



PROGRAMME | 1 DAY RELAXATION AT REAL SPA THERAPY

VALIDITY: UNTIL 31st DECEMBER 2019

Thinking about your well-being, we have created a 1 day Spa programme with **exclusive treatments** focused on **Portuguese ingredients** with **confirmed benefits** to help release accumulated tensions and stimulate relaxation.

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

Spa
REAL THERAPY



1 DAY 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)



- _ 1 Relaxing hydromassage with camomile
- _ 1 Hot stone relaxing therapy
or
- 1 Real lusitanian ritual with portuguese calabashes and sunflower oil



- _ Free Wi-fi and Parking

HOW TO BOOK

Access 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 1 DAY RELAXATION programme at Real Spa Therapy to your stay

HOTEL	PROGRAMME PRICE*
(1) Grande Real Villa Itália Hotel & Spa ***** Cascais	€ 130
(1) Grande Real Santa Eulália Resort & Hotel Spa ***** Albufeira	€ 130
(2) Real Bellavista Hotel & Spa **** Albufeira	€ 95
(3) Real Marina Hotel & Spa ***** Olhão Ria Formosa	€ 105

*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

LISBOA | T. (+351) 213 199 150 | E. 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 1st 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.

At Real Spa Therapy we make the most of each region and its natural ingredients to ensure that the results are even more effective, offering you unequalled experiences, where time is merely the starting point for a journey towards an inebriating sea of sensations.

Embark on a unique experience where all your senses merge together into a single one.

PROGRAMME | 1 DAY RELAXATION



_ Thalassotherapy circuit pool, sauna, steam room

Available: Grande Real Villa Itália Hotel & Spa | Grande Real Santa Eulália Resort & Hotel Spa

🕒 45 min.

_ 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

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.



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.



Benefits:
RELAXATION

🕒 20 min.



HOT STONE RELAXATION THERAPY

Massage with volcanic stones and relaxing oils to relieve tension. This therapy assures cell regeneration and improved blood circulation, assuring the elimination of toxins from the body.



Benefits:
RELAXATION AND DETOX

🕒 80 min.

OR



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.