

## TREATMENT SPA MENU

Inspira Santa Marta Hotel Lisbon



THE  
ReTREAT

managed by RITUALSPA



True to the Feng Shui philosophy, **The ReTREAT by RitualSPA** offers a vast selection of eco-friendly services, such as signature treatments and ELEMIS treatments. The ideal place for both body and mind to free themselves from the daily stress, experiencing a unique feeling of relaxation and union with Nature.

The ReTREAT SPA has a wellness area, individual and double rooms, fully equipped with colour therapy, water therapy with Vichy shower, and an elegant tea room so you can peacefully complete your experience.

The team at The ReTREAT has as a mission to:

**Revigorate** your body and mind. **Honour** your beauty. **Assure** your well being. **Calm** your spirit. **Rediscover** your inner peace. Inspire your talent. **Recharge** your energy.



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## MASSAGES

### **Authentic Portuguese Massage**

50/80min - 75€/105€

Homage to the Portuguese navigators.  
Genuine massage with pindas  
of mineral salt, olive oil and spices.

### **Elemis Deep Tissue Muscle Massage**

50/80min - 75€/105€

Deep massage with therapeutic effects.  
Reduces muscle contraction and built  
up tension, promoting muscle  
relaxation.

### **Elemis Aroma Stone Therapy**

75min - 95€

Awakens the senses, relieves  
the stress and reduces muscle pain.  
A unique experience thanks  
to the stones healing energy.

### **Aromatherapy Massage**

50/80min - 70€/95€

Choose one of four essential oils  
and experience their effects:  
Relaxing, Energizing, Balancing  
or Calming.

### **Touch of the Orient Massage**

50/80min - 70€/95€

A sensorial journey of balancing  
effect that combines hot spices  
oils and pindas with aromatic herbs.

### **Couples Massage**

45min - 135€

In a romantic ambiance, enjoy  
an exclusive massage for him and her  
in the double room with colour  
therapy, the crown jewel of the SPA.

### **Bamboo Toning Massage**

50/80min - 70€/95€

Several techniques in just one massage performed with bamboo. Helps treating cellulite and localized fat.

### **Localized Massage**

25/40 min - 40€/60€

Ideal for tired backs or legs. This treatment can have a therapeutic or relaxing effect.

### **Children Massage (until 12 years)**

15/30min - 15€/30€

Relaxing massage to release the stress and tensions built up in the busy daily life of a child, with a balancing effect.

### **Oriental Therapies**

Price upon request

We have oriental therapies such as Shiatsu, Ayurveda and Abhyanga massage. Please contact the SPA front desk to confirm availability.





## FACE TREATMENTS

### Elemis Advanced Facials

#### Elemis Pro-Intense Lift Effect

**Facial** 50min - 95€

Combines powerful techniques with a lifting effect for firming and reshaping the jaw line, cheeks, chin and neck.

96% of the clients say the face contours looked firm after the treatment. 90% say the sagging skin in the face and neck has visibly reduced.\*

#### Elemis Pro-Collagen Quartz Lift

**Facial** 70min - 105€

Advanced treatment that protects the skin from the aging process. Reduces the wrinkles and restructures the eye contour. Increases hydration.

Reduces up to 94% of the number of wrinkles in just one treatment. Increases the firmness of the skin in about 57% after the first treatment.\*

\* Clinically proven results.

#### Elemis Tri-Enzyme Resurfacing

**Facial** 60min - 95€

Innovating anti-age treatment based in encapsulated enzymes with a regenerating action for a glowing skin. Uneven skin tone and acne scarring.

Speeds the natural peeling process up to 75% in the first treatment. Increases the smoothness of the skin up to 32% after the first treatment.\*

## Skin Specific Facials

### **Elemis White Brightening Facial** 60min - 95 €

Facial treatment that reduces age spots and imperfections. Leaves your skin with a natural and illuminated look. Ideal to different skin types.

100% of clients agreed their skin was visibly more luminous. 96% of clients agreed their skin was visibly brighter, more even and youthful.\*

### **Deep Facial by RitualSPA** 90min - 90€

Treatment with peeling, steam, steam/ozone, deep extraction of impurities and face mask application.

### **Elemis Skin Specific Facials** 30/55min - 45€/75€

We have Elemis Skin Specific Facial treatments available for each skin type. Rebalance, decongest and repair daily damages to your skin.

### **ELEMIS BIOTEC** Preço sob consulta

#### **Toque aliado à tecnologia.**

Tratamentos faciais com recurso à tecnologia BIOTEC. Resultados surpreendentes, eficazes, imediatos e visíveis na renovação da pele.

Consulte a brochura Biotec e conheça a última inovação Elemis em protocolos faciais.





## RITUAL FOR TWO AND SPA PROGRAMS

### **Romantic Odyssey**

80 min - 195€/for two

A sensorial journey for two that includes a relaxing massage with essential oils and a face treatment for brighter skin.

