

SPA Menu

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**REAL
ABADIA**
CONGRESS & SPA HOTEL



IMAGINE. APAIXONE-SE.

WELCOME TO THE SPA OF THE REAL ABADIA CONGRESS & SPA HOTEL

Here you will find unique moments of deep physical and sensorial relaxation.

We have to offer you a wide range of Rituals that you can choose and enjoy for as long as you wish to stay at Real Abadia Congress & Spa Hotel.

We have at your disposal a proper and cosmetic methodology brand of excellence - ArômsNatur®.

Our mission is to provide solutions, in a unique and personalized way for each client, combining beauty, high technology, health and pleasure.

We believe in integral beauty, based on a holistic and global design.





SPA MENU

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FACE RITUALS

FACE TREATMENT ROSE OF BULGARIA

Luxurious treatment using Bulgarian Rose petals, whose properties oxygenate and clean in depth the skin.

This treatment stimulate the skin regeneration and its vitality, with visible effects from the first session.

Indicated for all skin types, from the youngest (with acneic tendency - antiseptic and antibacterial effect) to the most mature (strong preventive effect, acting as anti-wrinkles decreasing).

Duration: 70 min – Price: 55€

SPA DEEP CLEANING

Ideal for treating tired and splen skin.

This treatment combines an enzymatic peeling, a detoxifying mask and a remineralizing mask with sea water. The result is a clean, detoxified skin and a feeling of comfort and softness.

