

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 oriental women, passed down from generation to generation, from mother to daughter.

Through its authentic and original products, and its body treatments available in a dazzling variety of fragrances and colours, the aim of La Sultane de Sabá is to inspire you to dream, to travel, and to discover distant horizons leading you to the lands of the sun, where body and spirit return to the very essence of relaxation and well-being.

Inspired by the beauty rituals of the Mystical Orient, as well as by Asia and other parts of the world, La Sultane de Sabá offers several product lines, each based on a unique and magical authenticity.

VOYAGE MALAYSIA RITUAL

An extremely relaxing massage performed using techniques that focus controlled pressure and strength on the muscles and nervous network throughout the body.

The massage is carried out with essential oil and Malaysian butter (with a sweet floral scent of champaka, a flower from the magnolia family), offering high nourishing and healing properties for the skin, leaving it soft and silky.

After the ritual, a tea is served in the relaxation room to help restore the body's natural fluids.

⌚ 70 min 🧑 €98

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 🧑 €98

CLEOPATRA BATH

This ritual begins with a gentle body exfoliation using sugar infused with the fragrance of orange blossom, followed by a hydromassage with milk, honey, and lavender essential oil to promote healthier, revitalised skin. The experience concludes with a deeply relaxing massage using shea butter, designed to restore balance between body and mind while leaving the skin deeply hydrated and silky smooth.

After the ritual, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

⌚ 90 min 🧑 €118

HAMMAM RITUAL EXPERIENCE FOR TWO

The ritual starts with an exfoliation using savon noir, a traditional black soap made from black olives, from which it derives its naturally moisturising and softening properties.

Combined with organic eucalyptus oil, renowned since ancient times for its purifying and exfoliating virtues, and followed by a Voyage Bali or Malaysia massage, this ritual marks the first step in your oriental beauty journey.

After the treatment, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

⌚ 90 min 👥 €205 // ⌚ 90 min 🧑 €105

SENSORY HARMONY RITUAL FOR HER

The ritual starts with an aromatic exfoliation that prepares the skin to receive a warm shea butter body wrap, rich in nourishing and regenerating properties. This is followed by a massage with slow, deep movements, promoting total relaxation and providing intensive skin care. The ritual concludes with a comforting facial hydration, leaving the face soft, smooth, and radiant.

⌚ 75 min 🧑 €105 // ⌚ 115 min 🧑 €165

SUBLIME NOURISHING RITUAL FOR HIM

A deeply relaxing treatment that begins with an aromatic exfoliation, followed by the application of warm shea butter, which intensely nourishes the skin. The experience continues with a slow and enveloping massage that releases tension and promotes lasting well-being. It concludes with a revitalising facial hydration, leaving the skin soft, radiant, and beautifully nourished.

⌚ 75 min 🧑 €105 // ⌚ 115 min 🧑 €165



VILLA C ESSENCE

After the ritual, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

Essential oils are highly volatile and extremely concentrated substances extracted from plants, stems, roots, flowers, and leaves. They provide us with relief, healing, stimulation, and relaxation. Their aromas form our most intimate connection with nature and have the power to induce sleep, rest, or revitalisation.

This aromatherapy massage helps address both physical and emotional concerns, such as anxiety, depression, muscle tension, and joint pain, while awakening emotional sensations and enhancing the healing properties of the essential oils.

RELAXATION MASSAGE

An aromatherapy massage with slow and deep movements, designed to soothe even the most restless minds.

⌚ 30 min 🧑 €48 // ⌚ 40min 🧑 €60 // ⌚ 60 min 🧑 €78

FUTURE MUM

A treatment performed with all the care and safety that pregnancy requires, and suitable to be carried out whenever there are no medical contraindications.

It consists of a relaxing back massage, a draining leg massage, and a facial cleansing and hydration, providing comfort, lightness, and well-being for expectant mothers.

⌚ 65 min 🧑 €85

TOP FAMILY

A simultaneous treatment designed to be shared between family one adult and one child (up to 12 years old). This gentle and relaxing massage creates a special bonding moment, promoting well-being, comfort, and relaxation for both parent and child.

⌚ 30 min 👤 €80 (1 adult and 1 child)

HIDROTHERAPY

A hydromassage bath with invigorating water jets, enriched with honey and essential oils of lavender and chamomile. This soothing treatment relaxes the body, calms the mind, and nourishes the skin, leaving it soft, smooth, and delicately scented.

⌚ 30 min 🧑 €45



HANDS AND FEET REFLEXOLOGY

A treatment performed using gentle touches and pressure on specific points of the hands or feet, effectively helping to restore balance between body and mind. This soothing therapy promotes deep relaxation, improves circulation, and enhances overall well-being.

⌚ 45 min 🧑 €50

FOR YOU

The welcoming ritual begins with a foot reflexology treatment, followed by a full-body massage using cocoa shea butter blended with rose geranium essence (for her) or peppermint essential oil (for him). The experience concludes with a relaxing head massage, leaving both body and mind in perfect harmony.

