



Atlantic Coast

Health Club & Spa



TREATMENTS LIST



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ESSENCIAIS

HANDS & FEET

Manicure	15 min	10€
French Manicure	20 min	15€
Beach Feet	35 min	30€
Spa Manicure	45 min	35€
Deluxe Manicure	1h	45€
Spa Pedicure	1h	50€
Deluxe Pedicure	1h10min	55€

WAXING

Upper Lip & Chin	15 min	12€
Under Arm	15 min	20€
Half Arm	20 min	20€
Bikini Wax	20 min	20€
Half Leg	20 min	25€
Back or Chest	25 min	25€
Brasilian Wax	30 min	30€
Full Leg	40 min	40€

BEAUTICIAN'S SERVICE

Shaping Eyebrows	15 min	10€
Brow Tinting	20 min	25€
Lash Tinting	30 min	35€
Make up	30MIN	30€

HAIR SALON

Children's Hair Cut	25€
Men's Hair Cut	35€
HairCut — Medium	40€
Wash and dry — Medium	45€
Wash and dry — Long	50€
HairCut — Long	50€
Hair Colour — Medium	50€
Highlights —Medium	50€
Hair Colour — Long	70€
Highlights — Long	70€
Bride —Medium	90€
Bride — Long	115€

Hair Salon opens Thursdays appointment only .



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Health Club & Spa



SPA PACKAGES

VITALITY Experience a body revitalized and a spirit renewed with a full body scrub and a vitality bath.	45MIN	60€
RELEASE Surrender yourself to the pleasure of this luxurious aromatherapy bath followed by a back massage with essential oils.	45MIN	60€
ESCAPE Rejuvenate yourself with this back, head and shoulder massage, stress dissipates and the body is left in a deep state of relaxation.	1H	73€
ACTIVE A magnificent combination of treatments: a body scrub, a bath and a full body massage to increase your vitality and to relieve muscle fatigue and daily stress.	1H 30MIN	120€

TAKE YOUR PICK – 20%

Select three treatments on the same day and make your own package ! - Have 20% discount (except waxing and beautician's services).



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SPA PACKAGES

HARMONY

Purify your body with this package. Start with a gentle scrub to smooth your skin and increase circulation, an algae body wrap which will encourage further purification along with a back massage with detoxifying oils.

1H 30MIN

120€

TRULY

Renew yourself from head to toe with a Spa Manicure, a Beach Feet a Facial.

(Suitable for pregnant ladies)

2H

128€

BODY & MIND CLEANSERS

Let your body unwind and treat yourself to a bit of Heaven on Earth... Begin your treatment with a scrub and a bath which will promote the stimulation of the lymphatic and circulatory systems to detoxify the body and increase metabolism, followed by an algae wrap and a full body massage. Your entire body will feel healthy, toned and rejuvenated.

2H 15MIN

215€

SWEET LOVE (2 people/ 2h each)

Celebrate Romance and share our sumptuous treatment with the one you love. Indulge yourself in a Double CHOCOLATE WHIP side-by-side, followed by a relaxing aromatherapy body massage.

2H

298€

TAKE YOUR PICK – 20%

Select three treatments on the same day and make your own package ! - Have 20% discount (except waxing and beautician's services).



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FACIAL TREATMENTS

FACIAL

SIMPLE MASSAGE

This facial based on essential oils of neroli, camomile, avocado and hazelnut is made with volcanic cold stones which will act on facial energy centres relieving stress and nourishing the skin.

30MIN

50€

BUDDAH FACIAL MASSAGE

30MIN 50€

This treatment is designed to treat environmentally-damaged skin. It includes a non-irritating scrub and a kiwi recovery masque, rich on vitamins C, A and E to noticeably improve skin elasticity, tone and texture.

PURIFYING EXPRESS

Clarify your complexion with a quick cleansing facial, leaves skin feeling clean and soft. This facial contains skin-loving ingredients that not only hydrate and enrich, but also work to calm and clarify your delicate facial skin. Suitable for all skin types.

40MIN

60€

ATLANTIC FOR MEN

This deep pore cleansing, purifying, and relaxing facial is specifically designed for men to decrease skin irritation from shaving. Your skin will be smooth and refreshed. Then relax with a therapeutic mask while neck and shoulders are massaged. We recommend gentlemen to shave prior to treatment.

1H

75€

EXOTIC

This antioxidant facial uses a papaya mask that contains Vitamin C, B and K to fight free radicals and prevent premature aging, balancing and regenerating your skin, leaving it soft and smooth, while relaxing and calming your mind.

1H

85€



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FACIAL TREATMENTS

FACIAL

ESSENTIAL HYDRATION

Exclusive treatment for dehydrated skin, with rich ingredients based on spirulina and sea minerals that help restore the loss of elasticity of the face.