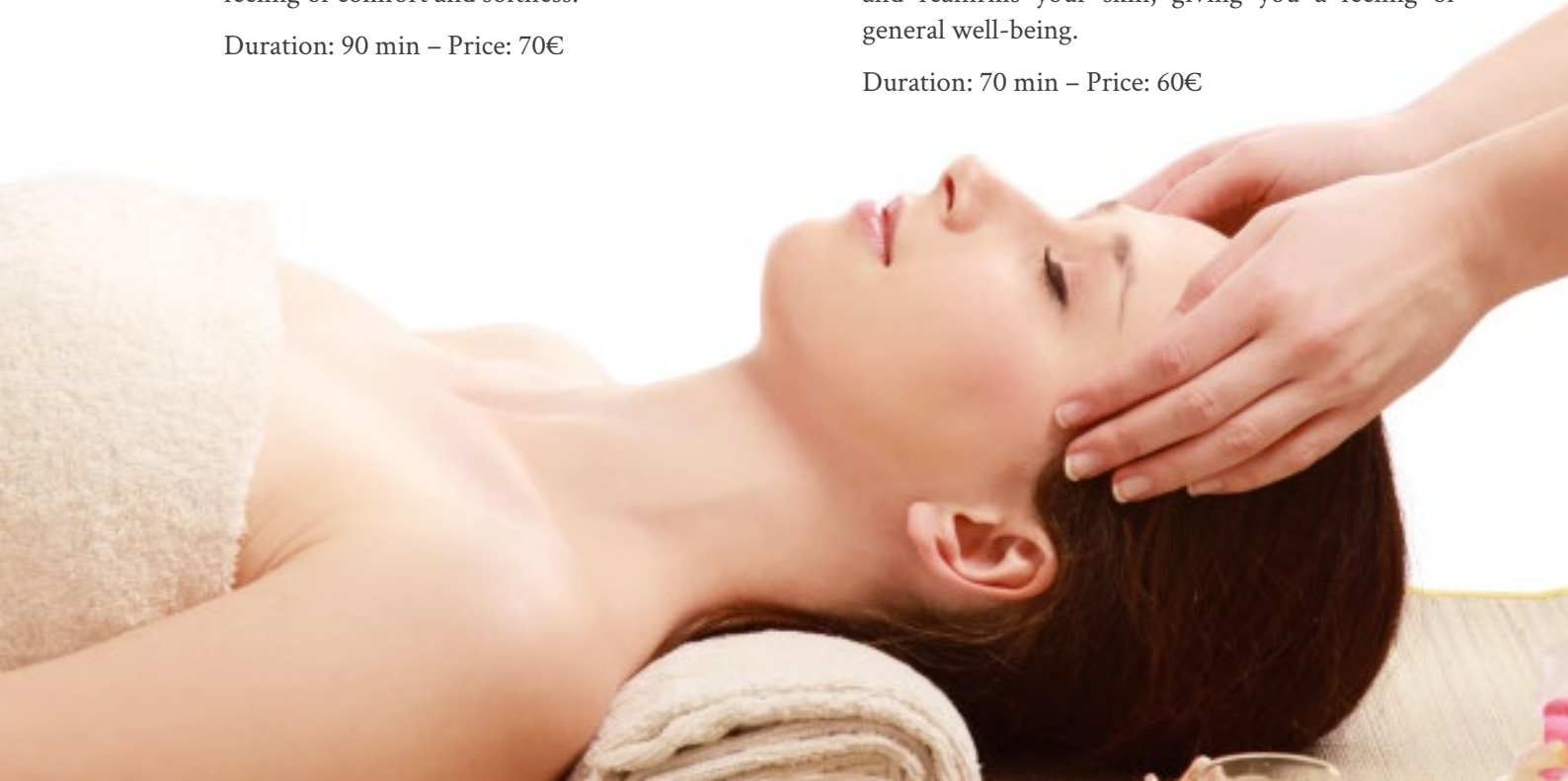
Duration: 90 min – Price: 70€

EYE CONTOUR

Treatment performed in the eye contour, using specific products that guarantee the improvement of the look of your eyes.

It fights the tired look, acts deeply on the wrinkles and reaffirms your skin, giving you a feeling of general well-being.

Duration: 70 min – Price: 60€



BODY RITUALS

MAGIC PEELING

Softening and truly magical peeling, in a delicate blend of rice powder and vegetable oil that turns into a very gentle and nourishing massage cream.

Duration: 60 min – Price: 35€

GOMMAGE HONEY AND SUGAR

Body exfoliation that promotes cell renewal and returns hydration and comfort to your skin, coupled with the beneficial and nourishing ability of honey, leaves your skin with a unique feeling of comfort and a sweet aroma.

Duration: 50 min – Price: 35€



MARINE DETOX DETOXIFYING AND REMINERALIZING

Involvement of detoxifying and remineralizing marine mud enriched with essential oils of geranium and lemon. The active ingredients penetrate deep into your skin detoxifying the entire body. Ideal for rebalancing body and mind ...

Duration: 90 min – Price: 70€

GREEN TEA INVOLVEMENT

Anti-cellulite and modeler wrapping. After the wrapping is carried out a modeling and vigorous massage provoking a reduction of the adiposity of the skin. Depurative and draining, its ideal for after overeating.

Personalized treatment according to the needs of each person.

Duration: 90 min – Price: 70€



CHOCOLATE “MIMOS”

Surrender yourself to this delightful treatment that consists of a salt scrub, a cocoa involvement and a relaxing and rejuvenating massage.

This sweet pleasure, which promotes hydration and nutrition of your skin will leave it fragrant and with a silky touch.

Finish your treatment with a delicious hot chocolate.

Duration: 90 min – Price: 70€

ENERGETIC DAY

Orange is the queen in this treatment! Indulge yourself in an orange peel exfoliation.

Ideal for lack of light and opaque skins. Also recommended for physical exhaustion and stress due to the relaxing massage techniques with sweet orange use. Your body will feel invigorated and oxygenated.

Duration: 70 min – Price: 55€



HOLISTIC RITUALS

HOT STONE MASSAGE

Massage done with volcanic stones previously heated. This massage is extremely therapeutic because it potentiates the entrance of the heat of the stones deep into the muscular layers of your body, which causes the relaxation and a feeling of deep well-being. It contributes to improving circulation and calming the central nervous system.

Duration: 60 min – Price 55€

INDIAN HEAD - FACIAL AND SKULL

Massage therapy performed on the shoulder, neck, head and face region.

It is extremely relaxing and indicated for headaches, congestion in the airways and even tired sight facilitating the release of accumulated muscular tensions.

Duration: 60 min – Price: 40€

RELAXING AND DESCONTRACTURANTE

This massage is especially indicated to aid in the recovery of injuries, muscular pain and localized tensions. Works the most problematic areas to make you feel lighter and more relaxed.

Duration: 60 min – Price:50€

EXPRESS MASSAGE

Escape from stress and everyday rhythm and indulge yourself to a local massage through which you will feel instantly more invigorated.