⌚ 90 min 🧑 €100 // ⌚ 90 min 🧑 €190

SPA PARTY PROGRAMME

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

A Spa experience designed for groups, including access to the hydrotherapy circuit (pool sauna Turkish bath) and a 30-minute relaxation massage for each participant.

As a special gift, the birthday guest or bride/groom receives an additional 30-minute massage.

Minimum of 5 participants required.

⌚ 90 min 🧑 €44

HIDROTHERAPY CIRCUIT

Enjoy individual access to the indoor heated pool, where warm water and tranquillity combine to relax the body, calm the mind, and promote complete well-being.

€20 Adult // €10 Child (4 to 12 years old)



HEALTH THROUGH THE HANDS

Using specific techniques that involve the hands, fingers, and forearms, this treatment applies gliding movements, pressure on key points, and gentle stretches to help relieve pain and tension throughout the body. A therapeutic ritual that restores balance and promotes deep relaxation.

ORIENTAL HEAD MASSAGE

Using compression and kneading techniques applied to specific pressure points, this treatment helps to reduce mental stress, headaches, migraines, and insomnia, while also alleviating anxiety and improving sleep quality. A deeply soothing ritual that restores calm and balance to mind and body.

⌚ 30 min 💰 €45

CUPPING THERAPY

A natural treatment recommended for relieving back pain caused by muscle tension or contractions. This technique uses suction cups to create a vacuum effect, stimulating blood circulation and helping to release toxins accumulated in the body. The result is a profound sense of relief, relaxation, and renewed energy.

⌚ 50 min 💰 €78

HOT STONE MASSAGE

Volcanic stones originate from lava and retain the energy of the fire element within them, traditionally used to eliminate negative energies.

Basalt stones, the most commonly used in this therapy, offer multiple benefits - promoting physical and mental balance, recovery, and deep relaxation. Their soothing and toning effect helps to release tension and restore a profound sense of well-being and serenity.

After the ritual, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

⌚ 90 min 💰 €110

RELAX MOMENT

Perfect for walkers.

Begin with a hydromassage bath infused with lavender and chamomile essential oils, followed by a slow and deeply relaxing back massage designed to relieve tension and restore balance. The ritual concludes with a foot reflexology treatment, leaving you feeling light, calm, and completely rejuvenated.

⌚ 60 min 💰 €80

SPORTS MASSAGE

A therapeutic treatment performed using a series of traction techniques and musculoskeletal mobilisations, focusing on the areas of the body most engaged in physical activity. This massage applies specific pressure, rhythm, and intensity, ideal for preparing the muscles before or recovering after training or exercise.

After the ritual, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

⌚ 75 min 💰 €95

SPORTS MASSAGE + HYDROMASSAGE

The hydromassage promotes circulation, accelerates the elimination of lactic acid from the muscles, and reduces pressure on the joints, helping to relieve pain and fatigue.

The treatment continues on the massage table with a series of traction techniques and musculoskeletal mobilisations, focusing on the body areas most involved in physical activity. This massage applies specific pressure, rhythm, and intensity, making it ideal both before and after training or physical exercise.

After the ritual, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

⌚ 80 min 💰 €105





PROGRAMME FOR US (COUPLES)

For the Bride and Groom

Designed for couples seeking relaxation and harmony before or after one of the most important days of their lives. A shared wellness experience that soothes the body, calms the mind, and celebrates love through pure tranquility and connection.

AT THE SPA

HAMMAM RITUAL FOR COUPLES

The treatment begins with a full-body sugar exfoliation infused with the delicate scent of orange blossom, followed by a Voyage Bali couples massage, featuring the sweet floral aromas of lotus flower and frangipani. This harmonious experience promotes deep relaxation, connection, and shared serenity.

After the ritual, a cup of tea is served in the relaxation room to help replenish the body's natural fluids.

⌚ 75 min 🧑‍🧑 €165

IN THE SUITE

MALAYSIA RITUAL FOR COUPLES

An intimate and deeply relaxing simultaneous massage, performed in the privacy of the suite, using Malaysian shea butter infused with the sweet floral scent of champaka, a magnolia blossom renowned for its nourishing, healing, and hydrating properties.

After the ritual, a cup of tea is served to help replenish the body's natural fluids, completing this shared moment of harmony and well-being.

⌚ 40 min 🧑‍🧑 €135 // ⌚ 55 min 🧑‍🧑 €165

SUITE MASSAGE

Available for any massage from our Spa Menu (except treatments involving the Hammam) with an additional fee of €30.



HEALTH THROUGH WATER

An indoor heated pool maintained at 30°C, measuring 12 metres long and 6 metres wide, with two shallow depth levels - 1.25 m at the deepest point and 1.05 m at the shallowest.

Through the gentle embrace of warm water, the body experiences unique sensations and physical benefits, enhanced by exercises performed both in and out of the pool.

At the Villa C Boutique Hotel pool, you can enjoy a moment of pure relaxation, engage in individual water-based exercise, or take part in group aquatic activities designed to promote well-being and vitality.