1H

90€

ESSENTIAL PURIFICATION

Purify your skin with this facial customized to treat oily to combination skin. This facial removes impurities, addresses irritations, and hydrates your skin. This treatment uses a vitamin complex based on horse chestnut, lemon and ginseng root.

1H

90€

ESSENTIAL SOOTHING

Specific facial for sensitive skin. This treatment based on a spirulina seaweed mask, sweet almond protective complex and Carité butter, calms, soothes and hydrates your skin. It is customized to treat concerns such as rosacea and sensitivity.

1H

90€

REFIRMING CONCEPT

Treatment rich in sea collagen, "centella asiática" with a specific massage of volcanic stones that will refirm your skin and will restore its elasticity.

1H 15MIN

105€



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FACIAL TREATMENTS

FACIAL

RÉNOVATEUR EXTREME - CARITA

Specific treatment for sensitive and delicate skin. This softness program allows sensitive skin to recover its balance, regeneration, comfort and luminosity. A real comfort, hydration and well-being treatment.

1H10MIN

110€

ATLANTIC REPAIR FACIAL

Special treatment for all types of skin. This deep cleansing treatment using wet steam equipment and a seaweed scrub will stimulate collagen and increase circulation. It represents a fundamental gesture for a perfectly purified, regenerated and hydrated skin. Your skin will feel younger, smoother and radiant.

1H 30MIN

110€

ANTI-AGE

Specific treatment for mature skin. Using a regenerating sea serum and a specific Alginatos mask which will reduce the effects of time, favoring a lifting effect.

1H 20MIN

115€

RENOVATEUR LIFT FIRING - CARITA

A rejuvenating facial that treats established lines and wrinkles, helps slow down the aging process and restores luminosity and youth to your skin.

1H 45MIN

130€



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FACIAL TREATMENTS

EYES

CONTROL LIFT

This beauty treatment is a true refirming cocktail that allows to smooth wrinkles preventing the signs of aging with an eye lifting massage. Specifically designed for the delicate eye area of mature skin.

40MIN

55€

OXYGENATING

Designed for the delicate eye area this treatment uses an oxygenating mask combined with a lymphatic massage and cold stones. This beauty treatment will help you revitalize the eye contour.

40MIN

55€



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BODY TREATMENTS

HYDROTHERAPY

SMOOTH Indulge yourself and immerse into a milk bath enriched with hydrating and nourishing agents...An immaculate lake that caresses your skin. A real well-being treatment for body, mind and spirit.	30MIN	45€
WINE BATH This exclusive way to approach stress is the secret of eternal youth. This bath contributes to the maintenance of a young and elastic skin and neutralises the effects of free-radicals, toning and giving luminosity to skin. This bath will transform itself into a fantastic anti-age cure.	30MIN	50€
SEAWEED BATH The seaweed gathers all the richness of the sea environment, conferring a regenerating power and detoxifying your skin. An authentic sea bath with relaxing virtues.	30MIN	50€



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Health Club & Spa



BODY TREATMENTS

WRAPS & SCRUBS

COCONUT SCRUB

Coconut scalp scrub. The coconut oil moisturizes the scalp and provides lustrous healthy hair.

15MIN

25€

SUGAR GLOW

A gentle body scrub specifically indicated for sensitive skin. Leaves your skin soft and supple just like a delicate rose petal.

30MIN

50€

CRYSTAL SALT POLISH

Sea salts and essential oils slough off dead skin, stimulate cell regeneration, activate circulation, and help reduce water retention.

30MIN

50€

SHIVA

Grape seed and wine scrub is high in polyphenols so it promotes the body's natural healing process, improves circulation, provides hydration and luminosity to the skin. For optimum results we suggest this treatment to be followed by a wine bath.

30MIN

50€



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Health Club & Spa



BODY TREATMENTS

WRAPS & SCRUBS

TOTAL HYDRATE

For the ultimate in indulgence we use an exotic scrub followed by a hydrating wrap with essential oils which will invigorate your senses and leave your skin smooth and with a radiant glow.

1H 15MIN

80€

TRI-ACTIVE PURE

A full body sea crystals scrub encourages cell renewal and reduces cellulite, we will then improve skin's elasticity with a seaweed wrap followed by an anti-cellulite and firming cream.

1H 15MIN

80€

SPECIFIC REFIRMING

The ultimate treatment to refirm your body starts with a full body scrub, followed by an Alginatos mask on specific areas of your body tending to lose elasticity and firmness. The treatment is finalized with a refirming cream.

1H 15MIN

80€



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BODY TREATMENTS

WRAPS & SCRUBS

CHOCOLATE WHIP

Pamper yourself in a chocolate wrap, lathered in nourishment, the skin relaxes and absorbs essential minerals and vitamins to replenish lost moisture and suppleness.

