



PURE  
Sensations



BELMAR  
SPA & FITNESS

# Massage

## Aromasoul back massage 30 min 50 €

Relieve tension in the shoulders and back with the energizing aromatherapy massage.

## Aromasoul head, neck & back therapy 45 min 65 €

This invigorating massage promises to rejuvenate the body through gentle exfoliation, easing muscle tensions and purifying the scalp, providing a sensation of freshness and vitality.

## Aromasoul ritual massage 60 min 95 €

Relax with the oriental, Indian, Arabic, and Mediterranean massage, featuring a contemporary interpretation of aromatherapy using essential oils. It is ideal for times of great stress and fatigue.

## Deep tissue massage 60 min 100 €

Treat pain, joint inflammation, and muscle tension effectively with this deep massage incorporating rhythmic pressure.

## Bamboo massage 60 min 100 €

The various sizes of bamboo canes, coupled with specific massage techniques, alleviate stress and muscle tension, offering physical and mental relaxation. It contributes to sculpting and toning the body, improving circulation, promoting detoxification, and strengthening the immune system. Additionally, it has a draining effect and combats cellulite.

## Hot stones massage 60 min 100 €

Treatment with hot basalt stones to ease tension. The stones are placed on key points of the body, while heated oils are used in a deep massage, offering complete relaxation, detoxification, and body drainage.

## Tranquility ritual 80 min 120 €

This aromatic ritual for the face and body provides deep relaxation for the mind and body. It helps alleviate stress and tension while moisturizing and toning the skin.

## The Swedish massage 60 min 95 €

Our full-body classic massage employs gentle, continuous movements to alleviate muscle tension, improve circulation, and induce deep relaxation. This treatment involves kneading, friction, and rhythmic tapping techniques, perfect for those seeking relaxation and revitalization.

## Lymphatic drainage massage 80 min 110 €

Lymphatic drainage massage stimulates the lymphatic flow to eliminate toxins and enhance overall well-being. It reduces inflammation, boosts the immune system, and is beneficial for fluid retention, swelling, and lymphedema. This gentle massage also promotes relaxation, reduces stress, and provides a refreshing sensation.

## Lomi Lomi massage 60 min 95 €

Lomi Lomi is a Hawaiian technique that employs fluid movements, stretches, and joint rotations to alleviate tension in the body and mind while improving circulation. It's Deeply soothing, alleviates stress, eases muscle pain, and enhances overall well-being. This luxurious Spa experience utilizes high-quality oils and personalized techniques.

## Indian head massage 45 min 65 €

Is a treatment that focuses on massaging acupressure points along the head and neck. Often using circular massage strokes to improve scalp condition. It can also improve emotional wellness.

## Localized massage (area of your choice)

The massage involves gentle movements using nourishing oils and light to moderate pressure.

## Lower legs and feet 30 min 50 €

## Back and neck 30 min 50 €

## Arms and shoulders 30 min 50 €

## Face and neck 30 min 50 €

# Mother-to-be

## Wellbeing massage for pregnancy

Nourishing massage techniques help relieve tension and fatigue and calm the mind, while the properties of the oils contribute to hydrating the skin. Massage is recommended from 12 weeks of pregnancy.

<b>Face &amp; body</b>	100 min	130 €
<b>Body</b>	75 min	95 €

# Body wraps, exfoliation & rituals

## Body strategist mud therapy 60 min 90 €

This balancing and detoxifying treatment speeds up metabolism, purifying the body, and simultaneously has a slimming effect.

## Aromasoul vulcanic ritual scrub 60 min 90 €

The skin-renewing exfoliating treatment uses particles from the Sicilian volcanoes, smoothing the skin and providing radiance and softness.

# Time for men

## Hydra performance facial 50 min 70 €

Active deep hydration treatment, for for dry skin caused by biological and environmental stress, frequent flights, sun exposure, and adverse weather conditions.

## Pure performance facial 60 min 90 €

Purifying treatment to remove impurities and balance excess oiliness, leaving the skin visibly cleaner.

# Facials

## Sublime skin 60 min 90 €

Improve the appearance of expression lines, restoring the tone and natural glow of the facial skin with this anti-wrinkle and lifting treatment.

## Active pureness 60 min 80 €

Achieve radiant, fresh, and toned skin with the deep cleansing of your face through this purifying and rebalancing treatment. Ideal for oily and delicate skin.

## Recover touch 50 min 70 €

Neutralize free radicals and nourish facial tissues while soothing and feeding the skin with the antioxidant vitamin treatment.

## Hydrmemory 50 min 70 €

Restore firmness, tone, and luminosity with deep hydration for the face, neck, and décolleté. This treatment balances the epidermis hydrolipidic system, contributing to prolonging its youth.

# Hand & foot therapy

## Essential hand therapy 60 min 45 €

Indulge in an intensive hand treatment with a full manicure, including a fragrant hand bath, warm compresses with essential oils, exfoliation, a hydrating hand mask, and a nourishing massage for hands and arms.

\*Option with Shellac polish - 55 €

## Essential foot therapy 60 min 50 €

Indulge in a sensory experience with a complete pedicure, including a fragrant foot bath, warm compresses with essential oils, exfoliation, a healing foot mask, and a nourishing massage for the lower leg and feet.

\*Option with Shellac polish - 60 €



## SPA INFORMATION

We recommend pre-booking treatments and arriving 5 minutes before the scheduled time.

If you have any health concerns or are pregnant, please inform the therapist before scheduling.

Your credit card details will be required to secure reservations exceeding 250€ or if you are not staying onsite.

Please cancel at least 24 hours in advance if you wish to receive a refund for your treatment.

Please see the Belmar Spa Guest Information sheet for more details on our spa rules.

Thank you for your cooperation.

## BELMAR SPA & BEACH RESORT

Estrada do Porto de Mós  
8600-513 Lagos - Portugal

T. (+351) 282 771 801\*  
E. [belmar.spa@belmarresort.com](mailto:belmar.spa@belmarresort.com)

\*National landline call