# SPA MENU ENGLISH





## **Stone Spa**

Winner of "Best Luxury Wellness Spa" and in 2015 "Best Emerging Spa" by the Best Luxury Spa Awards, Stone Spa is implanted in an ancient olive oil mill and dug in a quarry, Alentejo Marmòris Stone Spa Hotel is a unique refuge to enjoy true moments of evasion and wellness.

Immerse yourself in a relaxing and unforgettable experience, where the power and magnetism of the marble transport to other place where the details will surprise you every time.

Entering in the Stone Spa is an unforgettable experience, that clears our senses to the beauty of the stone that adorns its original walls.

Forget the outside world, and embark on an imaginary voyage, like a character from the books of Julio Verne.

The beauty and strength of its original walls, the authentic trickle of the water and the initial formation of small stalactites make its atmosphere absolutely unique.

The Spa has 4 treatment rooms (2 double), an indoor and outdoor pool heated, swimming pool with whirlpool circuit, pool with massage beds and hammam that compound the perfect background for your relaxation.

## **BRUNO VASSARI** - Kianty Spa

Bruno Vassari, a Professional Cosmetics brand with 40 years of experience, decided in 2004 to study an Italian wine with important properties so that it could give its name to a new line, this one based on the benefits of wine, specifically (the grape) on our skin.

The Italian name of the brand had to be related to a variety of wines of the same origin, so one of the most prestigious and well-known wines in the world from the Tuscany region was selected; the Chianti wine, and, , thus the word Kianty was born.

It is important to know that black grapes have very special characteristics, and are known for their soothing and antioxidant properties, which rejuvenate the skin inside and out.

## DISCOVER THE PLEASURES OF VINOTHERAPY WITH BRUNO VASSARI.





## **Relaxation Rituals**

## STONE ROMANTIC LUXURY MASSAGE

50min| 95€

Inspired by the therapeutic method (Lomi lomi) of the oldest cultures in the Hawaiian Islands, this massage is perfect for a deep relaxation. Performed with warm Karité butter.

## RELAX MOMENT

#### 50/70min| 85€/ 110€

A relaxing massage designed to balance body and mind. It provokes muscular relaxation, calms emotions, improves blood circulation and increases cell oxygenation which helps to strengthen our immune system.

## HOT & COLD STONE MASSAGE

#### 55min| 95€

Massage performed with heated volcanic stones, which causes an extraordinary sense of well-being and deep relaxation. The effect of essential oils associated with the heat of volcanic stones make this massage ideal for anyone who wants to liberate all the accumulated stress. The ritual ends with a cold stone facial massage for an effect of contrast energy and lifting.

## MASSAGE WITH CHINESE SCENTED SACHETS

50min| 100€

Massage with warm scented sachets composed of rice, spices and lavender oil. This oriental technique aims to create a deep relaxation method, balancing your inner energy.

MAR-RELAX by Kianty Spa

40min | 65€

Relaxing treatment destined to cause a deep relief of the muscular tension. Performed with Thermal All Grape Mousse this manual massage ends with a tasting of a glass of wine.





## **Deep Tissue Rituals**

## MARMORIS MASSAGE

50/70min|95€/120€

Developed by the Stone Spa team, this deep massage, was conceived with lovers of vigorous massages in mind. It's a fusion between ancient oriental techniques and contemporary therapies combining several massage techniques and pressure with marble from the Vila Viçosa region.

#### AYURVEDIC

(subject to availability of the specialized therapist)

70min/150€

Through deep touches with hands and elbows, Ayurvedic massage provides postural realignment, relief of tensions in the physical body, strengthens the immune system, has anti-stress and anti-depressant effects. It provides greater flexibility in the body and mobility in the joints, enabling the free circuit of vital energy.

THAI-MASSAGE

(subject to availability of the specialized therapist)

70min|160€

The Thai massage is performed on the oil-free tatami with only the thumbs, palms of the hands and feet and various stretches that will help in the energetic unblocking. The client must remain dressed in comfortable clothing.

## THERAPEUTIC MASSAGE

## 30/40min|50€/70€

Energizing ritual performed on the back and on the neck with rhythmic movements, neuro-muscular techniques and localized manual pressure.

THERAPEUTIC MASSAGE with cupping therapy (subject to availability of the specialized therapist)

40min | 80€



Ritual performed on the back



## **BOBY TREATMENTS**

BODY FIRMING

30min/50min | 55€/90€

Manual treatment ideal for people who have suffered weight loss or flacid skin.