1H 15MIN

90€

MARINE PRIVILEGE – SPA THERAPY PEARL

All the royal beauty of the white pearl in an extraordinary wrap that covers your body in beautiful pearly reflexes, favouring you profound hydration. The secret of the sea pearls that roll along your skin, illuminating it with a soft caress.

1H 15MIN

125€

MARINE PRIVILEGE – SPA THERAPY GOLD

The power of the sun, gold and the “golden seaweed” unite in this majestic golden wrap of a luxurious texture and sublime fragrance, rejuvenating your skin, covering it with energizing reflexes.

1H 15MIN

125€



Atlantic Coast

Health Club & Spa



BODY TREATMENTS

MASSAGES

ATLANTIC BACK

A specific massage for vulnerable areas, such as back, shoulders, neck and deep tissues where the daily stress tensions accumulate. The essential oils lead you to a sensation of profound well-being and relaxation.

30MIN

45€

ATLANTIC SPIRIT REVIVER

A deeply relaxing pressure point massage to the Head and Shoulders which helps reduce tension and stress, and will renew your sense of well-being.

30MIN

45€

SHIRODHARA

Ayurvedic technique original from India, which uses the continuous flux of warm oil poured over the third eye. This procedure induces to profound relaxation of body and mind.

45MIN

65€

BACKSWING

A relaxing full body massage with an innovative technique that combines traditional Swedish massage and the help of golf balls.

1H

75€



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Health Club & Spa



BODY TREATMENTS

MASSAGES

ATLANTIC WAVE

An exclusive massage from head to toes that will allow you to renovate your energies. Inspired in digital-pressure techniques and aromatherapy it relaxes the body and mind, inducing a zen sensation.

1H

68€

PERFECT

Relieving to stress and tired muscles, relax and feel the healing power of heat through hot stone and mineral therapy.

1H

68€

PINDAS

This treatment contains essential oils and spices with relaxing and stimulating properties which will help unblock the nervous system and induce you into deep relaxation. This treatment is also recommended to detoxify the body and to facilitate concentration and meditation.

45MIN

70€

ATHENS

This deep massage works on increasing circulation and warming muscles using essential oils of sage, peppermint, and eucalyptus.

1H

70€



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Health Club & Spa



BODY TREATMENTS

MASSAGENS

SPORT MASSAGE

Suitable before and after exercise, this deep tissue massage helps increase circulation and warms the muscles, preventing future injuries.

1H

70€

DETOX

Smoothing balm rich in essential oils of lemon, eucalyptus and lavender combined with specific movements encourage lymphatic drainage. Skin is left silky smooth and hydrated.

1H

85€

ENERGIZER

Revitalizing and toning movements combined with essential oils work to definite the skin and invigorate senses.

1H

85€

AROMASOUL

Mind, Body and Soul. Find a new experience each time with personalised oil cocktail to suit your need of well-being and massage to suit your balance.

Mediterranean: relaxing massage in the form of hand dancing

1H

90€

Oriental: chi energy, working the meridians to release tensions and stress

1H

90€

Indian: working with the Ayurveda philosophy to rebalance one's "prana".

1H

110€



Atlantic Coast

Health Club & Spa



BODY TREATMENTS

MASSAGES

AYUS LOMI

Traditional ritual from the far east and Polynesia, using a specific herbal oil according to the individual personality (Vatta, Pitta and Kapha). This oil will provide the balance of body, mind and spirit. A holistic experience of deep relaxation.

1H20MIN

110€

4 HANDS

Relax and escape into your inner space of freedom and tranquillity while two therapists release and drain away stress, in our four-hand massage.

40MIN

110€

HOLISTIC HOT STONE THERAPY

Immerse yourself into a tranquillity atmosphere with a rebalancing and energizing full body massage with hot stones.

1H 45MIN

120€



Atlantic Coast

Health Club & Spa



BODY TREATMENTS

MASSAGES

SILHOUTTE

Start this treatment with an exfoliation and a slimming wrap, followed by a manual massage with the use of the Pro-lifting CARITA, resulting in a redesigned and thinned silhouette. Immediate effect.

1H 45MIN

140€

REVITALIZING BODY

The skin recovers vitality through an exfoliation and a wrap rich in minerals, followed by a massage with hot volcanic stones to ease tensions and restore the balance of your body.

1H 45MIN

140€

COUPLE MASSAGE (2 PAX)

Relaxing aromatherapy massage for two people, where you will find the natural balance between body and mind. This romantic massage will revitalize your senses and leave you with a total relaxing sensation. A true invitation to romance.

