. / €40

60 min. / €50

€20

€10

WAXING

- Lip
- Eyebrow shape
- Underarms
- Bikini line
- Brazilian · Hollywood wax
- Half leg
- Full leg

€10

€15

€20

€25

€40

€25

€40

MONCHIQUE

RESORT & SPA

DISCOVERY HOTEL
MANAGEMENT