"BAMBUTHERAPY" by Stone Spa (subject to availability of the specialized therapist)

30min | 55€

Modelling treatment performed with bamboo canes, perfect for those who want to fight cellulite and flaccidity.

CUPPING THERAPY (subject to availability of the specialized therapist)

30min | 60€

Cupping therapy treatment for cellulite, with aims to eliminate fat nodules and reduce the volume.

## **EXFOLIATIONS / SCRUBS**

PEELING By Kyanty Spa

40min | 65€

Body peeling with marine salt, grape polyphenols and warm oils, specified for the removal of dead skin cells. The treatment finishes with an hydrating and anti-aging lotion from Bagno di Latte's wine therapy.

## DETOX By Stone Spa

30min | 55€

Detoxing body exfoliation with salt, vegetable oil and ginger oil. This treatment finishes with a nutritious lotion for a clean a detoxed skin.

## HYDRANTING By Stone Spa

30min | 60€

Body exfoliation to deeply clean and hydrate the skin. The application of a nutritious lotion is a glamorous touch for a glowing skin.





## **CONFORT RITUALS**

## HAND TREATMENT

30min|35€

Exceptional treatment that allies an exfoliation and a body wrap made from clay. Creates an antiaging effect that helps your skin fight external aggressions.

## FEET TREATMENT

30min | 35€

Feet support all bodyweight and deserve special attention . This treatment is the ideal solution for an immediate relief of your accumulated fatigue.

SPA MANICURE (subject to availability of the specialized therapist)

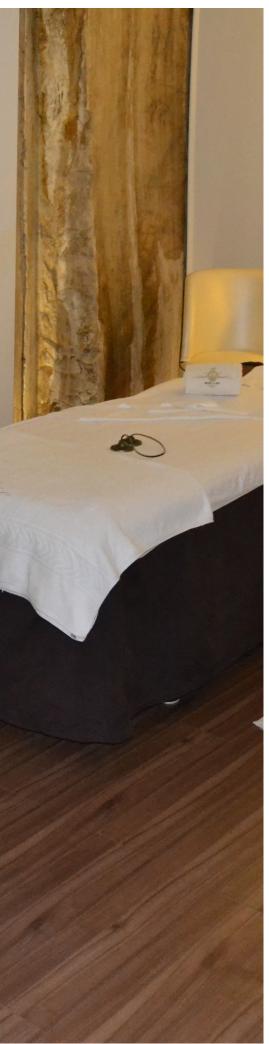
30-45min|40€

An exfoliating and nutritious treatment for soft and protected hands.

SPA PEDICURE (subject to availability of the specialized therapist)

45-60min|55€

A truly comfortable experience for your feet. The perfect combination between exfoliation and feet caring.





## **Facial treatments**

Ritual LIFT -OX

60min|125€

An aging skin requires a specific care when fighting aging signs. These manifestations on your skin, like wrinkles and hydration levels can be compensated with this antiaging treatment.

RITUAL ABBOCATO By Kyanty Spa

50 min| 100€

A treatment recommended for skins that start to show some signs of flaccidity. Thanks to the synergic action of the polyphenols and alginates this treatment will strengthen your skin resistances.

## Detoxing ritual by kyanty spa

60 min| 95€

Recommended for male skins, oily or problematic, this treatment cleans and detoxes your skin, eliminating any bacteria or impurities.

## VISIBLE RITUAL BY KYANTY SPA

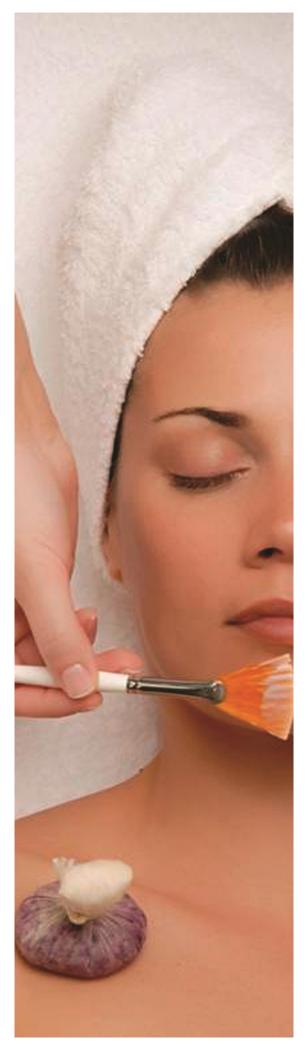
45 min| 65€

Viniferin treatment, rich in polyphenols which main goal is to fight aging signs, especially around the eyes and mouth.