Duration: 20 min – 1 person – Price 25€

20 min – 2 person – Price 40€



AYURVÉDIC MASSAGE (COM ORIGEM NO ABHYANGA)

Ayurvedic massage acts in the lymphatic (detoxifying the body), circulatory (increasing the production of white blood cells and nutrition and cellular oxygenation) and energetic (rebalancing the chakra and acting on the seven bodies - undoing emotional blocks). This way contributing to the cure of the main diseases.

Ayurveda is the name given to medical knowledge developed in India about 7000 years ago, which makes it one of humanity's oldest medical systems.

Abhyanga is a therapeutic massage technique of Ayurveda and is performed with pure vegetable oils, to which medicinal herbs may or may not be added.

Duração 80m Price 70€

AYURVÉDIC THERAPIES

Kati Basti – Chronic pathologies of the lumbar, sacral and also muscles of the lumbar and the gluteal area.

Nasya – Help in problems of the supraclavicular area (for example shoulders, neck, face, eyes, ears, head).

Shiroabhyanga – Eliminates headaches, migraines, cleanses and nourishes the skin of the face. Prevents hair loss. Increases mental clarity. Promotes sleep. Eliminates anxiety and stress. Relieves depressive states.

Udvaartana – stabilize and tone up parts of the body. Liquidises fats. Helps in eliminating cellulite and reduces volume. Purifies the skin. Helps reduce problems with perspiration.

Pindasveda – Helps with dry and cracked skin. Beneficial for skin diseases. Promotes increased muscle mass. Help in degenerative muscle problems. It benefits in postoperative care. Beauty Therapy.

Karnapurana – Treatment for ear area disorders (eg earaches, tingling, and hearing loss).

Shirodhara – Treatment for depression, headache, insomnia, stress, anxiety. Helps balance the mind and nervous system.

Netra Basti – treatment for the eye area (eg, fatigued, dry, red or burning eyes, eye movement problems, initial myopia, diabetes, glaucoma).

Duration: 30min - price 25€

Abhayanga for Babies

Colic relief. Improvement of sleep quality. Relaxation. Helps the development of the nervous system and growth. Nourishes the skin. Good for eyes and sensory organs. Promotes the strengthening of the immune system. Helps your baby raise awareness of himself. Strengthens parent-child communication by touch. It benefits memory and concentration. It's good for the hair. Calms the baby and promotes peaceful sleep, especially after the massage.

From 0-5 years – duration 25/30 min – price: 20€

From 6-8 years – duration 45/60 min – price: 25€

From 9-12 years – duration 60/80 min – price: 30€

Duration: 30min - price 25€ (in addition to the Ayurvedic Massage price)



SIGNATURE RITUALS

REAL ABADIA AROMATIC MASSAGE

A warm massage made with pindas - linen sachets with cherry stones - previously heated. Indulge yourself in a moment of truly relaxing aromatherapy.

Duration: 60 min – Price: 50€

HAND MADE CANDLE MASSAGE

Imagine a warm thread of scented oil passing through your body merging with a relaxing massage in a candle-lit environment.

The massage candles, made by us, have a 100% natural composition, allowing you to personalize your massage, choosing the aroma that suits you better.

Duration: 60 min – Price: 55€



FOUR HAND MASSAGE

A unique experience performed by two therapists simultaneously. This massage technique, performed at the same pace and pressure by the therapists, causes your brain to abstract and relax, providing a state of deep relaxation and pleasure.

Duration: 60 min – Price: 85€

WORLD RITUALS

The following rituals were prepared exclusively for our SPA.

Feel the privilege of unique moments allied to 100% natural cosmetics.

We wish you an unforgettable sensory journey through the traditions of the various continents through our 5 world rituals:

HAMMAM RITUAL

Inspired by Turkish and Cleopatra baths, this treatment invites you to a sensory journey through the traditions of Turkey. A complete ritual, which begins with a purification of the body, an exfoliation with salt of laminaria, followed by a wrapping of Kaolin and a massage with the traditional oil of Argan 100% natural. In the air you can feel the aromas of rosemary and sweet orange ...

Duration: 90 min – Price: 75€



POLYNESIAN CEREMONY

This is a truly exotic experience. An orange peeling that allows us to prepare the skin to receive a massage made with a fusion of vegetable oils of coconut and monöi and applied with the traditional techniques of “Lomi Lomi” using exotic wood pestles. A ritual that will make you feel in paradise ...