1H

140 €



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Health Club & Spa



EXCLUSIVE TREATMENTS

MASSAGES

REFLEXOLOGY

... According to "Da Vinci - the feet are one of the largest engineering of God." Reflexology is an ancient art which is a form of treatment by digital pressure. Some of the benefits are reduction of muscle tension, stress and fatigue, also serving as disease prevention.

50MIN

85€

SHIATSU

It is an oriental therapy of physical and energetic rebalance. Usually it is defined as an oriental "massage" but it is much more than that. It acts through pressure applied in certain areas and points of the human body, correcting internal malfunctioning, promoting and maintaining health and treating specific diseases.

1H15MIN

110€



Atlantic Coast

Health Club & Spa



IN HOTEL ROOM EXPERIENCE

SOAK

Enjoy the healing through water and relax in a bath of your choice: Milk Bath, Exotic Bath and Aromatherapy Bath. Turn your bathroom into a haven of relaxation, prepared with candles and incense that will help you get rid of Stress. This treatment is only available in the comfort of your hotel room.

35€

PARADISE FOR ONE

We have created the perfect setting with candles and incense, inviting you to dive into a sea of tranquility and enjoy a foot ritual. This ritual is a foot scrub, followed by a legs and feet massage.

30MIN

65€

4 HANDS

Let yourself be embraced by four hands and enter a world of tranquility while two therapists help you release stress with our unique aromatherapy full body massage.

30MIN

110€

PARADISE FOR TWO

Creating a perfect environment with candles and incense, we inviting you to dive into a tranquillity environment and enjoy a foot ritual. This ritual consists in a foot exfoliation, followed by a foot and leg massage for both. Let us take you to paradise.

30MIN

140€



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Health Club & Spa



SPA ETIQUETTE

TREATMENTS SELECTION The reception of the Atlantic Coast Health Club & Spa is at your disposal for any clarification concerning the treatments. The Spa at Praia D'El Rey Marriott Golf & Beach Resort can also develop treatment programs specifically adjusted to your needs.

TREATMENTS BOOKING The treatments must be previously booked with 2 days in advance at the SPA Reception, preferably by e-mail, phone or in person.

MEDICAL CONDITION If you suffer from any kind of illness, are under any medication or if you are pregnant please advise the Atlantic Coast SPA staff. Some treatments may not be advisable.

THE FIRST VISIT We recommend arriving 20 minutes before the scheduled treatment, so you will be able to register and begin to relax. To gentlemen with facials appointments, we recommend shaving for greater comfort and optimal treatment. Following the treatment *, you can enjoy the water area of the Atlantic Coast Health Club & SPA. This service is subject to availability.
* The Essential treatments are not covered in the SPA list.

WHAT TO WEAR If you want to enjoy the water area, we recommend you to wear a bathing suit or shorts (for men), cap hair * and rubber slippers. For the use of the relaxation area and treatment rooms, the Spa will provide robes and slippers while you enjoy the experience. Whenever you want we will give you lockers where you can store your belongings.
* For your comfort, the Health Club has caps for sale as other accessories that may be considered necessary.



Atlantic Coast

Health Club & Spa



ETIQUETA SPA

MINIMUM AGE Children under 16 are not allowed to use the SPA. Children accompanied by their parents can enjoy Essential treatments (treatment list).

SCHEDULE You must check in 20 minutes prior to your treatment. A delay will limit your experience.

MOBILE PHONES Please disconnect your mobile phone entering the SPA. It is strictly forbidden to use mobile phones in the treatments areas.

SILENCE Going to a SPA is a relaxing experience. Please be as silent as possible in the treatments areas.

YOUR PREFERENCES Some aspects of the treatments can be adjusted to your preferences: lights, music, room temperature or even the pressure of your massage. If you have any doubts do not hesitate to question the therapist. During body treatments the therapist always make sure to keep you comfortable by covering all the body areas that are not involved in the treatment.

WATER AREA You can use the swimming pool, jacuzzi and Turkish bath if you have a facial or body treatment in the Atlantic Coast Health Club & Spa *. This service is subject to availability, please contact the SPA reception.
* Except the essential treatments.

CORPORATE PROGRAMS The Spa has agreements with companies from discount cards to special conditions. They are also available vouchers, organizing special events for companies, groups of friends, bachelorette parties, among others. Contact reception.

VOUCHERS Vouchers have an expiration date of 6 months. For more information on how to obtain and offer vouchers, please contact the Spa Reception.



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Health Club & Spa



CANCELLATIONS

Cancellation Policy

Requires a minimum of 12 hours notice.
Failure to cancel within this time period will result in a 50% charge of services.
Cancellations less than 1 hour notice or no show
will result in a 100% charge of services.

Prices in euros with taxes included,
subject to alteration without previous notice.

Atlantic Coast Health Club & Spa

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