FACIAL EXPRESS

30min | 50€

Ideal for a quick glow in your skin. This treatment revitalizes your tired skin through the use of pressure with marble stones and a combination of grapes seeds and Vitamin E.





## **Couples Programs**

## SPA DELIGHT COUPLE \*

1h45 | 300€

Relaxing bath 30' Relax Massage Facial express with marble stones

STONE SPA CASAL \*

2h00 | 350€

Relaxing bath 30' Hot Stone Massage Visible ritual by Kyanty

\*Subject to the availability of an appointment for a couple.

## **DO IT YOURSELF**

Create your own program. You may choose between 3 treatments for each category (1massage, 1body and 1facial treatment) and benefit from a 5% discount.

## SPA DAY

Customers who are not lodged in the hotel may also benefit from the Thermal area and the Fitness Gym as long as they book a Spa Ritual or acquire a daily pass.

Daily pass for adults: 25€

Children from 6 to 14 years old: 10€

The prices listed include VAT at the applicable rate in force.





## SPA ETIQUETE

#### ZEN ATMOSPHERE

In order to contribute to a relaxed and quiet atmosphere it is forbidden to use cellphones, cameras or other electronic devices inside the Stone Spa. It is strictly forbidden to smoke or consume alcoholic drinks. Respect the quite environment by keeping your voice tone low.

#### Appointments

We recommend that you book your ritual at least 24h in advance, by calling from your room (extension 315), directly with the SPA reception through the number +351 268 887 017 or through the following e-mail address: spa@alentejomarmoris.com.

#### Medical conditions

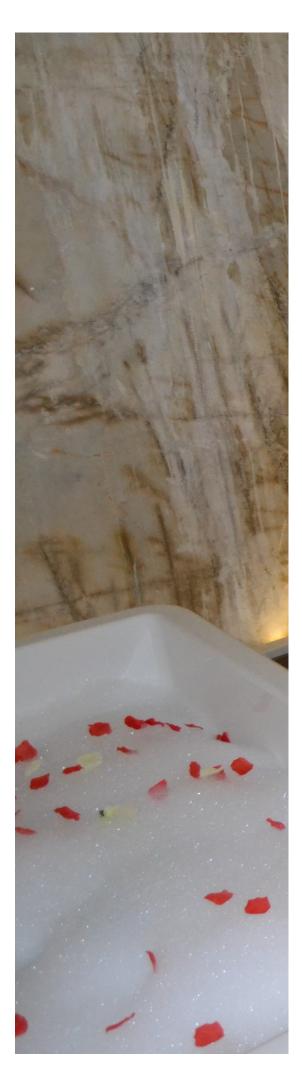
Always inform the Stone Spa team if you are under any kind of medication, if you suffer from any illness or if you are pregnant. Some treatments may be not recommended.

#### Check in

We advise our guests to check in at least 10 min before their treatments in order to fill out the necessary forms and get ready for your treatment. Being late will limit your experience.

## CHECK OUT — After stay at the Hotel

The use of the thermal circuit is included in your reservation until 12:00 noon on the day of your checkout. After this period, access to the thermal circuit costs €15 per person.





## **GENERAL INFORMATION**

## **OPENING HOURS**

Monday to Thursday: 11 a.m. till 8 p.m.

Friday to Sunday: 10 a.m. till 8 p.m.

#### Admission

The Stone Spa reserves the right to refuse the admission of people whose behavior might affect the Spa quiet environment. Only people with over 14 years old may use relaxation tanks and book treatments.

#### **Cancelation policy**

No-show or cancelations made under 12h before treatment will be fully charged.

#### **Thermal Area**

For safety reasons it is forbidden to dive or run around the pools and relaxation tanks. Pool area is not supervised and the Spa does not take any responsibility for any accidents that might happen. Bathing suit is mandatory in the pools and relaxation pools. Access to the Thermal area is forbidden to visitors, in case of accompanying a minor, you must wear shoes appropriate to the thermal area.

#### **Fitness Gym**

Appropriate clothes and shoes are mandatory for using the Fitness Gym. We advise any users of the Fitness Gym to consult with your doctor before starting their physical activity. It is only allowed from the age of 16.

#### Valuables

Stone Spa does not take responsibility for the loss or theft of your belongings. Found objects will be delivered to the Lost & Found (at the hotel's reception).

