

SPA MENU

VILLA C
BOUTIQUE HOTEL



LA SULTANE DE SABÁ

Our story... a dream of ancient tradition.

The concept of La Sultane de Sabá is based on the ancient and precious beauty rituals of eastern women, which are passed by from generation to generation from mother to daughter.

Through its authentic and original products and through its body treatments available in a dazzling variety of fragrances and colors, the aim of La Sultane de Sabá is to encourage you to dream, to allow yourself to travel, discovering distant horizons, as you head towards the land of the sun, where body and spirit return to their own essence of relaxation and well-being.

Inspired by the beauty rituals of the Mystic East, but also by Asia and other places, La Sultane de Sabá offers several product lines, each based on unique and magical authenticity.

VOYAGE MALAYSIA RITUAL

An ideal treatment for all those seeking to achieve and improve the harmony between body and mind! Extremely relaxing massage performed with techniques that involve controlled pressure and force on the muscles and nervous system of the entire body.

Massage performed with essential oil and butter from Malaysia (with a sweet floral aroma of champaka, a flower from the magnolia family) with high nourishing and healing power for the skin, leaving it soft and silky.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 70 min ⚖ €90

VOYAGE BALI RITUAL

An ideal treatment for all those seeking to achieve and improve the harmony between body and mind! Extremely relaxing massage performed with techniques that involve controlled pressure and force on the muscles and nervous system of the entire body.

Massage performed with essential oil and butter from Bali (with a sweet floral aroma of lotus flower and frangipani fragrance) which contain anti-ageing virtues that help skin healing.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 70 min ⚖ €90

FEET AND HANDS EASTERN RITUAL

Feet and hands are a very sensual area of the body and translate the symbolism of seduction and affinity. Sometimes the only part of the body that is visible, they are therefore body parts that require extreme attention and care.

This treatment includes skin scrub, envelopment, mask and a massage with shea butter, green tea, and ginger.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 60 min ⚖ €70

CLEÓPATRA BATH

A treatment that awakens the beauty within you, starting with a light and soft body exfoliation (performed using sugar with orange flower fragrance), followed by a hydromassage with milk, honey and lavender essential oil, to promote healthier and revitalized skin. Ending with a full body relaxation massage (with shea butter) it will re-balance body and mind and promote healthier and more hydrated skin.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 90 min ⚖ €110

HAMMAM RITUAL EXPERIENCE FOR TWO

The treatment begins with an exfoliation with savon noir - which is made of black olives, from which it gets its naturally moisturizing and emollient power - together with bio eucalyptus oil. With exfoliating properties known since immemorial times and combined with a "Voyage Bali" or "Voyage Malaysia" massage, this is the first step towards your oriental beauty treatment. After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 90 min ⚖ €190 // ⌚ 90 min ⚖ €95

CERIMONIE D'OR RITUAL

In the beauty rituals of ancient times, women were embellished with gold - considered as a true beauty secret to brighten their skin.

An anti-ageing treatment with gold particles and a real source of well-being, rich in vitamins, essential amino acids, and trace elements, featuring a sublime scent of cedar amber and patchouli.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 75 min ⚖ €90

JAPON RITUAL

Kyoto was a young geisha named "Secret Flower", known for her particularly soft and velvety skin. Her secret was applying rice powder and Neroli extract.

This is a face treatment for all skin types based on rice, lotus flower and Neroli scents that will help to improve the luminosity and vitality of the skin.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 75 min ⚖ €85

JOURNEY TO BALI CEREMONY

The journey begins with a relaxing session in the hammam, followed by a body scrub, a hydrating envelopment with a mixture of shea butter and body milk. It continues and ends with a full body massage.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 110 min ⚖ €120



VILLA C ESSENCE

Essential oils are extremely concentrated substances of high volatile power. They are extracted from plants, stems, roots, flowers and leaves which provide us relief, healing, stimulation and relaxation. Scents represent our most intimate contact with nature and have the power to predispose one to sleep and rest, as well as leaving one feeling revitalised.