Duration: 70 min – Price: 60€

RITUAL OF THE RISING SUN

Imagine a Geisha or a Samurai ... In the mists of Neroli, enjoy a delicate peeling and wrapping of rice powder that is finished with a massage where the sensual Ylang Ylang oil and the shiatsu techniques stand out.

Discover this unique and ancient ritual that will awaken your senses.

Duration: 70 min – Price: 65€

TAJ MAHAL SECRETS

In a mystical environment that transports us to India, we bring to this ritual its most precious treasures: spices, incense, gold and Auyrvédica massage.

The friction with ginger powder and kaolin, will leave your skin smooth and ready to receive a full massage benefits of Ayurvedic technique, leaving it full of harmony.

Duration: 60 min – Price: 60€



ROYALTY RITUALS (FOR TWO)

ADAM AND EVE

This exfoliating massage runs all over your body with the help of pindas and lemon essential oil. Surrender to this fresh, revitalizing scent.

Duration: 60 min* / 90 min** – Price: € 85* / € 80**



DON QUIXOTE AND DULCINEIA

In a romantic candlelit setting, lying side by side, the couple receive a relaxing and gentle massage where the linen fabrics will give them a feeling of full relaxation. A truly amazing experience.

Duration: 60 min* / 90 min** – Price: € 85* / € 80**



PEDRO AND INÊS

Delight yourself in a deeply relaxing body and face massage, thanks to the warm towels that welcome you and make you feel comfortable. Give away your senses to this moment and just ... relax.

Duration: 60 min* / 90 min** – Price: € 85* / € 80**



ROMEO AND JULIET

This ritual combines a gentle body scrub with apricot seeds extracts and wood pulp to provide an intense cell renewal and extremely soft and silky skin.

Duration: 60 min* / 90 min** – Price: € 85* / € 80**



* Massage performed simultaneously with 2 therapists - upon availability

** Massage performed simultaneously with 1 therapist



COUPLES "MIMOS"

Teaching, demonstration and practice of some general body massage techniques. This massage is performed with the sensual oil of the aromatic candles elaborated in our SPA. This experience ends with a tea by the pool.

Duration: 60min - price: 25 €



SPECIAL MAN RITUALS

HYDRA MEN - CLEANING AND HYDRATION

A face treatment that meets the needs of male skin. Customized according to the needs of the skin, this treatment gives you a pleasant sensation of comfort.

Duration: 50 min – Price: 50€

PURIFYING SHOULDERS & BACK

Purifying and relaxing treatment that combines a body scrub with a wrap around shoulders and back and ending with a relaxing massage.

Duration: 60 min – Price: 65€

MEN SPA - BODY SCRUB + SPORT MASSAGE

This treatment starts with an exfoliation and allows a cellular renewal of the skin allied to the benefits of the technique of sports massage. It helps to prepare and recover the muscles of those who exercise daily.

Duration: 90 min - Price: 80€



arômes
NATUR



SPA ÉTIQUETTE

- * All bookings must be made in advance.
- * We request you to appear at least 10 minutes prior to your treatment, in order to fill out our client form.
- * You can take advantage of our SPA area, swimming pool, sauna and Turkish bath before treatment begins.
- * We give you disposable underwear so that you feel more comfortable during your treatment, as well as lockers so you can store your personal belongings.
- * Before treatment, please turn off your mobile phones and remove watches and jewelry.
- * The delay in arriving at the treatment implies a reduction of its duration.
- * Cancellation without prior notice implies full payment of the treatment.
- * In our store, you will find various cosmetics to sell.
- * For more information or clarification, please contact the Reception or the SPA Therapist.



WE ALSO HAVE...

"SINTA-SE BEM" LESSONS

In a relaxed atmosphere join our lessons and enjoy the nature that surrounds Real Abadia or try our indoor swimming pool, putting in lightweight physical exercises that allude you to improve the functioning of our body and good physical and emotional mood.

Duration: 60 min

For more information contact our reception.

YOGA LESSONS

Yoga is a philosophy of life that has its origin in India for more than 5000 years and is now known not only as a philosophy of life but also as a holistic system that works both body and mind at the same time. Yoga works the emotions, helps people act according to their thoughts and feelings, and brings deep relaxation, concentration, mental tranquility, strengthening of the physical body and the development of flexibility.

Duration: 60 min