### **Elemis Face and Body Sensation**

75min - 125€

Multisensory experience with anti-stress massage and anti-age face treatment that diminishes the wrinkles and reduces the signs of fatigue.

### **Elemis Absolute Spa Ritual**

120min - 145€

A complete ritual for global and deep well being combining an Elemis face treatment with a deep tissue massage.

### **Elemis Treatments for Pregnant Women**

Check the Elemis special brochure for pregnant women and find out about the treatments and products available for the future moms.

### **Hen Parties and Birthdays (SPANiversários)**

We have special (custom made) programs for hen parties and birthdays.

### **SPA Corporate Programs**

For more information about the corporate programs, please contact the SPA front desk.



## COMPLETE YOUR RITUAL

### **Body Peeling**

20min - 25€/pax

### **Body Wrap**

40min - 45€/pax

The complementing treatments apply only when combined with massages, rituals for two or SPA programs, they can not be acquired separately.



## BODY TREATMENTS

### **Elemis Body Sculpting Cellulite and Colon Therapy** 60min - 85€

Redefine your silhouette, reduce cellulite and detoxify your body with a fast action treatment with visible results.

### **Elemis Cellutox Aroma Spa Ocean Wrap** 75min - 90€

Treatment with juniper and lemon essential oils that detoxifies the body, and diminishes cellulite and reduces water retention.

### **Elemis Musclease Aroma Spa Ocean Wrap** 75min - 90€

A heated mix of essential oils with rosemary and pine that reduces pain and muscle spasms, rheumatism, arthritis, and fatigue.

### **Elemis Exotic Frangipani Body Nourish Wrap** 50min - 70€

An exotic product based wrap that leaves your skin glowing, revived and deeply moisturized.

### **Elemis Exotic Coconut Rub and Milk Ritual Wrap** 50min - 80€

A luxurious ritual of Balinese origin with nourishing and relaxing effects. Includes a face Thai massage and a relaxing scalp massage.

### **Elemis Exotic Lime and Ginger Salt Scrub** 30min - 45€

Invigorating salt exfoliation followed by hot oils delicately applied to the body. Your skin will be clear and velvety.

## Intensive Body Treatments

### Arosha Dynamic Concept

60 min - 80€

A body treatment combining appliances, a localized wrap and mechanic lymphatic drainage. Reduces up to 3cm per session.

### Pressotherapy

30/50min - 35€/65€

Treatment that stimulates the circulatory system, reduces oedemas, relieves heavy legs and improves oxygenation.

### Endermology with a Massage

30/45min - 40€/60€

Deep massage that reduces cellulite and sagging skin, leaving your skin smoother and improving your blood circulation.

### Beauty Medicine and Surgery Services

Price upon request

The ReTreat and Corporación Dermoestética have a vast selection of beauty medicine and surgery services.





## SPECIFIC FOR MEN

### **Elemis Skin IQ + Facial**

30/55min - 45€/85€

Face treatment that fights the ageing effects, for tired, dehydrated, fatigued or stressed skin from daily pollution and shaving.

### **Elemis Total Time Out for Men**

120min - 135€

Relaxing and cleansing ritual for body and face that offers a global well being with a balancing effect.

### **Back Therapy Fit by RitualSPA**

30/45min - 45€/65€

Localized treatment for pain and muscle injuries relief that combines therapeutic massage with thermotherapy.

### **Elemis Line for Men**

Discover the line of products developed by Elemis specifically for male skin, with effective and immediate results.





## WATER THERAPY

### **Elemis Exotic Frangipani Monoi Salt Scrub** 30min - 45€

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Exfoliation in the Vichy shower with exotic ingredients for a deeply clean, moisturized and velvety skin.

### **Elemis De-stress Supreme Ritual** 60min - 90€

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Vichy treatment that combines a deep exfoliation and an energizing massage for absolute relaxation and stress relief.

### **Elemis Muscle Melt Vichy Massage** 30/50min - 45€/80€

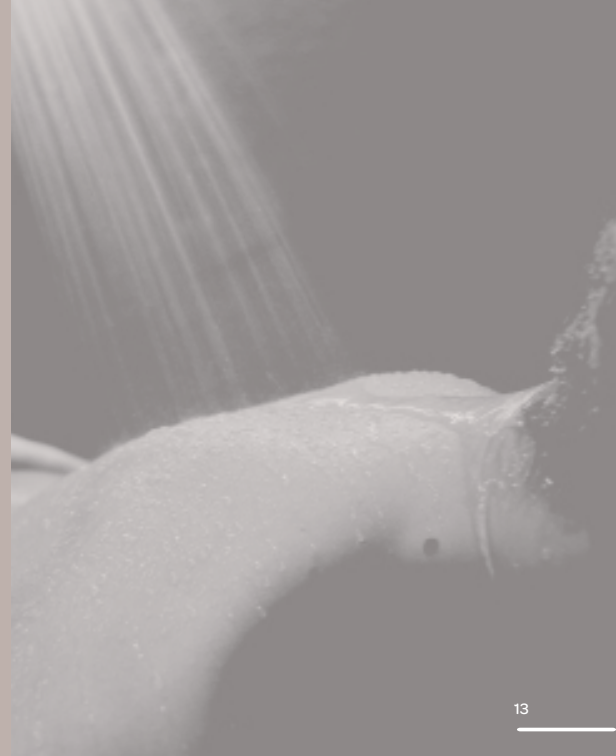
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A powerful massage with a revigorating effect, ideal for decompressing the muscles and relieve the built up tension of your daily life.