This massage with aromatherapy helps us in cases of physical and emotional problems, such as anxiety, depression, muscle tension and joint pains. It highlights the emotional sensations and stimuli of the healing properties.

RELAXATION MASSAGE

Aromatherapy massage with slow and thorough application to calm even the most agitated minds.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 30 min ⌚ €42 // ⌚ 40min ⌚ €52 // ⌚ 55 min ⌚ €70

FUTURE MUMMY

Treatment performed with all the care and safety that pregnancy requires. It can be performed whenever there is no medical contraindication.

It consists of a relaxing back massage, a draining massage of the legs and a facial cleansing and moisturising.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 55 min ⌚ 80

TOP FAMILY

Simultaneous treatment with a massage to share between family (1 adult and 1 child up to 12 years old).

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 30 min ⌚ €70 (1 adulto e 1 criança)

HIDROTHERAPY

A bath with jets in a whirlpool bath spiced with honey and essential oils of lavender and camomile.

⌚ 30 min ⌚ €40



HANDS AND FEET REFLEXOLOGY

Treatment performed with touch and pressure on specific points on the hands or feet. Very effective in restoring balance to the body and mind.

⌚ 45 min 🏷 €45

FOR YOU

The welcoming ritual begins with a foot reflexology and is followed by a body massage with cocoa shea butter and rose geranium essence (for her) and cocoa shea butter and peppermint essential oil (for him). It ends with a relaxing head massage.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 90 min 🏷 €90 // ⌚ 90 min 🏷 €175

IN BEAUTY (FOR HER)

The treatment begins with an exfoliation followed by a beige clay wrap to achieve a regenerating effect, followed by a shea butter massage spiced with essential oils.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 75 min 🏷 €90 // ⌚ 115 min 🏷 €140

IN BEAUTY (FOR HIM)

Condensed SPA treatment in a highly relaxing and effective moment with exfoliation and application of therapeutic mud on the back and legs; back massage with heated basalt stones and an express facial treatment.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 75 min 🏷 €90 // ⌚ 115 min 🏷 €140

SPA PARTY PROGRAMME

If the occasion is special, come and celebrate it with us.

A Spa program for groups that includes access to the hydrotherapy circuit (swimming pool - sauna - Turkish bath) a relaxation massage of 30 minutes and an offer of a 30 minute massage for the birthday boy/girl or groom/bride.

Minimum of 5 participants.

⌚ 90 min 🏷 €38

HIDROTHERAPY CIRCUIT

Individual access to the indoor heated swimming pool.

€15 Adult // €7.50 Child (4 to 12 years old)



HEALTH THROUGH THE HANDS

With specific techniques that use the hands, fingers and forearms we will manipulate through gliding, pressing on pressure points and doing stretches that will help one ease the pain and relieve tension points.

ORIENTAL HEAD MASSAGE

Through compression techniques and kneading on specific points, it will help to reduce one's mental stress, headaches, migraines, insomnia, reduce anxiety and improve sleep.

⌚ 30 min 💰 €38

SHIATSU

Massage performed with oriental techniques that apply pressure on certain points and areas of the body. It is accomplished by pressing the thumbs, fingers and palms of the hands on one's body with the aim of releasing locked energy, correcting internal dysfunctions, improving health and even aiding in the treatment of specific diseases.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 50 min 💰 €70

CUPPING THERAPY

Treatment recommended to treat back pain caused by muscle tension or contractures.

It is a type of natural treatment, where vacuum is created by suction with the use of suction cups to stimulate blood circulation and with this process the toxins in the blood are released.

⌚ 50 min 💰 €70

TRADICIONAL AYURVEDA

Ayurvedic massage is performed on a tatami with the hands and feet of the therapist and with essential oils. Gliding, kneading, stretching and deep touch techniques are used. It is excellent to battle stress and invigorate the body, but it also has a tranquilising effect, providing a serene state of mind. All muscles relax with this treatment, leaving the body with a greater sense of weightlessness.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 45 min 🧑 €65 // ⌚ 75 min 🧑 €90

HOT STONE MASSAGE

Volcanic stones come from lava and preserve the energy of the fire element inside. It is mainly used as a way of removing negative energies.

