



# PROGRAMME | 6 DAYS DETOX AND RELAXATION AT REAL SPA THERAPY

**VALIDITY:** UNTIL 31<sup>st</sup> DECEMBER 2019

Thinking about your well-being, we have created a 6 days Spa programme with **exclusive treatments** focused on **Portuguese ingredients** with **confirmed benefits** to help boost the release of toxins and activate blood irrigation, optimising relaxation and remineralisation, and balancing the entire vital system.

Come and spend some pleasant days at one of our hotels and restore your energy.

Spa  
REAL THERAPY



## 6 DAYS DETOX AND RELAXATION PROGRAMME INCLUDES:

- \_ Thalassotherapy circuit, sauna, steam room (1)
- \_ Heated indoor swimming pool, sauna, steam room and jacuzzi (2)
- \_ Heated indoor swimming pool, sauna, steam room and bubbling area (3)



<b>1<sup>st</sup> DAY</b>	_ 1 Relaxing hydromassage with camomile _ 1 Relaxing hydromassage with basil
<b>2<sup>nd</sup> DAY</b>	_ 1 Detox hydromassage with algae extracts _ 1 Detoxifying treatment with redcurrant extracts
<b>3<sup>rd</sup> DAY</b>	_ 1 Jet shower _ 1 Lymphatic drainage massage
<b>4<sup>th</sup> DAY</b>	_ 1 Facial purification and cleaning with marine active principles _ Reflexology
<b>5<sup>th</sup> DAY</b>	_ 1 Relaxing vichy shower for muscle well-being with 2 hands and rosemary _ 1 Craniofacial massage with moisturising lavender cream
<b>6<sup>th</sup> DAY</b>	_ 1 Real lusitanian ritual with portuguese calabashes and sunflower oil
	_ Free Wi-fi and Parking



## HOW TO BOOK

Access [realhotelsgroup.com](http://realhotelsgroup.com), enter the booking engine and select:

- [ 1 ] Your preferred hotel
- [ 2 ] The arrival and departure date
- [ 3 ] The number of adults
- [ 4 ] The availability
- [ 5 ] The type of room
- [ 6 ] The best accommodation price

and add the **6 DAYS DETOX AND RELAXATION** programme at Real Spa Therapy to your stay

HOTEL	PROGRAMME PRICE*
(1) Grande Real Villa Itália Hotel & Spa ***** Cascais	€530
(1) Grande Real Santa Eulália Resort & Hotel Spa ***** Albufeira	€530
(2) Real Bellavista Hotel & Spa **** Albufeira	€450
(3) Real Marina Hotel & Spa ***** Olhão   Ria Formosa	€475

\*Values per person and without accommodation.  
NOTE: (1), (2) and (3) only available at the indicated Hotels.

## INFORMATION AND BOOKING

ALGARVE | T. (+351) 289 598 010 | E. [reservas.alg@hoteisreal.com](mailto:reservas.alg@hoteisreal.com)

LISBOA | T. (+351) 213 199 150 | E. [reservas.lis@hoteisreal.com](mailto:reservas.lis@hoteisreal.com)

**Conditions:** Programme subject to prior booking and the availability of the selected. Not accumulable with other offers.

This programme can not be combined with other offers and may be changed without notice. All rates included, except Cascais city tax.

**Cancellation policy of the accommodation:** The cancellation policy of the selected price is applicable (check in the booking process).

**Cancellation policy of the SPA:** Cancellations or alterations of date up to 48 hours in advance are exempt from costs. Cancellations after this period shall be charged at 50% of the booked. Cancellations made less than 12 hours in advance shall be charged at the full value of the treatment.

**Note:** Cascais City Tax: The Cascais City Council have introduced, from the 1<sup>st</sup> May of 2019, a city tax on all hotels, applicable to all guests from 13 years old, of €2.00, per person/per night up to a maximum of 7 nights per stay. This tax is not included in the room rate and must be paid upon check in/ check-out by the guest.