AQUAFITNESS CLASSES

A low-impact fitness activity that combines exercises performed in and out of the water, designed to enhance strength, flexibility, and overall vitality. Recommended for adult participants of all genders.

BENEFITS:

- Helps maintain bone density.
- Preserves key physical abilities: flexibility, endurance, and strength.
- Improves respiratory capacity.
- Enhances coordination and balance.
- Encourages social interaction and a playful spirit.
- 1x per week: €25 + variable supplement depending on the number of participants.
- 2x per week: €45 + variable supplement depending on the number of participants.
- Includes locker and towel service.
- Classes take place in a 12-metre pool with shallow depth levels (1.25 m - 1.05 m), offering a safe and comfortable environment for aquatic exercise.

POOL MEMBERSHIP CARD

- 1x per week: €45
- 2x per week: €65
- Includes locker and towel service.
- Reservations must be made at least 24 hours in advance.

MEMBERSHIP CARD

- Includes access to the pool, sauna, Turkish bath, and gym.
- Members also enjoy a 10% discount in various hotel areas - Restaurant, Bar, and Accommodation.
- Weekday Pass (Monday to Friday): €85 per month
- Full Access Pass (Monday to Sunday): €150 per month



SPA ETIQUETTE

OPENING HOURS

Monday to Friday
10:00 a.m. - 8:00 p.m.

Saturday
10:00 a.m. - 8:00 p.m.

Sunday
9:00 a.m. - 6:30 p.m.

SPA EXPERIENCE SELECTION & RESERVATIONS

If you need assistance choosing your well-being experience - such as a massage ritual, body wrap, or facial treatment - we invite you to visit the Spa Reception or contact us by phone at +351 252 240 421 / +351 927 805 206, or by email at spa@villacboutiquehotel.com

ON YOUR FIRST VISIT

We recommend arriving 30 minutes before your scheduled treatment time. This allows you to check in comfortably and take full advantage of the spa facilities - especially the Hydrotherapy Area - ensuring a relaxed and unhurried start to your experience.

PUNCTUALITY

Please check in 15 minutes before your scheduled treatment time if you do not wish to enjoy the Hydrotherapy Area beforehand. Late arrivals may shorten your treatment time and limit your overall well-being experience, as all sessions must end at the scheduled time.

WHAT TO WEAR

The Spa provides a robe and disposable garments so you can enjoy your well-being experience in complete comfort.

For your convenience, a personal locker will also be available to store your belongings safely during your visit.

DELAYS AND CANCELLATION POLICY

Arriving after the scheduled time may result in a shortened treatment duration if our schedule does not allow the full session to be completed.

We kindly ask that you inform us at least 24 hours in advance of any changes or cancellations to your booking.

Cancellations made within 24 hours of the appointment will incur the full treatment charge.

In such cases, the Spa will issue a voucher for the reserved treatment, allowing you to reschedule it for another date.

GUARANTEE AND PAYMENT POLICY

Payment of the deposit may be made via bank transfer or Multibanco reference. The remaining balance is to be settled directly at the Spa reception.

If you choose to pay by bank transfer, we kindly ask that you send proof of payment by email, so we can forward it to our Finance Department.

For the issuance of your invoice, please provide the necessary billing information - name, address, and tax identification number (NIF).

HEALTH CONDITIONS

If you suffer from any medical condition, are taking medication, have a fever, or are pregnant, please inform the Spa team so that we can adapt your experience accordingly.

Failure to disclose relevant health information releases Villa C Boutique Hotel from any legal responsibility arising from such omissions.

VOUCHER TERMS OF USE

- The voucher is valid for 6 months from the date of issue indicated on the document.
- If the validity period is exceeded, there is a 1-month grace period. After this, the voucher may be reactivated upon payment of a 30% fee of its original value.
- Prior reservation is required at least 24 hours in advance, via:
+351 252 240 421, +351 927 805 206, or spa@villacboutiquehotel.com
- Voucher bookings may be cancelled up to 8 hours before the appointment without affecting their validity. If cancellation notice is not provided, the voucher will be automatically voided.
- Presentation of the voucher at the Spa reception on the day of the reservation is mandatory.

ADMISSION

Access to the Hydrotherapy Circuit area is complimentary for guests of Villa C Boutique Hotel. However, we kindly ask all guests to maintain a calm and quiet atmosphere to preserve the space's relaxing environment.

Children and young people under the age of 14 are not permitted to receive Spa treatments, except when accompanied by their parents.

Companionship by friends, relatives, or other individuals is only allowed when the guest has a physical or mental disability, duly certified by a medical statement.

IMAGE RECORDING

The Spa is a place of peace and tranquillity, where we respect and protect your privacy and that of others.

The recording of images, photographs, or videos is strictly prohibited without the prior consent of both those present and the Spa management.

USE OF MOBILE PHONES

Your time at the Spa is meant to be a peaceful and relaxing experience. We kindly ask that you switch off your mobile phone upon arrival and help us maintain the tranquillity of the environment.

INFO

The Sauna and Turkish Bath facilities are switched on upon request and will be activated by appointment whenever desired.