Basalt is the most common stone used in massages, having several benefits such as balance, physical and psychic recovery, triggering a soothing, calming and toning process, leading to a deep well-being and serenity.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 90 min 🧑 €100

SALT BATH ("FOOT WARMER")

Ideal for walkers and pilgrims.

An ancient ritual of purification and connection with the essence of the body and soul, done with a warm bath of sea salt on the feet. Suitable for relieving leg pain, tiredness, circulation problems, and also brings a great sense of relaxation. It is completed with a foot reflexology treatment.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 45 min 🧑 €44

RELAX MOMENT

Ideal for walkers.

A hydromassage bath, with essential oils of lavender and camomile plus a back massage with a slow and deep touch to relax and relieve tension, ending with a foot reflexology.

⌚ 60 min 🧑 €75

SPORTS MASSAGE

Performed with a series of traction techniques and musculoskeletal mobilizations in body areas that are more intensely involved in physical activity.

A massage with specific characteristics of pressure, rhythm, and intensity. Ideal for prepping the musculature before or after a workout or the practice of physical activities.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 75 min 🧑 €85

SPORTS MASSAGE + HYDROMASSAGE

Hydromassage promotes circulation, accelerates the removal of lactic acid from the muscles and removes pressure from the joints to relieve pain.

Then, on the massage table with a series of traction techniques and musculoskeletal mobilisations in the body zones which are most intensely involved in the physical activity.

A massage with specific characteristics of pressure, rhythm and intensity, ideal for prepping the musculature before or after training or physical exercise.

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 80 min 🧑 €95



PROGRAMME FOR US (BRIDE AND GROOM)

For brides and grooms seeking relaxation and harmony prior to or after one of the most important days of their lives!

AT THE SPA

RITUAL HAMMAM NOIVOS

The treatment begins with a sugar body scrub (with an orange blossom scent) followed by and combined with the Voyage Bali couple's massage (with a sweet lotus flower and frangipani fragrance).

After the ritual, tea is served in the Relaxation Room to restore fluids in the body.

⌚ 65 min 💰 €145

IN THE SUITE

MALAYSIA RITUAL BRIDE AND GROOM

The extremely relaxing and intimate simultaneous massage is performed in the suite using Malaysian shea butter (with a sweet floral scent of champaka- a flower from the magnolia family) which nourishes, heals and hydrates the skin.

⌚ 40 min 💰 €125 // ⌚ 55 min 💰 €150

MESSAGE IN THE SUITE

Available for massages from our Menu (except for treatments with Hammam) for an additional fee of €30.



SANUM PER AQUA

Indoor heated pool up to 30°C.
Swimming pool 12m long and 6m wide.
With low depth and 2 levels - 1,25m at the highest part and 1,05m at the lowest part.

Through the warm water our body experiences different types of sensations and physical changes from the exercises performed in and out of it.
At the Villa C Boutique Hotel swimming pool you can indulge in a moment of relaxation, work out in the water (individually) or engage in a group activity.

HYDROGYMNASTICS CLASSES

A sports activity that combines exercise in and out of the water with low joint impact. Recommended for adults of both sexes.

BENEFITS:

- Helps maintain bone density.
- Helps maintain the main physical characteristics: flexibility, endurance and strength.
- Increases respiratory capacity
- Increases body coordination and balance
- Develops a ludic and social spirit.
- Sports practice which combines exercise in and out of water with low joint impact.
- Monthly fee (1 x week) = €20 + variable supplement depending on the number of participants.
- Monthly fee (2 x week) = €40 + variable supplement depending on the number of participants.
- Includes locker and a towel.
- Class held in a 12m long pool with low depth (1.25m - 1.05m).