# PROGRAMME | 6 DAYS DETOX AND RELAXATION



- Thalassotherapy circuit pool, sauna, steam room  
**Available:** Grande Real Villa Itália Hotel & Spa | Grande Real Santa Eulália Resort & Hotel Spa
- Indoor heated pool, sauna, steam room and jacuzzi  
**Available:** Real Bellavista Hotel & Spa
- Indoor heated pool, sauna, steam room and bubbling area  
**Available:** Real Marina Hotel & Spa

🕒 45 min.

**NOTE:** Mandatory use of swimming cap. If you do not have one, a cap can be acquired at the Real Spa Therapy. Access allowed to people over 16 years old.

## 1<sup>st</sup> DAY



### RELAXING HYDROMASSAGE WITH CAMOMILE

Treatment which combines the benefits of sea or fresh water and with the calming action of camomile, promoting greater oxygenation of the tissues and improved blood circulation.



Benefit:  
**RELAXATION**

🕒 20 min.



### REAL RELAXATION MASSAGE WITH BASIL

Relaxing massage with basil essential oils which have a refreshing and toning action, helping to combat mental fatigue and sharpen your senses.



Benefícios:  
**RELAXATION  
AND MUSCLE WELL-BEING**

🕒 50 min.

## 2<sup>nd</sup> DAY



### DETOX HYDROMASSAGE WITH ALGAE EXTRACTS

Slimming hydromassage which drains the tissues through the effects of the seaweed by speeding up the natural process of elimination of fats and toxins.



Benefit:  
**DETOX**

🕒 20 min.



### DETOXIFYING TREATMENT WITH REDCURRANT EXTRACTS

Body care which begins with exfoliation, followed by a wrap which, due to the redcurrant extracts, enables drainage and elimination of toxins.



Benefit:  
**DETOX**

🕒 50 min.

## 3<sup>rd</sup> DAY



### JET SHOWER

Jets of seawater or freshwater of variable pressure and temperatures between 37° and 42° C. Treatment indicated for problems of the circulatory, musculoskeletal and cellulite sphere.



Benefit:  
**TONING**

🕒 15 min.



### LYMPHATIC DRAINAGE MASSAGE

Massage with gentle movements which assure the release of water and toxins from the body. Stimulates lymphatic circulation and the immunity system, producing a sedative and tranquillising effect.



Benefit:  
**IMPROVED BLOOD  
CIRCULATION**

🕒 50 min.

## 4<sup>th</sup> DAY



### FACIAL PURIFICATION AND CLEANING WITH MARINE ACTIVE PRINCIPLES

Treatment which assures in-depth skin detoxification and oxygenation based on the marine action of seaweed.



Benefit:  
**CLEANING**

🕒 80 min.



### REFLEXOLOGY

A complementing therapy which applies specific pressure to the sole of the foot, stimulating the entire reflexive area of the internal organs. Promotes health and psychological well-being, balancing the entire human system.



Benefit:  
**PHYSICAL, EMOTIONAL  
AND SPIRITUAL BALANCE**

🕒 45 min.

## 5<sup>th</sup> DAY



### RELAXING VICHY SHOWER FOR MUSCLE WELL-BEING WITH 2 HANDS AND ROSEMARY

Massage shower with sea or fresh water at 38° C at a low pressure complemented with a localised massage given by 2 hands. The combination of the water with the massage and rosemary oil assures the stimulation of circulation and muscle strengthening.



Benefit:  
**MUSCLE WELL-BEING**

🕒 20 min.



### CRANIOFACIAL MASSAGE WITH MOISTURISING LAVENDER CREAM

Head and face massage which releases tension through gentle movements. Restores balance through the application of moisturising lavender cream.



Benefit:  
**RELAXATION**

🕒 20 min.

## 6<sup>th</sup> DAY



### REAL LUSITANIAN RITUAL WITH PORTUGUESE CALABASHES AND SUNFLOWER OIL

This Ritual evokes elements as authentic as the typical Portuguese calabashes. It begins with body exfoliation with rice powder and is completed with a body massage with sunflower oil from the marshes of the Ribatejo where calabashes are used with systematic movements, assuring revitalisation of the mind and soul.



Benefits:  
**RELAXATION AND DETOX**

🕒 80 min.

Learn more about the treatments:

**REALSPATHERAPY.COM**