

# You and the sea

## SPECIAL RITUALS

### SEA FLOW 1H30 105€

Relaxing massage + facial express.

### SEA PURE 3H 185€

Body scrub + fresh seaweed wrapping + moisturizing body massage + purifying facial

### SEA BODY & SOUL 2H10 143€

Salt and citrus body scrub + hot stone massage + anti-stress facial massage.

### HOLISTIC DAYS 2 DIAS 192€

**1<sup>st</sup> day:** Body scrub + moisturizing massage with essential oils.

**2<sup>nd</sup> day:** Private Yoga session + anti-stress facial massage.

### FULL DETOX 3 DIAS 244€

**1<sup>st</sup> day:** Body scrub + detox wrapping + modeling massage.

**2<sup>nd</sup> day:** Personal training class + facial cleansing.

**3<sup>rd</sup> day:** Modeling massage.

bring  
your  
body back

## MASSAGES

### RELAXING 30MIN. 55€ | 60MIN. 80€

Relaxing full body or localized massage in the most stressed areas.

### DEEP TISSUE 60MIN. 85€

Deep body massage with intense pressure.

### GOLDEN BREEZE 60MIN. 85€

Candle massage with argan oil and gold powder.

### STONE BY STONE 75MIN. 90€

Massage with hot stones and heated oils.

### AROMATIC HERBS STAMPS 60MIN. 85€

Relaxing massage with medicinal herbs and aromatic oils.

## SPECIAL MASSAGES

### SURFER'S RECOVERY 60MIN. 85€

Massage with intense pressure and muscle stretching before or after sports.

### MUM'S SPECIAL 60MIN. 80€

Relaxing massage from 12 weeks of pregnancy and postpartum.

### KIDS & TEENS 20MIN. 45€

Relaxing massage for children up to 16 years old.

## MASSAGES BY VOYA

### MINDFUL MOMENTS 90MIN. 105€

Relaxing massage from head to toe with argan oil and essences of lavender and rosemary.

### MUSCLE RELIEF 90MIN. 105€

Toning and anti-inflammatory massage with ginger and bergamot, ends with a face and head massage.

### REVITALIZING JOURNEY 90MIN. 105€

Moisturizing and nourishing massage with seaweed oil, lime and mandarin, ends with a face and head massage.

## ORGANIC BODY RITUALS BY VOYA

### PEPPERMINT SUGAR GLOW 40MIN. 65€

Refreshing scrub with peppermint leaves, seaweed and sugar + deep hydration.

### LAVANDER SUGAR GLOW 60MIN. 90€

Aromatic scrub with organic lavender and moisturizing body massage.

### TANGLE ME UP 60MIN. 90€

Organic body wrapping muscle relaxant and anti cellulite.

### MUDS & SPICES 60MIN. 90€

Antioxidant body wrapping, circulation activator and muscle toner.

### FRESH SEAWEED 80MIN. 105€

Detoxifying and firming body wrap with strips of fresh seaweed, ideal for weight loss.

## ORGANIC FACE RITUALS BY VOYA

### REVITALIZING EYES 30MIN. 60€

Relaxing and decongestant facial, especially focused on the eye contour.

### SELF DISCOVERY RADIANCE 60MIN. 90€

Purifying and nourishing treatment, customized for dry, sensitive or oily skin.

### DELUXE FACIAL EXPERIENCE 90MIN. 105€

Detoxifying and anti-wrinkle treatment and back massage.

## SPA AND POOL

### SAUNA, TURKISH BATH WITH AROMATHERAPY AND INDOOR POOL 45€ | Free for hotel guests

## CLASSES

### PRIVATE YOGA SESSION 70€

### PERSONAL TRAINING CLASS 70€

### GROUP CLASS on request

be  
confident  
in your  
own skin

Daily from 9am to 7pm

Rua das Silvas nº2  
2655-431 Ericeira  
tel. 261 243 370 | Ext.700  
spa@youandthesea.pt  
www.youandthesea.pt

You and the spa

ORGANIC BEAUTY FROM THE SEA