POOL MEMBERSHIP CARD

- Monthly fee (1 x week) = €40
- Monthly fee (2 x week) = €60
- Includes locker and a towel
- Reservation is required with at least 24h in advance

MEMBERSHIP CARD

- Access to swimming pool, sauna, Turkish bath and gym.
- Includes a 10% discount in several areas of the hotel - Restaurant, Bar and Accommodation.
- Membership Card - €80 per month (free pass from Monday to Friday).
- Membership Card - €150 per month (free pass from Monday to Sunday).



SANUM PER AQUA (SWIMMING CLASSES)

CHILDREN

- 1 x week €30
- 2 x week €50

ADULTS

- 1 x week €40
- 2 x week €30



SPA ETIQUETTE

OPENING HOURS

Monday to Friday

11h30 - 20h00

Saturday

10h30 - 21h00

Sunday

9h00 - 18h30

SPA EXPERIENCES SELECTION AND APPOINTMENTS

If you need help choosing a wellness experience (massage rituals, body wraps or facial treatments) in the SPA, we recommend that you go directly to Spa Reception or contact us by phone +351 252 240 421, +351 927 805 206 or email spa@villacboutiquehotel.com. Our therapists can also develop programs of treatments specially adapted to your needs.

ON YOUR FIRST VISIT

We recommend that you check-in 30 minutes before the treatment's appointed time. Thereby you will have time to better appreciate and enjoy all the Spa, especially the Hydrotherapy area.

PUNCTUALITY

Check-in should take place 15 minutes before the treatment's appointed time if you do not wish to use the Hydrotherapy area. The arrival delay will restrict your wellness experience.

WHAT TO WEAR

The Spa provides bathrobe and slippers so you can comfortably enjoy your moment of wellness. For your convenience, we also provide a locker.

DELAYS AND CANCELLATION POLICY

Arriving after the scheduled time may result in a reduction of the treatment time if our schedule does not allow us to perform the entire duration of the treatment. We therefore advise you to inform us 24 hours in advance about possible changes or even cancellation of your appointment. Cancellations made within 24 hours will imply full payment of the scheduled treatment or service. The SPA will deliver a voucher to the client with the treatment booked giving the option to enjoy it on another date.

PAYMENT AND WARRANTY POLICY

You can also pay the pre-deposit by bank transfer or by ATM reference. The remaining payment will be made directly at the SPA reception.

If you choose bank transfer, please send us proof of the transfer by email so we can forward it to our Financial Department.

To issue your invoice, please provide us with the desired billing data (name, address and taxpayer number).

PHYSICAL LIMITATIONS

If you have an illness, are taking medication, in a feverish state or pregnant please communicate this to the Spa staff so that we can tailor your experience. The omission of health data, exempts Villa C Boutique Hotel from any legal responsibilities arising therefrom.

VOUCHER CONDITIONS

- The voucher is valid for 6 months after the issuing date indicated in the document.
- In case the dead-line is exceeded, you shall have a 1 month of tolerance, ending this period you shall have the possibility to reactivate the voucher paying a 30% tax calculated over the value of the voucher.
- The booking of the voucher is subject of previous reservation with 24H00 using:
+ 351 252240421, + 351 927805206 or spa@villacboutiquehotel.com
- The voucher can be cancelled within a previous 8 hours period before de schedule without affecting it's validity. The voucher shall be canceled if there is no formal cancelation.
- The presentation of the voucher on the day of the booking is mandatory at the SPA's Reception.

ACCESS

The access to the Hydrotherapy area is free of charge for hotel guests. We requested the maintenance of tranquillity to not disturb the relaxing environment of the area. Children or young people under 14 years old cannot access to Spa treatments, unless they are accompanied by their parents. They are only allowed to be accompanied by friends, other relatives or other people if the costumer is physically or mentally disabled, duly proven by a medical certificate.

IMAGE RECORDING

The Spa is an area of peacefulness where we protect your image and that of others. It is strictly forbidden to record images, pictures or videos, without the prior consent of those present and of the administration.

MOBILE PHONE POLICY

Your stay at the Spa is a relaxing experience, so we request that you turn off your mobile phone at the entrance and keep the tranquillity of the area.

INFO

Sauna and steam room equipment will be turned on by appointment and whenever requested.