### **Dress code**

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For your comfort, during the water therapy treatment, The ReTreat recommends using your bikini or beach trunks.





## BASIC NAIL SERVICES

Classic Manicure	45min	20€
Classic Pedicure	55min	35€
Deep Pedicure	75min	55€
Nail Polish Application	15min	12 €
Gel Polish Application	40min	20€
Gel Polish Removal	25min	12 €

### Elemis

Pro-radiance Hand & Nail Treatment	30min	35€
Take care of your hands with an anti-age treatment.		
Sole Delight Foot Treatment	30min	35€
Nourishing and moisturising treatment for your feet.		



## Waxing Price per area

<b>S Area</b> Lip fuzz, chin, eyebrows or complementary areas	15min	8 €
<b>M Area</b> Armpits, Alba line, bikini line, abdomen, chest, shoulders, feet or hands	20min	12 €
<b>L Area</b> Half leg, thighs, full back or full arms	30min	18 €
<b>XL Area</b> Full leg or full back	40min	20 €

## Photoepilation with Diode Laser

A safe and efficient technique for permanent hair removal in six sessions.

For more information about the treatment and current prices, please contact the SPA front desk.

## Eyebrows and others

Eyelashes Epilation (maintenance of the existing line)	10min	8 €
Definition of the Eyebrow Line	20min	15 €
Permanent Coloration of the Eyebrows	20min	30 €
Permanent Coloration of the Eyelashes	30min	35 €
Eyelashes Permanent	45min	40 €
Eyelashes Extension	120min	90 €
Make up	60min	50 €





**Elemis**

PRO-COLLAGEN  
MARINE CREAM

ANTI-AGEING



**Elemis**

PRO-COLLAGEN  
MARINE CREAM  
ULTRA-RICH

ANTI-AGEING





# ELEMIS

Founded in 1990, Elemis is a luxury brand and leader in facial products and SPA treatments. Internationally awarded and acknowledged, you can find Elemis in the best 5 star hotel SPAs of the whole world, in Steiner cruises ships and British Airways business class lounges at Heathrow (London) and JFK (New York) airports.

The brand's philosophy is all about the power of nature, the cutting edge science and the symbiosis between the aromas. That is the key to be in the front line of the beauty's industry. Elemis' success is deeply connected to the ongoing research and new formula development, to the commitment with excellence achievement and to all the strict criteria regarding their partners' selection.

This British brand is also well known for its commitment to environmental sustainability, through the biodiversity protection, ecological footprint reduction, as well as the implementation of a corporate social responsibility strategy, based on the support on many social causes and the respect of the ethical code adopted.



## ETIQUETTE AND CANCELLATION POLICY

**Appointments** - Our therapists will help you choosing your treatments in order to meet your needs. We advise our clients to make the appointments beforehand so we can meet their schedules.

**Arrival time / Client attendance** - We kindly ask our clients to show up 5 minutes before the scheduled hour so we can make your check-in. If you arrive late it will interfere with the treatment time and therefore compromise the efficiency and comfort.

**Cancellation policy** - We ask you to notify us about the cancellation at least 12 hours before your appointment. The cancellations done within a period inferior to 8 hours will cause a 50% cost of the treatment value. In case of no show or cancellations 2 hours or less before the treatment, we reserve the right to charge the total value of the treatment booked.

**Health issues and level of comfort** - Please inform the therapist in case of injury or physical impairments as well as your preferences regarding the room temperature, light, music and fragrances or aromatherapy. Also inform the therapist regarding your comfort and problematic body and/or face areas. Possible counter indications that may impede receiving a treatment are: pregnancy, allergies, and recent surgeries. Physical restrictions such as: epilepsy, cancer, diabetes, heart problems. If you have any of the mentioned conditions, you must consult your doctor before making a treatment and you should inform the therapist and the receptionist at the moment of your appointment.

**Children** - Children under 12 years may use the SPA for treatments, however, they must be accompanied by an adult.

**Personal values** - We recommend that you don't bring valuables such as jewels, since we will not be liable for eventual losses or thefts.



Lisbon . Cascais . Estoril . Oeste . Quinta do Lago



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Open every day from 10 a.m. to 8 p.m.



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